

CONTENTS	Page No
750 Results	12
Adoration Schedule	12
Acknowledgements	2
Adult Education	5
Advertisements	9, 10, 11
Baptisms	12
Bethany Bereavement Support	2
Breast feeding support group	7
Care and Repair	7
Charity Concerts (2)	7
Chess Club	7
Citizens Information	7
Coffee Morning	7
Community Notices	6, 7
Confirmation	2
Counselling Service	7
Craft Circle	7
Deaths	2
Devotions	12
Diary Dates	5
Dr. Laura's Diary	4
Fingal Matters	9
First Eucharist	2
Girl Guides	6
Hard of Hearing	7
Housebound?	12
ICA	7
Indoor Bowls	5
Irish Guide Dogs	6
Legion of Mary	12
Lions Club Donation	6
Lourdes Pilgrimage	2
Mass Times in our Grouping	12
Medjugorje Pilgrimage	2
Mission Statement	1
Naomh Mearnóg CLG	5
Parent and Toddler Group	7
Parish Information	12
Pitch and Putt	5
Play by Riverside Drama circle	7
Pmk Community Association	8
SVP	7
To Children with Love	6
Wedding	12
World Meeting of Families 2018	3
World Youth Day	5



**Easter . . .** reminds us that there is for all of us the real possibility of a fresh start and a different outcome to the challenging perplexity of our lives. The forty days of Lent are behind us. The fifty days of Easter stretch out before us. As we have died with Christ so now shall we live with him. Such is the meaning and promise of our baptism. Our old life is at an end. There is a new beginning.

We should not understand this too naively, of course. Easter is a genuine possibility for all of us but we need to make it our own if anything is to come of it...

The journey through Lent to Easter is the journey of a lifetime. As to where we might be in that journey... for many of us it is, perhaps, still very early on the first day of the week and quite dark in the first glimmer of dawn. But that is enough to nourish our hope.

Fr. James O'Kane  
Courtesy of **INTERCOM Magazine**



The [www.chooselife2018.ie](http://www.chooselife2018.ie) website has been redesigned and updated to showcase the best pro-life resources for use in parishes and families. It hosts all published issues of the Choose Life 2018 newsletter as well as a stunning slideshow which highlights milestones in pregnancy up to 12 weeks.

**Over the coming weeks let us courageously and confidently Choose Life!**

**St. Anne's Parish, Portmarnock, Mission Statement**

To create a parish in Portmarnock where people treat each other with love and compassion and work together to build up a dynamic Christian community characterised by faith, mission, worship and services



## We offer the sympathy of all parishioners to the families of

George Byrne, Wheatfield Road  
Marguerite Aston, Wendell Avenue  
Michael Morris, Carrickhill Road Lower  
Veronica McMorrow, Limetree Avenue  
Sr. Eleanor Neville, Carrickhill Rise

*who died recently*

## Bethany Bereavement Support Group

The **Bethany Bereavement Support Group** offers support to bereaved people by listening to them. Many Bethany members have themselves been bereaved.

We are trained to listen with understanding and are here to support anyone dealing with the very painful experience of grief.

For further information please contact Parish Office: **846 1561**

## PREPARATION FOR THE SACRAMENTS 2018 - ST. ANNE'S PARISH



### FIRST EUCHARIST 2018

DATES FOR FIRST EUCHARIST

St. Marnock's Saturday 19 May at 11.30 am  
St. Helen's 26 May at 11.30 am

MASSSES IN PREPARATION

*All in St. Anne's Church Sundays 10.30 am*

15 April 2018 - 3rd Sunday of Easter

3 June 2018 - Feast of the Body and Blood of Christ

## CONFIRMATION 2018

DATES FOR CONFIRMATION

St. Marnock's Friday 27 April 2018 at 11.30 am  
St. Helen's Thursday 3 May 2018 at 11.30 am



## 2018 is the 160th Anniversary of the Apparitions at Lourdes

Volunteers for LOURDES.

If you would like to travel with us to volunteer in the  
Service of Hospitalite Notre Dame de Lourdes from :-

8th July to 16th July AND 8th September to 15th September

CONTACT DETAILS – LIZ BYRNE.

Mobile: -087 1926346. Email: lizbyrne@iol.ie



## LOURDES Parish Pilgrimage 2018

5 Nights

Saturday 30th June to Thursday 5th July  
Hotel: Saint Sauveur (beside Grotto)

Theme: "Do Whatever He Tells You"

Spiritual Leader: Fr. Conleth Meehan

Price €739 (sharing) Single Extra €175

Details from: Pauline Geoghegan 087 629 3744

## ACKNOWLEDGEMENTS

### DEIRDRE McDEVITT (Briar Walk)

Died 14th February 2018



The parents, Anne and Dermot, siblings Gearóid, Regina, Damien, Gráinne and Sheelagh, her daughter Caroline, her son Bryan would like to thank most sincerely all our neighbours, friends and community here in Portmarnock for all of your kindness and support following the loss of our beloved Deirdre.

Our heartfelt thanks to all who attended the funeral Mass, sent Mass Cards, also Sympathy Cards. We would like to especially thank Fr. Paddy Littleton for the beautiful Mass and to Fr. Conleth who called to our home. Thanks to Patricia and the Requiem choir for their beautiful music and singing; to Gerry and the Funeral Team for all their help and support.

Thanks also to the staff at St. Luke's, Beaumont and St. Francis Hospice, Raheny for their loving care given to Deirdre. The support of the pharmacies McCartan's and Tadgh Cleary was much appreciated. Finally the wonderful attention to detail given by Paul of Murphy's Undertakers was much appreciated.

The Holy Sacrifice of the Mass will be offered for your intentions.

McDevitt Family



### SR. ELEANOR NEVILLE IJS (Carrickhill Rise)

Died 6th March 2018

Sr. Noreen and the Infant Jesus Sisters wish to express our appreciation to all those who sympathised with us on the loss of our dear Sr. Eleanor R.I.P. A special thank you to those who sent Mass cards and attended the funeral Mass in Cork.

Sr. Eleanor spent 32 years in Portmarnock. During that time she grew to love the people in the community, neighbours, the children, people she met from day to day; she remembered each one. She loved the beach, the sea, the sand, the wind and the waves, the swims and the walks along the shore.

At the age of 98 she fell and fractured her hip. Due to the hip replacement operation she lost her mobility and spent the last 2 years in a nursing home.

In January, she celebrated her 100th birthday. It was a real celebration of her life. She enjoyed the Mass we had in Portmarnock to honour the occasion. Because it was relayed live to her room she was able to identify many of her friends and neighbours. For her that was real joy. She requested that I thank each one who sent birthday cards and gifts.

