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A Christmas Blessing



May love come alive
within your heart
As Christmas time draws near

May hope fill
each room you decorate
and bring joy to those
you hold dear.

May peace be before you
at every meal
and faith ring through every song.

For Christ is alive,
the light of the world
May he bless you all season long.

SEASONS GREETINGS

To all our Parishioners. Fr. Conleth and myself wish you a Happy and Prayerful Christmas and a God-filled New Year. For those of you who have not joined us in the past year at our weekly celebrations of the Eucharist you are warmly welcome to come and join with us over Christmas time and in the New Year. We wish you a very Merry Christmas and every Blessing in the coming year.

Maranatha Come Lord Jesus Come (1 Corinthians 16:22).

Fr. Conleth & Fr. Jimmy

A Schedule of the Christmas Ceremonies and Mass Times after Christmas Day for the parishes in our grouping is printed on the back page.

CHRISTMAS CARDS ON SALE IN THE PARISH CENTRE

(Supporting the work of the Divine Word Missionaries)



CHRISTMAS DUES OFFERING



To facilitate parishioners who would like to contribute to the Christmas Offering, an envelope has been included with this Edition of Progress. You can drop your offering into the special box available at the back of the church at Mass times or to the Parish Office.

Packets
of 12 Christmas
Cards €7

Novena*

Mass Cards €3 each

*A novena of Masses will be said in the parish before Christmas for the intentions of the recipients of the Novena Cards. The card contains a 'message' from Portmarnock.



We offer the sympathy of all parishioners to the families of

*Patricia McCreavy, Portmarnock Grove
Margaret Roche, The Dunes
Dorothy Brennan, Carrickhill Rise
Patricia Vaughan, Heather Walk
Dermot Clarke, The Kilns
Daniel Dunne, Wendell Avenue
Teresa Murray, Portmarnock Drive
who died recently*

ACKNOWLEDGEMENTS



TESS O'CONNOR

(Carrickhill Rise) Died 19th October 2019

The O'Connor family would like to express their sincere gratitude for the kindness, support and love shown to us by extended family, neighbours and friends following the recent loss of Tess, beloved wife, mother, grandmother and great-grandmother.

Special thanks to Fr. Jimmy for the lovely service, to the choir and organist for the beautiful music and to Gerry and Ned of the Funeral team for all the care and attention they showed us.

Thank you also to all the staff and management of the White Sands Hotel who looked after us so well at the funeral reception. Finally, we would like to say a huge thank you to Staffords Funeral Home for their professionalism and help given to us at this very sad time.

Finbarr O'Connor and family



MAEVE LARKIN

(Pine Court) Died 18th October 2018

On the first anniversary of Maeve's passing, Oliver, Michael, Catriona, and all of Maeve's family, would like to thank everyone who has given us their thoughts, prayers and support over the past year. A special thanks to the extended family, friends, neighbours and Maeve's school colleagues.

Maeve's loss leaves a huge hole in the lives of all her family, her many friends and the community - but the support we have received has been an enormous comfort.

We would particularly like to thank the staff at Beaumont Hospital, and the Parish Funeral Team who showed great kindness to our family during a difficult time.

The holy sacrifice of the 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'.

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.

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

"DO THIS IN MEMORY" PREPARATION MASSES

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



SACRAMENT OF PENANCE

St. Marnock's - Monday 10th February - 1.00pm - 2.00pm

St. Helen's - 11th February 12.30 pm - 2.30 pm

Service of Light—MARCH

Day of Reflection in Emmaus

St. Helen's - Thursday 5th March 2020

St. Marnock's - Thursday 12th March 2020



PARISH COUNSELLING SERVICE

in the Parish Centre. Payment negotiated.

By appt only. Ph: Mary Ryan 087 270 9767



For the last number of years, we have benefited greatly from the overwhelming generosity of parishes in the amount of food we received from the appeal. The sheer volume of food has been brilliant. However, this has created its own challenges for us as we try to balance supply across the year. The timing at Christmas has been a factor of its success but it does cause a few difficulties where we are clashing with the Saint Vincent De Paul appeals and our own Turkey and Ham programme.

We have been learning every year and are looking to improve our ability to deliver high quality food to those who need it consistently across the full year. With this in mind **we are not holding the large appeal this Christmas.**

What we hope to do is hold a number of **smaller appeals throughout the year** with groups of parishes and will be in touch with you early next year to pilot this approach.

On behalf of Crosscare I would like to thank you all sincerely for your support and hope that you have a great Christmas.

Conor Hickey, Crosscare

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



Society of St Vincent de Paul

St. Anne's Conference, Portmarnock
Special Christmas Appeal
Saturday 7th / Sunday 8th December 2019



'Serving in Hope'

Celebration of 175th Anniversary of Society of St. Vincent de Paul, April 2019

"Those of you who in your various conferences visit families in their own homes know that the dream of those families is not just to receive the support and the gifts you bring them. Their dream is to be like you and me; to be relieved of indignity, to be able to live their lives and their talents and proudly to see their children have dreams and realise those dreams. The Society of Saint Vincent de Paul is not one that just brings much needed support; it is not a talk shop about society. Above all it brings hope to people, helps people to realise that hope." **(Archbishop Diarmuid Martin)**

"-----the tremendous work the Society does, week in, week out, in supporting people, communities, and disadvantaged groups all over Ireland. This is indeed an exceptional network of solidarity, compassion and care, providing support for those in need." **(President Michael D. Higgins)**

"Decade after decade, the Society has helped countless families and individuals in their time of need. You continue to so today for some of our most vulnerable citizens. **(An Taoiseach, Leo Varadker)**

SVP runs charity shops, holiday homes, youth and homework clubs, refugee services, and hostels for the homeless. Respect, acceptance, practical help and guidance are core values of the Society, within a context of justice and charity.

Portmarnock Conference is principally engaged in visits to families and individuals in Portmarnock and parts of Belcamp and Darndale areas.

