



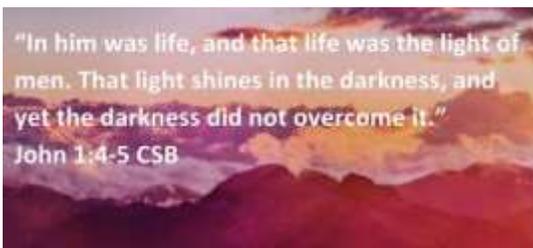
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Sunday 4<sup>th</sup> December 2022

## ADVENT



It should be no secret to anyone that we do not know the date of Christ's birth, and so the Church baptised a Pagan feast. The Pagans saw the world as a great cosmic struggle between the powers of darkness, and the powers of light. They noticed that at different times, darkness seemed to be getting the better of the light. The sun, the light, was getting weaker. It was obvious that those fearful dark days were getting stronger and longer and the people were afraid that someday the darkness would

kill the sun and the light altogether, and they shuddered in fear. But around the end of December, the people noticed that the tables had begun to turn. The sun was regaining its strength, and it began to push darkness off, and the light returned. When the Christians came along, they took over this Pagan notion of the light defeating darkness. They chose December 25<sup>th</sup> to celebrate the birth of Christ. So in the Christian scheme, within the great struggle between good and evil and light and darkness, this would be the time when the darkness of sin and death would now be overcome by the light of the world; Jesus, the son of God. The Christians called this time Christmas, and they made Advent the beginning of the end of darkness, a time of looking forward to the coming of the light. And that is what it has meant ever since.

Advent marks that time when darkness begins to grow weaker, and the sun becomes stronger. Advent is an invitation to break through the darkness into the light. It offers a challenge that comes to us very forcefully with a question: What darkness do you need to overcome? What darkness in your life and in your world would you like to see reversed? What breakthrough would you want for this New Year? I suggest that if you are looking for an Advent motif in order to roll-back some of the darkness, it might be the motif of light-beaming. We all contain within us the power to bring light: a gesture to make somebody feel better, a smile, picking up the telephone, an apology given, and a reach outward. Very simple things, and yet with them we can heal hearts and souls, and often bodies. That could be our goal for the new church year, to be light bearers in the darkness.

There is a story of six people who froze to death around a campfire on a bitterly cold night. Each had a log of wood they might have contributed to the fire, but for reasons satisfactory to themselves, each person refused to give what they had. A woman would not give because she said she hated men. A homeless man would not give because there was a rich man in the group. The rich man would not give because he did not want to warm someone who was obviously shiftless, lazy, and drunk. Another would not give up his log because he recognised someone not of his race or religious faith. And the fire died, as each person withheld their piece of fuel for reasons justifiable to themselves, and so, they all died. This story was originally told in a poem that ends with these tragic lines: six logs held fast in death's still hand were proof of human sin; they did not die from cold without, they died from cold within.

*Fr. Paddy Byrne*

*Parish Priest – Abbeyleix Parish*

## Lucan Citizens Information Centre

Our telephone number is **0818 07 5090**

[www.citizensinformation.ie](http://www.citizensinformation.ie)

Email – [lucan@citinfo.ie](mailto:lucan@citinfo.ie)

Our office is located in the Ballyowen Castle Youth and Community Centre, Ballyowen, Lucan



### Opening hours:

*Walk-ins to see an Information Officer*

Tuesday: 10am - 12pm  
Wednesday: None  
Thursday: 10am – 12pm and 2pm to 4 pm

### Reception open

Tuesday: 10am - 1pm and 2pm - 4pm  
Wednesday: 10am - 1pm and 2pm - 4pm  
Thursday: 10am - 1pm and 2pm - 4pm

**We are closed on Mondays and Fridays.**

**Citizens Information Phone Service (CIPS)** is open Monday to Friday 9 am to 8pm on 0818 07 4000

### MABS – the Money Advice and Budgeting

**Service** is the State's money advice service, guiding people through dealing with problem debt for over 20 years. MABS phone service is open Monday to Friday 9 am to 8 pm on 0818 07 2000

## What is the Household Benefits Package?

The Household Benefits Package (HBP) helps with the cost of your electricity or gas bill and the TV licence. Only one person in a household can get the Package.

*What is covered by the Household Benefits Package?*

There are 2 allowances in the Household Benefits Package:

#### Allowance 1:

Electricity Allowance of €35 monthly (€1.15 per day) or Natural Gas Allowance of €35 monthly (€1.15 per day)

#### Allowance 2: Free Television Licence.

You can get the Household Benefits Package if you are aged 70 or over. You do not need to be getting a State pension and the package is not means tested. People under 70 can also get the HBP, but additional rules apply – see 'How to qualify for the Household Benefits Package' below.

### How to qualify for the Household Benefits Package

To get the Household Benefits Package, you must:  
Be living in Ireland (full-time, all year round)  
Be the only person in your household getting the HBP

Have the electricity or gas bill in your name (if you are applying for an Electricity or Gas Allowance)

#### Be aged 70 or over

Be aged **under 70** and meet the additional rules for 'People aged under 70' set out below.

### People aged under 70

If you aged under 70 and you are living with your spouse, cohabitant or civil partner, you can get the HBP if you are getting a qualifying social welfare payment and:

You are getting an increase in your qualifying social welfare payment for them (see list of qualifying social welfare payments below) or

They are getting their own qualifying social welfare payment listed below or

They are getting a social welfare payment not listed below and they satisfy a means test.

You can live with other adults (who are not your spouse, cohabitant or civil partner) and get the HBP.

### Qualifying social welfare payments for people under 70. You are between 66 and 70:

State Pension (Contributory)

State Pension (Non-Contributory)

Widow's, Widower's or Surviving Civil Partner's (Contributory) Pension

Widow's, Widower's or Surviving Civil Partner's (Non-Contributory) Pension

Deserted Wife's Benefit

Carer's Allowance (full or half-rate payment), but you must be living with the person you are caring for.

You are caring for and living with a person who is getting Constant Attendance Allowance

An ordinary Garda Widow's Pension from the Department of Justice and Equality

An equivalent Social Security Pension or Benefit from a country covered by EU Regulations or from a country with which Ireland has a Bilateral Social Security Agreement

You are aged between 66 and 70 and not getting one of the payments above, but you **pass a means test**.

#### You are **under 66**:

Disability Allowance

Incapacity Pension

Blind Pension

Incapacity Supplement (for at least 12 months) with

Disablement Pension (for at least 12 months)

If you are caring for and living with a person who is getting Constant Attendance Allowance.

Carer's Allowance (full or half-rate payment), but you must be living with the person you are caring for.

An equivalent Social Security Pension or Benefit from a country covered by EU Regulations, or from a country with which Ireland has a Bilateral Social Security Agreement

Renting a room in your home

It was announced that changes will be introduced to allow you to rent a room in your home and have an income from rent of up to €269.23 a week (€14,000 per year) without it affecting your Household Benefits Package. The person renting the room in your home must use the room for a minimum of 28 consecutive days and cannot be an employee or an immediate family member.