For your friendship and companionship with Sr. Eleanor during that final lap of her journey in life we thank you most sincerely.

The holy sacrifice of the Mass will be offered for your intentions.

Sr. Noreen Vaughan

## PILGRIMAGE TO MEDJUGORJE 2018 7 days: 13th to 20th June



Day flights Dublin to Dubrovnik with Marian Pilgrimages.

Price €689 sharing, includes bed and breakfast, 4 course evening meal, accommodation near St. James Church, travel insurance and all airport and local taxes, luxury coach transfers accompanied by local guide.

Spiritual director to be confirmed.

Limited places so book early to avoid disappointment.

Group leaders Derek & Anne Farrell 086 257 3824/087 922 4077



## Welcome to the World Meeting of Families 2018 Newsletter

### News and Updates for WMOF2018

We're hitting a number of exciting milestones around now - we have passed the six months point from our great event in August. People are registering from all over the world to come to Ireland, our volunteer numbers are climbing rapidly, and our hosting programme is receiving a marvellous uptake from both pilgrims and hosting families alike! Today we are delighted to release an outline of our Pastoral Congress Programme and some of our keynote speakers!

Our team continues to expand and recently we welcomed seven new interns who are now working across five departments with our staff. Together, along with all the pilgrims who will participate, we hope to make WMOF2018 a wonderful, fun-filled celebration of love and family life for all who will attend.

### World Meeting Host a Family

Do you have a spare room in your home and want to help? Thousands of people will be travelling from very distant places to participate in World Meeting of Families 2018 (Dublin, 21-26 August 2018). Many would be unable to come if they also had to cover the cost of accommodation. Do you have a spare room? Would you be willing to host a person, a couple or a family next August? Help us welcome visiting families to Ireland and have a home-from-home experience. Learn more at [www.worldmeeting2018.ie/hostafamily](http://www.worldmeeting2018.ie/hostafamily) Email us at [hostingteam@worldmeeting2018.ie](mailto:hostingteam@worldmeeting2018.ie) or call us on 01 567 6800.

### Pastoral Congress Programme

In his *Letter of Convocation* for World Meeting of Families 2018, Pope Francis asked that the event and its preparation would give families the opportunity 'to have a way of deepening their reflection and their sharing of the content of the post-Synodal Apostolic Exhortation *The Joy of Love (Amoris Laetitia)*'.

The programme of the three-day Pastoral Congress for WMOF2018, from 22nd to 24th August, takes up this call. The Congress will offer a daily programme of workshops, discussions as well as fun and prayerful activities for individuals and families, including a tailored **programme for children (4-12 yrs) and young people (13-17 yrs). Basic details are contained on the table to the right.**

The highlight of each day will be the celebration of the Eucharist in the main arena. Fun activities for all the family will run throughout the day in the Conference venue, except during the celebration of Mass in the Main Arena. Each day of the Pastoral Congress will explore themes from *The Joy of Love*.

### Book your tickets:

**Congress Registration + Opportunity of booking tickets for  
Festival of Families and Final Mass  
Festival of Families tickets only  
Closing Mass tickets only**

**To Register for Tickets - see details online at**  
[www.worldmeeting2018.ie/en/Tickets/Congress-Registration](http://www.worldmeeting2018.ie/en/Tickets/Congress-Registration)

Please note you must have an email address to book. If you do not have an email address, perhaps a friend or family member can allow you to use theirs. We need an email address where we can send your booking confirmation. We cannot send you your booking confirmation by post. We will also email you details where you can collect your pilgrim pack and badge for the Congress if you have booked for this event and your registration includes these items.

**CONTACT US: WMOF2018 Office, Holy Cross Diocesan Centre,  
Clonliffe Road, Dublin 3, Ireland Tel.: +353 1 567 6800  
Email: [info@worldmeeting2018.ie](mailto:info@worldmeeting2018.ie)**



### WEDNESDAY 22<sup>nd</sup> AUGUST 2018

07:00 - 08:30	Breakfast Business Lecture
08:45 - 09:15	Morning Prayer
09:30 - 10:30	Panel Session & Workshops
09:15 - 12:15	Children's Programme
09:15 - 12:15	Youth Programme
11:15 - 12:15	Panel Session & Workshops
12:30 - 13:45	Lunch Programme
14:00 - 18:00	Keynote Address Testimony Celebration of the Mass
18:30 - 19:30	Panel Session & Workshops
18:30 - 19:30	Children's Programme
18:30 - 20:00	Youth Programme
09:00 - 20:00	Exhibition

### THURSDAY 23<sup>rd</sup> AUGUST 2018

07:00 - 08:30	Breakfast Business Lecture
08:45 - 09:15	Morning Prayer
09:30 - 10:30	Panel Session & Workshops
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18:30 - 19:30	Children's Programme
18:30 - 20:00	Youth Programme
09:00 - 20:00	Exhibition

### FRIDAY 24<sup>th</sup> AUGUST 2018

07:00 - 08:30	Breakfast Business Lecture
08:45 - 09:15	Morning Prayer
09:30 - 10:30	Panel Session & Workshops
09:15 - 12:15	Children's Programme
09:15 - 12:15	Youth Programme
11:15 - 12:15	Panel Session & Workshops
12:30 - 13:45	Lunch Programme
14:00 - 19:00	Keynote Address Testimony Conclusion Celebration of the Mass
19:00 - 20:00	Evening Gathering
09:00 - 18:00	Exhibition

## Smoking – the addiction that kills 15,000 people per day

Although hard to believe, it is now over 14 years since Ireland enacted the world's first smoking ban, making it illegal to smoke in workplaces since 29th March 2004. This remains a feat we can be immensely proud of. The ban has spawned copycat laws across the globe. Norway and New Zealand followed that same year, as did Uganda. Now, dozens of countries from Brazil to Bhutan have joined Ireland in creating a nationwide workplace smoking ban, although countries such as the US have yet to follow suit.

Ireland's National Tobacco Control Office says the smoking prevalence rate has decreased more than 5% since the launch of the ban, dropping from 28.8% in March 2004 to 23% in December 2017. 19% of Irish people smoke daily and 4% smoke occasionally. Smoking remains the largest cause of premature death and preventable disease in the Ireland - more than the next six causes put together. It is directly linked to the deaths of 5,600 Irish people per annum - about half of all smokers will eventually die of a smoking-related illness.

Stopping smoking can make a big difference to your health and lifestyle. It is never too late to stop smoking to greatly benefit your health, as outlined below.

