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LENT 2019

LENT is the period of 40 days leading up to the celebrations of Holy Week and Easter. It begins on Ash Wednesday, which this year is on 6th March and ends with the Easter Triduum of Holy Thursday, Good Friday and Easter Sunday. Easter Sunday this year falls on the 21st April. The 40 days of Lent recall a number of events: The 40 days of Noah in the Ark, the 40 years of Israel in the desert, above all the 40 days of Jesus in the wilderness. All of these were times of preparation: for the renewed covenant with Noah, the entry of Israel into the Promised Land, for the beginning of the ministry of Jesus.



POPE FRANCIS OFFERS THESE 15 SIMPLE ACTS OF CHARITY AS CONCRETE MANIFESTATIONS OF LOVE:

1. **SMILE.** A Christian is always cheerful.
2. Say **THANK YOU** for little things (even if you don't have to).
3. Remind others how much you **LOVE** them.
4. **GREET** with joy the persons you see every day.
5. **LISTEN** to other people's stories without prejudice, and with love.
6. **STOP** to help. Pay attention to whoever needs you.
7. Try to **RAISE** the spirits of people around you.
8. **CELEBRATE** the qualities or success of others, thus avoiding envy and jealousy.
9. **SORT OUT** the things you no longer use or need, and give them to those in need.
10. Be ready to **HELP** when you are needed so that others may rest.
11. **GIVE CORRECTIONS** with love, do not keep quiet out of fear.
12. Maintain **GOOD** relations with those around you.
13. Keep **CLEAN** the things you use in the house.
14. **HELP** others overcome obstacles.
15. **CALL**, and call on, your parents more often.

ASHES



The **ashes** used on **Ash Wednesday** are made from the burning of palms blessed in the previous year's Palm Sunday celebration, when Christians carry palms to recognize the Gospels' reference to Jesus's path being covered in palm fronds on the day he entered Jerusalem.

The priest blesses the ashes and imposes them on the foreheads of the faithful, making the sign of the cross and saying, "Turn away from sin and be faithful to the Gospel." When we begin the holy season of Lent in preparation for Easter, we must remember the significance of the ashes we have received: We mourn and do penance for our sins. We again convert our hearts to the Lord, who suffered, died, and rose for our salvation. We renew the promises made at our baptism, when we died to an old life and rose to a new life with Christ. Finally, mindful that the kingdom of this world passes away, we strive to live the kingdom of God now and look forward to its fulfilment in heaven.



ST. PATRICK'S DAY
MASS TIMES Normal Weekend
Mass Times
apply weekend of
16th/17th March

BANK HOLIDAY MON 18th
Mass Times in our Grouping-
Convent 9.00 am
Portmarnock 10.00 am

DISTRIBUTION OF ASHES In our Grouping on ASH WEDNESDAY—6th MARCH 2019

Carmelite Convent Malahide 7.30am* Yellow Walls 9.30am

Kinsealy/Portmarnock 10.00am Malahide 10.00 am & 7.30pm

*Weekday Mass in the Carmelite Convent will be at **7.30** am during Lent.

Mass at 9.00 in Convent on Bank Holidays 18th March and 22nd April 2019.



ACKNOWLEDGEMENTS



Phillip Tonkin Martello Court

Died 17th November 2018

Marie, Robert and Louise would like to thank most sincerely our extended families in Ireland, Devon and Australia for all their kindness and support during Phil's long illness.

We gratefully appreciate the support of friends, neighbours and the community who helped in so many ways.

Our heartfelt thanks to all who attended our home, the funeral home, the funeral Mass and those who sent Mass and sympathy cards. We would like to express our appreciation to Fr. Conleth for the beautiful Mass and those who contributed to the Mass celebration.

Thank you to Phil's GP Dr. Madden, the staff at Beaumont Hospital, The Mater and St. James' Hospital. Finally, the wonderful attention to detail given by the staff of Stafford Funeral Undertakers in Portmarnock.

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

Marie and Robert Tonkin

TESS KAVANAGH Ardilaun

Died 10th August 2018

The family of the late Tess Kavanagh would like to express our sincere thanks to all those who supported and helped in any way on the sad loss of Tess.

The Holy Sacrifice of the Mass has been offered for your intentions.

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 service.



If you would like to be part of the Baptismal Ministry it would be appreciated if you

could leave your name and contact number in the Parish Office. The Sacrament of Baptism is the introduction of an individual to the Christian Faith. It would be greatly appreciated if we had more parishioners participating in this special Ministry.

If you require further information/details, kindly contact Margaret at 087 127 0417.

INVITATION

We would like to invite you to a celebration of the Eucharist in thanksgiving for Fr. John Murphy's ministry in St. Anne's Parish Sunday 10th March at 12.00 noon Mass in St. Anne's Church.

Refreshments will be served in the Parish Centre afterwards.

If you would like to contribute to a gift for Fr. John you can use one of the special envelopes provided (available in the church or Parish Centre) and leave it into the Parish Office.