## Esker Active Retirement Association

### The Two Sides to our Club

We started our club in 2016 and since then we have lost six wonderful members to date. On this last day of November, we remember them. Philip, Jim, Vincent, Marguerite, Therese and most recently Tom. Each one of these members added something different to our club and are truly missed. That is the sad side of our club.

On the happier side, we enjoyed a wonderful day out recently in the Shamrock Lodge Hotel in Athlone. We had a lovely meal, we were entertained by musicians and a brilliant Comedian who had us in stitches, then we danced the evening away till our coach driver took us all home again. Our next night out is already planned as is our Christmas party.

So, we understand life, we all know it's very short and we're making the most of our time here.

*Till next time, take care everyone and be kind to all.*

*Marian Egan 0861269043*



## St. Thomas' JNS.

**Enrolment for  
Junior Infants  
September 2023  
Now open!**



Details at

<http://stthomasjns.com/Page/School-Admission/3622/Index.html>

Please complete and sign an Expression of Interest accompanied with:

A copy of your child's birth certificate

Your child's PPs Number

And a current household utility bill.

*(Proof of address)*



## Sarsfield Park Residents Assoc.

Our Christmas draw for residents association will take place in Kenny's back lounge on **Monday 5th December at 8pm** you are welcome to join us.

We would like to wish all our residents a peaceful and happy Christmas and prosperous New Year.

## NAGARHOPE

Last Friday night in Lucan Sarsfields' Clubhouse, our fundraising Quiz night was a great success. After a Covid lack of quizzes, it generated a buzz of enthusiasm with 27 tables of four. The craic was good and scores were very balanced among the teams. Congrats to the eventual winners.

Fachtna, Doc, to many of you, had sent a slideshow of the work in Nepal, photos from Nagarhope Basic School, from past fundraisers, from the annual women's picnic. This was screened at the interval.

Sadly, we were missing two of our regular quizzers, Don Dardis and Mick Mulhall, fondly remembered on the night. May they rest in peace.

The total amount raised was €2780, all of which goes directly to Nagarhope.

*Many people must be thanked.*

Lucan Sarsfields for allowing us to use the hall and for the ongoing support from the Club and its members over many years; Maeve and all the bar staff; Lucan Newsletter staff who give us so much coverage; Liffey Sound FM for promotion interview; Mick O'Byrne of DUAL PRINT who has sponsored all our printing since the beginning; Nagarhope Ireland committee for all their efforts on the night and over many years; people who couldn't attend on the night, but who dropped in donations; Tracey and Dónal who contributed some of the quiz questions; Ray for his speedy expertise doing the raffle; many people who spread the word on various Whats App groups etc; local businesses, friends, neighbours who donated quiz and raffle prizes as follows: Spa Hotel, Diamond & Gem, Newcastle Golf Centre, Pain & Performance Clinic, Lucan Village Pharmacy, Supervalu, O'Neill's Pub, Kenny's, Courtney's, Centra, Carroll's, Mullan Grid, All Season's Flowers, John & Sinéad Egan, Kathleen Roche, Michael O'Grady, Rita McCabe, Kevin Nolan, Liam Hayes, Dermot O'Brien, Paul O'Farrell, Bill Ryan, John & Colette Condon, Colette Drumm, Cormac Gordon, Tracey Walsh and anyone whom I may have omitted. Please support our local businesses.

And of course, a super thank you to all who attended on the night. Ní neart go cur le chéile.

Lastly, a date for your diary. Our next fundraiser is in the **Spa Hotel on February 10<sup>th</sup>**. That will be an Elvis night with Lucan's very own Kevin Doyle and the Way It Was Band.

*Thank you all*

*Niamh & Séamus Clandillon*

## Parish Notes

### St Mary's, Lucan

[www.lucanparish.com](http://www.lucanparish.com)



**Sunday Mass Times:** Saturday Vigil: 6.30pm  
Sunday: 10.30am, 12 noon and 7pm.

**Weekday Masses:** Monday to Saturday 10am

**Thursday 8<sup>th</sup> December – Feast of the Immaculate Conception – Masses:** Vigil 7.30pm Wednesday, Thursday 10am and 7.30pm.

**Masses live-streamed on** [www.lucanparish.com](http://www.lucanparish.com)

**Christmas Time-Table: Now available in the Church Porch and Parish Office.**

**Christian Meditation:** We meet every Tuesday night at 8pm in the Parish Bungalow.  
*All welcome, Sr Geraldine.*

**Rosary:** Please join us in reciting the Rosary immediately after the morning Mass for Personal Peace and Peace in the World at this difficult time.

**Confessions – Nuns' Chapel:** After Saturday 10am Mass and Saturday Evening 6.30pm Mass.

**Divine Mercy Devotion:** On Wednesdays after 10am Mass. Everyone is welcome to participate in the devotion regularly or occasionally.  
*St Mary's Parish Divine Mercy Group.*

**Legion of Mary:** We meet every Thursday evening at 5.30pm in Room 4 in St Mary's Parish Centre for Rosary and Prayers. *All Welcome.*

**Scriptural Readings:** We meet from **7.30-8.30pm** every **Monday** evening in the Bungalow opposite the church. The group will read and reflect on the following Sunday's Gospel to get a deeper understanding of the Word of our Lord.  
*All are welcome.*

**Bethany Bereavement Support Group:** We meet every **2<sup>nd</sup> Monday at 10.45am** and **4<sup>th</sup> Thursday at 8pm** of the month in the Parish Centre. We are available to listen to or just be there for anyone who is feeling lonely or lost following the death of a loved one. *Sr Geraldine.*

**For Sale Church Art Calendars 2023:** In the Sacristy and the Parish Office. €2

**Deepest Sympathy** to the family and friends of *Mary King Murphy*, Beech Park.

*May she rest in peace.*



## St. Patrick's Esker/ Dodsboro/Adamstown

[www.stpatrickslucan.ie](http://www.stpatrickslucan.ie)

**Sunday Masses:** Vigil Saturday 7pm,  
Sunday: 9am, 10.30am and 12 noon.

**The 10.30am Family Mass** is aimed at younger parishioners and their families.

**Weekday Masses:** Monday to Saturday at 10am.

All Masses livestreamed at [stpatrickslucan.ie](http://stpatrickslucan.ie)

### Prayer and Reflection for Advent

**'The Fullness of Time is When God is Born in Us'**

at 'Kairos'  
125 Castlegate Way,  
Adamstown



When: **7<sup>th</sup> and 14<sup>th</sup> December at 11am.**

*All Welcome*

**St Patrick's Prayer Meeting:** Meeting every Monday night in the Pastoral Centre, (Side of St Patrick's Church) from 7.30pm to 8.15pm.

### ST VINCENT DE PAUL CHRISTMAS APPEAL

How quick the year has flown, and Christmas is just around the corner again.