### Health benefits of smoking cessation

These begin straightaway. Researchers have found that if you stop smoking before the age of 50, your risk of dying is virtually reduced to that of a non-smoker. Even if you give up after the age of 60, your risk of dying at any given age is reduced by about 39% compared to a person who carries on smoking.

Specifically your risk of the following is reduced - heart disease, cancers, chronic obstructive pulmonary disease (COPD), peripheral vascular disease, as well as infertility, eye, skin, bone (osteoporosis) and dental conditions. You can also reduce the risk of pregnancy complications if you are pregnant. Even if you already suffer from any of these conditions, such as COPD or heart disease, your outlook (prognosis) is much improved if you stop smoking.

### Timeline of health benefits after stopping smoking

After	Health Benefit
72 hours	Skin appearance improves, owing to improved skin perfusion.
1 month	Skin appearance improves, owing to improved skin perfusion.
3-9 months	Cough, wheezing, and breathing problems improve and lung function increases by up to 10%.
1 year	Risk of a heart attack falls to about half that of a smoker.
10 years	Risk of lung cancer falls to about half that of a smoker.
15 years	Risk of heart attack falls to the same level that it would be for someone who has never smoked.

### How can I stop smoking?

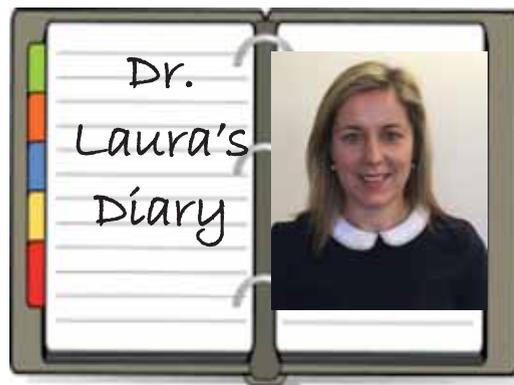
About 2 in 3 smokers want to stop smoking. Willpower and determination are obviously important aspects when giving up smoking and some people give up easily or go 'cold turkey'. However, nicotine is a drug of addiction and many people find giving up a struggle. Help is available. GPs, practice nurses or pharmacists can provide information, encouragement, and tips on stopping smoking. Self help advice, one-on-one and group support are available via the HSE website <https://www.hse.ie/eng/health/az/q/quitting-smoking/support.html>.

You can contact their QUIT team today - you're twice as likely to quit with the help of others - Freephone 1800 201 203 - Freetext QUIT to 50100 or get started on [www.QUIT.ie](http://www.QUIT.ie)

Your GP can prescribe various medicines which increase your chance of quitting. These include nicotine replacement therapy (NRT) which comes as gums, sprays, patches, tablets, lozenges, and inhalers. Also, medicines called bupropion (Zyban®) and varenicline (Champix®) can help. It's important to discuss the contra-indications and side effects with your doctor.

Electronic or E-cigarettes have been available since 2006 approx. They are designed to look and feel like normal cigarettes and have a heating element inside that vapourises a solution that appears as smoke. They may also contain nicotine. There is some uncertainty whether e-cigarettes are more effective than other ways of stopping smoking and concerns have been raised about their safety, as their production is often unregulated. However research published in the Lancet in 2016 found that e-cigarettes are 95% less harmful to users than traditional cigarettes. Phrased differently, smoking is estimated to be twenty times more harmful to users than vaping e-cigarettes. However, further long-term data & research is needed.

As widely advertised, there are more 'quitters' than smokers in Ireland today. Seek the available help to join those who have broken the habit for good.



*Dr. Laura's Diary is a monthly column in Progress by which I would like to inform readers about acute and chronic medical conditions and promote health and wellbeing for all Portmarnock Residents. If you have any questions, queries or comments, please email me at [lauoflynn@rcsi.ie](mailto:lauoflynn@rcsi.ie).  
Dr. Laura*

## Kids Corner/In the News



Some may have read of the tragic death from meningitis of a 6 year old senior infant pupil in Navan in March. This was a timely reminder

of the life-threatening nature of this condition, as well as the importance of trusting your instincts and acting promptly should your child become unwell.

Below is a worthwhile illustration of the symptoms to look out for when suspecting meningitis. All Irish children are vaccinated against Men C as part of the National Immunisation Schedule, while children born after September 2016 have been immunised against Meningitis B. No catch up schedule has been announced.

The Men B vaccine (Bexsero) can be purchased at €110 approx. per vaccine with children needing between 2 and 3 vaccines to ensure immunity.



A single cigarette contains over 4,800 chemicals, 69 of which are known to cause cancer.



## PORTMARNOCK INDOOR BOWLING CLUB ARA (IN PSLC)

Portmarnock Indoor Bowling Club was founded in 2008 at the PSLC and since then has gone from strength to strength. Even though we are only a small club we now have two league teams and also enter other competitions at which we have been very successful. We have just completed another successful season. Season runs from September to April.

**Social games take place in the Martello Room PSLC each week:**  
Monday and Thursday from 8pm to 10pm.

Bowling is one of the few sports that can be enjoyed at any age. As well as providing exercise it can provide a social outlet and helps reduce stress. In order to encourage more people to take up Bowling we are running a short course.

### INDOOR BOWLING INTRODUCTORY COURSE

Commencing Thursday 12th April  
in the PSLC Martello Room from 8pm to 10pm  
**For more information contact Nuala at 087 943 5397**



## Portmarnock Pitch & Putt Club

Founded 1953

**The Masters Tournament from Augusta Georgia** is starting within the next few days. Who will don the famous Green Jacket this year?

At Portmarnock Pitch & Putt Club we don't bother with Green Jackets! Instead we offer a Premier Links course with Greens that are the best in the Country and playable all year round.

Membership is now open and **New Members are most welcome.**

**Annual Rates:** Ladies/Gents - €115; Over 65s - €80; Juveniles-€25  
**Portmarnock Pitch & Putt Club**

is located at the top of Magnolia Lane behind St. Anne's Church.

*The Game for all the Family*

Mob 089 445 8313 Emailportmarnockpitchandclubclub@gmail.com

## NAOMH MEARNÓG CLG

All teams are back in action after the winter break. Our senior teams all made winning starts to their 2018 campaign. Congratulations to all those who have been selected on various Dublin representative teams.

Our multi-sports Easter Camps will have run from 3rd to 6th April for boys and girls from Junior Infants up to sixth class. We hosted our society's first golf outing of the year on April 6th. Membership of the Golf Society is open to non-members.