PREPARATION FOR THE SACRAMENTS 2019 – ST. ANNE'S PARISH



FIRST EUCHARIST 2019

DATES FOR FIRST EUCHARIST
St. Helen's Saturday 11 May at 11.30 am
St. Marnock's 18 May at 11.30 am

"Do This in Memory of Me" MASSES IN PREPARATION

All in St. Anne's Church Sundays 10.30 am

10 March 2019 First Sunday Lent

14 April 2019 Palm Sunday

5 May 2019 Third Sunday of Easter

23 June 2019 Corpus Christi



CONFIRMATION 2019

DATES FOR CONFIRMATION
St. Marnock's Wednesday 3 April 2019 at 11.30 am
St. Helen's Friday 5 April 2019 11.30 am

MASS IN PREPARATION St. Anne's Church Sundays 10.30 am

3 March 2019 Ritual of Blessing



PARISH COUNSELLING SERVICE

in the Parish Centre. Payment negotiated. By appt only. Phone Mary Ryan 0872709767.

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

Parish Pilgrimage to The Holy Land

planned for October 2019

More details from

Pauline Geoghegan 087 629 3744

WELCOME TO PORTMARNOCK PARISH



If you are new to Portmarnock, you might like to register and/or make contact with St. Anne's Parish.

Please use the Registration/enquiry form online and return it to the parish office—on

Strand Road, Portmarnock



Lourdes

Pilgrimage 2019

5 Nights – Friday 19th July to

Wednesday 24th July

**Hotel: Saint Sauveur
(beside Grotto)**

Theme:

"Blessed are the Poor for the Kingdom of God is theirs"

Price €749 (sharing) Single Extra €150

Details from Pauline Geoghegan 087 629 3744

Behind St Anne's Church/ Strand Road Portmarnock

About Us The Arch Club was established by a group of parents in Portmarnock who had an inspiring idea to set up a social club for people with special needs in our community. This club would provide friendship and fun, and improve the integration of people with special needs into our local community.

The club was set up in a time when support services for people with special needs and their families were very scarce. Families instead relied on their own energy, foresight and commitment to their loved ones to get the job done. The club was established in 1990 and a few years later, the centre was opened at the rear of St. Anne's Church on Strand Road, where the club runs its three weekly sessions.

The Arch Club is a registered charity with Charities Regulator number CHY12326. The club is governed by a constitution agreed by our members at our AGM. We are currently adopting and signing up for 'the governance code' at present. The club is run by a committee of dedicated volunteers who work tirelessly to ensure that the club meets the needs of everybody. The Arch Club's annual running costs are approximately €70,000. We fund our annual running costs through grants of around €10,000-€15,000, and the balance of our funding is raised by a myriad of fundraising events such as table quizzes, bag packing, race nights etc. Our major fundraising events are our annual golf classic and our Christmas Fair which is a very popular annual event in Portmarnock which starts off the Christmas season for many in our community.



Club Values The club was built on a strong value-based foundation which has served us well over the years. Some of our core values are as follows:

Friendship, Integrity, Teamwork, Communication, Respect, Positive attitude, Diversity and individuality, Independence, Community, Equality, Having fun and Fairness.

What We Do Each Thursday evening, Saturday morning and Saturday afternoon, members and local community volunteers meet to enjoy a wide range of activities. These take place both in our centre, and out on field trips to many different places which our members really enjoy.

Twice each year at Christmas and during summer holidays, the club runs two camps for a week each from 10 a.m. to 4 p.m., and also runs two holidays away for three nights at a time. These camps and away holidays are highlights in our yearly calendar, and they provide our members and volunteers with an opportunity to get away from it all and develop alternative fun activities and support their own independence. There is nothing like the excitement and atmosphere down in the club on holiday departure day!

Anyone wishing to become members please contact us at numbers below. We would be delighted to hear from you and help you in whatever way we can. The club also offers a place where other organisations join us in use of our brilliant facilities, ICA, Civil Defense and Portmarnock Singers are but a few of our affiliates.

During the week our members are offered a service in their centre with Prosper Fingal present for day service Monday to Friday.

New members welcome at all stages of year please ring number below to organize a meeting and chat.

Calling All Volunteers/Fundraisers.....

“There is more happiness in giving than in receiving”

It is a great thing to have so many great people supporting the club and we are so grateful for all the support we have been given so far, however as we endeavour to grow, we are challenged by the need for more volunteers and more fundraising. We have always relied on the good spirit and kindness of our community and they have never failed us, but with aging comes more costs and with so many charities around we have felt the pinch in the last few years. If anyone could spare time and volunteer or indeed assist in fundraising for our members, please contact us as we would be ever so grateful. Volunteers help so much in enriching our members lives, so if you find time in your week to assist in social activities or indeed once in a while for fundraising initiatives please contact us and get involved.