**This year, the National Christmas Appeal for the St Vincent De Paul takes place at all Masses in the three parishes**

**NEXT weekend  
10<sup>th</sup>/11<sup>th</sup> of December.**

We, the SVP in Lucan, rely on your generosity to achieve the goal of helping families in Lucan to ensure they will enjoy the festive season and through the forthcoming year.

*We thank you for the support,  
St Vincent De Paul  
Lucan*

#### **Please note:**

**The Tap & Go System** at the **Church Doors** is **NOT** to be used for special collections, e.g., St Vincent de Paul. This collection will take in the Church itself.

## Divine Mercy, Lucan South

[www.lucansouthparish.net](http://www.lucansouthparish.net)

**Sunday Mass Times:** Saturday Vigil 6:30pm,  
Sunday Masses: 10.30am and 12.00 noon.

**Weekday Masses:** Mon.-Fri. 9:15am. Sat. 10am

**All Masses will be livestreamed on**  
[www.lucansouthparish.net](http://www.lucansouthparish.net)

### Morning Prayers of the Church:

Monday to Friday: 8.40am.

The Church will now be open Monday  
to Friday from 10am to 4pm for private prayers.

**St. Joseph's Young Priests Society:** A new  
branch of St. Joseph's Young Priests Society has  
opened in our parish the Church of Divine Mercy,  
Lucan South Parish.

We meet once a month here in the parish.

The aim of the society is to pray for vocations to  
the Priesthood and religious life. All are very  
welcome and we look forward to seeing you all.  
The Parish office can be contacted at 01 4572900.

### Adoration and Holy Hour Exposition of the Blessed Sacrament:

**Mon:** 7.30pm: Divine Mercy Adoration

**Fri:** 1.15pm: Adoration MMPH Cenacle

**Fri:** 2-3pm: Divine Mercy Devotion/Adoration.

**Bingo:** Every **Wednesday** night at **7.30pm** in the  
St. John Paul Room Divine Mercy Church.  
Doors open at 7.00pm. *All welcome.*

*Wednesdays tea/coffee morning: There is a cup  
of tea/coffee and a slice of cake after 9.15am  
Mass every Wednesday in the St. John Paul II  
Room (room with tables and chairs to the right  
of the porch at the main Church entrance. All  
are most welcome.*

## Lucan Presbyterian Church

Main Street, Lucan, Co. Dublin

**Sunday Morning Worship:** 11am.  
(There's tea and coffee after the service)

Lucan Presbyterian Church is a growing family of  
Christians who come from a variety of different  
church backgrounds, traditions and nationalities.  
Regardless of your age, background, experience  
or previous church connections you are welcome  
to come and visit us.

**Contact:** email: [lucanpresbyterian@gmail.com](mailto:lucanpresbyterian@gmail.com)



## St Andrew's Church of Ireland

**St Andrew's, Lucan:**

**Sunday:** 9am and 10am. **Wednesday:** 10am

**St Mary's, Leixlip:** **Sun:** 11.30am. **Tues:** 10am

**Services** are available on our parish

Facebook pages: [St. Andrew's Church,](#)

[Lucan](#) or [St Mary's Church, Leixlip](#)



**Anam Cara** South  
Dublin, the  
organisation that  
supports bereaved  
parents, is holding

its monthly Parent Evening for bereaved parents  
on Monday **12<sup>th</sup> December at 7:15pm** in the  
Maldron Hotel, Whitestown Way, Tallaght. This  
event is free and open to all bereaved parents  
regardless of the age your child died, the  
circumstances of their death, or whether their  
death was recent or not.

### Youth 2000 Christmas Retreat

The Youth 2000 Christmas retreat will be taking  
place in Newbridge College, Newbridge between  
9th-11th December. This retreat is for anyone  
aged 16-35. Great CRAIC!!, Excellent Speakers,  
Inspiring Talks & Workshops, Fantastic music,  
Group activities, Youth Masses, Adoration,  
Reconciliation, prayer, Drama, Games & plenty  
of time to chill out, meet new people and find out  
what it means to be young & Catholic today!!  
Donation only. Free buses leaving from all over  
Ireland. Register now on [www.youth2000.ie](http://www.youth2000.ie)"

### Christmas Cards for Sale

At St Mary's Parish Centre

in aid of

### Peter McVerry Trust

Assorted designs, pack of 10 - €5

### NAGARHOPE

Pack of 12 for €5

(12 Brand new designs)

Also available from 191 Beech Park  
or phone Niamh 087 0666891

Also available **Christmas Novena  
Masses.** €6



# Acknowledgement

## Therèsè Malone

The family of the late Therèsè Malone of Hillcrest Park, Lucan, Dublin and formerly of Mount Temple, Westmeath, wishes to acknowledge the many expressions of sympathy and gestures of kindness shown to us following our very sad loss.

We offer our heartfelt thanks to our extended family, many friends, neighbours and well-wishers who visited our home, attended the wake, service and burial and who provided emotional and practical support for us at this difficult time. For those who telephoned and travelled long distances, sent floral tributes, cards and messages of condolences, as well as those who made charitable donations, we are truly grateful.

A special word of thanks to all our wonderful neighbours. Thank you for the support you gave us, for the home cooked meals, the lovely baking and more importantly the kindness and friendship you gave to Therese over the years but particularly since Therese's diagnosis of Alzheimers. Your support over the past few months has been invaluable.

To those who helped in any way, your contribution made our loss more bearable. As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our deepest gratitude. The Holy Sacrifice of the Mass will be offered for your intentions.

*From Michael, Declan, Ciaran, Christine and Rachael*



# Anniversaries

## Robert O'Brion

### 6<sup>th</sup> Anniversary

If we could visit Heaven  
On this our saddest day  
Maybe for a moment  
The pain would go away  
We would put our arms around you  
And whisper words so true  
Living our lives without you Rob  
Is so hard to do.

*So sadly missed by your heartbroken Mam Aine, Barney, Triona, Conor, Liam, John and Joe*



## Jemmers Condrón

### 3<sup>rd</sup> Anniversary

WE MISS YOU....

We miss your smile, your loving ways  
We miss the things you used to say  
And when old times we do recall  
It's when we miss you most of all.

*From your loving wife Philo, sons Paul and Jay, and extended family*

## Albert (Nobby) Clarke

### 6<sup>th</sup> Anniversary - 28<sup>th</sup> November

Husband - Losing a husband as special as you  
Has left my heart aching, it's broken in two  
No words can describe all the grief and the pain  
I'd give all I have just to see you again  
But you're with the angels and for now I can wait  
For we'll meet again, dear, beside Heaven's gate.

*Loved and adored forever and always by your Breda*

## Albert (Nobby) Clarke

Dad - We think about you always

We talk about you still

You have never been forgotten

And you never will

We hold you close within our hearts

And there you will remain

To walk and guide us through our lives

Until we meet again.

*Thought about, missed and loved every day by Karen, Lisa, Dawn, Sandra, Lynsey, Alan, Robert, sons-in-law, daughters-in-law, grandchildren and great grandchildren*

## Bernard Fallon

### 5<sup>th</sup> Anniversary - 7<sup>th</sup> December

Also remembering his wife **Betty** who died 28<sup>th</sup> March 2022.

