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ALWAYS WITH YOU

*“If ever there is a tomorrow
When we’re not together,
There is something
You must always remember.*

*You are braver than you believe,
Stronger than you seem,
And smarter than you think.*

*But the most important thing is,
Even if we’re apart,
I’ll always be with you”*

A. A. Milne

ANNUAL REMEMBRANCE SERVICE

The Annual Remembrance Service which is normally held in early November is being deferred until January.

The reason for this is, that we thought the repair of the roof would take place before Christmas and the church would be closed. Unfortunately, it's not to be.

However, we don't want to rush the preparations for this very important Service in the short time left to us for November.

So the January schedule will apply as we need time to organise this service with dignity and reverence for our beloved dead.

Fr. Jimmy

ALTAR LIST OF THE DEAD

Mass is offered each First Friday for those whose names are on the Altar List.



The names are placed on the altar during Mass. Include the names of your deceased loved ones on the list in the envelope supplied (are available at the back of the church and the Parish Office).

The envelope can be placed in the special box at the back of the church during Mass times or can be handed into the Parish Office.



We offer the sympathy of all parishioners to the families of

*Daniel Buckley, Monkstown
Kathleen Wynne, Carrickhill Walk
Mary Teresa (Tess) O'Connor, Carrickhill Rise
who died recently*

ACKNOWLEDGEMENT

NOEL O'DWYER

(Carrickhill Road) Died 28 November 2018

On Noel's 1st Anniversary, Helen and family would like to express a heartfelt thank you to all who supported us during Noel's short illness and his untimely passing.

Thank you to Dr. O'Flynn and colleagues, the staff at Donnelly's Pharmacy, Fr. Pat, Ned and the Portmarnock Requiem Choir for their support and help in our hour of need.

A special thank you to our wonderful friends Mandy and Frank, our neighbours, friends and all who visited our home.

Also thank you to Staffords Funeral Team for their support.

A Mass will be offered for your intentions.

Bethany Bereavement Support Group



The Portmarnock Bethany Bereavement Support Group provides support to bereaved people by offering them a 'listening ear'.

At a recent ceremony in St. Anne's Church two new members (Elsie McGuinness and Judith Rusk) were commissioned for the Group. They are pictured above with other Group members—L to R. Gerry Davey, Dympna Lynch, Elsie McGuinness, Judith Rusk, Ken Newman, Ann Spollen and Terri Jones.

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.



SERVICE OF REMEMBRANCE

The Miscarriage Association of Ireland Annual Service of Remembrance will take place on Sunday the 10th of November at 3.00pm in St Teresa's Church, Donore Avenue, off South Circular Road, Dublin 8. All parents, siblings, grandparents and anyone else affected by the loss of a baby are very welcome to attend, regardless of whether the loss was recent or long ago. It's a time to come together and remember our loved ones.

For more information - Phone: 873 5702.

www.miscarriage.ie facebook.com/miscarriage.ie
Email: info@miscarriage.ie

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

ST. ANNE'S PARISH PREPARATION FOR THE SACRAMENTS 2020

FIRST HOLY COMMUNION DATES



St. Marnock's Saturday 9th May

St. Helen's Saturday 16th May

St. Anne's Church Time: 11.30 am

Due to the upcoming work on the church roof the venue for the Preparation Masses will be notified to the children through the schools

"DO THIS IN MEMORY" PREPARATION MASSES

Sunday 24 November 2019—Feast of Christ the King

Sunday 15 December 2019—3rd Sunday of Advent

Sunday 26 January 2020—3rd Sunday in Ordinary Time

Sunday 1 March 2020—1st Sunday of Lent

Sunday 5 April 2020—Palm Sunday

Sunday 26 April 2020—3rd Sunday of Easter

Sunday 14 June 2020—Feast of corpus Christi

CONFIRMATION DATES

St. Helen's Thursday 26th March

St. Marnock's Friday 27th March

St. Anne's Church

Time: 11.30 am

Preparation Mass

Saturday 16th November—Fanning the Flame of Faith

Mass in St. Anne's Church at 5pm

SACRAMENT OF PENANCE

Monday 10th February —St. Marnock's

Tuesday 11th February—St. Helen's

Service of Light—MARCH

Day of Reflection in Emmaus—MARCH



"LIVING WITH LOSS"

An information evening for the public about

bereavement with guest speaker, writer Emma Hayes

Thursday 7 November 5.30 pm—8.00 pm

The Alex Hotel, 41-47 Fenian Street (Off Merrion Square)

November is traditionally a month for remembrance. This Irish Hospice Foundation event aims to provide information about grief and the range of supports available to bereaved people.

Talks/Video/Information Stands hosted by volunteer bereavement support services and professional therapeutic services.

This public event is free to attend. Booking not necessary.

Further information: Irish Murray, Irish Hospice Foundation, 4th Floor, Morrison Chambers, 32 Nassau Street, Dublin. Ph 679 3188.

Email: Iris.murray@hospicefoundation.ie

Website: www.hospicefoundation.ie and www.bereaved.ie



PARISH COUNSELLING SERVICE

in the Parish Centre. Payment negotiated.

