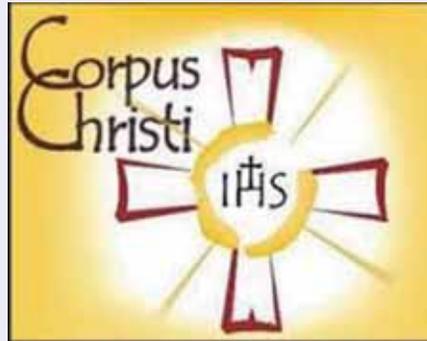


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FEAST OF CORPUS CHRISTI SUNDAY 23rd JUNE 2019 FEAST OF LOVE



Pope Benedict XVI once described the Feast of Corpus Christi as 'a day on which heaven and earth work together.' He said:

'Corpus Christi is an expression of faith in God, in love, in the fact that God is love. Love does not consume: it gives and, in giving, receives'

It is a wonderful way to approach Communion. When we receive the body and blood of Jesus, it is a gift of love. But if we keep this gift for ourselves, and do not give in return, that is not love. In the Gospel Reading for the Feast day (Luke 9:11-17) the disciples have a small amount of food, five loaves and two fish—maybe enough to feed themselves, at a stretch. But Jesus had a very different idea. Notice that Jesus hands this gift over to them to distribute among the hungry crowd. It is the disciples' responsibility to feed the hungry, to give to those in need, and to love the very crowds that they had earlier suggested sending away.

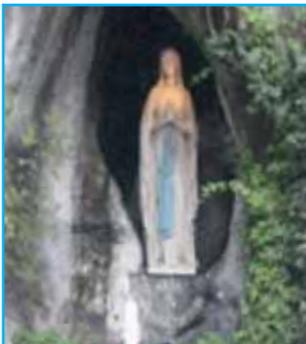
The Feast of Corpus Christi reminds us of our need to be in communion with the whole body of Christ. There is room for everyone at the banquet, especially the poor and the hungry, and it is up to us to help those in need. Having received this gift of love, we are expected to pass it on. There is more than enough bread for everyone.

'If there is hunger anywhere in the world, then our celebration of the Eucharist is somehow incomplete everywhere in the world...We cannot properly receive the Bread of Life unless at the same time we give the bread of life to those in need, wherever and whoever they may be.'

Pedro Arrupe SJ

Triona Doherty, Curraghboy, Co. Roscommon

Email: trionad@gmail.com Courtesy of Intercom Magazine



The Grotto

LOURDES Parish Pilgrimage 2019

6 Nights

Friday 19th July to Thursday 25th July

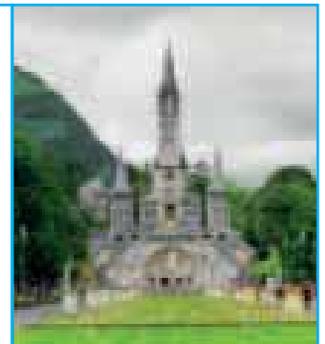
Hotel: Saint Sauveur (beside Grotto)

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



A view from St. Michael's Gate



We offer the sympathy of all parishioners to the family of

Frank Donegan, Heather Walk
Brian Sunderland, Wheatfield Road
Joseph Magee, Carrickhill Rise
John Murphy, Carrickhill Rise

who died recently



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



CEMETERY MASSES 2019



Date	Cemetery	Mass/Prayers	Time
9 June 2019	Sutton	Mass	12.00 noon
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** provides support to bereaved people by offering them a *'listening ear'*. If at any time, now or in the future you feel that the support of Bethany would be helpful, please contact a member of the Portmarnock support Group on 089 439 4096 or through the Parish Office on 01 846 1561. 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**

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

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 and return it to the parish office - on Strand Road, Portmarnock



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

750 CLUB RESULTS

APRIL 2019

1st Prize €1,000 No. 588 Michael Haran, Torcaill
Seller: Kathleen McMackin

2nd Prize €500 No. 165 Bernard Myers, Beach Park

3rd Prize €250 No. 529 Jim Banks, Strand Road

4th Prize €250 No. 394 Tony & Margaret O'Reilly, Dal Riada



ANNUAL SUMMER FESTIVAL

CLONGOWES WOOD COLLEGE, CO. KILDARE
15th-18th August

The Summer Festival is both Youth 2000's largest event and the largest Catholic youth event in Ireland with over 1,000 attending. Attendance means for each young person:

- The opportunity to experience the beauty of the Sacraments in a way that has the proven potential to send them back home on fire for Christ and His Church.
- The opportunity for young Catholics who often in today's society feel isolated in practising their faith to see the faith alive in hundreds of their peers.
- Exposure to catechesis and formation they will take back to their home parish and diocese.