Contact: Sinead Mc Gowan 086 340 1524

Small ads 50c per word

SMALL ADS

Closing date 8th each month

We cannot verify the quality or workmanship of any advertiser herein and consequently we cannot be held responsible for any work done or services provided which are completely independent of Progress

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

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

LOCAL DENTAL TECHNICIAN DENTURES MADE AND REPAIRED. CHROME COBALT, SPORTS GUM SHIELDS, NIGHT GUARDS, TEETH BLEACHING KITS. COLLECTION AND DELIVERY SERVICE AVAILABLE. GLENN KEOGH, I.A.D.P. TELEPHONE 830 6818 / 086 834 7394.

HEAVEN SCENT (PORTMARNOCK FLORIST AND GARDEN SERVICES) PORTMARNOCK SHOPPING CENTRE, STRAND ROAD. FLOWERS FOR ALL OCCASIONS-PLANTS-GIFTS. TELEPHONE 803 8887.

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

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.

CHIROPODY HOUSECALLS FOOT CARE IN YOUR OWN HOME. WE COME TO YOU. HSE APPROVED PRACTITIONERS. PORTMARNOCK AND SURROUNDING AREAS. PHONE OR TEXT 085 257 1794.

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

MIRIAM MURPHY M.I.A.C.P. ACCREDITED SUPERVISOR/COUNSELLOR, PORTMARNOCK. APPOINTMENTS 087 775 6870 OR EMAIL MIRIAM.MURPHY@HOTMAIL.COM.

MOBILE HAIRDRESSER AVAILABLE TO CALL TO YOU IN THE COMFORT OF YOUR OWN HOME WITH OVER 20 YEARS' EXPERIENCE. CALL ERICA 087 137 9279.

It's a Man's World – but not when it comes to health

Men die younger, are sicker for longer and generally lead more stressed and unhealthy lives than women virtually everywhere in the world. While Ireland is no different from any other country, the good news is that things are improving, and so are the statistics. Reports published over the past decade highlight the health inequalities between men and women in Ireland. First, men die at a significantly younger age than women; at 77, the average life expectancy for Irish men is almost five years less than for women, although there is no biological reason for this. The gap is greatest among men and women in lower socioeconomic groups. The reason men have a lower life expectancy is that they have higher death rates at all ages, and for all leading causes of death. Men are more likely to die from a wide range of diseases and risky behaviours. Eight out of every 10 people who die by suicide are male. Two-thirds of road traffic fatalities are male. As for cancer, men are almost twice as likely to die of colorectal and lung cancer, three times as likely to die of bladder cancer and 1.6 times more at risk of skin cancer. And while women are clearly more at risk of breast cancer, the chance of a woman developing breast cancer, at one in 10, is less than the one in eight chance a man has of developing prostate cancer (Irish Times Health Supplement Nov 18).

What is the cause of this inequality?

Although research specific to Ireland is scant, it seems external and individual factors play a role. As the Men's Health report of 2008 found, international research suggests that compared with women, men have limited contact with GPs, are reluctant users of primary-care services and often present late in the course of an illness. Although women obviously attend their family doctors in relation to pregnancy, family planning and cervical smears, these alone do not explain the disparity. The report refers to the prevalence of "traditional values and attitudes" towards gender. "Boys and young men continue to be socialised to appear in control, to be strong and to take risks; thus reinforcing their exposure to illness and accidental deaths." According to the Men's Health Forum, "since sickness may be seen as an expression of weakness, many men may decide not to seek help and, instead, present a stoical, brave and unflinching front to the outside world".

Mental Health

Unfortunately, issues surrounding mental health have often been stigmatised in this country and as doctors we are constantly helping people overcome these. About 1 in 4 people in Ireland will have a significant mental health issue at some stage of their lives, often unbeknownst to their family or friends. As GPs, we are trained to spot the symptoms and signs that are associated with a deterioration in one's psychological well-being. Some will find it very easy to talk to us and share how they are feeling but many will find it extremely difficult to share their innermost thoughts. Some will be embarrassed about feeling sad or depressed and others will not be aware that what they are feeling is indeed depression and that talking to somebody could help. As GPs we tailor our approach to each individual patient when chatting about mood related issues, with some patients benefiting from counselling, further referral and/or antidepressants. Many just need a friendly ear and recover fully in the knowledge that they have a professional looking out for them. There are some great online resources available to patients: Your Mental Health (HSE), SpunOut, Pieta House and The Glasgow Steps (an excellent NHS website with many practical hints, tips and advice in relation to managing depression and low mood).

Prostate Health

We know about one in eight men in Ireland will develop prostate cancer at some stage in their lives. Consultation with your GP focuses on three main areas – your family and personal medical history, symptoms that could imply prostate disease (e.g. urinary urgency, frequency especially at night, poor stream, occasional accidents) and whether you need blood tests (PSA) or a prostate examination. Further investigations may then be necessary. It's worth bearing in mind that most patients diagnosed with prostate cancer will pass away with and not of the disease.

Heart Health

Heart disease unfortunately causes about 1 in 4 of all male deaths. There are plenty of things that you can do to stay heart healthy, including eating well, watching your cholesterol and staying active; not or ceasing smoking, and keeping your weight, alcohol and stress levels in check. GPs can assess your blood pressure, pulse, BMI, heart sounds and family history, perform fasting bloods, an ECG and 24hr blood pressure monitor and refer to heart specialists where necessary.