By appt only. Ph: Mary Ryan 087 270 9767

UPDATE ON CHURCH ROOF

I regret to inform you that our plans to put a new roof on the church have been postponed due to a technical hitch. It is frustrating to all who have been working on this project that this delay has occurred.

Work will begin next year at a date to be decided. In the meantime discussions are ongoing about making a temporary repair to the roof to get us through the winter.

Fr. Jimmy

A WORD FROM FR. JIMMY

WE WILL REMEMBER THEM

November is the month when our thoughts are in a special way directed to our loved ones who have died.

We remember that when the temporal part of their journey is completed that they may not yet be worthy of the ultimate prize - Heaven.



There is that state - we can hardly speak of it as a period - of being purified which we call Purgatory. The tradition of praying for the souls in Purgatory is an old and venerated one in the Church. This tradition originated with the Abbot Odilo of Cluny who in the year 998 AD directed that all his monasteries should have special prayers offered for the souls in Purgatory.

When this custom spread to Ireland it was taken up avidly by the Irish people because of the special closeness the Celts felt from time immemorial to dead relatives and friends at Samhain. Thus we have the revered custom of having masses offered during November for the deceased, and of visiting the cemeteries and praying for our loved ones. As we pray for those still deprived of the fullness of eternal life we draw strength from Christ's promise to Martha and Mary. Jesus said: *"I am the Resurrection and the Life. If anyone believes in me even though he dies he will live"*

How consoling these words of Christ are to us all. For us Christians then death is not the end - the finality that we sometimes feel on the death of a loved one is but the beginning of a new and glorious life with the Risen Lord. As the Preface of the Mass for the dead puts it "for your faithful people life is changed, not ended". While the reality of physical death can often be a shattering experience it is important to remember our love for our departed ones continues through the power of Christ's Resurrection.

Between those who are in Purgatory and ourselves, there is no great divide. The fact, so often sad, of their departure from this life neither separates them from our love, nor deprives them of our help. This is one aspect of our belief in the communion of saints.

Love does not cease when we die. Thoughts and memories do not perish. Growth does not come to an end. Beauty does not vanish away. If God is all we believe Him to be, their lives are bound to be richer and happier. The only grief they can know is caused by our failure to understand. Let us not bring them to that.

Let us pray. *O Lord Our Gracious God, You love Your own, hear our cry for the souls of our departed loved ones. Grant that those whom you called from our hearth and home may enjoy everlasting peace and rest in your home in Heaven. Lord, hear our prayers, for our departed brothers and sisters, forgive them their sins and bring them to the fullness of your salvation through Christ our Lord, Amen.*

November Indulgences for the Holy Souls

From 12 noon on 1 November until midnight on 2 November

By visiting a church or oratory and there reciting one Our Father and the Apostle's Creed, One Plenary Indulgence, applicable only to the Holy Souls, may be gained, by all those who:

- Have **confessed** (at any time within the week preceding or the week following 1st November)
- **Received Holy Communion** (any day from 1-8 Nov)
- **Prayed for the Pope's intentions** (one Our Father, and Hail Mary or any other prayer of one's choice)

1 — 8 November

The Faithful who visit a cemetery and pray for the dead may gain One Plenary Indulgence, applicable only to the Holy Souls.

The above conditions regarding Confession, Holy Communion and prayer for the Pope's intentions apply also for this.

"An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints" (Paul VI, Apostolic Constitution, *Indulgentiarum doctrina*, Norm 1).

"An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin" (*Indulgentiarum doctrina*, Norm 2; Cf. Norm 3). The faithful can gain Indulgences for themselves or apply them to the dead (*Code of Canon Law*, can. 994).

From Catechism of the Catholic Church, no 1471

For more detail on indulgences and how to gain them, see: <http://www.catholic.org/prayers/indulgc.php>.

Fevers in Children: When to worry and when to sleep this winter

Fevers can be a very scary thing for parents, particularly for first-time moms and dads. Every child will eventually experience a fever, no matter how careful you are. Normal body temperature varies a little and everyone's body temperature varies throughout the day and can differ by age, activity level and other factors. Don't be alarmed if your child's temperature varies. The magic number for fever is 38°.

Why does it happen? Fever in young children usually means that they have an underlying infection. This understandably worries parents and carers. Most fevers in young children over 6 months of age are not serious. Fever in children aged 3-6 months has a higher chance of being serious. You should seek medical advice if the temperature is 38-38.5°C or more. Fever in a baby aged less than 3 months is unusual and worrying. You should seek medical advice if the temperature is 38°C or more.

When young children have a fever, it can be difficult for parents to work out why. In most cases, the fever is due to a non-serious viral infection. Many viral infections that affect young children cause a fever of up to 48 hours in duration before other symptoms develop. A small number of common viruses cause fevers that last longer than this.

