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**BANK HOLIDAY**  
**MONDAY 6th May**  
Mass in our Grouping  
at 10.00am  
in Yellow Walls

## A WORD FROM FR. JIMMY

### Child Safeguarding and Protection

Our Parish of St. Anne, Portmarnock, greatly appreciates the role of our Church volunteers. In line with new Diocesan regulations regarding Child Safeguarding and Protection it is important that all volunteer roles be maintained and developed in accordance with the highest standards.

The Dublin Archdiocese has instructed all parishes to complete an Audit of Child Safeguarding and Protection practices. The Audit requires the Parish to collect and maintain data on all volunteers. It is a requirement of the Archdiocese of Dublin that all who exercise **Public Ministry** and all those working with children in diocesan agencies and parishes undergo vetting through National Vetting Bureau every three years.

Public Ministry is defined in the legislation as **Any work or activity as a minister or priest or any other person engaged in the advancement of any religious beliefs unless such work or activity is merely incidental to the advancement of religious beliefs to persons who are not children**". \*

This includes visitation groups, Eucharistic ministers who visit people in the homes and hospitals, choir members, Eucharistic ministers and readers and those who work with children. Those who have already been vetted will need to re-apply if it is three years or more since they were last vetted. I will be contacting volunteers group by group, so it will take some time to get around to everyone, so please be patient.

All volunteers are required to do an evening of training on Child Safeguarding which will occur on two dates in June in Portmarnock Parish—Monday 10th June at 7.30 pm or Tuesday 18th June at 7.30 pm and all Staff, and volunteers working directly with Children are required to attend the full day Training on Child Safeguarding which will be held on Saturday 12th October from 9.30 am to 3.30 pm in Portmarnock.

#### The process for Garda Vetting is as follows:

- New Adult Volunteers must complete an Application Form which must be returned to Fr. Jimmy in the Parish Office. Details of two Referees must accompany the application. I wish to assure you this form will be stored securely in the Parish.
- The new Garda Vetting Invitation Form (NVB1) along with submitting copies of two forms of identification to be returned to Fr. Jimmy where the identifications will be stored securely in the Parish. A list of suitable forms of identification will be supplied with the form.
- Anyone who is working in public ministry will be asked to fill out the Invitation Form (NVB1) which will be sent to the Dublin Diocesan Child Safeguarding office who will in turn send you a reference number so you can go online\*\* and fill in your Garda Vetting Form (NVB2). From this point the process will take three to four weeks. Then you will be clear for another 3 years. **You need to respond to the Garda email within 30 days of receipt or the whole process begins again.**
- You will also need to read and agree to our Anti Bully Policy and Code of Conduct for Staff and Volunteers and sign a Safeguarding Policy Agreement. The signed statement will be stored securely in the Parish.

These new measures will make the Parish compliant with best practice in Child Safeguarding in our beloved Church. Thank you for your patience and cooperation in making our Church a place to worship in a safe environment.

Fr. Jimmy

\* National Vetting Bureau (Children and Vulnerable Persons) Act 2012/2016—Schedule 1

\*\*Do not be concerned if you have no email address. I will make arrangements for a confidential email address to be made available.





*We offer the sympathy of all parishioners to the family of*  
 Thomas Murray, Blackberry Rise  
*who died recently*

## ACKNOWLEDGEMENT

**MARIA WALSH**  
 (Portmarnock Drive)  
 Died 24 January 2019



Tom and Lavinia would like to sincerely thank our family for their kindness and support to Maria during her illness. We are truly grateful for the support of our friends, neighbours and the community who kept a watchful and caring eye on her when we could not.

Thanks to those who came to the funeral home, the funeral Mass and those who sent Mass and sympathy cards. Thank you to Father Jimmy and those who contributed to the Mass celebration. We are grateful to the staff at the Bon Secours hospital who gave such great care to mum throughout her treatment and made her so comfortable towards the end. We appreciate the guard of honour given to her by her beloved ICA.

Finally, we appreciate the professionalism and attention to detail given by the team at Staffords Funeral Undertakers in Portmarnock.

**Tom and Lavinia**



## CEMETERY MASSES 2019



Date	Cemetery	Mass/Prayers	Time
16 June 2019	Fingal	Mass	12.00 noon
16 June 2019	Malahide	Prayers	1.45pm
30 June 2019	Glasnevin	Mass	3.00 pm
7 July 2019	Dardistown	Mass	3.00 pm
7 July 2019	Balgriffin	Mass	12.00 noon

## 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**

## 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 at [www.portmarnockparish.ie](http://www.portmarnockparish.ie) and return it to the parish office - on Strand Road, Portmarnock



## LOURDES Parish Pilgrimage 2019

**6 Nights**  
**Friday 19th July to**  
**Thursday 25th July**  
**Hotel: Saint Sauveur (beside Grotto)**

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

**Price €789 (sharing)** Single Extra €180

Details from:  
 Pauline Geoghegan 087 629 3744

## HOLY LAND PARISH PILGRIMAGE 2019

**31st October— 8 nights**



Spiritual Director: Fr. Jimmy McPartland

- Direct, return flights from Dublin to Tel Aviv
- 4 nights Jerusalem—4 nights Tiberias
- Quality hotel accommodation throughout
- Daily breakfast and dinner
- Full religious programme and daily Mass
- English speaking Christian guide throughout
- Visit to the Dead Sea, the old town of Jerusalem, a boat ride on the Sea of Galilee and more!