Sadly missed along life's way

Quietly remembered very day

No longer in our life to share

But in our hearts you're always there.

*Sadly missed and loved by your daughters*

*Catherine, Liz and Mary and son Gabriel,*

*grandchildren and great grandchildren*

# Birthday Remembrance

## Ken Farmer

Dad, we think of you every day

All our love on your birthday

This year you have Mam

To blow out the candles on your cake with.

*Love Helen, Linda, Mick and David*



## Lucan in 50 Objects!

We are looking for contributors for a future radio series, do you

have any objects in your house that have a Lucan relevance?

For example, an old map of Lucan, a letter written to you by an ancestor, a photo, anything at all really, as long as it has some connection to Lucan!

If you do, Please contact Mairéad by email at [stationmanager@liffeysoundfm.ie](mailto:stationmanager@liffeysoundfm.ie) for more details.

[www.liffeysoundfm.ie](http://www.liffeysoundfm.ie) or catch up on Facebook **Liffey Sound 96.4FM - Lucan's Community Radio Station!**



## Lucan Active Retirement Assoc.

Venue - **St Andrew's Parish Centre**, Main Street, Lucan on **Thursdays from 11.30 am to 2.30 pm**.

We play cards, bowls and Scrabble or you can just have a chat. Refreshments are served at 1pm approx. New members are welcome.

At last week's meeting we observed a minute's silence to mark the passing of our former member Tom Mc Donald, RIP, may he rest in peace.

We are having our Christmas party in St Andrew's on Thursday 15th December at 11.30 am and our drama group and choir are busy rehearsing for this event.



## Lucan ICA

*Monday 5<sup>th</sup> December:* Our Craft Group meet as usual 10am to 12.30pm. All will be

busy putting the finishing touches to their Christmas projects. Lovely work being done, Ladies!

*Tea Hostesses:* Anne Beales and Mary Skelly.

If any ladies wish to display their crafts at the Lucan Library on 10<sup>th</sup> December (Saturday), please bring them in on Monday next 5<sup>th</sup> December. We will look after them.

## Lucan Senior Citizens

Wed. 7<sup>th</sup> Dec: **Social Morning** and our Christmas Lunch in the Spa Hotel 10.30 – 2.30.

## Ways of Beauty & Thanksgiving

*November 2022*

Spring Bulbs set in grass near post box, Lower Tandy's Lane.

Pathways in St. Catherines lead through shadowlands of Beech Cathedrals.

Resting heron at Riverside Perch.

Swan Pair 'tail-up' feeding in reeds.

Pedestrian Crossing to Demesne 'Gateway'.

Signage for Tree Names prepared by John Boylan Foundry SDCC in Demesne.

Revisiting ancient Double Cottage etc near 'Hillview'.

Top of Stanford Hill on 29<sup>th</sup> November, we encountered Derek from Co. Armagh and his team of Craft Stonemason who are restoring those erstwhile 'lost' dwelling – using lime mortar etc – Bravo!

Delighted also to see plans afoot to restore ancient 'Gate Lodge' – later shop at end of Weir View properties.

So grateful for return of those Highland Shaggy ones and Jacob Sheep to St. Catherines – see and marvel!!

Vote of thanks please to SDCC Dept of Environment teams for the timely response to graffiti removal requests on pedestrian bridge and environs.

And also many tanks to our SD County Councillors for their advocacy, and who regularly advise ASDCC of need to remove stored litter bags etc.

***"The memory of beauty sustains us in gratitude for things present"***

**Re: the offending redundant Eircom Pole** on Tandy's Lane, several calls to recommended telephone number for 'Dangerous Plant Dept' – resulted in "Not our responsibility" – (Where to now).

## Seasonal Greetings to All

*Breda L. Conalty*



## Malawi three years later

Covid has affected so many in so many and such varied ways that I find it hard to describe what happened us pair, when we were helped down the steps off the plane after a 10,000 km trip south to Lilongwe and feel the force of gravity and age vanish into the warm sunshine. We were back with our smiling, black, friendly faces where the coach driver whizzed off with our hand luggage and presented us to the covid testing guys and along to passport control. Losing our main piece of luggage had only the slightest of impacts, which too vanished when our nearest and dearest descended on us with hugs, flowers and goodies.

After a restful overnight, the 400 km north flew by, with old memories and the latest miracles. I feel miracle is the right word to describe many of the amazing happenings achieved by the most amazing, uneducated, poor and often hungry people who have just dragged themselves up with a little help from two idiots who believed in them and their ability to help themselves.

Way back in 2005 it was pumps and clean water and as we passed villages heading North we saw pump locations but also, tree plantations and schools for girls who have their fees paid, a training college for primary school teachers and hospitals where we support trainee nurses. So many mad notions, which so many people from so many places supported, from Alaska to South Australia!

In the past three years, Covid arrived and strangely (maybe) much of our regular support vanished, but into the void stepped our eldest Eamonn and his German friend Kevin to replace our tree planting project with a reforestation and soil restoration programme which has enabled us to fund the planting of indigenous trees on a grand scale: (7.3 million last season).

A new large drone enables our newly qualified pilots Harisen and Lovemore to enter GPS coordinates and scan any given planted area to give a film of the minutest details of all plants growing including every seedling and tree.

A lot of extremely hard work with absolute precision has enabled us to procure funding for so many amazing projects.

Funding from the likes of Mastercard and others enables us to employ over 1,200 local villagers, 75% female (who never got wages before) to work in the nurseries and planting. It also helps us with preschools and most recently with food gardens where we support people to grow food like local maize, soya, sunflower, using a plant called tephrosia to replace the need for artificial fertilizer or pesticides thereby removing all dependence on Monsanto and their types.

We discovered early on that in terms of education, boys are educated in preference to girls (like in Ireland years ago), so we decided to support girls in Secondary school. We now pay fees and support over 300 girls and continue when they qualify to go to third level like, Teaching, Nursing or University. This figure is over 30 at the moment

The most recent new project was to open a medical clinic in a remote rural location called Kadakechi. It is an area where we have a tree nursery where much of the work is done by women walking long distances, regularly carrying babies and toddlers.

I thought about two things, a preschool and a Health Clinic. When I visited the place I noticed that we have rented a house for two of our supervisors. It was a lovely place, maybe built by some white organization? I talked to the old chief and he was all on for it.

A health clinic next door to his house, delighted Next day I brought Peter, our builder out to see it. There were walls to be knocked, doors and frames to be installed, ceilings of course, two new desks, a new high level bed for examinations, painting, a toilet.....

I talked: Peter did the drawings.

We departed at 5 pm. We had 5 days, as Alepher our first Nurse had an appointment for her fourth section birth, on the sixth morning and she couldn't miss the opening, as the leading force behind all the medical arrangements. Next morning I arrived at 9am. First, I saw sand, then bricks, then timber, doors, and, and..... By the time I stepped in walls were knocked and door spaces built up.