As a (male) patient told me recently... I get my car serviced once a year, it's time to get myself serviced too!! So make the time this March to prioritise yourself and your physical and mental wellbeing.



KIDS CORNER

Debate has been raging in the UK about the amount of time children spend indoors. At the end of their day, there is perhaps an after-school club, tuition or homework to do. When all those are complete, gaming, streaming and social media beckon. As a result, nearly three-quarters of children in the UK spend less time outdoors than prison inmates. A 2016 report concluded that 12 per cent of children in the UK had not been to a park or natural environment at all in the preceding year. Food for thought?!!



Nurses and Midwives took to the pickets in February for only the second nationwide strike in 100 years, protesting against pay, conditions and poor training/careers pathways. The Labour Court has recommended a pay increase of €2437 (or 7.3%) under an enhanced payment salary scale. A new nursing contract, seeking a 'fundamental change' in the role of staff nurses is to be developed, looking to shift work to the community and support implementation of new approaches to the management of chronic conditions. The contract will also support the implementation of Sláintecare.



Catholic Schools Week

January 27th - February 2nd was designated Catholic Schools Week. This was an opportunity to review the benefits of sending your child to a school under Catholic patronage.

There are two main reasons Parents send their children to a school under Catholic Patronage:

- To assist parents in passing on the faith to their children.**
- To provide an excellent all round education.**

Assisting Parents in passing on the faith

At a Marriage Preparation course in Portmarnock last year, when couples were asked why they would raise their children as Catholics the responses were; **provide a moral compass, being a part of a community with similar values, following a family tradition.**

The Moral Compass is based on the teachings of Jesus. His values were; **Justice, Respect, Integrity, Generosity, Selflessness, Sacrifice, Understanding, Patience, Forgiveness, Compassion & Truth.** There are many examples of these in The Bible, e.g. the woman who was about to be stoned after being caught in adultery, Jesus said *'let him without sin cast the first stone'*.

Catholic Schools provide an excellent all-round education.

The majority of Irish Schools are under Catholic patronage. Statistics or studies comparing Multi-Denominational Schools under Catholic Patronage with Non-Denominational Schools in Ireland would not be valid.

In the U.K. Catholic run schools outperform State run schools, both in terms of educational standards, personal development and well-being of pupils. See the U.K. Government Data, Value Added - The Distinctive Contribution of Catholic Schools in England. This report also found that Catholic run schools had a higher % of children from minority backgrounds or with special educational needs. Interestingly, a South Dublin School amended their uniform policy to accommodate Muslim girls who wanted to wear the hijab or veil.

The Mission Statement of Catholic Schools

Each Catholic school shares an ethos that is inclusive, welcoming and vibrant. We welcome diversity and work towards providing an education for each child irrespective of background, ethnicity or creed. We share a profound commitment towards the vision of each student as made in the likeness and image of God. This vision involves always endeavouring to truly caring for ourselves, each other and the environment around us.

A Catholic school is influenced by the community it serves. We strive to achieve strong internal communities, working to educate each child holistically to develop their talents, skills and potential. Each school is a vital member of the community which is called towards the Kingdom of God. We have an inspirational Gospel message which gives the school community a sense of mission and purpose.

Each Catholic school has an academic structure and culture which strives to educate each child to holistically reach their full potential academically, spiritually and socially.

The above characteristics can be summarised as:

- 1. Living Tradition**
- 2. Welcoming Diversity**
- 3. In Service of our community**
- 4. Valuing Parents and Grandparents**
- 5. Supporting Faith**

John Hughes

TRÓCAIRE
Working for a Just World

LENTEN CAMPAIGN 2019



Trócaire boxes and envelopes will be available in schools and the parish office. You will receive a free 2019 Guide to Lenten Giving—get to know Maria (from Guatemala), Patricia (from Uganda) Maya (in a refugee camp in Lebanon) and their families...learn about their lives...and see how your kind support will help.

The 3 girls featured on the Trócaire box have asked what YOUR life is like. Will you write back to Maria, Patricia and Maya? Included in the pack is a facility to post back a message of love to the girls.



NAOMH MEARNÓG CLG - We wish our new

Chairman, Andrew Rittweger and Vice Chairman, Cecil Ryan, a successful term of office, especially with the imminent launch and implementation of the Black and Amber 5-year plan. Thirty-six teams have been preparing for the 2019 Hurling, Camogie and Football competitions. Competitive action has already commenced and current results augers well for the season. Best of luck to all players and mentors in their endeavours throughout the year.

All National Draw tickets have been returned to the Club. Many thanks to our ticket sellers and all our supporters. A special word of thanks to Jim Carroll who personally sold 150 tickets for the upcoming draw. Our own Lotto at present has a €7,600 jackpot, with 3 draws every Sunday for €50. You can enter for the draw online. Check naomhmearnog.ie where membership can also be paid and you can be kept up to date on all Club activities.