**€1,685**  
**pps incl**

**For enquiries call Pauline on 087 629 3744**



## FIRST EUCHARIST 2019

**We remember in our prayers the children who will make their First Holy Communion in May:**

St. Helen's Saturday 11 May at 11.30 am  
 St. Marnock's Saturday 18 May at 11.30 am

**Final Mass in celebration is In St. Anne's Church on Sunday 23 June 2019 at the 10.30 Family Mass**



## BEGINNING EXPERIENCE

Death, Separation or Divorce. Few people are able to cope alone with the pain of loss. Do you find that you need more support than family and friends can provide? Seeking help is a sign of strength and self-knowledge – not weakness. This is a healing ministry, which helps to resolve the grief that goes with the end of a marriage or relationship. Coping effectively with bereavement is a skill we can all learn. Next residential weekend will be held **17th – 19th May 2019, in Dominican Retreat Centre, Tallaght Dublin 24.**

For further information please contact 086 087 7379 or email [bedublin@gmail.com](mailto:bedublin@gmail.com). See [www.beginningexperience.ie](http://www.beginningexperience.ie)

B.E. is a support group for those coping with the pain of loss of their life partner, through



## PARISH COUNSELLING SERVICE

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

## SOCIETY OF THE DIVINE WORD



The Society of the Divine Word, popularly known as Divine Word Missionaries, was founded in 1875 by St. Arnold Janssen, a German diocesan priest of the Diocese of Muenster. Since his ordination in 1861 he had been teaching, and promoting the Apostleship of Prayer in the diocese. Other countries had each their own missionary society: Italy, France, England. He recognized that his own country, Germany, wasn't doing much to spread the kingdom of God and felt that he should do something positive about it. Because of persecution of the Church in Germany during the Kulturkampf (1871-1890) he opened his first mission seminary - a former pub - across the border in the village of Steyl, in S.E.Holland. The first two SVD missionaries were sent to China in 1879 and China became the Society's largest mission field until the missionaries were expelled by the communist government, the last of them in 1949.

*Fr. Pat Byrne SVD.*

*There will be a collection for the work of the Divine Word Missionaries the weekend of 25th/26th May at all Masses.*

### MASS TIMES IN OUR GROUPING

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



## 2019 SEASON



### ONE DAY RETREATS

May, August and September

**MAY** Sat 4th, Sun 5th, Mon 6th, Sat 11th, Sun 12th, Tues 14th, Sun 19th, Tues 21st, Sat 25th, Sun 26th, Mon 27th.

**AUG** Sat 17th, Sun 18th, Mon 19th, Tues 20th, Sat 24th, Sun 25th, Mon 26th, Tues 27th, Sat 31st.

**SEPT** Sun 1st, Wed 4th, Sat 7th, Mon 9th, Tues 10th, Sat 14th, Sun 15th, Sat 21st, Sun 22nd, Sun 29th

A guided day of prayer and reflection. Pilgrims keep footwear on. Refreshments on arrival and a light lunch are served. Admission €45. Concessions for groups. Booking essential

### THREE DAY PILGRIMAGES

June, July and August

You can begin your pilgrimage on any day from Fri 31st May until Tues 13th August. (3 Day Pilgrimage ends Thurs 15th August)

Pilgrimage is a meaningful Journey to a sacred place...

*The Three-Day Pilgrimage enables a deep journey within, to the sources that are truly life giving.*

Admission €75

Concessions available for students, seniors and groups

Detailed information from the Lough Derg office  
Tel: 071 986 1518. [www.loughderg.org](http://www.loughderg.org)



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](mailto:info@anamcara.ie)

### 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, FULLY INSURED. 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.

**MATURE PERSON REQUIRED TO ASSIST ELDERLY LADY** IN PORTMARNOCK WITH HOUSEWORK. ONE HOUR EVERY SATURDAY MORNING AND ONE HOUR EVERY SUNDAY MORNING. RATE €15.00 PER HOUR. GENUINE REPLIES ONLY. CALL 086 841 3547

## Make yours Mediterranean this Summer

The recent 'springing forward' of the clocks has many of us out enjoying the longer brighter evenings and hoping for a repeat of last year's remarkable heatwave. Nights in watching 'Operation Transformation' have been replaced, for some, by coastal evening walks and thoughts of getting 'beach body' ready. For most, however, the struggle to lose weight and improve fitness levels remains a constant battle. Be reassured that you are not alone. The wave of obesity sweeping across the developed world shows no signs of abating. Ireland has one of the highest rates in Europe, with **one in four adults** now classed as obese and **one in four children** overweight. This is marked on 18th May by **European Obesity Day**, an awareness event that promotes solutions to the obesity crisis, raising awareness, supporting advocacy and improving policy around the issue of obesity treatment and prevention. Healthy eating will hence be the focus of this and next month's article.