Total chaos in the most organized fashion We opened on time on the day. We had 90 patients. We had four nurses including our own Cecilia (a past student of ours), who now works as a nurse in Mzuzu Centra Hospital on HIV/AIDS/ and Alepher (who works as a senior nurse for the Health Ministry online). Our deal with the nearest Hospital is that they provide the meds and we provide transport and pay the nurses. End of first day, All exhausted but happy.

Three women brought to the hospital for Cervical Scans, and brought home again. Alepher went into St John's Hospital and baby girl ETHNA was born by section next morning at 10.30. Baby and mother doing well

We are having our third Clinic on Friday Dec 2, to include nutrition testing for under-fives. The other four days each week we have a preschool with three newly trained caregivers

Is there a God?  
Can Miracles happen?  
Hardly all coincidence?

*John and Mary Coyne*  
[www.wellsforzoe.com](http://www.wellsforzoe.com)



# SCHOOL NEWS



## Lucan Community College

**Junior Cycle Results:** The Junior Cycle class of 2022 did not have an easy journey to results day on Wednesday 23rd November. With school closures, remote learning, changed curricula and assessment structures, staff and student absences, health concerns, lockdowns, bereavements, satellite classrooms and social distancing to manage, along with the usual study, revision and exam technique to master, these students had plenty to challenge their wellbeing.

We are extremely proud of their resilience and of the great results achieved - both exam results and personal development results.

Our students are now immersing themselves in a very active TY programme and trying new experiences and learning new skills that they will take into senior cycle and future life.

While we celebrate the achievements of all of our students, special mention goes to Maggie Jez (achieving 9 distinctions - 90-100%) along with Roisín Duddy, Aoibhe Fleming, Eabha McNally, Vanshika Chundru, Saoirse Fitzgerald, Siofra Friel, Alba Cooney-Mercadal and Vlad Grosu all of whom received multiple distinction grades. Year Head Ms Casey, tutors and teachers offer congratulations to the students and thanks to all staff members and parents who support them so far on their educational journey. Onwards and upwards!

**Soroptimist Public Speaking Team:** Our school Soroptimist public speaking team had an industrious month this November. The team of Lillian Wykes, Sarah Nolan, Annabell Nabulele, Alannah Carroll (Transition Years), Sarah Mahon (6th Year), Ruby Crocker-Dunne (5th Year) and Alice Bell (5th Year) produced speeches on topics such as: Peace and Democracy; Partnership and Empowerment of Women; Human Rights and Friendship and Volunteering.

The standard of speech writing and presentation was particularly high among the seven students. However, only four members of the team could compete in the Local Round. It was necessary to hold a competition here in the school with an adjudicating panel of teachers, to decide on the four members that would represent the school. Ruby Crocker-Dunne, Sarah Mahon, Sarah Nolan and Annabell Nabulele went through to participate in the competition on 19th November.

The girls' performances were outstanding. Congratulations to Sarah Nolan who came runner-up, an impressive achievement. Their teachers Ms. Hickey and Ms. O'Neill were very proud of them. The students worked incredibly well as a team, supporting each other, while creating speeches full of passion, humility, and conviction.

**CSPE Mock Elections:** 3rd year students in class Willow held a mock election for class president in CSPE this week. After preparing for the election for a couple of weeks the students broke into groups such as a polling card committee and the ballot paper committee. There were three candidates, with all giving passionate presentations followed by a student vote. The students will do an Action Project based on what they have learned about elections and voting.

**Lucan CC topple Luttrellstown CC in comfortable win:** Lucan CC had a comprehensive 5-2 victory at home against our neighbours LCC. Lucan started strongest and went 1-0 up through a fantastic free kick by Leo Myers. Alex Akinrintoyo added a smart second before half time as Lucan CC led 2-0. The second half was basically the Joseph Kellett show. The Lucan CC left winger scored a hat trick of unbelievable goals which would not look out of place at the Qatar World Cup. Lucan were 5-0 up and cruising. Although Luttrellstown CC rallied late to score two goals, Lucan ran out comprehensive 5-2 victors.

**Talk on Health and Consent:** Our transition year students engaged in a very informative workshop this week @DebunkingMyths\_ learning about sexual health and consent.

**Lucan CC Catchment Area Review for our Admissions Policy:** Due to current high number of applicants to the college, we are conducting a review of our catchment area in order to reduce the number of applicants in Category B and therefore increase the likelihood of Category B applicants (first in family, attending a priority primary school and living within our defined catchment area) gaining a place in Lucan Community College. If you would like to give your opinion details can be found on our school website [www.lucancc.ie](http://www.lucancc.ie) under Latest News.

**A reminder of our Christmas Concert:** We are delighted to open our doors to the local community with the return of our annual Christmas Concert in Lucan Community College! Join us for a night of song and dance and reflection for the whole community on Thursday 8th December at 7pm!



## St. Joseph's College

**Transition Year Musical:** It's finally here, it's Musical week in St Joseph's College. Well done to all of our Transition Years on all of their work up until this point and we have had a number of dress rehearsals in the school this week and the show is fantastic. Guys & Dolls will take place from Thursday 1<sup>st</sup> December – Sunday 4<sup>th</sup> December 2022, nightly at 8.00pm. This will be our 31<sup>st</sup> Annual Musical at St. Joseph's and we would love to see past-pupils, families, neighbours and friends of St. Joseph's return to the delight of the stage & our performing TY students once again! We were delighted to have Deputy Mayor Joanna Tuffy with us on Wednesday morning to watch the last live dress rehearsal. She is picture below with the main cast and school Principal Ms. Bernadette Fitzgerald.



**5<sup>th</sup> and 6<sup>th</sup> year Trip to DCU:** A group of our 6<sup>th</sup> year students went on a trip with the guidance department to DCU open day this week, the 6<sup>th</sup> years travelled there on the Thursday and the 5<sup>th</sup> years travelled on the Friday. This trip gave the students the opportunity to visit the campus and find out what DCU has to offer.

**German Trip:** Our German Trip will set off on Monday with a group of our 6<sup>th</sup> year students making the journey to Berlin. We wish them and their accompanying teachers well on the trip.

**3<sup>rd</sup> Year Ice Skating:** As a treat to our wonderful 3<sup>rd</sup> year group they will be going on an ice skating trip on Monday. We hope they have a great time.

**Joey's Tidy Towns Calendars:** We are delighted to have our 2023 Calendar on sale from Monday, 28<sup>th</sup> November 2022! Our Joey's Tidy Towns Calendars are a great planner, a lovely collection of all the lovely scenes to be found around Lucan and other places TY students have visited and snapped! All images



in our fundraising calendar have been taken by the senior students as part of their fundraiser for the Lucan branch of St Vincent De Paul. We are delighted to support Vincent De Paul once again and calendars can be ordered through the school ([stjosephslucan@gmail.com](mailto:stjosephslucan@gmail.com), 01-6281160) or purchased in Centra, Lucan. Well done to all our students who contributed to the calendar this year!