Why do children get fevers? The most common causes of fever in children in Ireland are viral infections. There are many other uncommon causes. Fever is a part of the body's natural defences against infection. Fever is created by your immune system under the direction of a part of the brain called the **hypothalamus**. The hypothalamus acts like a central heating thermostat. Fever happens when the hypothalamus sets the body temperature above its normal level. It does this in response to an infection with germs, usually because it detects the presence of infectious agents like bacteria or viruses. It is believed that the increased temperature is a protection the body has developed to help fight the germs that cause infections, as they tend to multiply best at normal body temperature. The mechanism through which the body increases its temperature is by reducing heat loss. We sweat less and feel dry to the touch, we shiver (the movement tends to increase temperature) and, because we feel as though we are cold, we curl up and seek different ways of warming up. The blood vessels in our skin shrink to preserve heat loss, so we look pale. All of this is why, as the temperature is rising to meet the directions of the thermostat, we are hot to the touch but we feel that we are cold. During this stage of a fever your child will not be pleased when you try to cool them down, as they will already feel as though they are cold.

Eventually, the body's temperature reaches the new 'thermostat' setting, and the feeling of being cold goes away. Eventually it reverses, the thermostat setting drops down again towards normal, and the body tries to lose the extra heat it has on board. It does this by sweating and by opening up the blood vessels in the skin so that we are flushed and sweaty.

Children tend to get higher fevers than adults - although this is only true after the age of 6 months. Before that age the immune system of a baby is quite immature. After the age of 6 months the actual temperature in a fever is not a good guide to whether or not your child is seriously unwell.

What can cause a fever/high temperature? The most common causes of fever in children in Ireland are viral infections such as colds, coughs, flu and diarrhoea. There are many other uncommon causes. Some of these will show other obvious signs:

Bacterial infections are more likely to cause serious illness such as pneumonia, joint infections (septic arthritis), urine infections, kidney infections, septicaemia and meningitis. However, bacteria can also cause fever in less serious infections such as ear infections etc.

Inflammatory conditions and reactions may cause fever, including Kawasaki disease, some types of arthritis, and reactions to some medicines.

Immunisations: These are designed to 'trick' the body's immune system into thinking it sees an infection, so that it develops immunity. Fevers following immunisation are not usually high or prolonged.

Teething often increases a toddler's temperature by 0.5°C.

Other types of infection: these include 'tropical' infections such as malaria, dengue and TB.

How common is fever in children and when is it serious? Fever and feverish illness are very common in young children. Three to four out of every 10 parents of children aged less than 5 years say their child has had a fever in the past year. It is probably the most common reason for a child to be taken to the doctor. Fever is also the second most common reason for a child being admitted to hospital and it can be a cause of great anxiety in parents. When should you NOT worry about your child's fever?

We tend **not** to worry about

Fevers of less than five days if your child's behaviour is relatively normal. You don't need to be concerned if your child continues to be playful and is eating and drinking normally (He or she may seem more tired than usual).

Temperatures of up to 38.3 degrees if your child is 3 months to 3 years of age, or up to 39.4 if your child is older. These temperatures can be common, but not necessarily worrisome.

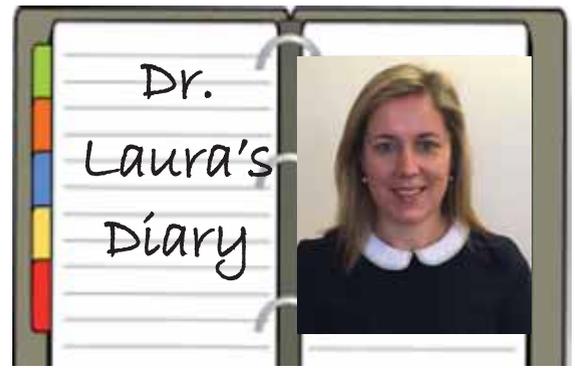
Low-grade fevers if your infant or child was recently immunized. These can be normal if they last less than 48 hours.

What are the symptoms of fever? The actual level of the temperature in fever is not a good guide to how severely ill a child is once they are older than 6 months. Fever associated with common, self-limiting viral infections such as a cold typically rises and falls over a total of 12-48 hours. Children may be cold/pale/sweaty/flushed/listless/miserable and complain of headache and tummy ache. Drooling/refusing food or bottles may suggest that they have a sore throat, and they feel sick and may be off their food.

What is a febrile convulsion? Some children have a tendency to febrile convulsions, which are frightening for parents and carers when they occur. This is a type of seizure triggered by a rapid rise in body temperature. 5 in 100 children will experience one before their 6th birthday. The vast majority of febrile seizures are not serious. Most occur with mild common illnesses. Full recovery with no permanent damage is usual. While we give paracetamol/ibuprofen initially, the main treatment is aimed at the illness that caused the fever.

When does a fever indicate serious illness? All the symptoms associated with harmless viral fevers can also occur in more serious illness. It can be difficult to determine whether or not your child's fever symptoms should worry you. **You know your child better than anyone else.** If your child has a fever with symptoms that are unlike those they have had with fevers in the past, consider the possibility of more serious illness.