### Exercise & health

Exercise, a healthy diet and food portion control are key elements in maintaining a healthy weight. However, new research by the WHO shows that in 2017 almost 33% of women and 23% of men worldwide were not attaining recommended healthy levels of physical activity. The findings suggest that **a third of Irish adults do not get enough exercise** - defined as at least 150 minutes of moderate intensity, or 75 minutes of vigorous physical activity per week. A significant gender gap is also evident, with 28% of men here completely inactive compared with 37% of women. Globally, there has been little progress in improving physical activity levels between 2001 and 2016. Although the research pinpoints Irish women as less exercise compliant than Irish men, more males than females in Ireland are overweight. According to Safefood, this is because men tend not to go on diets or be as aware of their size as women are. Imbuing healthy eating and exercise habits in young people is essential if we are to reverse future obesity trends. The challenge, however, is significant: research published last year in **The Lancet** found a tenfold increase in the rate of obesity among Irish boys between 1975 and 2016, and a **ninefold** increase among Irish girls.

### What is a healthy diet?

As *patient.co.uk* highlights, a healthy diet helps to prevent certain long-term (chronic) diseases such as heart disease, stroke and diabetes. It may also help to reduce your risk of developing some cancers (e.g. colon/breast) and help you to keep a healthy weight, reducing your risk of developing obesity, osteoarthritis and improving mental health and self-esteem.

Your body needs energy to work normally and keep you alive. You obtain this energy from nutrients in the food that you eat - mostly, carbohydrates, fats and proteins. Minerals and vitamins are other nutrients that are also important in your diet to help your body stay healthy.

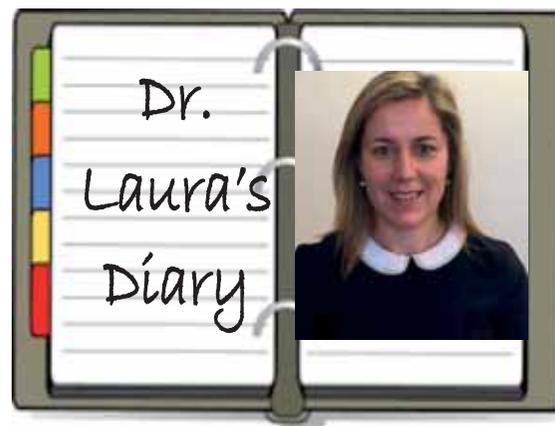
It is important to find the right balance between these different nutrients to achieve maximum health benefits (see below). A balanced diet generally contains food from each of the following food groups - starchy foods such as bread, rice, potatoes, pasta, etc; fruit and vegetables; milk and dairy foods; protein foods such as meat, fish, eggs and other non-dairy sources of protein (including nuts, tofu, beans, pulses, etc). Fatty and sugary foods are the final food group that you eat, but should largely be restricted. In addition to the above, having plenty of fibre and water in your diet is also important for your health.

### What makes up a healthy diet?

The dietary guidance to reduce your risk of heart disease is as follows:

Reduce intake of saturated fat to less than 10% of total fat intake (preferably in lean meat and low-fat dairy products). Replace saturated fat with polyunsaturated fat where possible. Eat at least five portions of fruit and vegetables per day and at least two servings of oily fish per week. Consider regularly eating whole grains and nuts. Keep the amount of salt in your diet to less than 6 g per day. Limit alcohol intake to less than 21 units per week for men and less than 14 units per week for women. In addition, you should avoid or reduce the following in your diet - processed meats or commercially produced foods (including 'ready meals') which tend to be high in salt and trans fatty acids, refined carbohydrates, such as white bread and processed cereals, sugar-sweetened drinks, high-calorie but nutritionally poor snacks, such as sweets, cakes and crisps.

A multipronged approach is essential to tackling the obesity crisis. The recent tax on sugar sweetened drinks is a step in the right direction, as is the EU funded 'Food Dudes' programme, which promotes healthy eating in Irish schools. But we need an unrelenting focus on renewed and innovative education campaigns and prevention strategies if we are to stem the obesity tide.



*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

The government has recently launched the **National Healthy Childhood Programme**.

Over 63,000 babies are born in the State every year and, as children account for 25% of the Irish population, we have the youngest population in the EU. To support

children in fully realising their potential, from birth to their 14th birthday each child will have had at least 22 contacts with the health service as part of the Programme - that is 1.5 million opportunities to **"Make Every Contact Count"**. Investment in the early years of life, starting from conception, creates the best outcomes for children, providing the foundations for health over their lifetime. Early intervention and prevention have a positive impact on children's health, social and educational development and offers the best chance of living a happy and fulfilled life. Whether this programme will result in real tangible improvements for the thousands of children awaiting assessment of need, physiotherapy, SALT, OT and psychology input remains to be seen.