**Follow Us on Twitter:** @StJosephsLucan

**Instagram:** @stjosephscollegelucan

**Website:** [www.stjosephslucan.com](http://www.stjosephslucan.com)

## St Joseph's College PA needs you!

As a member of the PA, you will have an opportunity to hear about school life and have input on initiatives that will enhance school life for all students.

**We meet once a month, next meeting Monday 12th Dec**

We provide parent input on school policies.

We organise fun activities for students.

We fundraise to provide some extra comforts/treats for students, liaising with student council to ascertain what the students themselves want.

**Contact us** via facebook or email

[joeyspalucan@gmail.com](mailto:joeyspalucan@gmail.com)

If you can't fully commit, but would be willing to volunteer at events only, please contact us, every minute of help is greatly appreciated.

## Scoil Mhuire GNS Junior Infants 2023

**Scoil Mhuire Girls National School** is taking names of girls living in St Mary's Parish for **Junior Infants 2023**

Please email the school for an application form. The email address is [application2023@smgns-lucan.com](mailto:application2023@smgns-lucan.com)

You will need to provide with the completed form a scanned photocopy of your daughter's Birth Certificate, your daughter's PPs Number and a current household utility bill. (*Proof of address*)



## Coláiste Phádraig CBS

**Inclusion Week:** Our Inclusion Week, which was held in the school from Monday 21<sup>st</sup> to Friday 25<sup>th</sup> November, was a great success with a whole host of interesting and enjoyable activities for our extremely diverse student population. Ms. Ryan's art students decorated the school with beautiful, colourful posters and bunting flags representing the huge number of countries that our students originate from. A collection of Pride balloons was put up in on display in the main Foyer of the school. An anti-racism flag, as well as a Pride Flag, were raised on the flag poles outside the main school entrance in a ceremony attended by all 1<sup>st</sup> yrs.

The students took part in interactive workshops where the facilitators explored LGBTQ+ terminology.

Iraq-born hurler Abood Al Jumaili, a justice, diversity, inclusion, equality and integration advocate and ambassador for Dublin GAA, gave an inspirational talk to the students on his own personal story of inclusion and integration. He spoke with raw honesty and passion and his story certainly resonated at many different levels with those in attendance.



Ms. Ryan held a poster competition for students on the theme of diversity and there were some fantastic pieces of work produced. The winners will be announced later this week. Ms. Seery's 1<sup>st</sup> yr science class did an interesting practical on colours which went very well.

Quizzes were held in most classes with many of the questions based around the different world religions, cultures, languages and flags.

Some members of the Music Club performed a few songs during lunch time in the canteen. Cameron Brennan, Jayron Sarmiento, David Farrelly, Cian Carr and Jasper Nolan played an eclectic number of songs by David Bowie, Queen, Kanye West, Pirates of the Caribbean as well as some catchy jazz piano tunes.

The students were also treated to a special live performance from some teachers later in the

week! Ms. O' Brien sung a beautiful version of "Grace" by The Dubliners accompanied by Mr. Phelan on the banjo and David Farrelly on guitar. Mr. Sweetman then sang "Raglan Road" which included some humorous references to some of the staff in attendance!



A number of 1<sup>st</sup> yr students brought in various international foods for a food-tasting session in the study hall. Among the most popular foods were traditional sweets from Pakistan, Swedish chocolate desserts, Lemon pickle curd rice, homemade brown bread, fried chicken fillets traditional tasty, fluffy Irish potato cakes as well as onion and creamy mashed potatoes. Many thanks to these 1st yrs for bringing in such delicious food samples as part of Inclusion Week. A special word of thanks to TY students, Sean McDonagh, Jack Mulholland-Morris, Wasi Nasr, Aidan O' Flynn, Ben Gilson and Ryan Sundaram who acted as Inclusion Week Organisers.

**Soccer:** Our 1<sup>st</sup> yr soccer team defeated Lucan CC 2-1 in their 3<sup>rd</sup> and final Dublin League group match last Wednesday. Goals from Hasan Al Mini (his 9<sup>th</sup> goal in 5 games) and David Andrews (player of the match) gave the team a hard-fought win in a competitive and feisty local derby. The win ensured that the team have topped their group with maximum points.

Our u15 team fought back from 2-0 down to defeat Kylemore College 4-2 to advance to the 2<sup>nd</sup> round of the Leinster Minor Cup. Goals from Cillian Murphy, Jack Biju, John Donohue and Patrick Rance sealed a memorable come-back win for the team. They will now take on Coláiste Éanna next week for a place in the last 16. Congratulations also to John Donohue who recently completed a League of Ireland League and Cup double for his club Shamrock Rovers.

**Advent:** Three of our 1<sup>st</sup> yr students lit the 1<sup>st</sup> purple candle on the Advent Wreath on Monday, and it now shines brightly in the main entrance area in the school. This candle symbolises hope and the anticipation felt in awaiting the birth of Jesus Christ at Christmas.



## Lucan Library

### Table Quiz for Adults

Monday 5th December, 2pm

Test your general knowledge in this fun Table Quiz! To book your place, contact the library by phone or email, or ask at the library desk.

### 3D Printing Workshop with Maker Meet for 8–15-year-olds

Wednesday 7th December 3.30pm - 5pm

Learn how to create a Christmas decoration using our 3D printer, with Chris from Maker Meet. Suitable for ages 8 - 15 years.

Booking essential via Lucan Library Eventbrite from Wednesday 30th November at

3.30pm: <https://www.eventbrite.ie/e/3d-printing-workshop-for-children-tickets-474717361407>



The poster features a green background with a gold geometric frame containing a leafy branch. The text 'Thank You Thursday' is written in gold. Logos for South Dublin Libraries and Lucan Library are present. The text below the frame reads: 'Thank you for being part of the Lucan Library family in 2022! We're saying 'thank you' with a day of fun and celebration on Thursday 8 December and we'd love you to join us! Drop in during the day for a sweet treat, or join us for our special Thank You events: 15:00 - Special Seasonal Junior Storytime, 17:30 - Sleigh Bells Family Workshop, 18:30 - Music with the Niamh Keane Trio. Refreshments served throughout the evening. Everyone who visits the library on Thank You Thursday can enter our special Christmas Draw!'

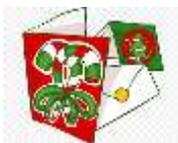
### Christmas Card Making with Christine Carey, for adults

Friday 9th December, 11am

This workshop begins with a short meditation led by Christine to help focus before making beautiful Christmas cards. All materials supplied.

Booking essential via Lucan Library Eventbrite from Friday 2nd December at 11am:

<https://www.eventbrite.ie/e/christmas-card-making-for-adults-tickets-477356204257>



The poster has a green background with a red heart shape containing the text 'Winter Craft Fair'. It lists the date 'Saturday 10th December' and time '10.00am - 4.00pm'. Activities include 'Face Painting 10am to 12pm', 'Captain Ho Ho 12.30pm to 1.15pm', 'Seasonal singing with Esker Folk Group 2pm - 3pm', and 'Santa - 3pm'. The Lucan Library logo and website 'www.southdublinlibraries.ie' are also shown.