If you would like to become involved, please contact us: Society of St Vincent de Paul, 91-92 Sean McDermott St., Dublin 1. Tel. 8550022. E-mail: info@svp.ie (Messages will be forwarded to the appropriate Conference).

DONATIONS

In the period November 2018-October 2019 inclusive, a total of €21,205 was donated in ten monthly collections. Our special Christmas Appeal came to €31,969, of which €10,097 came from individuals, organisations, etc., in the weeks following the appeal. (Separately, the national collection in March for Sunshine House amounted to €2,145.)

Our funds are used helping needy families and individuals with the cost of food, education, heating, clothing and furniture. Our spending on education, which has continued to stretch our resources, exceeded €14,000. It is our policy to provide support, where possible, to those otherwise unable to meet such costs.

Special Christmas Collection

Saturday December 7th (6.30 pm Mass) and Sunday December 8th
(10.30 am and 12 noon Masses)

Alternatively, you may leave your contribution with any member of the Conference or with the Parish Office.

Note-tax benefits may accrue to SVP from donations exceeding €250 in one year, (e.g. €250 donated by a PAYE or a self-assessed donor allows Portmarnock SVP to claim an extra €113 in tax-relief) Name and address required with donation for personal acknowledgement, and issue of CHY3 ('Enduring') certificate, if required.

We depend on you, the community at large, for the funding of our work. Thank you for your Generous Donations in the Past Year. You can make a cheque or credit card donation via the addressed (post-free) envelopes we have sent to local households. Or if you wish to make a donation by standing order please contact a member of St. Anne's SVP Conference. Portmarnock.



Small ads 50c per word

SMALL ADS

Closing date 8th each month

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

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

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

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

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

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

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

MIRIAM MURPHY M.I.A.C.P. ACCREDITED SUPERVISOR/COUNSELLOR,
PORTMARNOCK. APPOINTMENTS 087 775 6870 OR
EMAIL miriam.murphy@hotmail.com.

**LOCAL CHILDMINDER REQUIRED TO MIND 3 CHILDREN (9,7,5) AFTER
SCHOOL 4 DAYS A WEEK IN THEIR OWN HOME.** CONTACT REYNA 087
230 4509 FOR MORE INFORMATION.

IRONING LADY AVAILABLE TO DO YOUR IRONING IN HER OWN HOME.
COLLECTION AND DROP OFF AVAILABLE IF REQUESTED.
PHONE 086 364 2742

Is it sad not to feel happy this Christmas & New Year?

Christmas comes with high expectations of perfect, happy families enjoying luxurious celebrations and gifts, but not all of us are able to live up to these ideals. For those who have recently lost a loved one, Christmas can intensify feelings of grief and sadness. Many others experience feelings of isolation, financial pressures or increased family conflict that make the season a very stressful time of year. Some people get depressed at Christmas because of the excessive commercialisation of the season, with the focus on gifts and the emphasis on "perfect" social activities. Others get depressed because Christmas triggers self-criticism and rumination about the inadequacies of life in comparison to others. Some people become anxious at Christmas because of the pressure (both commercial and self-induced) to spend a lot of money on gifts and incur increasing debt. Others report that they dread Christmas because of the expectations of social gatherings with family, friends and acquaintances that they'd rather not see. So as a New Year approaches, try to find the time to take stock of 2019, to make plans with and be mindful of friends and family who aren't quite feeling the festive cheer & may need some extra support & kindness as we enter 2020.

How to support someone with depression

One in four of us will experience a mental health issue such as **depression** in our lifetime – even if you're not affected, the chances are someone close to you may be. This could be a spouse, friend, family member or colleague. More and more is being done to target the stigma around mental health, and with celebrities like Ruby Wax, Demi Moore, Elton John & Bressie publishing best-selling accounts of their struggles, there's more conversation about the condition than ever before. People don't always spot depression in themselves, so be mindful of the symptoms. In a friend, they may avoid social events, be low, tearful or snappy, quiet or preoccupied or overly negative. A family member may avoid get togethers or not enjoy them, seem down, have gained or lost a lot of weight and complain of poor sleep. A colleague may come in late, take more sick days, seem quieter in the office or avoid socialising. Don't feel guilty if you discover someone in your life has been suffering in silence. Depression is often 'invisible' and many people are embarrassed to admit to it, so they cover it up completely or only confide in one or two others close to them. When a friend, relative or colleague does open up to you, it's a good sign they feel comfortable talking to you about it. Once they have started talking, follow some dos and don'ts for supporting someone with depression.

DO:

Keep in touch – even if it's just a weekly call or text to check how they are. This is a simple, low-pressure way to tell them you're there for them. Encourage them to get out and about. A walk in the local park or a visit to an art gallery can be a great way to lift their spirits and allow them to talk if they want to. Avoid nights out drinking as alcohol can make depression worse. Ask them how they're looking after themselves and whether there's anything you can do to support them, such as helping them find a counsellor or looking after their children while they go to a therapy appointment. Listen properly. Just letting someone talk – and cry if they need to – can be invaluable. You don't need to have answers for them. Giving them time and space to talk is one of the most supportive things you can do.

DON'T:

Tell them to pull themselves together or snap out of it – **they would if they could.** Point out all the positives in their life. Depression is an illness that makes it very difficult for people to feel hopeful or optimistic, and telling them to count their blessings is likely to make them feel guilty and ashamed. Pressure them to talk about their mental health all the time. Let them know they can if they want to – that's crucial – but remember simply getting them out of the house or talking about other things may be just as helpful. Assume they're better after a few weeks or months, as depression is often a long term illness. The most important thing you can do is let them know you're there for them – it can be very helpful having someone to talk to who isn't a family member or very close friend. But try not to analyse or 'fix' them yourself; while you may want to help, you're (probably) not a trained mental health professional. In particular at Christmas time – if people are worried re the financial stress of the season – consider Secret Santa or gatherings in the local park with a flask of hot chocolate; with regard to dealing with family tension – put the kids first, drink in moderation, avoid argumentative topics and set realistic expectations of the day; and re loneliness this Christmas – make plans to catch up with old friends where possible, volunteer to help out with many needy charities or partake in longstanding Community events such as the Park Run. Make plans to nurture your mental health in 2020 – too many of us take it for granted and minding yours means you can be there for someone else desperately needing your help.