### Did You Know?

Only 2% of children in the US eat what could be considered a healthy diet and 70% of obese children have at least one cardiovascular risk factor. The statistics around childhood obesity are well and truly frightening.



An agreement in principle to look after 400,000 more medical card holders with long-term illnesses (such as diabetes & COPD) are part of a €210m new deal for GPs, announced in early April. Key to passing the deal will be

the gradual reversal of cuts in medical card fees imposed on GPs in the recession. These draconian cuts reduced GP payments by almost 40%. Spend on Primary Care - including medical and doctor visit cards amounts to a tiny 2% of the entire annual health budget, minuscule in comparison to EU countries such as Belgium which allocates almost 10% of its health budget to Primary Care. GPs will cooperate with e-health initiatives such as e-referrals and e-prescribing and an integrated patient summary record which should lead to greater efficiencies in general practice and support patient care.

## NAOMH MEARNÓG CLG

G.A.A. President John Horan has expressed an interest in the voluntary Ground Force system in the club and will pay an informal visit on Friday May 10th to experience its operation.



Great to see our Ladies Senior Football team back in action, and with ex Dublin All Star Clíodhna O'Connor in sparkling form, they are acquitting themselves well.

Donie Power was overall winner of the Society's outing in Beaverstown with 37 pts. Next outing Malahide May 17th.

Work has commenced on the sand-based pitch at the rear of the Clubhouse. With proper weather conditions it is estimated to be ready for use by the end of September

Our camogie team reached the final of the Féile competition and after a thrilling tussle, where every girl gave of their best, they lost out by one point. The boys' team have also qualified for their final in Parnell Park, to be played on April 14th.

New bicycle racks have been put in place at the front of the Clubhouse building.

Our under 13b, u/15 and u/16 hurlers top their respective leagues at present.

For details of mini-leagues, summer camps, lotto draws (nearing €9,000 jackpot), and all club team activities visit [naomhmearnóg.ie](http://naomhmearnóg.ie)

The Club will host the Interfirms Ladies Football 7s on May 18th. It is hoped to also host the u/14 girls football Féile on the same day.

## FINGAL MATTERS

### Local elections 24th of May

The Local Elections 2019 will take place on the 24th May 2019. Polling stations will be open from 7.00am to 10.00pm. The Howth Malahide electoral area which includes Portmarnock, Kinsealy, Balgriffin, Baldoyle, Sutton and Bayside will be reduced from 8 seats to 7 seats.

### Baldoyle to Portmarnock Cycleway

The tender for the Baldoyle to Portmarnock Cycle and walk way was published on Wednesday April the 10th. It is envisaged that the work will start in June and be completed by October. The Cycle way will pass through the fields on the Land side of the Coast Road between Portmarnock and Baldoyle. The entry to the Pathway will be Baldoyle side of the Roundabout at Portmarnock Bridge and involve a pedestrian crossing.

### Flood Insurance issues

At the April area committee of the Council for the Howth Malahide area the following motion was proposed and passed: That this Area asks the Chief Executive work with the OPW and the relevant Government Departments and residents to ensure that areas in Howth/Malahide are not incorrectly denied insurance due to misinterpretation of OPW Maps, and that action be taken to ensure that insurance is accessible."

However it was stated at the meeting by one of the Councillors who works in insurance that Insurance companies do not rely on OPW maps but on more sophisticated mapping software.

The following Report was received from the Council: "This is a matter for the Office of Public Works/Insurance companies, the maps are the responsibility of the OPW. The following information below is from the OPW website "Frequently Asked Questions" <https://www.floodinfo.ie/faq/> Can the flood maps be used by the insurance companies? Insurance companies make commercial decisions on the provision of insurance cover based on their assessment of the risks using their own models and methods. The disclaimer attaching to the OPW Flood Maps makes clear that users of the website must not use the Flood Maps or any other content of the website for commercial purposes. The provision of insurance cover, the level of premiums charged and the policy terms applied are matters for individual insurers. I have been refused insurance due to flood risk? What can I do? You can discuss your experience with Insurance Ireland at 01-6761820. If you have a complaint about your individual dealings with an insurance company that has not been resolved by that company, you should contact the Financial Services Ombudsman's Bureau at LoCall 1890 882090 or 01-6620899."

### CEO of Fingal moves to HSE

Paul Reid the CEO of Fingal County Council has been appointed Head of the HSE. We wish him well in his new appointment.

Cllr. Brian McDonagh



### Portmarnock Pitch & Putt Club

Voted Best Seaside Links Course in Dublin  
Now Open for New Members

An ideal opportunity to sharpen your short game skills.