Plans are in place for the conversion of Pitch 1 to a Prunty sand-based pitch, with lighting to be erected at a later date. Remedial work is being carried out on our two new pitches below the Mound Field. They should be playable late summer.

Various sub committees have been hard at work drawing up strategic plans and policies concerning the future of the Club teams and facilities. They will be ready to present their findings to the Club membership very shortly.

Our Lotto jackpot draw takes place every Sunday. The jackpot stands at €7,000 at present.

*Online purchasing of Lotto tickets, club membership, golf society, sports equipment is available on website—www.naomhmearnog.ie.*

*For hiring facilities contact Eamonn at 846 4346.*



## DIARY DATES

APRIL	Thurs 12	Indoor Bowling Intro. Course	5
	Fri 13	Red Hurley Concert	7
	Sat 14	Beach Cleaning commences	8
	Wed 25 - Fri 27	Riverside Drama Circle	7
	Fri 27	Confirmation St. Marnock's	2
MAY		St. Pio Devotions	12
	Thurs 3	Confirmation St. Helen's	2
	Sat 19	First Eucharist St. Marnock's	2
JUNE	Sat 26	First Eucharist St. Helen's	2
	Wed 13 - Wed 20	Medjugorje Pilgrimage	2
	Sat 30 - Thurs 5 July	Lourdes Pilgrimage	2
AUG	Tues 21 - Sun 26	World Meeting of Families	5



## ADULT EDUCATION PORTMARNOCK COMMUNITY SCHOOL

### Spring-Summer Term 2018

### Classes start week of 9th April

Online enrolment available now: [www.portmarnockcommunityschool.ie](http://www.portmarnockcommunityschool.ie) or 803 8069 or Email [adulted@portmarnockcommunityschool.ie](mailto:adulted@portmarnockcommunityschool.ie)

**COURSES ON OFFER:** Archery, Art/Painting, The Artist's Way: recovering your creative self, Ballroom Dancing, Badminton, Bass Guitar, Cooking Healthy Dishes, Creative writing, Dance: Latin in Line, English as a 2nd Language, Forensic Science, Gardening/Horticulture, German Improvers, Guitar, Italian, Photography DSLR Camera, Pilates: beginners, improvers/intermediate/pre and post natal, Pickeball (modified tennis), Spanish, Tai Chi, Ukelele, Volleyball, Yoga + Pregnancy Yoga, Zumba.



## World Youth Day Panama - January 2019

Pope Francis has announced that the next World Youth Day will take place in Panama next January 22-27. It is hoped that young people aged 16-29 from the Archdiocese will travel. To find out more or if you have a query you can contact the Office for Evangelisation & Ecumenism via email - [evangelisation@dublindiocese.ie](mailto:evangelisation@dublindiocese.ie) Details of the Pilgrimage to World Youth Day are being finalised.

Pope Francis' Message for the 33rd World Youth Day - which will be held at diocesan level on Palm Sunday - centres on the theme: "Do not be *afraid, Mary, for you have found favour with God*" (Lk 1:30). *The document is available in various languages on the Vatican website at <http://w2.vatican.va/content/francesco/en/messages/youth/index.html>*

# COMMUNITY NOTICE BOARD



## Lions Clubs Presentation to St. Michael's House School Baldoye



Members of the Lions Clubs of Portmarnock, Malahide, Howth/Sutton, Clontarf and Dublin Lions formally presented Ms. Ann Higgins, Principal, St. Michael's House School, Baldoye with an Interactive Plasma Screen and a new mobile Eye-Gaze Device. The Lions Clubs amalgamated to fundraise for these hugely expensive and much needed high-tech devices for the pupils of the school. The five Lions Clubs are delighted to be able to come together and provide this vital equipment which will greatly enhance the daily experience of students at this wonderful school and to be present at the presentation to see how the amazing staff and students work together and to get first hand experience of the interaction between both groups.

## to Children with Love

Changing Children's Lives

**To Children With Love Limited** is an Irish registered charity (Charity No. 13203) founded by Dublin woman, Debbie Deegan in 1998. She met a group of abandoned children in Russia suffering from a severe lack of love and made a promise to them that she would be back to help. Nineteen years and over 400 trips later, she and her team are still by their side. Since then they have reached out to thousands more children in the same situation. To this day she continues to carry out that promise, the children feel loved and have achieved huge success in their lives. The cycle of abandonment has been well and truly broken.



Our lovely shop (previously in Clontarf) is now located at Unit 2 Portmarnock Town Centre, Strand Road, Portmarnock Co Dublin. It is a treasure trove filled with gorgeous goodies, our stock is a mixture of previously loved designer and high street and brand new clothes and gift ware. There is a fabulous mix of clothing, shoes, bags and gorgeous gift and homeware. The donations come in regularly so you never know what you might find! Donations welcome!

We are very grateful to everyone who supported us, those who donated and those who shopped with us in Clontarf and look forward to meeting all the new and old faces again in Portmarnock.



## Portmarnock/ Malahide Branch for Irish Guide Dogs

One does not see a lot of guide dogs in daily use. Of the many deserving charities in Ireland today, the "Irish Guide Dogs" are known and well respected. The need to have very well trained suitable dogs is obvious to us when applied to people who have a significant visual impairment. What was not obvious to me until I did some basic research were the following facts

- It is very expensive to train a guide dog
- It takes years and multiple trainers to train a guide dog
- Many guide dogs do not make the grade
- There are nowhere close to enough trained guide dogs to meet even the most deserving cases
- Suitable dog breeding stock is difficult to maintain

A top of class guide dog is used to become a companion to a visually impaired person, but only for a short number of single digit years. A less successful guide dog in many cases can be suitable to support a visually sound person, who has some other difficulty such as Autism or other related conditions, and like a visually impaired person, the dog's support can transform the quality of a life.

I have always supported the Irish Guide Dogs, and have even done some fund raising, but failed to realize that they need and deserve much more support. With that in mind, having had a closer look at the operation and financial statements, and adherence to modern reporting standards, I was happy to try and set up an additional support branch for this charity. The types of support that a branch needs are surprising in the variety of its activities, and support is not confined to fund raising.

I have scheduled a meeting on 21st March 2018 at 7pm in the PSLC to kick off a Portmarnock/Malahide Support Branch. By the time you read this that meeting will have been held. For those who would like to lend further support please contact me. Your support will be valued.

Frank Kelly at 086 8361456 or email at frankkelly@newvent.com We hope to publish further articles in Progress with some stories of how an Irish Guide Dog can transform and improve the quality of life for people in our local community.