Are you due a much-needed Christmas present from the HSE? Budget 2020 has allocated €30m in funding allowing some 56,000 more people to be eligible for medical cards. The qualifying threshold for a single person will be raised by €500, while a couple will be entitled to an income that is €1,050 larger than now.

More information is available at <https://www2.hse.ie/services/medical-cards/medical-card-application-process/how-to-apply-for-a-medical-card.html>



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

Did You Know?

Santa Claus was born in 270 AD. That means he is over 1,000 years old. It's the magic of Christmas that keeps him alive and well.



Kids Corner

There are only so many mince pies a man can eat. Yes, they're delicious but Santa is sure to be even more generous if you opt for something more restorative this Christmas Eve to keep himself and Rudolph on their healthy way. Consider Rudolph carrot flapjacks, mulled apple juice and even some crunchy granola with edible glitter thrown in the garden on Christmas Eve to sustain Santa and his reindeers on their epic journey to Ireland from the North Pole.



Check out the BBC Good Food website for even more incredible ideas <https://www.bbcgoodfood.com/howto/guide/what-leave-santa>

1ST YEAR TRANSITIONS PORTMARNOCK COMMUNITY SCHOOL

a word from the Chaplain Catherine Clarke



Since the end of August we have been very busy welcoming our New First Year Students to Portmarnock Community School. Transitioning from primary to secondary can be a real challenge for our young people as they go from being "big fish" in the primary sector to being "little fish" in secondary school. They have to start all over again, getting used to lockers, heavier school bags, a variety of different teachers and new subjects. Thankfully in the past few months there have been many people there to support them as they begin this new adventure, Year-Head, Class Tutors, Sixth Year Prefects, Deputy Principals, Principal, Guidance Counsellors and myself as School Chaplain. I recently asked some of our 1st year students to reflect on how they found the transition thus far and was delighted to note that there is great excitement and enthusiasm about this new beginning, most of them were finding it to be a very positive and enriching experience. Here are some of their reflections:

I have recently made a big transition from primary school to Portmarnock Community School. So far I have been offered so many opportunities from the school choir to student council, which has allowed me to make new friends. At the start I was not really finding the changes easy but with the help of the amazing teachers I feel I am finding the books and the locker easier. Being a first year is so fun in Portmarnock Community School. I am really enjoying the choice subjects because I am learning Spanish, materials technology and art. I am excited to use the skills I learn in school in my everyday life. The schools transition year students made a very helpful survival guide with a map, tips etc. This guide helped me to get to know the school layout. Being a first year in Portmarnock Community School has been so fun I am looking forward to see what comes next in first year.

Mark Gleeson

Secondary school is great. It is a chance to try new things and make new friends. If you don't have many friends you'll make new ones. It is hard work but if you put in the effort and try your best it will turn out to be great. Tests are nothing to worry about if you try your best and study. That's all thank you.

Kian Cronin

Hi my name is **Annabel**. I am 12 years old. I attend Portmarnock Community School. My experience in this school has so far been amazing. I have made lots of new friends and they are all lovely people. All the teachers have been so nice and helpful during my transition from primary school. I really enjoy all my subjects. I enjoy being on student council. All and all this experience has been amazing and I can't wait to see what the next 6 years will bring.

**May we continue to pray for our 1st years as they make their journey through Portmarnock Community School,
Lord help them to study hard, to do their best always, Guide them along the right path,
Glory be to the Father and the Son and the Holy Spirit,
as it was in the beginning, is now and ever shall be, world without end. Amen**



**Celebrating 4 Decades
of Seasonal Treats at
Portmarnock
Community School**

ON SALE NOW!

1 Book €10

3 Books €25



All the proceeds of this recipe book will be donated to The Capuchin Day Centre and Action Aid Ireland.

Available directly from Portmarnock Community School.
Also J.W. Smyth Butchers, McCartans Pharmacy, Donnelly's Pharmacy, Portmarnock Post Office, Portmarnock Hotel & Golf Links, O'Farrell School & Sport Wear, Scaramousse, Jus de Vine.

750 CLUB RESULTS

OCTOBER 2019

First Prize €1,000: No. 253, Kate Flynn, Heather Gardens

Seller: M O'Connor

2nd Prize €500 No. 666, Eileen Magee, Carrickhill Rise

Seller: M Murtagh

3rd Prize €250 No. 683, P. J. & Mary Smith, Carrickhill Wk

Seller: S. Scott

4th Prize €250 No. 448, Pat Tobin, Ashley Rise

Seller: J. Gallagher

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

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.



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.

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



A cheque for €4,350 was presented recently by Fingal Network Initiative to Gwyn Bhreathnach, Principal of St Helen's Senior NS. (See picture below). These funds will contribute towards the cost of providing a sensory room in the school. To date the FNI have donated in excess of €25,000 to four local schools.

The total raised in our annual golf classic this year was €8,700, and another cheque, also for €4,350, will be presented to AdVic, a support group for persons who have lost a loved one through homicide.

The FNI is a locally based business network whose members meet twice monthly in Portmarnock Hotel & Golf Links. We are currently seeking new members and if you are interested in expanding your network of clients, this could be a golden opportunity to do so.

Contact Michael on 087 251 0442 for further details.

PRESENTATION TO ST. HELEN'S SNR SCHOOL



L to R: Adam Redmond, Daniel O'Brien, Gerry Sinnott FNI, Gwyn Bhreathnach Principal St Helen's Snr NS, Michael Corrigan FNI, Luella Kelly, Leah Colgan

Presentation to St. Francis Hospice



The children pictured (L to R: Camille Fitzgerald, Hannah Lupton, Emily McAllister) display a cheque for €510 which they presented to St. Francis Hospice. This was the proceeds of a coffee morning and bake sale arranged by them in July.