#### Annual Fees:

Ladies/Gents - €125 Over 65s - €90

3rd Level/Apprentice - €90 Juveniles - €30 (10 - 16 yrs)

The perfect game for all the family

Please call into our Clubhouse any Saturday from 12 - 2pm or Sundays from 10 - 12. We are located at the top of the lane behind St Anne's Church. Mobile: 089-445 8313

e-mail: [portmarnockpitchandputtclub@gmail.com](mailto:portmarnockpitchandputtclub@gmail.com)



### Arch Club Annual Golf Classic

24th of May 2019 in Portmarnock Hotel and Golf links  
Anybody interested in supporting the event please contact  
086 340 1524 or 087 255 4424



### GOLFERS Please note in your diary Annual Portmarnock Lions Club GOLF CLASSIC

Friday 23rd August 2019 at  
PORTMARNOCK HOTEL & GOLF LINKS

### 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



### 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 each Monday and Thursday from 8-10pm. New members always welcome. No experience needed. Come and try it. All ages and all levels of experience catered for. Free coaching any equipment needed is provided.

Contact Nuala at 087 943 5397.



## 40 HOURS ADORATION

St. Anne's Parish

Commences 8am on Friday 24th May  
Concludes 12 midnight on Sat 25th May  
**Everyone welcome.**

Could you volunteer to commit to at least 1 hour's adoration during the above period?  
If so, complete the form at the back of the church or text Róisín 085 140 7786

## ARE YOU HOUSEBOUND?

Would you like to receive Holy Communion on a regular basis?  
Would you like a visit by the priest for the First Friday each month?  
This can be arranged by contacting the Parish Office at 8461561.



## GLUTEN FREE HOSTS

are available in St. Anne's Church at all Masses. You can approach the centre aisle at Communion time and either the priest or the Eucharist Minister will have the gluten free hosts in a special separate pyx.

*If you can only receive from the chalice please approach the altar with the Ministers of the Eucharistic*

## 750 CLUB RESULTS

### MARCH 2019

- 1st Prize €1,000 No. 94 Noelle O'Mahony, Ashley Rise  
Seller: Diarmuid O'Connor
- 2nd Prize €500 No. 467 Pauline Healy, Wheatfield Grove
- 3rd Prize €250 No. 306 Brendan Coghlan, Briar Walk
- 4th Prize €250 No. 433 Marian McHugh, Wheatfield Road

### EXTRA PRIZES FOR EASTER — €200 EACH

- Ticket No. 710 Finbar O'Connor, Carrickhill Rise
- Ticket No. 565 John Lonergan, Church Ave
- Ticket No. 165 Bernard Myers, Beach Park
- Ticket No. 415 E & K Murphy, Onward Close
- Ticket No. 171 Christy & Hilda Whelan, Blackthorn Close

### 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

## COMMUNITY NOTICE BOARD

### THANK YOU!

May we, Paul O'Reilly's family thank sincerely the people who came to Paul's rescue after he was attacked by a stray dog on Portmarnock Beach, on Saturday March 30th; the extremely brave men who pulled the dog away, the people in the beach car park who assisted Paul and waited with him until the Gardai and emergency services arrived; the Gardai from Malahide station, especially Eoin, also the ambulance crew, who came on the scene within ten minutes of being called out and treated Paul with such kindness.

Thanks to the staff at Beaumont Hospital Paul has made a good recovery from his ordeal, and again we thank everyone for their kindness to him on the day.

Mass has been offered for you all.

**Paul, Tommy and Denise O'Reilly**

### 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**

## CONGRATULATIONS!

Congratulations to all our 0 to 5K group who did their first Malahide Parkrun 5K, a huge achievement! So very well done and more importantly keep up the great work! You've the long evenings and better weather to look forward to now and you have the fitness and strength more importantly! The members of the group were coached, encouraged and inspired by their two coaches, Simone Byrne and Cabena Carroll-Smith who look very impressive in their high-vis vests (in front row below).



# COMMUNITY NOTICE BOARD



**Big Thank You** to the wonderful ladies and gentlemen from Portmarnock Art Group for their generous donation for Art exhibition raffle.

A **Big Thank You also** to the members of the Malahide Golf Bridge Club for their most generous fundraiser donation.

*Thanking all involved for their support and help.*



Pmk Art Group presentation L to R: Emer Fitzpatrick, Sinead McGowan, Anne Marie McCoy, Orla Darcy, Lynda Millar. Photo from Yvonne Moran.



Malahide Golf Bridge Club presentation. Sinead pictured with Irene Tyrrell.



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**FRIDAY 10th May 2019 at 8pm (sharp)**

**GUESTS: Mark Walsh (a local tenor) and Fingal Junior Choir**

**ADMISSION FREE**

Donations at door. Raffle tickets at the show



## To Parents of St. Marnock's Confirmation Classes

Thank you for organising the group lunch in the Grand Hotel, Malahide, after the Confirmation Ceremony.

It was a great idea. The children could play with their classmates. The younger children had great fun. You organised a playroom with lots of toys. I've been to many post-Confirmation Family meals. It can be a little boring for the younger children particularly. Keeping them amused in a restaurant can be challenging. The quiz for the Confirmation Group was also great fun. There was a great Community Spirit. Parents had a chance to chat and compare notes.

Thank you also to the teachers of St. Marnock's and our Priests and Parish Volunteers for their hard work in organising the Ceremony. It was wonderful, as always.