For more information:

Youth 2000 Ireland National Office,
Divine Word Missionaries, Moyglare Road,
Maynooth, Co. Kildare
T 01 675 3690 E: office@youth2000.ie
www.youth2000.ie



PARISH COUNSELLING SERVICE

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

Remember.. You are a Perishable Item.. Eat accordingly!!!

Continuing last month's theme of health eating, the components of a well balanced diet are outlined in this month's article. These provide all the energy you need to keep active during the day and the nutrients you need for growth and repair. **Exercising** and eating a healthy balanced diet can also help you to maintain a healthy weight, reducing your risk of type II diabetes, cancer, osteoarthritis and mental health conditions. The basic components of a healthy diet include the following:

Carbohydrates

Much of the energy (calories) in what we eat comes from carbohydrate, which should account for about one third of daily calorie intake. These are divided into two carbohydrate types: complex – starchy e.g. bread, potatoes and simple – sweet sugary foods. The glycaemic index of a food is the rate at which the food raises blood sugar levels after it has been eaten. Higher-fibre carbohydrates, such as wholegrain cereals and wholemeal bread, tend to have a lower glycaemic index than more refined starches such as white bread, snack foods and sugary drinks. For this reason, they are a far healthier option. Try not to add sugar to tea, coffee or breakfast cereals, give children milk or water with meals and cut down on chocolate/biscuit and cake intake where possible! Many drinks, including alcoholic and many non-alcoholic drinks, contain sugar and hence calories. Think about what you are drinking.

Protein

Protein-containing foods include meat, poultry such as chicken, fish, eggs and plant derivatives (nuts, seeds, tofu, beans, lentils and chickpeas). Protein is important for energy and for growth and repair in your body. Some of these high-protein foods can also be a source of iron and vitamins, including B vitamins and vitamin D. But be careful, as many meat-based recipes include creamy or fatty sauces which are high in calories.

Fat

For a long time, obesity and many other health problems have been blamed on the amount of fat that we eat. This makes sense because fat contains about twice as many calories as carbohydrate or protein per gram. However, more recent research suggests the picture is more complex than that. It suggests that carbohydrate plays a larger role in weight gain than we previously thought. It probably is still a good idea to eat less fat if you are trying to lose weight. Tips to reduce fat in your diet include the following: grill, bake, poach, barbecue or boil food, choose lean cuts of meat and cut off any excess fat, have low fat milk and other dairy products and watch out for hidden fats that are in pastries, chocolate, cakes and biscuits.

Fibre

There are two types of dietary fibre: Soluble fibre, which is found in oats, peas, beans and many fruits and vegetables, dissolves in water to form a gel-like material. It increases feelings of fullness and can lower blood cholesterol and glucose levels. Insoluble fibre is mostly found in whole grains, and also in fruit and vegetable skins. It is not digested by the body but forms bulk in the gut, which helps to keep the bowels moving normally. Eating higher-fibre foods can make you feel full for longer, which can help if you are trying to watch your weight. Have plenty to drink when you eat a high-fibre diet (at least 6-8 cups of fluid a day).

Fruit & vegetables

New research suggests that eating at least seven portions of fruit and vegetables daily reduces the risks of many illnesses, such as stroke, heart disease and some cancers. Some tips on how to increase fruit and vegetables in your diet include: aiming to have at least two different vegetables with most main meals and trying to have fruit with each meal (frozen, canned and dried all count). Consider cherry tomatoes, carrot sticks, dried apricots, or other fruits as part of packed lunches. Fruit is great for snacking. Where possible (!!!), encourage children to snack with fruit rather than with sweets.

Dairy

Three portions of calcium are needed daily to maintain healthy teeth and bones. One serving is 200 ml of milk, a small (150 g) pot of yogurt or a 30 g serving of cheese (about the size of a matchbox). Non-dairy sources of calcium include leafy green vegetables, tinned fish (particularly if the bones are included), dried figs, almonds, oranges, sesame seeds, seaweed and some types of beans.

Red/processed meat vs fish

Red and processed meat increases the risk of bowel cancer, as well as increasing the risk of stroke, heart disease and type 2 diabetes. We are now encouraged to limit our intake to two portions per week. Similarly, we should be eating at least two portions of fish per week, with oily fish helping to protect against heart disease.

Finally.... Don't forget portion sizes!!!