The morning was organised in memory of Joan Lupton and Sister Joan from the Carmelite Nuns. *Very well done girls!*

GETTING INTO SHAPE IN NAOMH MEARNÓG



Social Initiative Senior Men with their fitness instructor, Grace Keane, and Dave from Dublin Fire Brigade, who gave a CPR demonstration recently.



PORTMARNOCK SINGERS PRESENT

Annual Christmas Concert
SUNDAY 8th December 2019
in Portmarnock Community School at 8.00pm

Tickets €15
including a glass of wine and friendly chat
Contact Megan for tickets on 086 025 0892
or any of the choir



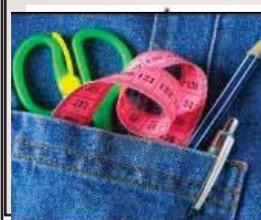
Irish Guide Dogs

Portmarnock/Malahide Branch 63 UPDATE

Portmarnock/Malahide Branch of Irish Guide Dogs would like to thank all our Volunteers who helped at the Pet Expo on Nov 2/3 rd. A total of €773.50 was raised for Irish Guide Dogs over the two days. See photo of the IGD stand attended



by Pat Harney. Should you wish to help IGDs at any of our fund raisers 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 2nd January 2020 from 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 IGDs, share ideas, and perhaps get the odd puppy cuddle! Tea, Coffee and biscuits will be available. For more information see IGD Face Book link <https://www.facebook.com/igdbportmarnockmalahide/>



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.

Citizens Information



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



Junior Infant Enrolment 2020

Enrolment for children starting school in Portmarnock Parish Primary Schools in September 2020 will take place in St. Helen's J.N.S. and St. Marnock's N.S. on Tuesday 14th January and Wednesday 15th January 2020 between 10.00 am and 12.00 noon.

Please bring a Birth Certificate, a recent household utility bill showing current address and your child's PPS Number when enrolling.

COMMUNITY NOTICE BOARD



MEALS ON WHEELS PORTMARNOCK

Volunteer cooks and helpers needed — once a month — in the Parish Centre. Contact: Benita 087 679 8673 / Frank 086 372 6989



PORTMARNOCK FIT 4 LIFE (PORTMARNOCK ATHLETICS CLUB)

2020 is the year you can make that **BIG Change**. Come along and join our 0-5k group. Suitable for all levels of fitness and zero fitness. We start 20th January 2020.

Meeting at the tennis courts in the Portmarnock Sports & Leisure Club 7pm. We promise you will enjoy yourself, get fit and make new friends. You could even bring a friend. Our aim is to have everyone running the Malahide Park Run (5k) by mid March. Looking forward to meeting you all.

Cabena Smith 0868505512 and Simone Byrne 086 0804220



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

The service is FREE and we WANT to help



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 Group will finish for Christmas on Tues 17th December and meet again on Tues 14th January 2020



Irish Countrywomen's Association

On Wednesday 20 November Portmarnock ICA hosted an evening of song. The annual Honor Gahan Choir competition had to be cancelled due to the illness of the leader of the Ballybrack Choir. It was decided to arrange to have the Portmarnock and Tallaght choirs to get together and perform the songs as they had put in a lot of preparation. We were delighted that the choir members from Ballybrack attended also. It was a wonderful evening of song and 'story telling'. A beautiful supper was provided by the Portmarnock members and all the visitors went home happy—everyone saying events like this should happen more often.

The Portmarnock Guild meets every Wednesday in the Arch Club behind St. Anne's Church at 8.00 pm.

The guild has closed for the Christmas holidays and will reopen on Wednesday 15th January.



BURROW SINGERS & MUSICIANS OUR VERY FIRST CD!!

We have recorded our very first C.D. and hope you like it. It gives a little taste of the music we provide for the noon Mass on Sundays in St.

Anne's. It would be a nice stocking-filler present for Christmas!!

After expenses a donation will be given to Cancer Research. Price is €10 and it's available from any Group member or contact Maura at 087 126 2941.



Portmarnock Pitch & Putt Club

As the year draws to a close, it's worth reflecting on the achievements of Portmarnock Pitch & Putt Club during 2019.

On the playing side we had very successful 'Major' events (Chairman, President and Captain's Prizes) which were all very well supported by the members. Our club has a very competitive weekly Ladies and Gents competition schedule. These are of varying handicap levels to enable members of all playing abilities to compete on an equal basis. We also ran numerous fun competitions such as mixed Team Scrambles in order to stimulate an inclusive fun element to our game.

The Senior Persons League trophy (over 65s) was retained by Portmarnock for the third time in a row. Next year we will try for the 4 in-a-row, then with all guns blazing for the magic 5 in-a-row – well if the Dubs can do it! – why not!

The course was in marvellous condition throughout the year and our thanks are extended to our Greenkeeper and the many members who voluntarily helped every week in providing essential course maintenance services. Members and particularly visitors to our Club during the year marvelled at the superb quality of the Greens which are the best greens in the country by a distance. If you haven't tried them yet, then you are missing out on a magnificent course in the heart of Portmarnock, situated at the top of the Lane behind St Anne's Church. Please refer to New Membership details at the end of this article.

Our great course was complimented during the year with the addition of new Tee Mats, 1200 Bulbs, new Flower Beds with maritime garden features, two New Shelters (grant aided by the Dublin Airport Authority), our Club House was painted (thanks Jeff) and not forgetting our swallows and the Butterfly Wall.

Our Chairman for the past 10 years, Dave Crum is stepping down and we extend our sincere appreciation to Dave for leading the Club during the past decade and for giving so much of his time and energy in making sure that this great Club developed and prospered during his tenure. Our new Chairman will be David Poole, a legend in Pitch & Putt circles throughout the country, a distinguished player - having won All Ireland and Leinster titles, a hard worker and thorough gentleman. We all know that David has the best interests of Portmarnock Pitch & Putt in mind as he takes over the Chair and no doubt the Club will only continue to grow under his stewardship.