Congratulations to Ground Force volunteer Matthew O'Neill who has been selected on the Irish Karate Team to complete in the World Cup in DCU in April. Congratulations also to Aoibe Dillon (Senior Camogie) and Conor Archer (Minor Football) who both fielded for Dublin in recent games.

750 CLUB RESULTS

JANUARY 2019

1st Prize €1,000 Ticket No. 76 Daniel De Lasa,
Blackrock, Co. Louth
Seller: *K McMackin*

2nd Prize €500 Ticket No. 434, Gary & Aileen O'Connor,
Portmarnock Dr

3rd Prize €250 Ticket No. 511, Lily May McMackin, Torcaill
4th Prize €250 Ticket No. 216, Susan Holland, Burrow Court



Irish Guide Dogs (IGDs)

Meeting of Portmarnock/Malahide Branch
in Sands Hotel

on Wednesday 13th March 2019 7.30 to 9pm

Irish Guide Dogs for the Blind have a variety of exciting volunteering roles that they are looking to fill. If you would like to find out more please come along on the night and register your interest.

IGDs will present an overview of the role of the organisation in the community and will outline the use of guide dogs for visually impaired and autism users.

Light refreshments will be served on the night with music entertainment by the Martello Group in the Bar from 9pm to 11pm.

Contact Details: Frank Kelly

086 8361456/frankkelly@newvent.com



PORTMARNOCK ART GROUP ANNUAL EXHIBITION

The Portmarnock Hotel and Golf Links

SUNDAY 24TH MARCH 12.00 noon – 9.00pm

MONDAY 25TH MARCH 10am – 8.00pm

ALL WELCOME

Official Opening by

Joanna Donnelly Meteorologist

On Sunday 24th March 2018 at 8pm

*****RAFFLE in aid Portmarnock Integrated Arch Club*****

Supported by Fingal County Council

Comhairle Contae Fhine Gall



A Big Thank You to Terence O'Reilly who has hosted—over the past 3 years—a Christmas party

on behalf of our Club and has generously donated monies made to the Club in excess of 15,000.

We are so grateful for everyone's support in this event, especially our wonderful volunteers. We need many more volunteers and if you have any spare time please contact Sinead at 086 340 1524.



Portmarnock Pitch & Putt Club

Now open to New Members for 2019

Annual Fees: Adult - €125; Over 65 - €90

Full Time Student/Apprentice - €90

Juvenile (10 – 16 years).

Family Packages available at a discount of **10% and 20% Juvenile Program**

The Juvenile Season starts next month on Wednesday 3rd April and continues every Wednesday afternoon until 25th September. In order to avoid the rush with registrations on Wednesday 3rd April, we are having **Pre-Registration** for Juveniles on **Wednesday 20th March and Wednesday 27th March** in the Club house 2.30 pm – 3.30pm.

THE GAME FOR ALL THE FAMILY

Portmarnock Senior Citizens Committee

would like to sincerely thank all those Portmarnock and Malahide local business who once again sponsored our annual Christmas Raffle fund raiser. TO all the members, friends etc. who bought tickets and those who bought tickets in the Little raffle held in Dwyer's on 5 Sunday nights prior to the big raffle. Thank you. Your continued support is very much appreciated.



The Alzheimer Café is a safe and relaxed place where people with dementia, their families, and health and social care professionals can come together to talk, share and learn. Alzheimer Café evenings are free and everyone is welcome.

The Alzheimer Café takes place on the last Tuesday of every month between 7pm and 9pm in Clareville Centre, Clareville Court, Glasnevin, Dublin 11.



Anam Cara North Dublin Parent Evenings take place on the **3rd Wednesday** of the month (except during July & August) in the Carnegie Hotel, Swords, Co Dublin from 19:20-21:00.

This event is open to all bereaved parents, providing a safe and comfortable space for them in which to listen to a bereavement professional and other families facing the same challenges. For more information please contact info@anamcara.ie



Spring in Your Step Walk in aid of St Francis Hospice.



Why not put a spring in your step and join us for a Family Walk in St. Anne's

Park at 1pm on Saturday 9th March? Refreshments and fun activities for children will follow the walk. Entry Fee €20 per adult and children free. To register for the walk: Online www.sfh.ie Telephone: 01-8327535 or drop into St Francis Hospice Reception. Thank you for your support.



PAINT YOUR OWN ICON RETREAT

(no experience needed)

Fridays:

March 8th, 15th, 22nd, 29th April 5th and 12th

VENUE: Parish Pastoral Centre, Foxfield/Kilbarrack Church
COST: €300 (includes rent for the Parish Centre, all materials, tuition, teas/coffees). Bring a packed lunch.

During the retreat you will learn about Byzantine Iconography while you write/paint the image of Mary, Mother of God—the one who shows the Way.

CONTACT: Phyllis Behan RSC, phyllisrsc@gmail.com 086 890 9488

Good Luck
to Fionnuala who has opened her new boutique in Portmarnock village.
See ad page 11.