You may be eating very healthy foods but you still need to keep an eye on your portion sizes because if they are too large, you will still gain weight. Deliberately try to take smaller portions when you have a meal and don't feel that you have to empty your plate. You can easily reduce your daily calorie intake by a third making these small but sustainable changes.



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.

Dr. Laura



Kids Corner

With rates of measles doubling in Ireland in the past year, talk has turned to compulsory vaccination of all young children.

Herd immunity requires almost 100% uptake of a vaccine to guarantee

protection from a virus, which ultimately dies out over time (such as smallpox).

Minister for Health Simon Harris has recently discussed the option of making the MMR vaccine mandatory, as it already is in France and Italy.

But the prevailing legal advice suggests that this is probably contrary to article 40.3 of the Constitution that guarantees bodily integrity and would be challenged in the courts. Similarly, a ban on unvaccinated kids from schools and creches could also meet with legal resistance.



This year's Junior & Leaving Cert exams start on June 5th.

Last minute tips include to get enough sleep, eat and exercise regularly, reduce caffeine intake,

make time for friends and some fun at weekends. Try to keep some perspective. There are always options to repeat, to get experience, to return to school/college as a mature student etc. As ever, all you can do is your best on the day

A WORD FROM FR. JIMMY

As part of the ongoing **Child Safeguarding Policy and Plan for St. Anne's Parish**, all volunteers are being asked to read and agree to implement, our Anti-Bullying Policy which is published below. They are also being asked to adhere to the **Parish's Code of Conduct for Adults** which will be published in next month's edition of Progress.

Along with the Garda Vetting of all volunteers and staff, these policies help to make our church a safer and healthier place for children to worship and praise God.

St. Anne's Parish,
Strand Road, Portmarnock, Co. Dublin D13 WK33



May 2019

Anti-Bullying Policy

Bullying is defined as unwanted, negative behaviour, verbal, psychological or physical conducted by an individual or group against another person or persons and which is repeated over time.

These guidelines relate to:

- Children bullying other children.
- Adults bullying children.
- Children bullying adults.

All children and adults who participate in activities will be treated with dignity and respect by the adult leaders in charge and by the other children involved. Bullying will not be accepted and everybody has a responsibility to report any incidents of bullying to the leader of the activity. There will be adequate supervision and monitoring by staff and volunteers at all activities which will help to prevent bullying.

If a member of staff or volunteer witnesses bullying or suspects that bullying is taking place, s/he will follow the procedure outlined below.

Bullying can be:

Emotional: Being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures), physical pushing, kicking, hitting, punching or any use of violence.

Racist: Racial taunts, graffiti, gestures.

Sexual: Unwanted physical contact or sexually abusive comments.

Homophobic: Because of, or focussing on the issue of sexuality.

Verbal: Name-calling, sarcasm, spreading rumours, teasing.

Cyber: All areas of internet, such as email, internet chat room misuse and social networking sites and Mobile threats by text messaging and calls.

Misuse of technology: i.e. camera & video facilities.

Signs of Bullying:

A child may indicate by signs or behaviour that s/he is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- Does not want to attend activities anymore.
- Has poor or deteriorating schoolwork or an inability to concentrate.
- Has possessions which are damaged or "go missing" or continually "loses" money/belongings.
- Changes his/her usual routine or is reluctant to go out.
 - Becomes withdrawn, depressed, anxious, or behaviour which is regressive.
 - Starts to stammer, becomes aggressive, disruptive or unreasonable.
- Bullying is bullying other children or siblings.
- Begins to feel ill frequently, stops eating, is self-harming, attempts/threatens suicide or runs away.
- Cries him/herself to sleep at night or has nightmares but remains frightened to say what's wrong.
- Bullying is when a child is afraid to use the internet or mobile phone and is nervous or jumpy when a cyber-message is received.
- Has repeated signs of bruising and injuries.
- Gives improbable excuses for any of the above.

This list is not exhaustive and there could be other signs of bullying that may not appear on this list.

Prevention:

- Include children in discussions about what bullying is and why it can't be tolerated.
- Encourage children to take responsibility and report any incidents of bullying to leader.
- Draw up a group contract /code of behaviour for children.
- Sign a group contract /code of behaviour.
- Adequate supervision and monitoring at activities.

Procedures: All incidents of bullying should be brought to the attention of the leader of the activity who will record and investigate the incident as well as any action taken. All incidents will be recorded on an accident / incident report form and kept on file.

The leader will speak separately to all involved, in order to get all sides of the story. The leader should also speak to others who have witnessed the incident(s), if appropriate. The leader will interview all involved in a calm manner and will seek answers to what, where, when, who and why.