Our Sponsors are an integral part of the welfare of our Club. With the continuous support of our Sponsors we are in a healthy position to maintain our high standards and ensure the survival of this great Club for the benefit of all our Members in our growing community. Our Sponsors during the year, including many local businesses, were as follows:

Baize House, GetProven Software, Jus de Vine, Lali's Restaurant, Maverick Contractors, McCartan's Pharmacy, McGuirk's Golf Airside, Noel Kelly Auctioneers, O'Dwyer's Golf Links Bar & Grill, Portmarnock Service Station, Signwise, Smyth's Family Butchers, Staffords Funeral Home, Stock Design, White Sands Hotel, White's Laundry.

Thanks to all the above for their very generous sponsorships. We encourage all our Members, friends and neighbours to support our Sponsors in every way you can.

Our Juveniles had another great year in 2019. A record number of 95 Juveniles (88 Boys & 7 Girls) joined this year and the highlight of the Juvenile program (every Wednesday afternoon from 2pm, April to September) was the Juvenile Captain's (James McNamee) Prize which was held in September. Lorna Smith was the well-deserved winner. The Gold, Silver & Bronze medals were also very well contested during the season with 82% of Juveniles bringing home a medal of some description.

We are now open to New Members for 2020. So, if you fancy a new leisure activity for the New Year, why not consider joining us at Portmarnock Pitch & Putt Club. We would be delighted to welcome you and your Family to the Club, and we guarantee that you will not be disappointed with what we have to offer.

Membership Fees for 2020

– payable in January for the year January - December inclusive:

Adult €125 / Seniors(over 65) €90/Student/Apprentice (over 18) €90

Juveniles (under 18) €50/Honorary Member €15

Family Membership Packages

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 Jes
 our Sa
 thank y
 living an
 and show
 way to God.
 for being born
 Your presence a
 greatest gift. Th
 all the virtues you
 to follow you. Tha
 charity, peace, thank
 contentment, kindness,
 listening, honesty, gentle
 forgiveness, obedience, res
 compassion, cheerfulness, ent
 and for all the talents, you have s

Thank you
 for one a
 Bless an
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 and alwa

Christmas Crossword

Merry Christmas!

Across

1. Another word for present.
4. Santa's door?
6. Animals that pull Santa's sleigh.
9. What people put on their Christmas tree.
11. Something on Santa's face.
15. The day after Christmas.
17. Santa's helpers.
18. The day before Christmas.
20. A piece of snow.
25. What Santa gives to bad girls and boys.
26. A sock that hangs by the chimney.
28. People put these bright things on their house.
30. A reindeer with a red nose.
31. A jolly man in a red suit with a beard.

Down

2. Something people decorate.
3. What people give each other.
5. Where Santa's workshop is located.
7. A striped Christmas treat.
8. Drink and food left for Santa.
10. Something people send to each other to say 'Merry Christmas'.
12. The presents are usually _____ the tree.
13. The month of Christmas.
14. Look at a present before you should.
16. The color of Santa's suit.
19. A common decoration for the top of the tree.
21. A famous snowman.
22. The place where Santa makes toys.
23. Santa's car?
24. A common decoration for the top of the tree.
27. A Christmas song.
29. What Santa gives to good girls and boys.



Christmas WordSearch

p	g	m	h	d	r	y	z	s	h
r	a	n	f	o	t	e	n	r	g
e	n	n	i	r	l	o	e	h	i
s	g	b	a	v	w	i	o	d	e
e	e	p	e	m	i	l	d	d	l
n	l	l	a	l	l	g	x	a	s
t	c	n	f	y	l	j	o	y	y
y	l	i	m	a	f	s	o	r	k
b	c	h	r	l	s	t	m	a	s
t	f	i	g	s	a	n	t	a	h

angel, bells, Christmas, deer, elf, family, gift,
 giving, holiday, holly, joy, party, present,
 santa, sleigh, snowman, toys

Snowman Dot to Dot





FOR CHRISTMAS TIME

A PICTURE TO COLOUR

O
 sus,
 avour
 you for
 among us
 ving us the
 . Thank you
 n at Christmas.
 among us is your
 thank you, too, for
 u give us as we try
 nks for faith, hope,
 ssgiving, joy, patience,
 generosity, moderation,
 nness, silence, self-control,
 spect, humility, faithfulness,
 husiasm for the variety of gifts,
 so generously given to our family.

u especially
 another.
 d watch
 family at
 tmastime
 ys. Amen



Christmas Is Here

A good time is coming, I wish it were here
The very best time in the whole of the year;

I'm counting each day on my finger and thumbs
the weeks that must pass
before Santa Claus comes.

Then when the first snowflakes
begin to come down,
And the wind whistles sharp
and the branches are brown,

I'll not mind the cold,
though my fingers it numbs,
For it brings the time nearer
when Santa Claus comes.

Why do the Bells of Christmas Ring?

Why do the bells of Christmas ring?
Why do the little children sing?

Once a lovely shining star,
Seen by shepherds from afar,
Gently moved until it's light,
Made a manger's cradle bright.

There a darling baby lay,
Pillowed soft upon the hay;
And its mother sung and smiled:
"This is Christ, the holy Child!"

Therefore bells
for Christmas ring,
Therefore little children sing.

~ Lydia Avery Coonley Ward



The Magic of
Christmas
is not in the presents,
but in His
presence

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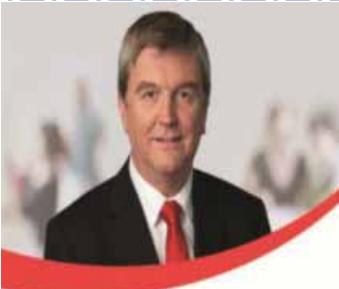
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EMAIL ADDRESS FOR PROGRESS

There is a new email address
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progress@portmarnockparish.ie

Reflections on our Parish Pilgrimage

On 31st October last, 40 Pilgrims left Portmarnock for the Holy Land on Pilgrimage. With a spirit of excitement and prayer anticipation we left in high spirits. The intention of the pilgrimage was to walk in the footsteps of Jesus and meditate at different sites on their significance and bring our meditations home with us so we could live our lives in the Light of Christ. We also to prayed for our Pastoral Area, the Group of Parishes in which we live in and for our own intentions and to pray for our family.