Features of a fever that help reassure you that your child is **not** seriously unwell include that they have normal-coloured skin, responds to you normally, is basically content and will smile, stays awake or awakens quickly and easily when you wake them., as a strong normal cry, or is not crying, has moist lips and tongue. Features of a fever that suggest your child may be **more unwell**, your child is aged 3-6 months and has a temperature of over 39°C, pale skin, not wanting to do anything; inactive, has dry mouth and lips, poor feeding and reduced wet nappies in



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

Dr. Laura's Diary

(contd.)

babies and attacks of shivering. Features of a fever that suggest your child is **seriously unwell** include that your child is less than 3 months of age and has a temperature of over 38°C, has pale/mottled/ashen/blue skin, lips or tongue, is non responsive, will not stay awake, has a high pitched or incessant cry, grunting noises or indrawing of ribs when breathing, no wet nappies and dehydrated.

When should we go to the doctor?

The National Institute for Health and Care Excellence (NICE) has produced guidelines aimed to help healthcare professionals assess children with fever. These can also be useful to parents. They look at the symptoms seen in children with fever and allocate them to categories of 'green', 'amber' and 'red'. They are shown in the table below.

Green symptoms are reassuring. They mean that your child's symptoms suggest they are at low risk of serious illness.

Amber symptoms suggest that you need a doctor's advice. They suggest that your child might be at slightly increased risk of more serious illness.

Red symptoms suggest that you need urgent medical advice. They suggest that your child's symptoms could indicate a serious illness, needing emergency help.

Not all possible symptoms are included in the guidance - for instance, tummy (abdominal) pain is not mentioned and, unless it is mild, it usually does need assessing by a doctor.

If ANY red or amber signs are present you should seek help or advice; you do not need all of them to be present in order to do so.

What can I do if my child has a fever/high temperature?

You do not need to use paracetamol and ibuprofen if your child is comfortable and not distressed by the fever, aches or pains. After making them comfortable, check for dehydration and signs of serious infection. It is not unusual to see a child play happily after an hour or so of paracetamol/ibuprofen, when their temperature has come down and they have had a good drink. It is reassuring if a child improves with the drop in temperature.

At any age, a child with a serious infection usually gets worse despite efforts to bring their temperature down. In addition, they may have other worrying symptoms. For example, breathing problems, drowsiness, convulsions, pains, or headaches which become worse. But - use your instincts. If you think a child is getting worse, get medical help, even if they don't quite fit the 'rules' described here.

Note: you should check on your child 2-3 times in the night if they have a fever, to make sure they are not developing a serious infection.

How do I manage a fever?

The important things are to try to keep your child calm, reassured and comfortable.

Give lots to drink, cool an over-warm room, do not tepid sponge (because the blood vessels under the skin become narrower (constrict) if the water is too cold. This reduces heat loss and can trap heat in deeper parts of the body making the fever worse and don't underdress or overwrap them.

Medicines like paracetamol and ibuprofen should not be used for fever unless your child appears distressed. If they are not distressed it is better to let the fever do its job and run its course - using paracetamol and ibuprofen does not prevent febrile convulsions and should not be used for this purpose alone. Continue for as long as the child appears distressed. Don't give both simultaneously - it is best to alter these medicines if distress returns before the next dose is due.

Remember to stock up on paracetamol and ibuprofen so it's the impending excitement of Santa's arrival and not fever that keeps you awake this winter!

DIARY DATES

NOV	Sat/Sun 2nd/3rd	Irish Guide Dogs event Swords	6
	Thurs 7th	Irish Guide Dogs meeting Irish Hospice Movement Talk	6 2
	Sun 10th	Miscarriage Association Remembrance	2
	Sat 23rd	Leaving Cert Religion Revision	12
	Sun 24th	Handel's Messiah	6
	Mon 25th	PCA - AGM	8
DEC	Sat/Sun 30th/1st	Portmarnock Art & Craft Fair in Malahide	7
	Sun 1st	Arch Club Annual Christmas Fair	7
	Sat 7th	Irish Guide Dogs event Malahide Castle	6
MAR	Thurs 26th	Confirmation St. Helen's	2
	Friday 27th	Confirmation St. Marnock's	2
MAY	Sat 9th	First Communion St. Marnock's	2
	Sat 16th	First Communion St. Helen's	2

750 CLUB RESULTS

SEPTEMBER 2019

First Prize €1,000:

No. 148, Una O'Regan, Ardilaun

Seller: J. Hughes

2nd Prize €500 No. 257, Kevin McDermott, Onward Wk

Seller: M O'Connor

3rd Prize €250 No. 56, Mark Finnegan, Torcaill

Seller: D. O'Connor

4th Prize €250 No 179, Patricia Meleady, Carrickhill Dr

Seller: J. Kelly

CHILD SAFEGUARDING

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

Your Parish Safeguarding Representatives are: Marianne McClorey & Micheál Ó Braonáin. They are contactable through the Parish Office: 01 846 1561

HARD OF HEARING?

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

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



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



COMMUNITY NOTICE BOARD



CYCLE AGAINST SUICIDE

THE FAMILY Fun Day in aid of Cycle Against Suicide at Strandmill in late August was a shining example of community coming together and what a success it was.

More than €5000 was raised by crowds who had come in their hundreds to celebrate the lives of three young local men, Sean Kinsella, Stephen Whelan and Dylan Wells, and to raise awareness of mental health, and they did them proud.