Parents should be informed of any incidents of bullying and should meet with leader to discuss the problem. Parents should also be informed of any action taken in relation to the incident.

If the respondent to the alleged bullying is a child, their parent/guardian will be informed of the complaint and the outcome of the investigation.

If the person dealing with the complaint concludes that bullying has not taken place, the following action will be taken:

The complainant, alleged victim and alleged perpetrator(s) will be informed of the outcome of the investigation and the reasons why it was concluded that bullying did not take place.

Support will be given to the complainant, alleged victim and alleged perpetrator(s) if necessary.

A meeting will be arranged between the alleged victim and alleged perpetrator to discuss the issues involved if both are agreeable and it is deemed appropriate.

If the leader concludes that bullying has taken place, the following action will be taken:

The complainant, alleged victim and alleged perpetrator(s) will be informed of the outcome of the investigation and the reasons why it was concluded that bullying took place.

Support will be given to the victim.

If both are agreeable and it is deemed appropriate a meeting will be arranged between the alleged victim and alleged perpetrator to discuss the issues involved.

A meeting will be held with the perpetrator to discuss the bullying behaviour. S/he will be informed of the action that will be taken as a result of bullying behaviour.

An investigation into alleged bullying behaviour should take place without undue delay and where at all possible to be concluded within one month.

Sanction: When the inquiry into the alleged bullying incident has taken place and it has been concluded that bullying has occurred, it will be necessary to take some action against the perpetrator of the bullying.

The action should be agreed between the leader and at least one other person responsible for the activity and should be appropriate to the seriousness of the incident(s).

If the perpetrator of the bullying is a child, the parent/guardian of the child and the child will be informed of the action that will be taken.

The options for action include:

- For serious incidents involving children: not allowing them to participate in any further activities.
- For less serious incidents involving children: allowing the child to continue to participate in the activity once they have apologised to the victim and stated that they will not engage in any further bullying behaviour. Their behaviour would then be closely monitored.
- Providing support to the child to get them to understand that their behaviour is not acceptable and monitoring their behaviour.

Note: *Bullying of a child by an adult is abuse.*

If the perpetrator of the bullying is an adult, the following people will be informed of the action that will be taken:

- The Parish Priest.
- The Respondent.

The options for action include: For serious incidents involving a member of staff: there is no difference in the action taken in relation to a paid member of staff or a volunteer, in so far as the complaint / concern will be investigated in the same way. A paid member of staff has rights that a volunteer does not have, so s/he could be suspended on full pay during the investigation, whereas the volunteer would be asked to leave during the investigation without any form of compensation.

For incidents involving staff/volunteers from other organisations: informing their organisation of the incident.

Church personnel will be aware of their responsibilities to report concerns, allegations and suspicions of unacceptable behaviour towards children by other Church personnel or volunteers without fear and in confidence. Refer to the Diocesan whistle-blowing policy.

Fr. Jimmy

If you have a concern about child abuse, please contact either:

DIOCESAN CHILD SAFEGUARDING & PROTECTION SERVICE (CSPS)

Holy Cross Diocesan Centre, Clonliffe College, Dublin 3. Tel 01-836 0314 (Mon to Fri: 9am—5pm)

Designated Liaison Person: Mr. Andrew Fagan, Director, Child Safeguarding and Protection Service

Deputy Designated Liaison Person: Ms. Julie McCullough, Child Protection Officer, Child Safeguarding and Protection Service

OR

TUSLA Office Airside: 01 870 8000 or MALAHIDE GARDA STATION: 01 845 0216

Childline: 1850 666 666 Towards Healing: Freephone 1800 303 416

INFORMATION EVENING — ANTI-BULLYING POLICY

All volunteers will be asked to attend one of the following INFORMATION EVENINGS:
Monday 10th June or Tuesday 18th June in the Parish Centre at 7.30 pm

COMMUNITY NOTICE BOARD

Comhaltas Ceoltóirí Éireann Port Mearnóg

IRISH TRADITIONAL MUSIC CAMP for 6-12 year olds
at Naomh Mearnóg GAA Club

July 8th to July 12th 2019

For further info contact Niall: 087-417-8770



Make-A-Wish IRELAND

Walk for Wishes in Memory and in Hope

Sunday 16th June 2019

An estimated 4,000 children in Ireland live with a life-limiting condition. Approximately 370 children die year due to their illnesses. Make-a-Wish, through the generosity of public donations, create incredible memories for children and their families, helping to ensure that the illness or the trauma that they go through is not the memory that lasts, but that smiles, happiness and joy are the images that stay.