*Frank Kelly*



## Looking for an opportunity to volunteer?

Have you some free time and thought of doing some voluntary work? Portmarnock Girl Guides are looking for leaders. No experience is necessary, other than an interest in children, and a patient disposition. We are in need of leaders for Ladybirds age 5 to 7, Brownies age 7 to 10 and Guides 10 and over. You will be Garda vetted in accordance with IGG guidelines for working with children. Portmarnock Guides and Scouts have a new state of the art premises and we have waiting lists of children wishing to join; but we cannot take them because of lack of leaders. No big commitment is necessary. We would be delighted if you could attend and help out at one meeting a week.

It is a highly social activity, a great way to meet new people and so rewarding to see children have an opportunity to develop in a secure and safe environment. Give it some thought and drop up and meet us anytime if you think you might enjoy it.

**Annemarie Holden, Commissioner 086 203 3022**  
**Mary Mc Hale 086 826 8270; Brenda Temple 087 233 7686**

# COMMUNITY NOTICE BOARD



## Coffee Morning

WEDNESDAYS AFTER 10.00 MASS  
IN THE PARISH CENTRE  
Enjoy fresh scones and tea/coffee €2  
All welcome



In early February we had a demonstration on how to make a Battenberg Cake in preparation for our annual National Baking Competition.



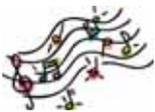
The Dublin Federation judging of the Competition took place at its Business Meeting on 22nd February 2018. The winner was Pauline Griffin from the Guild (pictured here). Congratulations to Pauline. She will represent Dublin in the National Final at An Grianan on 10th March 2018. We wish Pauline the very best of luck.

**Laughter Yoga:** Our 'Laughter Yoga' night was well attended and thoroughly enjoyed by all who participated. Laughter Yoga is a new form of exercise that promotes the use of laughter as a form of physical exercise. It was created in India in the mid 1990's. Laughter Yoga is done in groups, with eye contact, jokes and playfulness between participants.

**Crafts:** We had a Craft Demonstration night organised by our Craft Promoter, Mary Walsh. Demonstrations were given by Guild members in Folded Book Art, Painting on Silk, Candle wicking, embroidery, Patchwork, applique and various card making. It was very successful and members came away full of enthusiasm. Hopefully they will be encouraged to join our Craft Group.

### Dates for your Diary for April

11th April	"Beezie" one woman play performed by Sheila Flitton
18th April	Gardening
25th April	AGM



## PORTMARNOCK SINGERS & BORU CHOIR (CONTARF)

PRESENT A CHARITY CONCERT

in aid of ST. FRANCIS HOSPICE RAHENY  
On Sunday 29th April 2018 at 8.00 pm

In St. Anne's Church, Portmarnock

**Admission FREE. Donations accepted at the door**



## PARISH COUNSELLING SERVICE

in the Parish Centre. Payment negotiated.  
By appt only. Ph: Mary Ryan 087 270 9767



### CONTACT DETAILS

Society of St. Vincent de Paul  
91-92 Sean McDermott Street, Dublin 1.  
Tel. 855 0022; email: info@svp.ie

### HARD OF HEARING?

If you use a Hearing Aid you can avail of the "Loop" anywhere in St. Anne's church.

All you need to do is adjust your Hearing Aid settings according to your manufacturer's instructions.



## BREASTFEEDING SUPPORT GROUP

run by the local HSE Public Health Nurses.  
Every Thursday 11.30—12.30 in Portmarnock Parish Centre. All Welcome. Ph 846 0311 for further information.



## PORTMARNOCK CHESS CLUB

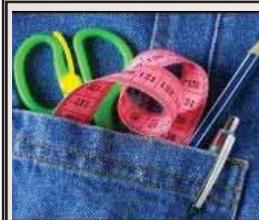
New players welcome. Adults meet at 8.30 pm every Thursday in Naomh Mearnóg GAA, Blackwood Lane. Juniors (from 6 years up) meet 7.30 pm. Contact Ken 086 337 3582.

## PORTMARNOCK, KINSEALY AND MALAHIDE "CARE AND REPAIR"

is a group of volunteers who carry out small repairs and minor tasks e.g. minor gardening, changing plugs, cleaning windows etc. for people aged 60 plus. Where a job is too big or requires a professional tradesman we have a list of people we can recommend.

For more information please contact us on  
086 865 3311

The service is FREE and we WANT to help



THE CRAFT CIRCLE meets 3rd Saturday every month in the Parish Centre from 10.00 am until 1.00pm. Work night— first Thursday of each month, 7.30pm - 9.30pm also in Parish Centre. You would be very welcome to come along and share your craft. For further information contact Pauline at 087 629 3744.

## Parent and Toddler Group

Tuesdays 10.30 am - 12.00pm  
St. Anne's Parish Centre



Do you know what you're entitled to?  
Employment, Health Services, Social Welfare, Tax or Housing.

Answers for all of life's questions. **Phone 076 107 7480.**  
(Malahide CIC, 2nd Floor Malahide Library **Ph 845 0627**)  
Legal Session last Saturday of every month 10.30 am—12.30 pm



## RIVERSIDE DRAMA CIRCLE NEXT PRODUCTION

Riverside will present Frank Vickery's hilarious play, Trivial Pursuits, directed by Kevin Jones

Wed, Thurs, Friday, 25th, 26th and 27th April 2018  
in the Sean O'Casey Theatre, off East Wall Road

Tickets €12 per person or  
€10 for concessions and groups of 10 or more  
Contact Kevin Jones on 086 2435 478  
A great night's entertainment is guaranteed.



## AN EVENING WITH RED HURLEY

In aid of The Irish Kidney Association,  
Block 43a Parkwest Dublin 12 P5V6 Ref: 20011260  
In St. Anne's Church, on Friday 13th April 2018,  
at 8.00 pm sharp

Featuring St. Anne's Requiem Choir

Tickets €25. Book early as tickets limited.  
Contact: Ann Burke 087 135 2775 Tessa Robinson 086 857 6190

# PORTMARNOCK COMMUNITY ASSOCIATION - PCA NEWS

## Airport Runway

We are very grateful to our Councillor Brian McDonagh for raising the matter of the proposed appointment of Fingal County Council as the competent authority to monitor aircraft noise at Dublin Airport. The matter was raised at the Howth Malahide Area Committee meeting. The Minister will shortly receive a letter from the group expressing their dismay at the action of the Minister. As you know Fingal County Council who are excellent in most of the services they provide are the most unsuitable organisation to undertake the monitoring.