COMMUNITY NOTICE BOARD



Coffee Morning

WEDNESDAYS AFTER 10.00 MASS IN THE PARISH CENTRE

Enjoy fresh scones and tea/coffee €2
All welcome



Parent and Toddler Group

MEETS EVERY TUESDAY IN ST. ANNE'S PARISH CENTRE EVERY TUESDAY MORNING FROM 10.30am TO 12.00 noon



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, 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.



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



GOLFERS

Please note in your diary
Annual Portmarnock Lions Club
Golf Classic
Friday 23rd August 2019 at
PORTMARNOCK HOTEL & GOLF LINKS
Details to follow.....



ANNUAL CLOTHING APPEAL 2019

St. Anne's Church 27th/28th April
Bags will collected following Sun 5th May.

CONTACT DETAILS

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



BURNING HEARTS

Commenced Friday March 1st but continues
Fridays April 5th and May 3rd

What else would you be at on a Friday night? We're getting Young Adults together for Worship, Teaching and Fellowship on the First Friday of every month.

7pm—Mass.

7.30 pm—Talk followed by Eucharistic Adoration.

8.30 pm—Social

The Emmaus Centre, Swords. www.emmauscentre.ie

gerard.hanley@emmauscentre.ie

Free Event. All Welcome.



PORTMARNOCK INDOOR BOWLING CLUB ARA IN PSLC

Portmarnock Indoor Bowling Club was founded in 2008 at the PSLC. 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. For those looking for a new relaxing sport, pastime or a way to make new friends Portmarnock Bowling is the club for you.

Social Games take place in the Martello Room PSLC on Mondays and Thursdays 8pm to 10pm.

New members always welcome—no experience needed. Come and try it. All ages and all levels of experience are catered for. Free coaching and any equipment needed is provided.

For more information: Contact Nuala at 087 943 5397



Since resuming activities for 2019 we have had a busy schedule- but the highlight was surely our trip to see Stella by Starlight by Bernard Farrell in the Millbank Theatre Rush. Forty two members travelled and everyone agreed it was hilarious.

On March 13th we are hosting an Irish Night for local ICA Guilds. We wish our two choirs the best of luck in the upcoming choral competitions in An Grianán

Our planned activities for the coming weeks are as follows:

March 6th	Gardens 4 u -Noreen McCallion
March 13th	Irish Night/Céilí
March 20th	Birdwatch Ireland
March 27th	Business Meeting



DK PORTMARNOCK CHESS CLUB

With the club continuing to take part in the Leinster Chess Union League, we are also looking for new adult members, all grades and can offer a special low rate of subscription to those who wish to play a friendly/social game. Junior players (from 6 years up) meet at 7.30 pm every Wednesday in Naomh Mearnóg G.A.A. Blackwood Lane. Adults meet at 8.30 pm on Thursdays.

Contact Ken 086 337 3582

Tidy Towns 2019

We commenced operations with a meeting in the Portmarnock Hotel on the 31st January. We had a good turnout and viewed a presentation on what was required to better coordinate our efforts this year. We have now developed a plan for upgrades of the appearance of the village throughout the entire area. The list has been compiled and agreed. We met with the staff of the Parks Department of Fingal Co. Co. on the 12th February and got an excellent reception.

The staff have agreed in principle with the vast majority of our proposals. It includes issues such as repair and replacement of footpaths, tree surgery, tree and shrub planting as well as the major project of restoring the wall down at the roundabout at the junction of Station Rd, Coast Rd. and Strand Rd. Some projects will be undertaken in 2019 with the remainder being planned for 2020 and 2021.

We still need more volunteers. We require professional expertise in architecture and engineering as well as general workers like myself. It was great to see new faces for the planting before Christmas. It means that we have a larger group to call upon when workers are needed. Just call me at the number below or email to join up.

Dublin Airport

The legislation to appoint the competent authority to develop a set of rules to limit exposure of local populations to noise from aircraft is passing through the Dail. Fingal County Council will be the body responsible for this important function. We spent three hours in Dáil Éireann listening to all opposition parties criticizing the Minister for his choice of Fingal. Despite the fact that he was unable to rebut any of the criticism he persisted and eventually came away victorious.

The DAA applied for permission to alter the new runway on the 24th January. The changes are not critical to the operation of the runway. We have lodged a comment on the application in relation to the assessment of the effects of the development on the health of the local population. We (FORUM) have not objected to the construction or use of the runway at any stage. All we require is protection of our people from noise

Attenuation Works at St. Marnock's Bay

You will have noticed the earthmoving on the Coast Rd. just beyond the roundabout. I believe these works are part of the sustainable urban drainage programme that ensures that

new developments do not result in flooding of adjacent areas. All surface water landing on new urban developments must be contained during periods of high rainfall. The water gathered is then slowly fed into adjacent water bodies over a number of days to ensure that the Baldoyle Bay does not flood or that nearby rivers and streams do not burst their banks

Drumnigh Manor

I stopped on the Drumnigh Rd. last week to view the progress on the development beyond Drumnigh Woods. The new development which runs parallel to the Moyne River and extends down as far as the railway tracks is quite extensive. I believe there may be direct access from the area to the railway station. This is to be commended as it will stem the constant increase in traffic on Station Rd. It appears that the development will be launched in the next couple of months

Beach Cleaning

Last year we had an excellent increase in the number of volunteers who helped every second Saturday from April through to September. We will put in a notice on our Facebook page and on the website of the commencement date. We had up to 25 people participating last year which is really making a difference. We have been ahead of the band here in Portmarnock in promoting the benefits of keeping our seas clear of waste generated by everybody in society.