Walk for Wishes is a 6k walk around the beautiful Malahide Estuary, starting at 11am from Malahide Tennis Club. The Walk has an interactive Treasure Hunt element to it, encouraging younger family members to get involved and enjoy the day.

If you would like to sign up for the walk go to www.makeawish.ie/buy-gifts. Family tickets €50, adults €20, children €8. All proceeds go to Make-a-Wish Ireland.



PRESENTATION

Our Charity for 2018/2019 was DOGS for the DISABLED

Pictured are Cathy from the charity being presented with a cheque for €2150 by the Guild President Brigid Ward. Cathy brought her 9-month-old puppy Linny. She will keep the puppy for 2 years to train. The charity does not receive any government money so is completely reliant on fundraising.



The Guild closed for the summer break on Wednesday 29th May. The choir will continue meeting until the end of June.

JAMESON PRINT

High Quality Printing

Business cards, Magazines, Brochures, Letterheads
Wedding Stationery, Tickets and Party banners
Memorial and Acknowledgment cards

Contact Chris: 086 243 7275

CONGRATULATIONS MATTHEW FOR BEATING A GUINNESS WORLD RECORD



Well known local man Matthew Collins (secretary of Portmarnock AC) took part in the recent London marathon and broke the Guinness world record for—yes you've guessed it—'Fastest Marathon as a Post box'. He completed the marathon in 3 hours and 14 minutes—26 minutes faster than the previous record. Matthew took part in the marathon dressed as a Post box in honour of his Uncle John McAlea who worked as a postman in Belfast. His goal was to raise funds for Dementia research and attempt to break the Guinness record. Not only did he succeed in breaking the record but also raised €4,500 for dementia research and the figure is rising. He received many anonymous donations from the spectators at the marathon who appreciated the huge effort he was undertaking.

As you can see from above photo his post box costume was very impressive and this was due in large part to his father-in-law Brendan Redmond who ensured it would stay in place for the whole run. There was a great buzz before the start comparing costumes—some fantastic ones such as a number of rhinos, a 10ft Big Ben and even a girl 'running' in ice skates. In reaching the Guinness Book of World Records, Matthew would stress that the experience has shown him that we ALL can achieve something special in life if we want it badly enough!

Beat the Back-to-School Rush! APPLY NOW for September 2019 Adult Education Courses

FREE* Certified Courses Provided locally and part-time

Do you want to update your skills or learn a new skill?

Courses on offer in Balbriggan (email balbriggan@ddletbaes.ie)

Computers/Technology, Office Skills,
Childcare, Retail Floristry

Courses on offer in Swords (email swords@ddletbaes.ie)

Computers/Technology, Office Skills, Childcare, Horticulture,
Art & Design, Preparation for Healthcare

*Courses free to: Those who left school without a Leaving Certificate (or equivalent) and/or have a medical card and/or are in receipt of a Social Protection payment.

HOW TO APPLY

online through www.fetchcourses.ie Or download an application form from www.fingaladulteducation.ie

Adult education service Balbriggan: First Floor Sarsfield House, Mill Street, Balbriggan, Co. Dub. Ph 841 7763

Adult education service Swords:

7 The Plaza, Forster Way, Swords, Co. Dub Ph 840 8946

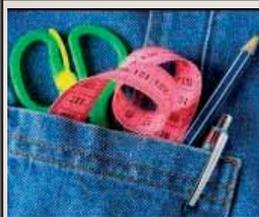
COMMUNITY NOTICE BOARD

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



Portmarnock/Malahide Branch 63 UPDATE

Irish Guide Dogs would like to thank the people of Portmarnock and Malahide for their generosity in giving to the collections on Friday 10th May—Irish Guide Dog Day outside of Dunnes Stores Portmarnock, and on Saturday 11th May in Malahide Castle outside of Avoca. The money collected was counted and signed for by Phillip O'Donnell and Frank Kelly.

Total collected Friday outside Dunnes Stores **€1850.14** Total collected Saturday outside Avoca in Malahide Castle **€525.32**

A further donation was received on 15/05/2019 **€50.00 Total**

Collection amounted to €2,425.46 which was lodged to IGD Branch 63 A/C in AIB Malahide on Thursday 16th May on behalf of the people of Portmarnock and Malahide. Should you wish to know more about IGD's Portmarnock/Malahide please contact

Frank Kelly 086 8361456 or email frankkelly@newvent.com.