Day 1. On arriving in Jerusalem, we stayed in a Jewish Hotel which was quaint and where we experienced the first sign we were in a different land and society. Because of Jewish dietary Laws, milk was not served when we had meat on the main course. This was to comply with the laws of kosher which require that in addition to not eating milk and meat together, there is a specified waiting period of time between eating meat and eating dairy. The Rabbis developed this prohibition from the phrase usually translated as “do not cook a kid in its mother’s milk,” which appears three times in the Torah, the first five books of the Old Testament (Ex. 23:19, & 34:26 and Deut. 14:21). We had no milk in our tea and none at dinner time and non-dairy ice cream and jelly for dessert every day. I felt it was a good new experience.

Day 2. We travelled to the Mount Zion and the Mount of Olives visiting an Upper Room commemorating where the Last Supper was held and then on to walking down the Mount of Olives in the footsteps of Jesus. We visited the place of Ascension, the place where traditionally the Our Father was first taught and reflected on the Passion of Jesus in the Garden of Gethsemane. Walking and praying here evokes many emotions and is powerfully spiritual as we were in the place where a lot of Gospel stories happened and the pilgrim in a tangible way becomes closer to God through being in the place where the events of the Gospel took place.

Day 3 was spent in Jerusalem starting off at St. Stephen’s Gate and visiting Bethesda where Jesus healed a sick man. Here we celebrated the Sacrament of the Sick and prayed for all at home who were ill, that they too may be healed by the power of Jesus. Walking up the Way of the Cross—the Via Dolorosa—we reached the Church of the Holy Sepulchre which contains the Hill of Calvary and Tomb of the Risen Christ. Unfortunately, there was a three hour wait to visit the Tomb of Christ’s Resurrection, which was hard going for a 10 second visit, but the crowd was vast and the faith and the patience of pilgrims was enormous. The rosary was recited and banter with other pilgrims was a welcome interlude from the tedium of a long wait. Then a quick visit to

Calvary to do prayerful adoration and veneration to God at the rock on which Jesus died. We were all very tired today.

Day 4 was an hour visit to Yad Vashem holocaust museum which was too short in my estimation. Then on to Ein Karem to the place of the Visitation of Mary to Elizabeth. Here like at Pater Noster where the Our Father was first taught the Magnificat was written in many different languages. Contemplating the Magnificat we prayed on Mary No to injustice, No to poverty, No oppression, No political manipulation and No to gossip. We then left to journey to Bethlehem, first of all to visit the Shepherds’ field where we sang the carol ‘Angels we have heard on High’ having read the appropriate scripture at the site. Next was the Church of the Nativity; the queue was about an hour long and arriving at 4.30pm we were rushed through the Grotto where Jesus was born. I felt it was not vey prayerful but being present in this Church in the place where Jesus was born was very meaningful to many pilgrims.

Here we also saw the Security Wall or The Separation Wall which divides the West Bank from Israel. Viewing the wall invoked within us feelings of sadness, injustice, mistrust and a lack of hope for a better world in which to live. As we passed by the “Wall”, we sensed the tension which exists in the Holy land we were visiting and it reminded us of the divisions which still exist in our own land. The solution, if there is one, is never easy; it involves forgiving, talking, listening, understanding, recognising a common humanity and a desire to live together in tolerance as peace and harmony are so far apart. But people say it’s complicated, it’s difficult, it’s complex and there is no solution on the horizon. Yet in the midst of all of the above there are Christians, Jews and Muslims, ordinary people making attempts to live together in harmony through individual dialogue. In the midst of our frustration we pray for their success.

Day 5 was a day of Travel Down to Jericho for the Mass of the Good Shepherd and then off to Masada for a tour of the Herodian Fortress and on for a swim in the Dead Sea. Passing through the Judean Wildness where Psalm 63:1 came to life: “You God are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. Temperatures were reaching high 30 degrees. Very Hot!

Day 6 Began with a boat trip on the Sea of Galilee and the Captain hoisted the Irish Flag and played the National Anthem which was sung with gusto by all pilgrims. Scripture was read as we took in the majestic views on the Sea of Galilee with the wind in our hair and spray on faces we embraced our surroundings as we danced to Jewish folk



to the Holy Land, November 2019

music (see picture). We renewed our Baptismal Promises at a Jordan Baptismal Site committing our lives to God. (See picture). Our Mass on the Mount of Beatitudes gave us a unique experience of hearing part of the sermon of the Mount in its original settings, making the words of Jesus come alive as in our imagination we could hear his voice in a language we could understand. We then visited Tabgha, the Primacy of Peter Site and finally Capernaum, Jesus's hometown as an adult, where we walked in the space of the white synagogue where Jesus taught and read the Scriptures.

Day 7 we visited Cana where Wedding Vows were renewed and loved ones remembered. And then on to Nazareth to visit the Church of the Annunciation and a church commemorating St. Joseph and his workshop. Then on to Mount Tabor which commemorates the Transfiguration where we had another hour wait to get into the Taxis to bring us to the mountain top. Here we prayed to be more committed followers of Jesus at home, at work and in our daily lives.

Day 8 We travelled down the Valley of Armageddon, where the final battle between Good and Evil will take place, on our way to Mount Carmel to Stella Maris, the mother house of the Carmelites. We prayed for the Carmelite Sisters in Malahide. We finished the day in Magdala praying with Father Eamon on stones of a fish-Warf where Jesus walked, once again thinking of people back home who asked us to pray for them.

Day 9 on our return to Tel Aviv taking in the Aqueduct at Caesarea Maritima.