## Bird Boxes and Benches

The Men's Shed have produced excellent bird boxes which we are in the process of distributing throughout the village to encourage more wild bird nesting in our area. The majority of the boxes have been given to the schools with the remainder being given to local householders. (See picture).



It is important to remember that if you have been feeding our wild birds through the winter you should continue to do so in the summer and autumn to maintain numbers. We have also funded some benches which will be installed in the centre of the village in the next few weeks. This work has been made possible by the grant and prize we received from the Tidy Towns Organisation.

## Shelter at the Beach Entrance

Work on the renovation of the shelter at the beach should be under way by the time you are reading this. The concrete work should be completed rapidly after which landscape improvements will be undertaken. Hopefully everything will be ready for the summer season.

## Railway Station

A group from the PCA met with the representatives from Iarnród Éireann to enquire about improvements that are needed to the station and surrounds. We had a good meeting and are hopeful of a positive response. Among the matters raised were ; Graffiti under the bridge and on walls at the Dublin end of the platform, planting of bulbs of the embankment behind the inward platform, provision of planters between the shelters for summer and autumn flowers. The surveyor also mentioned that he would address improvements to the handrails and boundary fence on the outward platform. We also looked at a general tidy up in the area at the ticket office.

If you see any urgent issue that should be brought to the attention of Irish Rail contact the station master at Malahide Railway Station 01 – 8286960. He is responsible for Portmarnock station

## Wildflower Meadow in the Park at the rear of Woodlands and Ardilaun

The Parks Department will be commencing a programme to establish wildflower meadows in this area over the spring and summer. A small number of football pitches at the PSLC end will be retained and the remainder left over to nature. Walkers will be accommodated through the provision of cut pathways. The PCA are hopeful that we can establish natural woodland in parts of this area in the future.

## Velvet Strand

Despite all the inclement weather we have experienced in the past couple of months the beach is in excellent condition. After the snow and storms in early March there was a lot of sand movement and exposure of rock. While this erosion may seem to be damaging it has no real long term consequences. The sand is removed at one point on the coast but it is deposited elsewhere. You will have also noted that there was a lot of deposition of seaweed and dead fish after the storms. This material will rot and provide organic matter and nutrients for sea scutch and Marram grass to establish and form new dunes. Unfortunately along with the natural materials deposited you will also see lots of plastic, products used to clean teeth and to apply cosmetics. We have got to find other ways to make ourselves beautiful!. Beach Cleaning commences on Saturday 14th April. 10.00am at the Kiosk. All are welcome

## Ivy

People have varying opinions about Ivy. Many think it is damaging to walls and it will allow dampness into buildings. They believe it is unsightly and an indication that a person is not "taking care" of their property.

If you look at old stone walls there is no doubt that it gets into old lime mortar and will eventually cause the walls to fall as the stems of the ivy expand. On old mature trees it increases the load the trunk of the tree has to bear and makes them more susceptible to blowing over in the wind. Many of the trees on the backroads around Portmarnock appear vulnerable to me on superficial observation while I drive by.

There are however, great benefits to having Ivy. It is a native plant and plays host to large numbers of insects and other bugs. It is therefore a great source of juicy meals for many of our small birds. The Holly Blue, a charming small blue winged butterfly feeds on the nectar of both holly and ivy flowers. I see them in my garden every year. It is very unlikely that ivy will damage modern walls as it finds it very difficult to penetrate cement plaster.

I cut it back every 3 years so that it does not become too heavy a load for the wall to bear. In conclusion it is not good on old stone walls but is hugely beneficial in our gardens and much prettier to look when compared to concrete blocks

*(Pat Suttle 087 248 6287).*

**Contacting the PCA: If you wish to contact the PCA on any issues in our community or volunteer for any of our committees why not call us 087 248 6287 (leave a message) or email [portmarnock1@gmail.com](mailto:portmarnock1@gmail.com). You can visit our website/Facebook at [www.portmarnock.org](http://www.portmarnock.org)**

# FINGAL MATTERS

## Baldoyle to Portmarnock Cycleway

A private contractor has been conducting upgrades of the wastewater/sewage system in the St Anne's and Hazel Grove area. The initial work was commenced without notice to residents. Subsequently the contractor was asked to contact residents in the immediate vicinity. The works are taking place under licence from the Council and the Area Engineer had been informed. The work will result in improved capacity for the area and is anticipated to eliminate some issues being experienced by some residents as well as allowing for some additional houses to be built including the small development behind the Petrol station. In response to concerns around the state of the open space because of the work, the following motion and response was passed at the local area committee on the 7th of March.

**Motion "That the Chief Executive ensures the complete restoration of the open spaces at Hazel Grove and St. Anne's following the work currently being undertaken by Irish water."**

**Report: "Contact has been made with the contractor and reinstatement works and landscaping works will take place at both locations when weather conditions permit on pipe work completion"**

## Ragwort Control Paddy's Hill and Racecourse Park

Ragwort is a yellow plant which is highly toxic if eaten by livestock. Ragwort is extremely toxic for cattle, horses and to a lesser extent sheep. Fingal have been warned that they will be heavily fined if they do not control the plant at Robswall Park and in Racecourse Park. Council horticulturalists have proposed that Herbicide should be used to control the weed. Here is an extract from the report

*"Spraying as an option is the most cost effect way to manage ragwort as it's less labour intensive, costs are lower, and control of ragwort should only take 2 years if done correctly.*

*2.4D is the product most effective and Teagasc recommend a rate of 3.3L/Ha. Fingal Co Co Proposals for ragwort control in Robswall and Racecourse Pk. - Spray 2.4D at 3.3L/Ha as recommended by Teagasc -Harvest in early August to allow recover for second treatment of 2.4D - Second treatment of 2.4D will be carried out at the end of September. - Cost per hectare to spray is 180 euro approx. -*

*Fingal propose to pull ragwort by hand where wildflowers i.e. orchids are growing.*

*The Council will continue to seek to use the most environmentally sustainable methods for the control of this noxious weed.*

## Snow response and Storm Emma

Following the issuing of a red weather alert by Met Éireann, the Operations Department started preparation to respond to the weather.

The Operations Department pre-treated priority 1 and priority 2 roads in advance of the heavy snow which occurred on Tuesday night and Wednesday morning, February 27 and 28, and again on March 1 and 2. The Department also used the snow plough attachments and salted priority 1 and priority 2 routes during and post the heaviest snowfall on March 1 and 2.