### Festive Arts and Crafts for Younger Children:

Wednesday 14th December 3.30pm

Ages 5 - 7 years: Arts and Creativity with Aisling and Cathal. Booking essential via Lucan Library Eventbrite from Wednesday 7th December at 3.30pm: <https://www.eventbrite.ie/e/festive-arts-and-crafts-for-ages-5-7-tickets-477274449727>

### Origami for Children with Additional Needs and their Siblings, with Aoife Munn.

Ages 8+ years. Thursday 15th December 3.30pm

Origami is an enjoyable activity which is particularly good for improving fine motor skills. Booking essential from Thursday 8th December at 3.30pm: <https://www.eventbrite.ie/e/origami-for-children-with-additional-needs-and-their-siblings-tickets-477345893417>

### Events for Babies and Toddlers

#### Musical Tots with Karen Donnellan

Tuesday 13th December at 10.30am

Booking from Tuesday 6th December at

10am: <https://www.eventbrite.ie/e/musical-tots-with-karen-donnellan-tickets-445243644727>

#### Storytime for Under 6s

Our regular Storytime for Under 6s continues every Wednesday at 3pm. All welcome!

#### Seasonal Movie for all the Family:

**Arthur Christmas.** All Welcome!

Saturday 17th December. 11am - 1pm.



**Cumann na Sáirséalaigh Leamhcáin**



### **U21 B Championship Final: Lucan Sarsfields 1-18 Thomas Davis 1-11. 12th Lock 26/11/2022**

It was a windy day in the 12<sup>th</sup> lock with a strong 7 point southerly making the potential for a game of two halves.

Fortunately Lucan won the toss and elected to play with the wind. The first couple of opportunities for Lucan were well worked and even with the advantage of the wind the team needed experience and sound judgement to make the most of the conditions. Thomas Davis also managed to work the scoreboard but with much greater effort. Many of the Lucan points came from distance with some lovely points from frees and play with some points coming from outside the 45 aided by the strong wind. Lucan had restricted Thomas Davis to few chances but unfortunately conceded a well worked goal just before half time. The first half finished Lucan 0-14 to Davis 1-05 making an anxious start to the second half for the large contingent of home supporters.

The second half was much more structured for Lucan who rarely conceded possession. Set piece play, Kick outs and frees were well managed thanks to Alex Bernie in Goal and Henry Keogh in midfield, this allowed a sound platform for Lucan to further build on their first half lead and although scoring was closer Thomas Davis did not take advantage of the conditions as Lucan persisted through teamwork and pressure exerted by the Lucan defence. A goal by Jack Lawlor in the closing minutes and a couple of points by Jack Behan and Mark Lavin secured the result for Lucan.



**Lucan Team:** Front row from left: Ben O'Toole, Cathal Shanahan, Finn Bruton, Colm Walsh, Jack Lawlor, Mark Lavin, Louis Butler, Matt Guilfoyle, Cormac Porter, Oisín Ryan, Tommy Mulhall, Charlie Keher, Alan Lynch & Brian O'Sullivan. Back row from left: Gerry McAndrew, Ed O'Brien, Alan Curtis, Eoin Kilduff, Zack Delmar, Jack Behan, Colm Behan, Matt Coogan, Cathal Doody, Alec Birnie, Derek Carroll, Henry Keogh, Jack McCarthy, Evin Dowling, Jake Rooney, Jamie Lavin, Conor Breslin, Darren Gavin & Buddy O'Sullivan. Scorers: Mark Lavin 11 points, Jack Lawlor 1 - 5, Charlie Keher and Jack Behan 1 point each.



Christmas came early to Lucan Tidy Towns last weekend. While two of our stalwart

volunteers were busy planting winter pansies on the Lucan road, a local man came by and made a very generous donation. We want to thank him for his generosity through the newsletter.

As we head into December, we are taking a break from our outdoor work until the new year. Meanwhile, we are planning for the year ahead. We are focussing on two areas which were specifically negatively commented on in this year's tidy towns adjudication report. Lucan bridge clearly needs a makeover. Also, the 4 telephone kiosks in the village are redundant and



an eyesore. We wrote to our local representatives to see if they could assist us in addressing these issues.

We learned that South Dublin Co Co have committed to having the bridge cleaned, vegetation removed and the balustrades painted in 2023. Secondly, we have been advised that Eir have commenced a programme of removal/replacement of telephone kiosks and possible installation of electric vehicle chargers at sites around the country. We understand that SDCC are aware and discussions will be taking place to advance this locally. We want to express our thanks to Deputy Eoin Ó Broin TD for his help around these issues.

*Kevin O'Loughlin*



## Na Gaeil Óga CLG

### Na Gaeil Óga - New Players welcome

Do you know someone based in Dublin who speaks at least some

Irish and would like to play GAA on an Irish-speaking team?

Na Gaeil Óga have adult teams in football (men & women), camogie & hurling.

We also welcome children between 3-14 yrs.

### Cóisir na Nollag ag an Acadamh

An Satharn seo beidh an dá ghrúpa ag teacht le chéile ag a 10 do Chóisir na Nollag!! Ceol, Péinteáil Aghaidheanna, Cluichí Spraoiúla. Bígí linn don seisiún deireanach in 2022

Ní bheidh aon ghrúpa ann ag a 11

### Christmas Party for an tAcadamh

This Saturday the two groups will come together at 10 in GSNP for our Christmas party! There will be Music, Face Painting and Fun Games. Come out for the last session of 2022

There will be no group at 11

### Buachaillí F7 - Iomáint

Sár-mhaidin do na leaids. Léirigh siad roinnt scileanna iontacha agus imirt foirne freisin. Níor lig siad do na gaotha láidre iad a stopadh. Maith sibh a bhuachaillí.



Super morning for the lads. They showed some great skills and team work also. They did not let the strong winds stop them. Well done boys!

## Mother & Toddler Group



### Thursdays

in **St. Mary's Parish Centre**,  
from **9.30am to 11.30am**.

## Emer Higgins TD – Fine Gael

Ph: 087 921 7741 [emer.higgins@oireachtas.ie](mailto:emer.higgins@oireachtas.ie)

78 The Orchard, Lucan.

**Teen Space:** A new Teenspace has been approved for Griffen Valley Park! The physical and mental wellbeing of teenagers is greatly enhanced by access to the outdoors, social contact and physical activity. The programme will provide a variety of amenities at locations across the county, including multi-use game areas (MUGA), calisthenics, parkour, teqball football tables, speaker posts to play music and informal seating that can be used as places to meet and hang out.

**Airport Hopper:** The Airport Hopper bus stopping at Lucan and Liffey Valley intends to resume from mid-December, great news for holidaymakers and workers travelling to and from Dublin airport.