Thank you to management and staff of Dunnes Stores Portmarnock, McCartan's Pharmacy, Nicola Reynolds-Events Executive of Malahide Castle & Gardens, and Avoca Malahide for supporting our charity.



PORTMARNOCK LIONS CLUB

wish to thank all those who contributed to the recent church gate collection which raised **€1200.** The funds raised go towards assisting those in need in our local area.



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 SINGERS

THANK YOU

A big THANK YOU from the Portmarnock Singers to all who supported and took part at our charity concert in St. Anne's Church. Also thanks to our sponsors, Portmarnock Hotel and Golf Links, Royal Tara Golf Club and Howth Golf Club.

The amount raised was €4,800 which has been donated to Parkinsons Association of Ireland and Temple Street Hospital Foundation



**GOLFERS Please note in your diary
Annual Portmarnock Lions Club**

**Golf Classic Friday 23rd August 2019 at
PORTMARNOCK HOTEL & GOLF LINKS**



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.

SOUTHERN CROSS FESTIVAL



**Sunday
16th June 2019**

It is hard to imagine that it is eight years since we first started the Southern Cross Festival. Who could have imagined that after that first festival when we got together to celebrate Portmarnock's unique place in world aviation history and danced to Mr. Gay and his City Gents, that eight years later, we would still be dancing, with Mr. Gay still playing!!

This year the festival is on the 16th June. It starts at 12:00 when the 'Hedge School', now located in the Parish Centre, opens its doors. Aviation enthusiasts and experts will be on hand to talk about the extraordinary flight that took off from Portmarnock's Velvet Strand. There will be photographs and exhibits. This year we plan to hold a photographic exhibition on the railings of the newly refurbished shelter.

Local traders such as Lidl's, Smyth's and others will once again display artefacts and information boards giving us a glimpse into life in Portmarnock at the time of the flight—no electricity and no fridges!!

Our vintage 1930s bus will be running from 1:00, the fare is €1. It will run between the beach and the village with various stops such as the monument to the flight, the Parish Centre and of course the Portmarnock Hotel and Golf Links where we hold the garden party. There you will be entertained by Portmarnock's own Sea Sharps Barbershop Chorus (2016 All-Ireland Champs), Donal Branagan and many others. Watch out for our own Charles Kingsford Smith.

As ever we are indebted to the DAA and Fingal County Council for their continued, generous support. Thanks are due also to the Portmarnock Hotel and Golf Links for its support of community efforts in Portmarnock. A big thank you to all the local traders who have entered into the spirit of the event and many, many thanks are due to all who attend and support us and make this a successful festival.



The crew of the Southern Cross, Captain Paddy Saul (Skerries, Co Dublin), Navigator, Charles Kingsford Smith (Australia), Pilot Evert van Dyke (Netherlands), Co-pilot, on leave of absence from KLM, John Stannage (New Zealand) Radio Operator

Box Ads per issue: 1 box €40
2 boxes €70, 4 boxes €130

ADVERTISING IN PROGRESS

Closing date 8th each month

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PORTMARNOCK COMMUNITY ASSOCIATION - PCA NEWS

Southern Cross Day

Take a visit down to the Beach/ the Parish Centre/ The Portmarnock Hotel on 16th June to participate in what is a very enjoyable day and an opportunity to relive one of the most important events in the history of Portmarnock. Our thanks our due to Alvis Crawford and her team for organising this.

World Bee Day

World Bee Day occurred on the 20th May. Just another reminder that we all need to plant trees/shrubs/flowers and sow wildflowers that will attract bees and other insects. My Lavender is just beginning to flower – it will be filled with bumble bees for the next two months. Do not worry about being stung – the bees want the nectar in the flowers not you ! For information log on to www.pollinators.ie

Renovation of Walls Strand Rd. Roundabout

We hope to have this project up and running in July. We intend repairing/renovating/replacing all the damaged sections of the wall. Thanks are due to the Department of Rural and Community Development for providing the funds.

Changes at Fingal County Council

Paul Reid has recently resigned from his post as CEO of Fingal County Council where he did excellent work in developing our county. We wish him well as he takes up his new post as CEO of the HSE.

Recently Stephen Peppard has also retired from FCC. Stephen, who is a Portmarnock resident was a member of the management team at the Council. He was extremely helpful to the PCA and all local organisations in ensuring we got funding for many local projects. We wish him well.

Irish Rail

As representatives of Portmarnock on the Fingal Public Participation Network we will be meeting with Irish Rail to be updated on future developments for rail services and facilities at the station. We will be bringing up the requirements to increase the number of Tag Off points so that passengers can enter and exit the station faster, as well as the need for a study of future parking requirements and Busconnect issues.