I was passing through the Church two days later and the St. Helen's Confirmation Ceremony was on. This was another well organised joyful ceremony. I just thought we are so lucky to have great schools, great teachers and great volunteers in this area.

P.S. Congratulations to St. Marnock's Senior Girls and Senior Boys on getting to their G.A.A. Football finals on May 14th/16th. That's 10 finals in 10 years .

**A proud Grandad, John Hughes**



**Irish Guide Dogs**

## Portmarnock/Malahide Branch 63 MONTHLY MEETING

Irish Guide Dogs Portmarnock/Malahide Branch plan to host an

informal meet up in the Malahide Parish Pastoral Centre, beside Malahide DART station on the 1st Thursday of each month from 2.30 to 4.30 pm . This gathering is for all who have an interest in Irish Guide Dogs.

Why not join us for a cuppa and a chat, find out about the work of Irish Guide Dogs and the hopes and dreams of our branch with an opportunity to meet others, share ideas, and perhaps get the odd puppy cuddle! Tea, coffee and biscuits will be available.

**Contact Frank Kelly on 086 836 1456 or email [frankkelly@newvent.com](mailto:frankkelly@newvent.com).**



## PARENT AND TODDLER GROUP in Teallach Áine in the Parish Centre

The Group meets every Tuesday morning from 10.30 am to 12.00 noon (except when schools closed)



## PORTMARNOCK LIONS CLUB

Join us at the heart of your Community

If you are interested in helping your local community—volunteering, fund raising, organizing projects, using your talents—why not join your local Lions Club.

The Portmarnock Lions Club has been in existence now for a number of years assisting local people and clubs with their problems and projects and we would like to hear from you.

Further details:

John Lonergan 086 161 1995

Ken Bracken 087 979 3220



## 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.



## The Child in our Midst – Scripture, Liturgy and the Spirituality of the Child

On June 7th and 8th, St. Patrick's College, Maynooth will host a conference on the subject of the spiritual life of the child and their place in the community of faith. The keynote speaker will be Annemie Dillen from KULeuven who will speak on: "Children in the midst? On marginality, the center and the challenges of turning social norms upside down." There will be a number of Plenary Sessions with a variety of speakers and there will be two sessions for workshops. Some of the workshop will be: Stories of God at Home; Children and the Spirituality of Motherhood; Children and Grief; The Directory for Masses with Children.

For further information contact [specialevents@spcm.ie](mailto:specialevents@spcm.ie).  
To register for Conference [www.eventbrite.ie](http://www.eventbrite.ie)

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# PORTMARNOCK COMMUNITY ASSOCIATION - PCA NEWS

## Waste Water Treatment Plant Clonshaugh

There were three groups from Portmarnock who participated in the oral hearing held by an Bord Pleanála in the Gresham Hotel commencing on 20th March. Irish Water conceded that they would install UV treatment of the waste water at the commencement of the hearing. This is good news. The Velvet Strand Swimmers, the PCA as well as an excellent presentation by Sabrina Joyce Kemper comprised the Portmarnock contribution. All our concerns were very well aired on your behalf. A decision on the matter will be made later this year or in early 2020.

## Dublin Airport – Appointment of the competent Noise Authority

The final stages of the “noise” Bill are now passing through the Seanad as I write. It is not certain what the final details will be but be assured a competent authority will be put in place. They will then commence the process of setting out rules to limit the noise from airport operations. This means that residents will again have to produce more documentation and make more presentations to yet another body. It is never ending. However we will persist.

## Climate Change / Portmarnock a Sustainable Energy Community

We met with SEAI on the 2nd April. We have since registered as an SEC. The next stage is to form a committee to drive this project forward. This is not for old folks like me – it is for our children in their 30s and 40’s as well as our grandchildren. Remember we have to reduce our carbon footprint by 50% by 2050 and be no longer using carbon-based fuels by the year 2000. There is no magic bullet. We have to reduce energy use in every activity. We will be running a series of events over the next year. Please come along and participate – you will learn something and also save money.

We are looking for volunteers to serve on the committee. If you have a skill we might need or are interested in improving our lives in Portmarnock call me on the mobile no. below.

## Biodiversity

Biodiversity is all about preserving the widest range of wild plants and animals in our natural environment and around human habitations. We are meeting with Fingal



Tidy Towns at the bottom of Wendell Ave

County Council with a view to developing a biodiversity plan for Portmarnock. We have lots of wildlife areas around our village. We also have large semi wild areas on all our golf courses and parks. The aim is to use native plants in all our new planting with the addition of spectacular related plants. For instance we have many native trees and shrubs of the cherry family in Ireland. So it makes good sense to plant some of the great flowering cherries as they will support many of the native insects and other organisms on which our wild birds can feed. We will produce a series of lists of plants which we will be recommending when you next plant up your garden.