Litter on Clonsaugh Rd.

I use the Baskin Lane and Clonsaugh Rd. many times each week to access the M50. I am horrified at the amount of litter that is obviously dumped out of cars traversing what should be a beautiful rural road. Fingal County Council clean this stretch of road several times a week but the problem persists. All we can do is report any littering incident we observe to the Council.

Pat Suttle 087 - 2486287

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. You can visit our website/Facebook at www.portmarnock.org



"Fairies and Goblins in Carrickhill Close"

FINGAL MATTERS

Crime Increase in Portmarnock. Unfortunately, there has been an unprecedented increase in criminal activity in Portmarnock over recent Months. In particular there has been a spate of Muggings and Car thefts or break ins. There have been a number of muggings where young people have been targeted by gangs of youths from outside the area. While arrests have been made and a number of prosecutions are anticipated there are fears that copycat attacks by other groups have taken place. Victims are being targeted for personal items jackets, trainers and Phones.

The advice from Gardai is that young people to be aware of their surroundings and to make sure they don't find themselves isolated particularly in isolated unlit area. While the absolute responsibility for this lies with the criminals, young people should consider avoiding going to places such as the beach or Paddy's Hill after dark particularly if alone and should let their parents know where they are. The Car thefts are targeted at newer cars less than 2 years old and involve more organised gangs stealing and breaking in to cars. While the majority of these thefts were presumed to be fishing attacks where the keys are fished from the hall table there are some reports of thieves breaking and entering to steal Keys. People are urged to keep their keys in secure places away from the front door and also to ensure that they get a house alarm and report any suspicious activity.

Addressing Homelessness. As of February, there were 574 families in contact with Fingal county council in homeless circumstances or at risk of homelessness. Of these, 40 families have had their homeless circumstances alleviated in 2019 to the end of January (including 24 Homeless HAP tenancies), with further tenancy arrangements to conclude shortly through the various forms of social housing support. Tenancy Support is provided through supports such as SLI (Support to Live Independently) and varying other supports to ensure new tenancies are sustained. Homeless Prevention advice is offered through the Council's Homeless Team working with Threshold Clinics and the Threshold Freephone service.

The Threshold National free phone helpline is 1800 454 454 Monday to Friday 9am to 9pm. In 2018, the total of number of Housing allocations was 1,619.

Ireland's Best Young Entrepreneur (IBYE). Are you a young person who is running or has started a business? The search is on for Fingal and Ireland's Best Young Entrepreneur? With an investment fund of €50,000, Fingal Local Enterprise Office will award six investment prizes to three category winners and three runners-up, before the Regional Finals early next year. The local winners in the **Best Start-Up and Best-Established Business categories** will receive €15,000 each and the two runners-up will each receive €5,000. **The Best Business Idea** winner locally will receive an investment prize of €7,000 and the runner-up will receive €3,000 The closing date for receipt of completed applications has been set for Friday 15th March 2019. To enter, young entrepreneurs between the ages of 18 and 35 in Fingal are being asked to visit the competition website at www.ibye.ie, to submit their entry online. The local Enterprise office is available for people of all ages to provide advice information expertise and training in starting or growing your own business.

Heart Health (and a personal note). As many of you will know, I recently underwent Open Heart surgery following discovery of a birth defect I was previously unaware of. By the time it was discovered it had become very serious. I am delighted to be able to say that an operation to replace my aortic valve was very successful and after a long convalescence I am now back working again. I count myself to be extremely lucky that a routine GP visit led to a visit to A & E and subsequent diagnosis. I experienced only the mildest of discomfort in my chest in the few days before my GP visit and in retrospect I was experiencing some fatigue and tiredness in the previous few months. I would advise anyone who feels a bit run down and even the mild chest discomfort or pain to seek medical attention as it is important to rule out something serious or to catch it early. I would like to thank everyone for your good wishes and support and my GP, as well as Beaumont Hospital and the Mater public for the great care I got.

Addressing Homelessness. Fingal County Council is currently in contact with circa 574 families who are in homeless circumstances or at risk of homelessness. Of these, 40 families have had their homeless circumstances alleviated in 2019 to the end of January (including 24 Homeless HAP tenancies), with further tenancy arrangements to conclude shortly through the various forms of social housing support. Tenancy Support is provided through supports such as SLI (Support to Live Independently) and varying other supports to ensure new tenancies are sustained. Homeless Prevention advice continues to be offered through the Council's Homeless Team in partnership with Threshold Clinics and the Threshold Freephone service. In 2018, the total of number of Housing allocations was 1,619.