Spring Clean and Community Cleanup Weekends

We had an excellent turnout for the above events in April. The next dates (all are Saturdays) are 8th June, 22nd June and the 6th July. Come along to the Kiosk at 10.00am

Wildflower Meadow

We are developing a small wildflower meadow at the edge of the green on Portmarnock Park. Come over and see how it develops from June onwards.

If you are interested in developing a meadow or increasing the number of wildflowers on your local green contact us.

Weather 2019

April has been slightly cooler than average at 8.00C. The first half of May has been much cooler than average at 8.40C. Rainfall in April was a whopping 40% above average while early May is much drier.

You may have noticed we had easterly gales in April. In my very exposed garden the combination of the high winds and the sand carried off the beach burnt all the new growth in my hedge and shrubs. They are just beginning to recover in late May.

Portmarnock Golf Club 125 years – Flora and Fauna

As part of the 125th year celebrations the golf club produced a truly wonderful publication outlining the flora and fauna of the golf course. This was a monumental task undertaken by Pat Byrne, Gary Johnstone and Vincent Sex. It provides a comprehensive list of all the major plants and animals that inhabit this heavenly site. The script is great but the photography is outstanding. The orchid paintings by Susan Sex are incredible. We are so lucky to have such talented people in our community. The book is available to purchase for €20 in the golf club. If you have friends abroad and want to send them the ideal "Portmarnock" present this is it!

Tidy Towns 2019

We have just submitted the entry for 2019. There are lots of great things happening in our village but we need help. Leave a message on my phone if you wish to join us (*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. You can visit our website/Facebook at www.portmarnock.org*

BELOW: A Group from Bank of America Merrill Lynch who did excellent work transferring seaweed and planting on the beach with Máire O'Brien in late April





The Deeper Meaning Behind a cup of Coffee

Recently I read a quote from an unknown source that simply said "coffee is a cup of hope in a world of chaos and Mondays".

At time of writing, it has been very busy in Portmarnock Community School with Graduation Ceremonies, Prize-Giving ceremonies and helping students who need that last bit of support, encouragement and even prayer as they make their final preparations for their exams.

As a busy Chaplain there is nothing more I enjoy than to relax, take a breath from my busy schedule for a few minutes each day and enjoy a coffee and a chat with my colleagues in the staff-room, and now that summer is just around the corner there will be plenty of time to relax with a cup or two of coffee. I plan to spend some time over the summer months in many a nice coffee shop sitting in a cosy corner or out in the sunshine, with a nice sweet succulent Cappuccino in hand, taking time out to read a book or simply catch up with friends who, because of our busy lives, I may not have seen in a while. The question is though in these moments, will I pause and take time to appreciate where or how the cappuccino drink came to be invented? Have you ever pondered the same question in your coffee time?

Take time to travel back 330 years to 1683 when during the Battle of Vienna a Capuchin Friar Called Marco D'aviano was ministering to Christian Troops. Prior to Battle, Marco discovered that the Ottoman army, having been defeated in an earlier battle, had fled and left behind bags of black coffee beans which were used by the Turkish forces to make a coffee called Khafir. Marco brewed some coffee from this supply only to discover that it was too bitter to serve so he added milk and honey to it, giving it a nicer taste and colour.

Soon this coffee was given a new name by the Viennese troops, they were calling it kapuziner" or "little Capuchin" or Cappuccino in honour of the colour of his habit. Marco D'aviano devoted his whole life to spreading the good news of the Gospel and his commitment and dedication to the faith brought many blessings to people throughout the world until his death in 1699. He was beatified by Pope Saint John Paul II in April 2003 and his feast day is celebrated on the 13th of August each year.

Marco always lived in the presence of God, throughout his missions and frequent contact with others. Perhaps the ministry of the school chaplain is similar to that of Marco, so as I go about my routine and enjoy my delightful Cappuccino I never fail to acknowledge that it is possible to find God in life's simple pleasures...

Catherine Clarke (Chaplain Portmarnock Community School)



PENTECOST

Gifted communicators

Have you ever watched a TED talk? There are thousands available to view online. The powerful talks are generally less than 18 minutes long and cover a high range of topics, from science to business to social and global issues. There are talks in more than 110 languages and they are used in schools, businesses and many other settings, to educate, motivate, and open minds.

While the speakers come from a variety of backgrounds, the one thing they have in common is their ability to communicate. For every talk I've listened to, the speaker has the audience in the palm of their hand. They are gifted communicators, with a passion for a particular subject, and the ability to draw their listeners in.