Families from Portmarnock, Swords, Balbriggan and beyond came down to Strandmill Park to enjoy a brilliant street festival with activities for the kids, a sumptuous BBQ, raffles AND amazing live music from Tomorrow's Party, Juno, Melted, The Bowsie Chancers and Mark Walsh.

Organiser Mark O'Brien said he was delighted with how the day went and thanked the speakers who addressed the crowd, including Brooke Courtney and Ben Singleton from Mental Health Hub, Graham Skelly from CAS.

Mark added: "Special thanks also to David Kelly and the Portmarnock Community Association, the sponsors Stephen Daly, Gordon Reid and James Kieran, and to so many local shops for donating great prizes to the event. I want to thank everyone who played their part, from the youngsters who collected on the day to everyone who contributed.

Well done everyone. And thank you all for helping to clean up after the event. You did Strandmill and Portmarnock proud.

What a wonderful way to honour our three pals Dylan, Whelo and Kinsey."

St Peter's Church, Phibsborough Organ restoration fund



St. Peter's church is a landmark on Dublin's northside, standing at the junction of North Circular Road and Cabra Road. It is home to a series of Harry Clarke windows and boasts a pipe organ dating back to 1910. Considered to be one of the finest organs in the country, it is now unfortunately in need of restoration. The Organ was so highly regarded that in 1951 the world famous French organist Jeanne Demessieux gave a recital on it.

To start our fundraising efforts, we are planning a series of concerts, of which, the performance of Handel's Messiah on Sunday 24th November is the first. We are delighted the Guinness Choir and Orchestra accepted our invitation to perform on the night along with renowned Soloists, Patricia Bardon, Andrew Boushell, Colette Boushell and Rory Musgrave. For more information phone the parish office on: 838 9708 Tickets cost €20 at Eventbrite -www.eventbrite.ie

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.



The United Parishes of Malahide, Portmarnock & St Doulagh's CHRISTMAS MARKET

Saturday 30th November 10.30am -2.30pm

St Andrew's Parish Centre, Church Road, Malahide.

Coffees/teas, sandwiches Cake bakes; Mulled wine; Toys; Bric or Brac; Gifts; Deli; Cakes; Books; Bottles; Santa and much more....

Every one welcome



Leaders needed

Have you some free time and thought of doing some voluntary work? Portmarnock Girl Guides are looking for leaders. No experience is necessary, other than an interest in children, and a patient disposition. We are in need of leaders for Ladybirds age 5 to 7, Brownies age 7 to 10 and Guides 10 and over. You will be Garda vetted in accordance with IGG guidelines for working with children.

Portmarnock Guides and Scouts have a state-of-the-art new premises and we have waiting lists of children wishing to join; but we cannot take them because of lack of leaders. No big commitment is necessary. We would be delighted if you could attend and help out at one meeting a week.

It is a highly social activity, a great way to meet new people and so rewarding to see children have an opportunity to develop in a secure and safe environment.

Give it some thought and drop up and meet us anytime if you think you might enjoy it.

Annemarie Holden Commissioner 086 203 3022	Mary Mc Hale 086 826 8270	Brenda Temple 087 233 7686
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Portmarnock/Malahide Branch 63 UPDATE

Portmarnock/Malahide Branch of Irish Guide Dogs have a plan to make Saturday 7th December a big day for IGD's in Portmarnock and Malahide. We will be in Malahide Castle outside of Avoca all day on Saturday 7th Dec. We would also like to sell Car raffle tickets in the village of Portmarnock and Malahide on that day. Should you wish to help IGD's on Saturday 7th December please contact Frank Kelly, Phone: 086 8361456 or email frankkelly@newvent.com or come along to our next meeting.

The Portmarnock/Malahide Branch of IGD's next meeting is on Thursday 7th November 2.30 to 4.30pm in the Malahide Parish Pastoral Centre, beside Malahide DART station. Why not join us for a cuppa and a chat. This gathering is for all who have an interest in Irish Guide Dogs, with an opportunity to meet other members of IGD's, share ideas, and perhaps get the odd puppy cuddle! Tea, Coffee and biscuits will be available."

Congratulations Dr. Anne!!



Dr Anne O'Neill was surprised when she attended for her annual flu vaccination at Portmarnock Family Practice, she had celebrated her 100th birthday on 13th October 2019 and

was presented with a beautiful floral arrangement and card, by the staff.

She graduated from University College Galway in the 1940s - one of very few women in her class. With her husband Dermot (now deceased) she practised as a GP in Staffordshire and Shropshire for over 30 years. They retired to Portmarnock in 2001 and she is still living independently We wish her continuing good health. *Anne is pictured above with Dr. Anne Flanagan.*



COMMUNITY NOTICE BOARD



PRESENTATION TO IRISH KIDNEY ASSOCIATION

Anne Burke presenting a cheque for €11,550 to Colin and Patricia Mackenzie of the Irish Kidney Association—the proceeds of the All-Star Concert which was held in the Grand Hotel in July.

Thanks to all who supported the wonderful night.