Senior Officials from Fingal Housing Department were out late on Thursday the 1st of March to try and persuade a number of rough sleepers to avail of emergency accommodation. Portmarnock was one of the locations visited. Dry sleeping bags were supplied to a small number of people who refused to avail of accommodation. Ongoing contact and support is maintained with vulnerable individuals with continuous efforts ongoing to try and support rough sleepers. Post the red alert period crews continued to work on ensuring roads in the county were passable and in ensuring that hospitals, nursing homes and businesses in towns and villages could continue to deliver services. In addition to the arctic conditions high tides caused flooding at a number of coastal locations particularly in Malahide and Portmarnock. A key focus was ensuring that schools were accessible following reopening on Monday, March 5 and in dealing with road flooding caused by the thawing snow in a number of locations across Fingal.

## Rebuilding Ireland Home Loan

A new Government backed mortgage for first time buyers was recently announced. The Rebuilding Ireland Home Loan provides for loans up to a maximum of €288,000 over a maximum term of 30 years, subject to lending terms and conditions. The interest rates are very low (2% fixed, or 2.25% fixed for 30 years, or 2.3 variable). Borrowers need to meet the following eligibility criteria:

- First Time Buyers (exceptions may apply e.g. for legally separated or divorced applicants)
- Single applicant's income must be less than €50,000, and joint applicants' less than €75,000
- The primary earner on the application form must be in continuous employment for at least two years (this can be self-employment) and the second applicant must have at least one year's continuous employment. Certain exceptions can be considered.
- Aged between 18 and 70 years (Mortgage must finish before 70)
- Applicants must prove that they have sought a mortgage from two lenders (banks or building societies) and have received inadequate funding.
- The maximum loan-to-value ratio is 90%.

While there are limitations and drawbacks to the scheme it is something anyone who qualifies should look very carefully at. Further details and application forms available on: [www.rebuildingirelandhomeloan.ie](http://www.rebuildingirelandhomeloan.ie)

Cllr. Brian McDonagh

Small ads 50c per word

SMALL ADS

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**COUNSELLING PSYCHOTHERAPY, STRESS MANAGEMENT, BULLYING AND WORKPLACE CONFLICT.** PHONE PAT (M.I.A.C.P.) AT 086 881 1417.

**JEFFREY BREEN PAINTING AND DECORATING CONTRACTOR** INTERIOR AND EXTERIOR, FULLY INSURED. 15 PORTMARNOCK WALK, PHONE 846 3826 OR 087 969 6811.

**APPLIANCE REPAIRS** WASHING MACHINES, TUMBLE DRYERS, DISHWASHERS. CALL SEAN CONLON AT 086 361 9959.

**PIANO LESSONS** BEGINNERS WELCOME. PHONE MAUREEN AT 01-846 2315 OR 086 385 8155.

**HOME DIY SERVICES: ALAN GROGAN PAINTING AND DECORATING, GARDEN MAINTENANCE, LOW MAINTENANCE GARDEN DESIGN, WASTE REMOVAL, HOME REPAIRS.** 086 406 4369/ 846 2420.

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**GARAGE WANTED TO RENT** CONTACT MARTIN 087 271 3077.

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**COUNSELLING AND PSYCHOTHERAPY** AVAILABLE LOCALLY. AREAS OF SPECIALITY INCLUDE DEPRESSION, ADDICTION, HEALTH ISSUES AND SUICIDE IDEATION. CONTACT MARIE MULLIGAN (I.A.H.I.P. ACC) AT 087 979 9057.

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## Twin Oak Tree Care Ltd

Portmarnock, Co. Dublin.  
Website: [www.twinoaktreecare.ie](http://www.twinoaktreecare.ie)

**JOHN WALSH**  
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Hedge trimming, tree pruning, tree shaping, tree felling & removal, tree surveys.

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Local Labour Councillor



## BRIAN McDONAGH

For local issues contact

Mobile 086 385 8979

Email: [brianmcdonaghlabor@gmail.com](mailto:brianmcdonaghlabor@gmail.com)

## PORTMARNOCK DENTAL SURGERY

### DR. ULTAN MCGUCKIN

1 THE DUNES, PORTMARNOCK

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Late Evening Appointments  
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**Dr. Margaret Blessing & Dr. Deirdre Barrett**

Early start Tues-Fri

Telephone: 816 9474

[www.blessingdental.com](http://www.blessingdental.com)

[blessingdentalsurgery@gmail.com](mailto:blessingdentalsurgery@gmail.com)



Welcome to Dr Sarah Short who has joined Dr Anne Flanagan and Dr Valerie Flood at Portmarnock Family Practice. Her interests include joint injections, paediatrics and women's health.

For appointments telephone 01 846 1300.

Please note all surgeries are now by appointment only. Urgent appointments are available every day.

Website: [portmarnockfp.ie](http://portmarnockfp.ie)

## HAYDEN PAINTING LTD.

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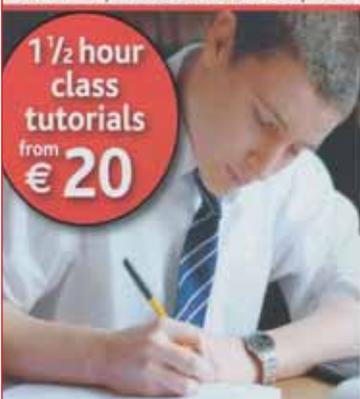
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1 1/2 hour class tutorials from €20



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- Pregnancy Yoga
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M: 087 684 5046

E: [martin@martinsgardening.ie](mailto:martin@martinsgardening.ie)

W: [www.martinsgardening.ie](http://www.martinsgardening.ie)

2 Drumnigh Wood, Portmarnock

Cut lawns, hedges, collect leaves, power wash paths, painting, general garden tidy up, clean out garages.



## Brendan Ryan TD

Working hard for Portmarnock

PORTMARNOCK ADVICE CLINIC

Every Monday, 12 noon

Portmarnock Sports and Leisure Club

No appointment necessary

Phone: 618 3421

Email: [brendan.ryan@oir.ie](mailto:brendan.ryan@oir.ie)

@BrendanRyanTD



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Senior rates Tues, Wed  
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Thermography is a non-invasive  
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Early detection is important  
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We urgently require properties in the Portmarnock area to sell and let.

On our database we currently have cash buyers, ready to go & mortgage approved. We also have a list of potential renters, looking to rent.