We often hear that in order to be a good communicator, we have to learn how to speak another person's language. At this season of Pentecost, when the disciples were filled with the Holy Spirit, each of the people gathered heard them speaking in his or her own language. The ability to communicate and to be understood was the first gift they received from the Holy Spirit. Today, we need the gift of communication more than ever. There are times when we have the opportunity to share our faith, or to witness to others in the way we live our faith. We might feel that we struggle to share our faith in a way that others can understand. In order to meet people where they are, we first need to 'speak their language' - to know them, listen to them, and recognize God's presence in them. The Spirit that came upon the early believers is the same Spirit that guides us today.

Triona Doherty, Curraghboy, Co. Roscommon
Email: trionad@gmail.com Courtesy of Intercom Magazine

Small ads 50c per word

SMALL ADS

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PARISH INFORMATION

Saint Anne's Church & Parish Centre,
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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 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.
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 - 845 1244
Moderator: Fr. Kevin Moore, address as above. Phone - 549 6615.

YELLOW WALLS: Church of the Sacred Heart, Estuary Road, Malahide. Parish Office - 845 4783.
Fr. Martin Noone, 7 Seabury Drive, Malahide Phone - 845 1902.

KINSEALY: St. Nicholas of Myra, Kinsealy. Phone - 846 0028
Fr. Mattie O'Farrell, Co-PP "Aghadoe" Kinsale Lane, Malahide. Phone - 846 1767.



BAPTISMS

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

Danny Edward Brendan Courtney D'Arcy, Holywell, Swords
Anna Evelyn Gaffney, Glasnevin Park
Cara Sally O'Connor, Lr. Carrickhill Road
Conor Maurice Reid, Church, Avenue
Samuel George Wilson, Beach Park
Conor Henry Lavelle, Portmarnock Drive
Max Leo Alfred Neville, Torcaill
Etienne Jean-Paul Noirant, Beach Park
Seán Kevin Stafford, Wendell Avenue



THE APOSTOLATE OF ADORATION

invites Parishioners to the **Adoremus National Eucharistic & Marian Pilgrimage to Knock Shrine on Friday evening 14th June and or all-day Saturday 15th June.**

There is a full programme organised for everyone; Adults, Young Adults and Children. Programmes run separately on the day, with Talks, Testimonies, Praise & Worship, Adoration, Workshops, Procession, Anointing, Holy Mass and much more.

See website for more details www.eucharisticadoration.ie or email info@eucharisticadoration.ie or text **087 2478519** for full details.

Bishop Phonsie Cullinan is chief celebrant on Friday evening and Archbishop Eamon Martin is chief celebrant on the Saturday. Please spread the word

PARISH CENTRE SUMMER HOURS

*The Centre will be closed AT NIGHT
for the Summer from MONDAY 24th JUNE
and will reopen normal hours from MONDAY 2nd SEPT*



CONTACT DETAILS

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

DIARY DATES

JUN	Thurs 6	Monthly meeting Irish Guide Dogs	7
	Sat 8	Beach Clean	10
	Mon 10	Information Evening for volunteers	5
	Fri 14—Sat 15	Apostolate of Adoration Knock Pilgrimage	12
	Sun 16	<i>Southern Cross Day</i>	7
	Sun 16	Make-a-Wish Walk	6
	Tues 18	Information Evening for volunteers	5
	Sat 22	Beach Clean	10
JULY	Sat 6	Beach Clean	10
	Mon 8—Fri 12	Comhaltas Summer camp	6
	Fri 19—Thurs 25	Pilgrimage to Lourdes	1
AUG	Thur 15—Sun 18	Youth 2000 Annual Summer Festival	2
	Fri 23	Lions Club Golf Classic	7
OCT	Thurs 31	Pilgrimage to the Holy Land	2

MASS TIMES IN OUR GROUPING

MASS TIMES	CHURCH	WEEKDAYS <i>(subject to availability of priests)</i>
Saturday 6.00pm	Yellow Walls	Convent 8.30 am Mon to Fri 9.00 am Sat
Saturday 6.30pm	Portmarnock	
Sunday 9.00am	Carmelite Convent	Yellow Walls 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)	Kinsealy 10.00 am Mon/Tues/Wed/Fri
Sunday 11.00am	Kinsealy	
Sunday 11.15am	Malahide	Malahide 10.00 am Mon to Sat
Sunday 12.00 noon	Portmarnock & Yellow Walls	
Sunday 12.30pm	Malahide	Portmarnock 10.00 am Mon to Fri
Sunday 5.30pm	Malahide	