Overall all pilgrims got on very well. Our Prayer was for the intentions of all the Pilgrims, for all those who asked for our prayers, friends and family, especially those who were sick or suffering from a bereavement and the intentions of the People of the Parish. The Pilgrimage was one of Prayer, wonder and awe at the places we visited, to see sights Jesus saw, to experience the climate in with Jesus lived, to walk in his footsteps and renew our commitment to God, to act justly, to love tenderly and walk humbly before the Lord.

*Fr. Jimmy
Pilgrimage Spiritual Director*



Dancing on the Sea of Galilee



Renewing our Baptismal Promises.



The view of the Sea of Galilee from my hotel bedroom



PORTMARNOCK COMMUNITY ASSOCIATION - PCA NEWS

Happy Christmas to you all. 2019 has been a busy year for Portmarnock Community Association. I would like to take this opportunity of thanking everybody who assisted us throughout the year in our activities.

Sustainable Energy Community

As you know we applied to the Sustainable Energy Authority of Ireland to become an SEC last March. We have been progressing this over the past months and have just received confirmation that we will be awarded €15,000 to develop an Energy Master Plan for Portmarnock. We will be hiring expertise and doing further research into all aspects of energy use in the village from transport to space heating and insulation of homes. We will be contacting all the businesses in the village with a view to joining them into groups to reflect their activities e.g Golf Clubs, Hotels/Catering, Services and Retail. We will be commencing a programme to complete Building Energy Ratings on a representative house in each estate. In relation to the BERs we would be very grateful if people who already have BERs on their properties and those who have completed insulation/retrofits would provide us with information on their projects. You can send on the information to me by email at pat@ksagronomy.ie or drop it into my home at 11 Portmarnock Grove. All references to individuals and home addresses will be deleted to maintain confidentiality.

Portmarnock Woodland Project

We have commenced planting of trees/woodland in the village. As I write we are planting up the large mound in the park at Woodlands Estate. We are planting 1,000 native trees – Oak, Alder, Willow and Birch which were donated by Science Foundation Ireland as part of National Science Week (11th – 18th November). It is estimated that Ireland will have to plant a minimum of 400 million trees in the next 20 years – by that reckoning I think we will have to plant 82 trees per person – 820,000 trees by the people of Portmarnock. We do not have the land here but will have to do our bit.



Thanks to the students of the Transition Year in Portmarnock Community School and our Tidy Town volunteers we are well ahead in our programme for 2019/2020

We are grateful to the DAA who are sponsoring the purchase of equipment for the planting and maintenance of this woodland. Crann (Trees for Ireland) have also been very helpful in relation to this project. The planting will take us 20 years to complete !!. If you have ideas of sites we can plant please contact me.

Planning

The Waste-Water Treatment Plant in Clonsaugh with the outfall near Ireland's Eye has received planning approval as I write. We made a submission when the application was lodged and made an oral presentation. I have not had time to read the conditions.

The Nursing Home on Limetree Ave has received approval. This is an essential facility for our community. We will be writing to Primemount FC Ltd. (developers) to arrange for a meeting as this will have implications for nearby residents and the schools.

Busconnect

I have just received the new proposals from Busconnect. I have not had a chance to look at the new document in any detail but I believe that the service along the Coast Rd. through Baldoyle and onwards to Raheny and the City is again in place. Check up on their website and read the document that all residents will be receiving. Make individual submissions as the plan will have implications for everybody who uses a bus or DART.

Tidy Towns

We are very grateful to Fingal County Council (Malahide Castle) for their very generous donation of Primula flowers and Bulbs. We distributed them to estates and other groups throughout the village. If your estate was not included it means we have no contact in your estate – send me on your details and we will add you to our distribution list.

We are purchasing Cyclamen to replant the flower bed beside the Christmas Tree. We should have them planted by the time you receive this issue of Progress. The white and red flowers should be spectacular throughout the winter

Weather I cannot remember a wetter Autumn and early Winter.

Rainfall

Month	August	Sept	Oct	Nov*
2019	91.9mm	104.6mm	77.2mm	83.1mm
Average	73.3mm	59.5mm	79mm	72.9mm

*Note: The rainfall in November 2019 only represents 14 days – we have exceeded the monthly total and are only halfway through the month. Little or no sowing of winter wheat or barley crops has been completed in Fingal so far. All the golf courses and football pitches are getting very wet.

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



PARISH INFORMATION

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

Phone 846 1561 email: stannes@portmarnockparish.ie

Items for Progress: progress@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.

Mass for the People of the Parish Each Monday morning the 10.00 am Mass will be offered for the people of the parish.

Confessions Saturdays after 6.30 pm Mass.

Baptisms are held on the 1st Saturday at 12.00 noon and on 3rd Sunday at 1.15 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*

Sonny James Minogue, Hazel Court
Jack Oliver Curran, St. Anne's Square
Robyn Elizabeth Forde, Ardilaun
Joshua Joseph Duffy, Parkside Square
Ayda Lily Gilhooly, The Rise, St. Marnock's Bay
Laoise Hanley, The Rise, St. Marnock's Bay

ADORATION TIMES AND OTHER DEVOTIONS ST. ANNE'S PARISH



ADORATION OF THE BLESSED SACRAMENT

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

DAYTIME

MON to FRI 9.00am - 4.50 pm / **SATURDAY: NO ADORATION**
(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)

KINSEALY: Adoration WEDNESDAY mornings after 10.00 am Mass to 1.00pm

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)

ADVENT TALKS

At Sacred Heart Church, Yellow Walls Parish

The series of talks/workshops during the season of Advent continues in Yellow Walls Parish Pastoral Centre. The final two evenings—Tuesdays 10th and 17th December from 7.30pm to 9.30pm.

The speaker will be Patricia Carroll who is a Pastoral Coordinator in the Dublin Diocese. The theme of the talks will focus on "The Eucharist" All are welcome. A cup of tea will be available afterwards on each Tuesday evening.

Mass for the People of the Parish

Each Monday morning the 10.00 am Mass in St. Anne's Church will be offered for the people of the parish.