Coffee Morning

WEDNESDAYS AFTER 10.00 MASS
IN THE PARISH CENTRE

Enjoy fresh scones and tea/coffee €2
All welcome



BREASTFEEDING SUPPORT GROUP

run by the local HSE Public Health Nurses
Every Thursday 11.30 - 12.30 in Portmarnock Parish
Centre. Tel: 921 3601 for further information

PORTMARNOCK, KINSEALY AND MALAHIDE “CARE AND REPAIR”

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

For more information please contact us on
086 865 3311

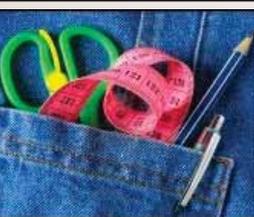
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PARENT AND TODDLER GROUP

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)



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.



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Welfare, Tax or Housing.

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Legal Session last Saturday of every month 10.30 am—12.30 pm



The “Portmarnock Art & Craft Fair”
is relocating to
Malahide Lawn Tennis Club
this year on Saturday November 30th
and Sunday December 1st 2019.
10am to 5pm each day.



Portmarnock Pitch & Putt Club

We are now open to new members for 2020

Membership of this premier Club makes an ideal
Christmas/New Year gift for all the family.

Membership Fees for 2020 Fees are due by 1st January 2020. Adult
€125; Seniors (over 65); Student/Apprentice (over 18) €90. Juveniles
(10 – 18 years) €30; Honorary Member €15

Family Membership Packages

- | | |
|---------------------------------------|------------------|
| 1 Adult + 1 Juvenile | - Total less 10% |
| 1 Adult + 2 or more Juveniles | - Total less 10% |
| 2 Adults + 1 Juvenile | - Total less 20% |
| 2 Adults + 2 or more Juveniles | - Total less 20% |

Portmarnock Pitch & Putt – *The Game for All the Family*

For further info Email: portmarnockpitchandputtclub@gmail.com



VOLUNTEERS FOR STUDIES IN DCU

Researchers at the School of Health and Human
Performance at DCU under the supervision of Dr.

Brendan Egan will be performing a series of studies
in the next year looking at protein intake and exercise

training in adults over the age of 65 years.

The first phase of the research is currently starting and they are
looking for volunteers to visit the lab in DCU for three visits of
approximately 4 hours each. During each visit, volunteers will drink
one of three different protein drinks being studied, and blood
samples will be taken every half hour in order to examine how much
of that protein appears in the bloodstream.

The second phase of the research involves exercise training which
will commence after Christmas.

If you are over 65 years of age, able-bodied and free of major
metabolic disease (e.g. diabetes, cardiovascular disease, cancer),
and are interested in participating in the study above, or being
added to a list of participants interested in the exercise studies to
take place after Christmas, please email Mr. David Nolan at
david.nolan52@mail.dcu.ie.



Irish Countrywomen's Association

REPORT ON OUR RECENT FASHION SHOW

See page 9

Diary Dates for November: All Wednesdays at 8.00pm

6th — Breda Bohan, Christmas Decorations and bring your own craft.

13th — TBC

20th — Musical Evening. (Honor Gahan Choir Competition cancelled)

27th — Business Meeting

4th Dec—Christmas Social. Closed from that night and will reopen 15th January 2020



Date for your Diary! ARCH CLUB ANNUAL CHRISTMAS FAIR

Sunday 1st December — 11.00am to 3.00pm

We are looking for any crafts or items people would like to donate to the club.

Drop-off day Sat 30th Nov. or contact Sinead at 086 340 1524 to arrange an alternative drop off day.



PORTMARNOCK COMMUNITY ASSOCIATION - PCA NEWS

AGM Portmarnock Community Association - Monday 25th November 8.00pm Portmarnock Hotel and Golf Links

We need more people to become involved in the association. The attendance at the AGM has been disappointing for the past number of years. Please come to the meeting – you will be very welcome.

If you wish, we would be delighted if you would serve on committee. People with no previous experience can make a real contribution to the work of the PCA. If you are interested in a particular issue such as Climate Change, Planning, Noise from aircraft, Tidy Towns, Environmental Issues, Insulation for Homes, Sustainable Energy etc. or if there is an issue which you think we should be tackling come along and you will have the satisfaction of contributing to the betterment of your village. If you just want to help please come along.

New Developments/Planning

IW Waste-Water Treatment Plant, Clonshaugh A decision on the new Waste Water Treatment Plant at Clonshaugh has not been determined to date. There have been a number of delays by An Bord Pleanála. The latest indication is that a decision will be made in December.

Portmarnock is affected in a number of ways –

The outfall pipe which carries the treated water will run parallel to the Moyne Rd. and cross Baldoyle Bay. It will then traverse the carpark on Golf Links Rd. and the beach before heading out to sea.

The treated water will discharge into the sea near Ireland's Eye.

The construction of the pipeline will cause disruption along the Moyne Rd. and at the car Park.

It is unlikely there will be any work undertaken on this project by Irish Water for around 3 years.

IW Pumping Station Portmarnock Bridge A more immediate project by Irish Water is the construction of a new pumping station for waste-water on the opposite side of the Sluice River to the existing pumping station at Portmarnock Bridge. The new pumping station is being developed to cope with the waste-water from the new developments on Station Rd. and Drumnigh Rd. A decision on this development is imminent.