**Guys and Dolls!** Well done to the students at St Joseph's on their production of 'Guys & Dolls', it was great to see the students back on stage and audiences back enjoying live performances again.

## Cllr Joanna Tuffy - Labour

Lucan Electoral Area. Phone 0876339077.

Email [jtuffy@cllr.sdblincoco.ie](mailto:jtuffy@cllr.sdblincoco.ie) Facebook

@joannatuffylabour Twitter @joannatuffy

Instagram @labouroflucan www.labour.ie/joannatuffy

### Esker Cemetery Columbarium Budget funding:

Something I sought in the Council budget for next year was funding for a columbarium – or a wall to hold ashes - at Esker Cemetery. I was delighted when I saw that €150,000 had been included for this project. This is something I have sought since the local elections of 2019. I think the Council should also identify space for additional grave plots at this municipal cemetery.

## Cllr Shane Moynihan - Fianna Fáil

(Palmerstown-Fonthill) Ph: 087 7840898

Email: [smoynihan@cllr.sdblincoco.ie](mailto:smoynihan@cllr.sdblincoco.ie)

[facebook.com/cllrshaneMoynihan](https://www.facebook.com/cllrshaneMoynihan)

Twitter: @shanemoynihan

**Keeping our paths clear:** Thanks to the SDCC crews who responded to my representations to remove low overhanging branches for pedestrians and cyclists on St Loman's Road, for cutting back overgrown hedging on the Lucan Road, especially for children walking to school, and for removing overgrowth and obstructions on Castle Road. We should be making it easy as possible for people to walk or cycle to school or work to ease congestion for us all. If there are other paths or cycle tracks you'd like to highlight, please get in touch!

**Leaves:** I have rolls of clear bags available for use by residents to collect leaves. If you would like a roll, please contact me.

**Email Newsletter:** My monthly update for November is now available at

<https://www.shanemoynihan.ie/your-november-2022-community-update/> Please email me if you would like to subscribe.

# SPORTS

## LUCAN HARRIERS A.C.

**National Even Age, Junior, U23 & Senior Championships Rosapenna, Co. Donegal – 20th November 2022**

23 Lucan Harriers Athletes made the long journey to Rosapenna last weekend for the National Cross-Country Championships.

With the journey being so long it meant most people headed up on Friday and got to relax and enjoy Friday evening with a few getting out to the course on Saturday for of reconnaissance and a shakeout.

In fairness to Cranford AC the course was perfect as was the organisation and we headed to the course on Sunday with the athletes all set to go into battle!

Harriers first competitors of the day were the **U12 boys**, and they didn't disappoint. Conal Fitzgerald ran the race of his life battling through the 2nd lap passing athletes the whole way to get up to 12th place and win an individual national medal. Daniel Abbott was our 2nd finisher and 2nd Dublin finisher. Daniel has shown huge improvements all year and today was no different and he finished in a strong 33rd position. Liam Collis was next in and with an excellent last 500m he made his was up to 94th. Elliot King (134th) finished like a train as did Sean Butcher (154th) and they helped the team to a very creditable 9th position (of 17 teams).

**Our U14 girls** were next up and there was a huge field of 171 athletes taking part. Rachel Jez led the team home in 16th place a fantastic finish in such a competitive field. Rachel was also part of the Dublin Team that finished 3rd County Team. Muireann Ni Bhuachalla had a strong run and finished in 68th position with Poppy Lyons Kennedy leaving everything out there to finish 71st. Ellen Kenny had her best ever finish at Nationals to come in 99th and was followed in by Izzy Lyons Kennedy in 105th having moved up from U13. Ana Jones was our 6th finisher with an excellent 122nd on her National Championships debut. Like our boys U12 our U14 girls finished in a very good 9th place in the team competition.

**In the U14 boys** we had 2 entrants and there was another big field of more than 160 athletes taking part. Conor Abbott and Joe Bracken both

representing Dublin ran strongly throughout, running together for a lot of the race. Conor stretched away towards the end to finish 50th with Joe just behind in 59th.

**Next up was our U16 Girls** running 4k amongst another big field of 150. The team were led home by Izzy Cuffe in an excellent 14th place. Izzy has showed consistent improvements year on year over the last number of years and Sundays race was no different, she committed early running towards the front and kept it going to the finish just missing an individual medal. Saoirse Fitzgerald was unlucky to fall just at the start and end up right at the back of the field. Saoirse fought hard through the field throughout the race and got up to 21st by the finish. Sadhbh Ni Bhuachalla and Eva Collis completed the team with both running well to finish in 118th and 124th respectively helping the team to yet another 9th position!

**We had 3 girls out in the U18 4k race**, mixed in the same race as the junior ladies (U20). Eve Noctor and Aisling Fitzpatrick got out well and committed early. They fought hard throughout and finished in 21st and 25th positions, they were also part of the Dublin County team that won silver. Maggie Jez went out a little more conservatively but fought hard throughout the race to come through for 55th place.

**Cillian Murphy** made his Nationals debut in the U18 boys race, again this race was mixed in with the junior men and was highly competitive. Cillian really gave a great account of himself finishing a very creditable 66th in an excellent time of 21:20 for the 6k distance.

**In Senior & U23 Women's race** we had Aoife Coffey competing. Aoife was making her debut at the National Seniors which is a very daunting 8k. The race was stacked with Olympians and a European and Commonwealth Medallist taking part. Aoife ran a blinder to finish an excellent 51st in senior race and 12th in the U23 race.

**Dylan Wright** ran a solid race in the Senior Men's race, again this race was stacked, and the pace was hot from the gun. Dylan stuck to his task and ran consistently throughout to finish in 108th in an excellent 35:10 for the 10k distance.

**Well done to all athletes** who raced on Sunday, it was great to see Lucan Harriers out in force mixing with the best Ireland has to offer. Next stop is Conna in Cork for the Uneven Age Cross Country Championships on the 4th of December.



## St. Mary's Camera Soirée

The 10<sup>th</sup> exhibition of photographs is well and truly over although it is still possible to view the exhibition on line. This week the members of the soiree took possession of the calendar for 2023, another beautiful production. The quality of the group's work was commented upon by the firm engaged to produce the calendar.



Michael G has returned from two weeks in Rome and has submitted photos of St. Peter's Square and the Castel Sant'Angelo. The city looks uncomfortably busy with tourists which is surprising for this time of year. Crowds like this beg the question as to whether our beautiful European cities, including our own, have in practice become theme parks for tourists rather than remaining as places to live for the citizens. Castel Sant'Angelo was originally commissioned by the Roman Emperor Hadrian as a mausoleum for himself and his family in AD 123 – 139 and was later used as a fortress and castle by the Popes. Today it is a museum. Of course, opera lovers will know that the final Act of the opera "Tosca" by Puccini is set in the castle.



Donal was down in Dublin Port and submitted photos of the "new" skyline consequent on the redevelopment of the port.



Paddy was in the grounds of Carton House and Conor captured a windy day in Howth.