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. 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	
Sunday 9.00am	Carmelite Convent	Yellow Walls 9.30 am Mon, Tues, Thurs, Fri (Wed Svce of Word)
Sunday 10.00am	Malahide	
Sunday 10.30am	Portmarnock & Yellow Walls (Family Masses)	Kinsealy 10.00 am 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	

ONLINE ADVENT RETREAT

Reflect on the great 'O Antiphons' used in Evening Prayer and Mass during the second part of Advent. Watch an online talk each day from December 16

Register Now!

enquiries@prioryinstitute.com

prioryinstitute.com

00353 1 404 8124



ADVENT can become the 'lost season' when we get distracted by the hustle and bustle of Christmas shopping and parties. Yet there is an invitation given to us by the Scripture readings of the Advent Season to be still and calm, and to enter into a spirit of preparation for the Christmas celebrations. Advent helps us to recall the first coming of Christ two thousand years ago but also to prepare for the fulfilment of his promise to return in glory.

This year, the Priory Institute, Tallaght, offers an online retreat based on the 'O Antiphons' of Advent which were composed in the sixth or seventh century to accompany the Magnificat Evening Prayer for the last seven days of Advent. More recently they have been used as Gospel acclamation verses in the celebration of Mass. A team of presenters will guide participants through a series of reflections on these great 'O Antiphons' during the second part of Advent from 17th to 23rd December.

This retreat will be offered entirely online with one reflection per day beginning with an introduction on 16 December and ending on Christmas Day itself, comprising ten reflections in all.

CEREMONIES FOR CHRISTMAS

COMMUNAL SERVICE of RECONCILIATION in Sacred Heart Church, Yellow Walls, Monday 16th December at 7.30 pm
CONFESSIONS ST. ANNE'S CHURCH Portmarnock—each Sat after 6.30 pm Mass. Tues 24th December 11.00 to 12.00 noon
YELLOW WALLS—Sat 21st Dec 11.30 am to 12.30 pm and after Evening Mass. Christmas Eve (Tues 24th) short Penance Service after the 9.30 am Mass with an opportunity for individual Absolution.
MALAHIDE: after 10.00 am Mass 17th, 18th, 20th, 21st, 23rd, 24th (when possible)

TIMES OF CEREMONIES FOR CHRISTMAS

CHURCH	TUESDAY 24th, CHRISTMAS EVE	WEDNESDAY 25th, CHRISTMAS DAY
CARMELITE CONVENT	8.30am Vigil: 9.30 pm	9.00 am
YELLOW WALLS	Morning: 9.30am Vigils: 5.00 pm (with Nativity play for children); 7 pm & 9 pm Carol Singing with choir from 8.30 pm	10.30 am (Family Mass); 12.00 noon
KINSEALY	No morning Mass Carols at 8.00 pm; Vigil Mass at 8.30 pm	9.00 am; 11.00 am
MALAHIDE	Morning: 10.00 am Vigils: 6.00 pm; 7.30 pm; 9.00 pm	10.00 am; 11.15 am; 12.30 pm (NO EVENING MASS)
PORTMARNOCK	Morning: 10.00 am VIGILS: 4.00 pm Ceremony specially for parents and very young children 5.30 pm (Family Mass) Music/Singing 10.30 am Family Mass Group both Masses 7.30 pm Fingal Gospel Choir 9.30 pm Burrow Singers and Musicians	9.00 am Organist and Cantor 10.30 am (Family Mass) Organist and Cantor 12.00 noon Burrow Singers and Musicians

WEEKDAY MASS TIMES AFTER CHRISTMAS

Church		Thurs 26 Dec St. Stephen's Day Bank Holiday	Friday 27 Dec	Saturday 28 Dec	Monday 30 Dec	Tuesday 31 Dec	
Convent		9.00 am	9.00 am	9.00 am	9.00 am	9.00 am	
Yellow Walls		—	10.30 am	—	10.30 am	10.30 am. New Year's Eve 4.30 pm - Last Light Ceremony to pray out the Old Year and Pray in the New Year of 2020.	
Kinsealy		—	—	—	—	—	
Malahide		—	10.00 am	10.00 am	10.00 am	10.00 am	
Portmarnock		10.30 am	10.00 am	—	10.00 am	10.00 am	
Church	Wed 1 Jan Bank Holiday	Thursday 2 Jan	Friday 3 Jan	Saturday 4 Jan	Monday 6 Jan Holyday		Tuesday 7 Jan
Convent	9.00 am	9.00 am	9.00 am	9.00 am	8.30 am	No Vigil Mass (5th) for Holyday as it's Sunday but 5.30 pm Mass in Malahide.	NORMAL WEEKDAY SCHEDULE RETURNS
Yellow Walls	—	10.30 am	10.30 am	—	10.30 am and 6.00 pm		
Kinsealy	—	—	10.00 am	—	11.00 am		
Malahide	10.30 am	Service	10.00 am	10.00 am	10.00 am and 7.30 pm		
Portmarnock	—	10.00 am	10.00 am	—	10.00 am and 7.30 pm		

PORTMARNOCK PARISH OFFICE OPENING HOURS DURING CHRISTMAS PERIOD

MON 23 December OPEN 9am – 5pm	TUES 24 December Christmas Eve CLOSED	WED 25 December Christmas Day CLOSED	THURS 26 December St. Stephens Day CLOSED	FRI 27 December CLOSED
MON 30 December OPEN 9am-1pm	TUES 31 December New Year's Eve OPEN 9am-1pm	WED 1 January New Year's Day CLOSED	THURS 2 January OPEN 9 am – 1pm	FRI 3 January OPEN 9 am – 1pm
MON 6 Jan Holyday CLOSED	NORMAL OPENING HOURS (9am – 5pm) RESUME TUESDAY 7th JANUARY 2020			

PORTMARNOCK PARISH CENTRE: Closed from Monday 16th December. Reopens TUESDAY 7th January 2020