North Lodge, Strand Rd. A new application for this site has been lodged. The previous application was for a coffee shop /restaurant.

Nursing Home There is a proposal to develop a nursing home on the former Holy Family Church site on Limetree Ave. This will have implications for local residents across the road as well as for parents, teachers and children attending St. Helen's schools. While it is good that such a facility is being developed in Portmarnock it is important that the concerns of the school and local residents are addressed in coming to a decision and/or imposing conditions.

Cemetery There is a new application in to develop a cemetery on a 24-acre site at the Raceway at the junction of Drumnigh Rd. and Chapel Rd. The initial sketches look good. We will see what transpires.

Project Shoreline You may have noticed that 125 acres of land to the south of the Moyne Rd. are for sale. This land will be developed for housing (mainly apartments). There will be between 500 – 1,500 residential units on the site. It also includes 50+ acres of open space. It will signal the end of the major developments between Portmarnock and Dublin City for the moment. Tidy Towns/Tidy Estates We had another good year in 2019. Our marks increased by six. I now realise that I will be buried in the new cemetery for many years before we win. Nevertheless we have to keep improving and developing new ideas to make Portmarnock better year on year. We need more volunteers. No expertise required. You can work alone or with a group. Please contact me by email at pat@ksagronomy.ie or leave a message on my mobile 087 248 6287.

We had a very pleasant presentation of awards in the Portmarnock Hotel and Golf Links for Portmarnock's Tidiest Estate. Thanks are due to Cllr. Eoghan O'Brien, Mayor of Fingal and Nireesh Moodli of Greyhound Waste who presented the awards. Well done to everybody.

Dublin Airport Local Area Plan We attended the public consultation for the Local Area Plan for Dublin Airport hosted by Fingal County Council recently. I also listened to the following advertisement by the DAA on the radio

"Welcome to Dublin Airport Central, Ireland's next generation business destination offering unrivalled international and national connectivity, directly opposite Terminal 2. Boasting a unique mix of business and social amenities, Dublin Airport Central is the ideal location for businesses to thrive and grow".

I see that objective CP3 of the Fingal County Council Local Area plan for Dublin Airport is

"Limit the growth of employee parking in order to improve public transport usage".

We talk to employees of companies at Dublin Airport Central – they used to work in the city centre – they used to be able to catch a bus or DART to work – they all now have to drive to Dublin Airport jamming up the M50.

There is still a lot of work to be done to produce a sensible plan for the airport. We all support Dublin Airport but we need a plan that improves access to the airport – local roads, footpaths, cycle lanes, a continuous flow junction at the main airport roundabout etc. Metrolink is not going to be in place before 2027 at the earliest. A link from the DART at Clongriffin to the Airport is still not blocked by developments – it should be built straightaway.

Speed Limit Signs I see that a speed limit sign for 30km at the entrance to Carrickhill Estate has been installed. This is to be welcomed. On the other side of the sign is a 50km sign for Wendell Ave which is also good. Please observe the speed limit signs and save lives.

Pat Suttle

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

Small ads 50c per word

SMALL ADS

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To Russia with Love

In 1996 Debbie Deegan and her family took two small Russian orphan girls for a month, as part of a programme to give underprivileged children a holiday. What started out as a charitable gesture, soon turned into a vocation. Not only did the family adopt one of the orphans, Zina, but when Debbie travelled to Russia to see where her new daughter had come from, she was appalled by the conditions in the orphanages there. They were all located among forests, far away from 'civilisation', and were in part run by local volunteers who did their best under the circumstances.

The condition of the orphanages and indeed the children, who were so neglected, moved her into doing something constructive to alleviate the suffering of these unfortunate children. There was very little water, food was at a minimum and the children were unkempt and this is an understatement of what they actually found there.

When she came home, she discussed with friends and family what they could do to help resolve the huge problems and so came about the charity 'To Russia with Love' which she set up in 1998.

Debbie and some friends visited the orphanage again and sought advice from staff and orphans as to what they needed to bring some comfort for all parties. At first there was suspicion as to why a group from Ireland would be taking on this task, however, as the years went on this suspicion abated. Debbie had met with huge bureaucratic difficulties at the beginning of her 'journey' however, these have now been overcome.

To Russia with Love has now completely refurbished numerous orphanages in Russia and she feels that she has changed the lives of so many of these orphans. With grit and determination, a number of the orphans have gone on to become doctors, solicitors, etc. as Debbie was instrumental in getting them into the education system and this is now the norm.

Debbie is indebted to the good will of her many friends who contributed time and money in order to assist her fulfil her dream for the many abandoned children in Russia.

As a token of the respect she now holds in Russia, for all the work she has done there and continues to do, President Putin invited her to a lunch in her honour.

The funding for her continuing work with the orphans comes from generous donations and from the proceeds of her 'With Love' charity shops in Portmarnock and Fairview.

Debbie has now been invited to work with a group of disadvantaged children in Dublin.

Debbie and her helpers from the Portmarnock shop were invited to the ICA recently and displayed samples of all that is on offer there. They held a fashion show which showed the very high standard of clothes available in the shop. The clothes were of course shown off superbly by members of the guild. See picture.