## Start of the Gardening Season Tasks for Early May

Outside your gate ....Pull out the grass/weeds at the base of your wall, at the base of trees or in cracks in the footpath. You can also spray to remove the grass weeds The hedge will be growing. Trim it in mid – late May and it should remain neat for the summer. Check for nesting birds before you cut. The grass is growing. Cutting is important. However if you edge the lawn you will improve the appearance of the lawn just as much- use a spade or half-moon. Dig the flower beds and take out the weeds now before they get a real grip. However do not plant summer flowers until 20th May at the earliest. Seaside gales with sand and salt in the air will cause severe damage to soft new leaves.

## Beach Clean Dates for May /June

11th May, 25th May, 8th June, 22nd June – Meet at the Kiosk at the beach 10.00am. if you cannot get to the beach why not spend an hour collecting litter on roads near your home.

## Tidy Towns

The judges will be visiting from early-June to mid-August. There is a new Schools Award this year with a prize fund of €5,000 sponsored by Supervalu. If any of the schools need help contact us.

## Weather 2019

As you can see rainfall was low early in the year with a very wet month of March. Temperatures after a cool start is consistently warmer. Sunshine has been higher in February and March.

Month	Rainfall 2019	Avg	Temp. 2019	Avg
January	26.8mm	62.6mm	5.10C	5.30C
February	30.5mm	48.8mm	7.00C	5.30C
March	92.5mm	52.6mm	7.30C	6.70C

(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)

## PORTMARNOCK COMMUNITY SCHOOL NEWS

### Loss and Grief

In my role as School Chaplain, I have sat with many students over the years and accompanied them through their experience of Loss and Grief. It is a great privilege to sit with these young people, to listen to their stories, to wipe away their tears, to pray with and for them and support them in whatever way I can.

Through the sharing of their stories and the support of a listening ear, students find a safe space whereby they can begin to process their grief, heal the hurt and find hope once again in rebuilding their lives. I have sat with many students over a cuppa and they have spoken to me about their struggles as they faced the death of a parent, grandparent, sibling, relative or friend.



In March on Daffodil Day I decided to take a group of students who had been recently bereaved to the Iveagh Gardens in City Centre, where we visited the Garden of Hope. In this Garden the students got time to relax, listen to some music by the Dublin Gospel Choir, write a message to their loved ones on a cardboard daffodil which they

planted in the ground and reflected. (See picture). Their daffodils were planted along with thousands of other daffodils where people from all over had taken time to do the same thing and remember a loved one. The messages of love, hope and remembrance were both inspiring and comforting to read and gave us all a sense of unity and community when we realised that we were not alone in carrying the pain of loss.

Following our trip to the Iveagh Gardens we stopped off in Clarendon Street Church to say a prayer for our loved ones and we went and shared a meal in McDonalds. This day of spending time reflecting on our life experiences and our losses brought us as members of a school community closer together. Like the disciples on the road to Emmaus we experienced God's loving and comforting presence.

For me this day was one of the highlights of my year and I know that it meant a lot to the students who commented that we should make this trip an annual event on our school calendar; it was one that would not be forgotten. For the students and for all of us who have experienced the loss of a loved one the words of Elizabeth Kubler Ross come to mind.... she says that:

*"The reality is that we will grieve forever, we will not get over the loss of a loved one but we will learn to live with it, we will heal and rebuild ourselves around the loss that we have suffered and we will be whole again but we will never be the same, nor should we be and nor should we want to"*

I would invite you to continue to pray for all young people who struggle with the loss of a loved one. I feel that for any of us who have experienced loss, this is never an easy thing to cope with but for young people in particular it is twice as hard.

*May the souls of our loved ones rest in peace Amen*

**Catherine Clarke**  
Chaplain PCS

### Lesotho 2019

On the 8th of February 2019 we embarked on a journey of a lifetime. We arrived at Dublin airport on a brisk Friday morning, however, our journey began long before then. Just a year earlier we applied for a position on the Lesotho 2019 trip. This trip has been a rich tradition in Portmarnock Community School for many years. This contributed to our reasoning for applying. For years we had seen transition year students head off to the Kingdom of Lesotho to give aid to the people in rural communities. Inspirational stories of teamwork and friendship from those who had been before us sparked our eagerness. The build up to the trip was great, our Wednesday afternoon Africa classes, then over to the P.S.L.C for dancing with Andrea, Thursday evening meetings in the Martello room, all made us more excited as the weeks went on.

After 36 hours travelling, we eventually made it to The Kingdom in the Sky, the name really is fitting, the views there are spectacular. Our first day we went to Mass and it was absolutely breathtaking, the singing was incredible. After Mass we went to St. Angela's Cheshire home for children with disabilities, it was very moving to see how happy these children were despite what a hard life they have. We put on a little concert for them with all the songs and dances we had been learning for the months leading up to the trip.