Call Terry for a free valuation on 086 2511 871

# HONEY HONEY

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April 2018

Specialty Coffee / Breakfast / Lunch

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Exclusive made to measure blinds

- FREE QUOTE • FREE MEASURING
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We accept credit card payment  
Type of blinds: rollers, verticals,  
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1 The Dunes,  
Portmarnock  
01 846 1335 /  
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Monday - Friday  
8.00am - 6.00pm

We are delighted to announce that  
Dr. Niall Breen  
has joined our expanding team  
Dr. Laura O'Flynn,  
Dr. Martin O'Flynn,  
Dr. Garrett May

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## FINGAL TEAM



LOUISE O'REILLY  
Tel: 087-9023995  
Email: louiseoreillysf@gmail.com

Working with...

Cllr. Daire Ní Laoi

Tel: 086-3977719

Email: daire.nilaoi@clrs.fingal.ie

Fingal Sinn Féin





## Our Parishes Working Together

<b>PORTMARNOCK:</b>	St. Anne's Church, Strand Road, Portmarnock. Parish Office - 846 1561. Fr. John Murphy, Co-PP <b>(Fr. John is on sick leave at present).</b> Fr. Conleth Meehan, Co-PP, contact through the Parish Office 846 1561
<b>MALAHIDE:</b>	St. Sylvester's Church, Main Street, Malahide. Parish Office - 845 1244 Moderator: Fr. Kevin Moore, address as above. - 549 6615.
<b>YELLOW WALLS:</b>	Church of the Sacred Heart, Estuary Road, Malahide. Parish Office 845 4783. Fr. Martin Noone, 11 Millview Court, Malahide - 845 1902.
<b>KINSEALY:</b>	St. Nicholas of Myra, Kinsealy - 846 0028 Fr. Mattie O'Farrell, Co-PP "Aghadoe" Kinsale Lane, Malahide - 846 1767.

### MASS TIMES IN OUR GROUPING

MASS TIMES	CHURCH	WEEKDAYS <i>(subject to availability of priests)</i>
Saturday 6.00pm	Yellow Walls	<b>Convent</b> 7.30 am Mon to Fri 9.00 am Sat
Saturday 6.30pm	Portmarnock	
Sunday 9.00am	Carmelite Convent	<b>Yellow Walls</b> 9.30 am Mon to Thurs 9.30 am Fri (Svce of Word)
Sunday 10.00am	Malahide	
Sunday 10.30am	Portmarnock & Yellow Walls (Family Masses)	<b>Kinsealy</b> 10.00 am Mon/Tues/Wed/Fri
Sunday 11.00am	Kinsealy	
Sunday 11.15am	Malahide	<b>Malahide</b> 10.00 am Mon to Sat
Sunday 12.00 noon	Portmarnock & Yellow Walls	
Sunday 12.30pm	Malahide	<b>Portmarnock</b> 10.00 am Mon to Fri
Sunday 5.30pm	Malahide	



### Congratulations to the following couple who were married recently

Jennifer McGrath, Heather Gardens & Stephen McGuinness, Bray



## BAPTISMS

Congratulations to the families of the following children who were baptised recently

Lauren Monaghan, Hillcrest Heights, Lucan  
Jessica Johnston, Blackberry Rise  
Robert Mark McDonald, Ashley Rise  
Louise Ellie Bourke, Ardilaun  
James Thomas Colreavy, Station Road  
Séamus Michael O'Neill, Parkside, Balgriffin  
Jamie Joan Patricia Penrose, St. Samsons Square, Balgriffin  
Lily May Sheppard, Wheatfield Road



## PARISH INFORMATION

Saint Anne's Church & Parish Centre,  
Strand Road, Portmarnock, Co. Dublin.

Phone 846 1561

email: [stannes@portmarnockparish.ie](mailto:stannes@portmarnockparish.ie)

[www.portmarnockparish.ie](http://www.portmarnockparish.ie)

**Parish Office** (in Parish Centre) Open 9.00 am to 5pm, Mon to Fri. Signed Mass cards (including Irish text) available, arrange baptisms, get baptism/confirmation certificates, Freedom to Marry forms, book rooms in Parish Centre etc.

**Parish Secretaries** Margaret Corcoran and Gabrielle Moore.

**Anniversary Masses** All weekend Masses are 'shared'. Call or phone the Parish Office to book Masses.

**Confessions** Saturdays after 6.30 pm Mass.

**Baptisms** are held on the 1st Saturday at 12.00 noon and on 3rd Sunday at 1.30 pm. Preparation Meeting for parents and godparents held usually on last Wednesday of each month in Parish Centre. See more details on website or contact Parish Office.

**Marriage** please see website for important information on church and state requirements or contact Parish Office.

### ADORATION TIMES AND OTHER DEVOTIONS



#### ADORATION OF THE BLESSED SACRAMENT

Shalom Room—St. Anne's Parish Centre, Portmarnock

#### DAYTIME

MON TO FRI 9.00 am-4.50 pm / SAT 10.00 am—2.00 pm  
(MON 3-4 pm—Divine Mercy Group)

#### EVENING

**MON 7-8 pm; Monday night Prayer Group 8-9.30 pm**  
TUES 7-9.50 pm  
WED 7-8 pm; John Main Group 8-9 pm (*all welcome*)  
THURS 7-8 pm; 8-9.15pm. Prayer Group A time and space put aside for God each week. Gospel Reading, Personal Sharing. (*all welcome*)  
KINSEALY: Adoration Mon mornings after 10.00 am Mass to 1pm

#### OTHER DEVOTIONS

**Legion of Mary**  
Weekly meetings are held on Wednesdays at 10.40am  
New members welcome  
FRIDAYS: First Fridays Healing Mass 10.00 am in KINSEALY  
LAST FRIDAY OF EACH MONTH—St. Pio Devotions  
7.00 pm in St. Anne's Church (Mass commences at 7.30 pm)

## 750 CLUB RESULTS

### FEBRUARY 2018

**First Prize €1,000:** No. 135, Siobhán Canavan, Carrick Court  
Seller: Diarmuid O'Connor  
**2nd Prize €500:** €500: No. 56, Mark Finnegan, Torcaill  
**3rd Prize €250:** No. 195, William Gallagher, Portmarnock Crescent  
**4th Prize €250:** No. 439, Mary King, Martello Court

## ARE YOU HOUSEBOUND?

Would you like to receive Holy Communion on a regular basis? This can be arranged by contacting the Parish Office at 8461561

### REMEMBER

All ceremonies held in St. Anne's Church are available to view live on the parish website: [www.portmarnockparish.ie](http://www.portmarnockparish.ie) Access to the **webcam** is clearly shown in **RED** on the home page.

**progress** All issues of Progress are available online.

If you have family living abroad remind them they can access the newsletter as soon as it is issued—usually first weekend of the month.