Pictured at the recent Fashion Show are L to R: Brigid Ward, Guild President, Marie O'Toole, Models Brenda Flanagan, Ann Carey, Mary Carroll, Debbie Deegan (To Russia with Love) Models Terri Jones, Pauline Griffin, Mary Webberly

Why not call into your local 'With Love' shop in the village and see what treasures await you there!

PORTMARNOCK BARBERSHOP CHORUS ARE NEW ALL-IRELAND CHAMPIONS

Many of you will be familiar with The SeaSharps Barbershop Chorus from their appearances with The Portmarnock Singers at the parish Christmas Concert in the church each December. On 5th October 2019 at the Irish Association of Barbershop Singers (IABS) All-Ireland Championships at INEC in Killarney, The SeaSharps, under their Musical Director Liz Foster, won the Gold Medal as National Champions in the barbershop chorus category. Not only that, two of The SeaSharps are also members of separate Barbershop Quartets and won Gold and Silver medals in the All-Ireland competition for that category as well.

The photo shows the winning chorus (one member absent through illness) and Liz with the trophy.



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PARISH INFORMATION

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

Phone 846 1561

email: stannes@portmarnockparish.ie

www.portmarnockparish.ie

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

Parish Secretaries Margaret Corcoran 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.



BAPTISMS

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

Blair Malena Chamson Leavy, Clongriffin
Mia Mary Christina McHugh, Malahide
Aodhla O'Neill, Baldoyle
Frank William Phelan, Portmarnock Drive
Molly Clare Rawl, Ashley Rise
Evie Catherine Scallan, Old Road,
Portmarnock

Cody Tyson Tumelty, Limetree Avenue
Cuan Gearalt Gaffney, Blackberry Rise
Toby Finn Massey, Hazel Manor
Séamus Padraic O'Connell, Limetree
Avenue
Shea Declan John O'Malley, St. Anne's
Square

ADORATION TIMES AND OTHER DEVOTIONS



ADORATION OF THE BLESSED SACRAMENT

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

DAYTIME

MON to FRI 9.00am - 4.50 pm / SAT 10.00am — 1.00pm
(MON 3.00 - 4.00pm — Divine Mercy Group)

EVENING

MON 7.00 -8.00 pm; Monday night Prayer Group 8.00 -9.30 pm

TUES 7.00 -9.50 pm

WED 7.00 -7.30pm; John Main Meditation Group 7.30 -8.30pm (all welcome)

THURS 7.00 -8.00pm; 8.00 -9.15pm. Prayer Group.

A time and space put aside for God each week.
Gospel Reading, Personal Sharing. (all welcome)

OTHER DEVOTIONS

Legion of Mary

Weekly meetings are held on Wednesdays at 10.40am
in Parish Centre **New members welcome**

LAST FRIDAY OF EACH MONTH—St. Pio Devotions

7.00 pm in St. Anne's Church (Mass commences at 7.30 pm)

MASS ATTENDANCE IN ST. ANNE'S PARISH

The Annual Mass Attendance Survey was conducted, as requested by the diocese, over 3 weekends recently. The results are shown below

DATE	MASS TIMES				Totals
	5.00 pm	6.30 pm	10.30 am	12.00 noon	
October/ weekend					
5th/6th		215	306	331	852
12th/13th		249	240	323	812
19th/20th	230*	287	685**	275	1477
Totals	230	751	1231	929	3141
Averages	77	250	410	310	1047

*Prep for Confirmation

**Prep for First Communion



Our Parishes Working Together

TEAM MINISTRY OF MALAHIDE-KINSEALYYELLOW
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. Parish Pastoral Worker: Mary Kirk 087 457 0981

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

KINSEALY: St. Nicholas of Myra, Kinsealy. Phone - 846 0028

MASS TIMES IN OUR GROUPING

MASS TIMES	CHURCH	WEEKDAYS (subject to availability of priests)
Saturday 6.00pm	Yellow Walls	Convent 8.30 am Mon to Fri 9.00 am Sat
Saturday 6.30pm	Portmarnock	Yellow Walls 9.30 am Mon, Tues, Thurs, Fri (Wed Svce of Word)
Sunday 9.00am	Carmelite Convent	Kinsealy 10.00 am Weds & Fri
Sunday 10.00am	Malahide	Malahide 10.00 am Mon to Sat
Sunday 10.30am	Portmarnock & Yellow Walls (Family Masses)	Portmarnock 10.00 am Mon to Fri
Sunday 11.00am	Kinsealy	
Sunday 11.15am	Malahide	
Sunday 12.00 noon	Portmarnock & Yellow Walls	
Sunday 12.30pm	Malahide	
Sunday 5.30pm	Malahide	

Leaving Certificate Religion Revision Day 2019

The annual St Patrick's College, Maynooth Leaving Certificate Revision day will take place on Saturday 23 November. This is a fantastic opportunity for students taking Religion as an exam subject to gain expert, exam-focused insight from leading Theologians for the upcoming exam in June 2020.

Saturday 23 November -9.00am -3.30pm - Location: St Patrick's College, Maynooth - Cost: €30 (Welcome Tea/Coffee and Lunch included). For further information, contact: admissions@spcm.ie