We were all up bright and early on Monday morning, all very excited as we set off to Ha Hlalale. We had the most amazing welcome, the students of Ha Hlalale lined the road up to the school all dressed in traditional African outfits. We then went into the school hall for a welcome concert, once again just like at Mass the previous day we were blown away by their singing. After the concert everyone headed off to their schools they were going to be working in while in Lesotho. I stayed in Ha Halale where there was a lot of work to be done. I was in Ha Halale most days where we taught violin and guitar lessons; there were also Maths, English and Science lessons being taught by our teachers and students, they also did PE and art lessons with them. There was great work being done in the other schools; English, Maths and Irish lessons were being taught, we were also doing arts and crafts, PE and singing and dancing with all the children. In the afternoons we would paint the classrooms in various schools. The building team also made great progress with the Early Childhood Development Centre which is due to open very soon, once the finishing touches are put on by the locals.



Pictured here are some of the Transition Year Students who travelled to Lesotho

It's very hard to put into words the impact this trip has had on everyone involved. It has been the most eye-opening experience that has shown us how lucky we really are. Although we go through hard times it's nothing compared to the life the people of Lesotho live. However, not once did we ever hear them complain, they are the happiest people and they constantly have smiles on their faces and you can't help but have a smile on your face whilst around them.

**Ava Scannell—student in Portmarnock Community School**



## 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.



## Our Parishes Working Together

TEAM MINISTRY OF MALAHIDE-KINSEALY-YELLOW WALLS-PORTMARNOCK

PORTMARNOCK:	St. Anne's Church, Strand Road, Portmarnock. Parish Office - 846 1561. <b>Fr. Jimmy McPartland</b> , Co-PP, St. Anne's Parochial House, Strand Road, Portmarnock. Phone - 552 1563.. <b>Fr. Conleth Meehan</b> , Co-PP, contact through the Parish Office - 846 1561
MALAHIDE:	St. Sylvester's Church, Main Street, Malahide. Parish Office - 845 1244 <b>Moderator: Fr. Kevin Moore</b> , address as above. Phone - 549 6615.
YELLOW WALLS:	Church of the Sacred Heart, Estuary Road, Malahide. Parish Office - 845 4783. <b>Fr. Martin Noone</b> , 7 Seabury Drive, Malahide Phone - 845 1902.
KINSEALY:	St. Nicholas of Myra, Kinsealy. Phone - 846 0028 <b>Fr. Mattie O'Farrell</b> , Co-PP "Aghadoe" Kinsaley Lane, Malahide. Phone - 846 1767.



## BAPTISMS

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

Lily Freya Greene, The Lawn, St. Marnock's Bay  
Norman Martin Hogan, Old Portmarnock  
Kate Annmarie Lowry, Balgriffin  
Max Joseph Murray, Upr Carrickhill Road  
Maeve Walsh, Wendell Avenue  
Seán Dieter Whelan, Clongriffin  
Abbie Mary Costello Kinsealy  
Lily Rachel Doyle, Strandmill Avenue  
Ellie Grace McCormack, Portmarnock Rise  
Isla Grace McGovern, Hazel Court  
Olivia Eleanor McGovern, Hazel Court  
Seán William McGovern, Hazel Court  
George McGrath, St. Anne's Square



### CONTACT DETAILS

Society of St. Vincent de Paul

91-92 Sean McDermott Street, Dublin 1.  
Tel. 855 0022; email: [info@svp.ie](mailto:info@svp.ie)



## 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—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 7-7.30pm; John Main Meditation Group 7.30-8.30pm (*please note change of time*) (*all welcome*)  
THURS 7-8pm;  
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)

## DIARY DATES

Month	Date	Event	Duration
MAY	Fri 10	Charity Concert	7
	Sat 11	Beach Clean	10
		First Eucharist St. Helen's School	2
	Sat 18	First Eucharist St. Marnock's	2
	Fr 17—Sun 19	Beginning Experience Weekend	2
	Sat 18	World Obesity Day	4
	Fr 24/Sat 25	40 Hours Adoration	6
	Fri 24	Arch Club Golf Classic	5
		Local & European Elections	5
	Sat 25	Beach Clean	10
Sat 25/Sun 26	Divine Word Missions—collection	2	
JUN	Thurs 6	Monthly meeting Irish Guide Dogs	7
	Fr 7/Sat 8	The Child in our Midst - Maynooth College	6
	Sat 8	Beach Clean	10
	Thurs 13 - Thurs 20	Pilgrimage to Medjugorje	12
	Sun 16	Southern Cross Day - <i>more info next issue</i>	
	Sat 22	Beach Clean	10
	JULY	Fr 19 - Thurs 25	Pilgrimage to Lourdes
AUG	Fr 23	Lions Club Golf Classic	4
OCT	Thurs 31	Pilgrimage to the Holy Land	2



## PILGRIMAGE TO MEDJUGORJE

### 7 NIGHT PILGRIMAGE PACKAGE 2019

DEPARTING FROM DUBLIN

13-20 June 2019 - €695 per person sharing

Price includes: Return Day flights from Dublin. Full Religious programme. 7 nights accommodation near to St. James' Church with breakfast and dinner included. Luxury coach transfers accompanied by local guide. Comprehensive Travel Insurance up to 84 years of age. All airport and local taxes.

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