Cllr. Brian McDonagh

Diary Dates

	DATE	DETAILS	Page
MAR	Tues 5	Scripture Course commences	12
	Wed 6	Ash Wednesday	1
	Fri 8	Paint your own ICON retreat commences	6
	Sat 9	Walk in aid of St. Francis Hospice	6
	Sun 10	Celebration of Fr. John's Ministry	2
	Wed 13	Ecumenical Talks commence	12
	Wed 13	Meeting of Irish Guide Dogs Group	6
	Sun 17	St. Patrick's Day	1
	Wed 20	Anam Cara Evening	6
	Sun/Mon 24/25	Prmk Art Group Annual Exhibition	6
	Tues 26	Alzheimer Café	6
	Wed 20	AnamCara meeting	6
	Weds 20 & 27	Juvenile registration Pitch and Putt	6
APR	Wed 3	Pitch & Putt Juvenile Program begins	6
	Wed 3 Thurs 4	Confirmation St. Marnock's Confirmation St. Helen's	2
	Fri 5	Burning Hearts	7
	Sat/Sun 27/28	V de P Clothing Coll. Distrib. of bags	7
MAY	Fri 3	Burning Hearts	7
	Sun 5	V de P—Collection of Clothing bags	7
	Sat 11	First Eucharist St. Helen's School	2
	Sat 18	First Eucharist St. Marnock's School	2
JUN	Thurs 13 - Thurs 20	Pilgrimage to Medjugorje	2
	Sun 16	Southern Cross Day	6
JUL	Fri 19 - Thurs 25	Pilgrimage to Lourdes	2

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TEAM MINISTRY OF MALAHIDE-KINSEALY-YELLOW WALLS-PORTMARNOCK

PORTMARNOCK: St. Anne's Church, Strand Road, Portmarnock. Parish Office—846 1561.

Fr. Jimmy McPartland, Co-PP, St. Anne's Parochial House, Strand Road, Portmarnock, Phone 552 1563.

Fr. Conleth Meehan, Co-PP contact through the Parish Office 846 1561

MALAHIDE: St. Sylvester's Church, Main Street, Malahide. Parish Office—Phone 845 1244.

Moderator: Fr. Kevin Moore, address as above. P 549 6615.

YELLOW WALLS: Church of the Sacred Heart, Estuary Road, Malahide. Parish Office—Phone 845 4783

Fr. Martin Noone, The Parochial House, 7 Seabury Drive, Malahide. - 845 1902.

KINSEALY: St. Nicholas of Myra, Kinsealy. Ph 846 0028.

Fr. Mattie O'Farrell, Co-PP "Aghadoe" Kinsaley Lane, Malahide, P. 846 1767.

BAPTISMS

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

Layla Orla Geraghty Kelly, Swords

Mae Josephine Margaret Doherty, Carrickhill Drive

Leo David Durkin, Greenview/Seabrook Manor

Aoibhin Isabella Halley, Burrow Court

Aisling Maria McFadden, Limetree Avenue

Elizabeth Mary Luna Sheridan, Baldoyle

Joseph Barthlomew Brennan, Baldoyle

Ellen Grace Galligan Phelan, Balgriffin

Noah Jan Gash, Baldoyle

Harry Arthur Keogh, Marino

Lucas Rafael Moran Luna, Clongriffin

Holly Kate Sweeney, Strand Road

Lent 2019 – The Mystery of our Faith (Scripture Course)



Join us on our journey through Lent as we explore the Sunday Readings, (Old Testament and New), helping us to draw nearer to Jesus, and leading us to a richer and deeper understanding of God's plan of salvation as we draw near to Easter. Sessions will be given by Mary Kirk, Pastoral Worker in St. Sylvester's Parish, who has completed Scripture Studies in St. Patrick's College, Maynooth and The Priory Institute, Tallaght.

Every Tuesday evening from Tues 5th March to Tues 9th April (6 weeks), in Yellow Walls Parish Centre at 7.30pm. Handouts given each evening and refreshments.

All welcome – just drop in!

Ecumenical Talks in our Grouping during Lent

DATE (ALL Weds)	VENUE	SPEAKER
March 13	Presbyterian Church, Malahide	Trevor Johnston
March 20	Kinsealy Church	Nora Owen
March 27	St. Andrew's, Malahide	Fr. Gerry Tanham
April 3	Sacred Heart Parish Centre (Yellow Walls)	Lucy Michael
April 10	St. Sylvester's, Malahide	Ger Gallagher

Full details on the talks will be available on Portmarnock parish website

PARISH INFORMATION

Saint Anne's Church & Parish Centre,
Strand Road, Portmarnock,
Co. Dublin. Phone 846 1561
email: stannes@portmarnockparish.ie
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 & 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 the 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 web-site or contact Parish Office.

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



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—1.00 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 Meditation 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).

Acies 2019

Legion of Mary, Consolata Curia

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For more information on joining the group please contact Derek & Anne Farrell 086 257 3824 or 087 922 4077