



Established 1967

www.lucannewsletter.ie

Sub. €1

Sunday 12th January 2025

Are We Living in the Real or Virtual World?

I recently heard a discussion, on the radio, about how the world has changed. One contributor said that the world hasn't changed! It was the person's opinion that people have changed how we/they are in the world, while the basic physicality of the world remains constant! I agree with that opinion, or at least I'm sitting with it as a stimulating question as I observe people in the world around me and observe how I am in the world.

The world is truly a beautiful place, providing us with all that we need to build shelter, to grow food, to challenge our personal talents and resources, to feed our senses with beautiful sights, sounds and scents. The world/earth is our greatest gift which produces many sights to draws a heartfelt *aaaah* when we open our eyes and ears.

Our own power of co-creation adds further by making something different, or artistic, or functional from something more basic. Look back at the beautiful decorations and floral arrangements, etc that arrived before our eyes at Christmas time, along with the songs and sounds that stimulated memory and new thinking!

Are we in danger of racing through the day and not observing the natural beauty or built beauty around us? We are more highly stimulated by media visuals, banners, messages, etc looking at what pings in our hand or ear rather than expecting to find a message of beauty and renewal as we drive, walk, run, sit with people....

I recently observed children in an environment that was not familiar to them. There were lots of items of beauty and items of relevance to the Christmas season. They noticed nothing in the environment, even when asked about what they saw before them. They seemed to be desensitised of all awareness of the people, objects and physical beauty before them! They had almost no real presence in the moment or presence with anyone in their company! They did not interact with any person present or with the environment!

Could we use this month to take time to feel, see, hear, smell, listen to and enjoy the gift of the present moment and the gifts it offers without the constant intrusion of virtual reality? Let us feel what it is like to be really alive in the moment as we spent time with friends and family, move through our piece of today's experience of the world and build real memories without needing to record them on the phone! Let us live in the real world with gratitude and appreciation!

Cathy Burke

Catechist in the Lucan Partnership of Parishes

Lucan Citizens Information Centre

Our telephone number is **0818 07 5090**

www.citizensinformation.ie

Email – 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 and 2pm to 4 pm

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

February 2025 Schools Mid-term Break

All primary schools close on Thursday, 20 February 2025, and Friday, 21 February 2025. Primary schools can use 3 discretionary days to extend this to a 5-day break starting on Monday, 17 February 2025 unless they need these days to make up for time lost due to unforeseen school closures.



Unforeseen school closures might happen, for example, due to bad weather.

Post-primary schools close for a week, from Monday, 17 February 2025, to Friday, 21 February 2025 inclusive, unless changes are needed to make up for time lost due to unforeseen school closures.

If a post-primary school needs to make up such time, it can shorten the mid-term break by staying open, up to and including Wednesday, 19 February 2025.

Minimum Wage

Generally, the amount of pay you get for working is agreed between you and your employer. Pay negotiations normally happen when you get a job offer.

However, most employees are entitled to a minimum wage under the National Minimum Wage Act 2000.

Since 1 January 2025, the national minimum wage is €13.50 per hour. Some people get sub-minimum rates, such as people aged under 20 (see the 'Rates' section below).

The national minimum wage does not stop an employer from offering you a higher wage. You cannot agree to be paid less than the minimum wage or to do unpaid work unless you are employed by a close family relative or are on a recognised apprenticeship.

Different rates of pay for certain sectors

Employees in certain sectors have other minimum rates of pay, for example, the security and cleaning sectors. The rules for these sectors are set out in Employment agreements and orders made by Joint Labour Committees.

Even if the hourly pay rates are set out in an Employment Regulation Order (ERO), an employer must pay their employees at least the legal minimum wage.

Social welfare weekly payments on 1 January 2025

The maximum weekly rate of Maternity Benefit, Adoptive Benefit, Paternity Benefit and Parent's Benefit will increase by €15. All other weekly social welfare payments will increase by €12 with proportional increases for qualified adults and people on reduced rates of payment.

The Increase for a Qualified Child (IQC) will be renamed the Child Support Payment. The weekly rate will increase by €4 from €46 to €50, for children under 12 years of age. It will increase by €8 from €54 to €62 for children aged 12 years and over.

Changes to housing adaptation grants since 1 December 2024

On 1 December 2024, changes were introduced to some housing adaptation grants for older people and people with a disability.

Changes have been made to:

How much you can get under the housing adaptation grants.

The income limits to qualify

Some of the income not considered in the means tests

These changes apply to the:

Housing Adaptation Grant for People with a Disability

Mobility Aids Grant Scheme

Housing Aid for Older People Grant

Find more about these changes and see the revised application form on our website - housing supports for older people and people with disabilities.

Lucan Active Retirement Assoc.

Our weekly meetings will resume on the **Thursday 16th of January** after the Christmas break. The **AGM** will be held on the following **Thursday 23rd of January**.

We meet in St Andrew's Parish Centre, Main Street, Lucan, on Thursdays at 11.30am. New members always welcome, come and join us in a friendly atmosphere and meet new friends. There is a charge of €4 each week to cover costs, but there is no charge for your first meeting. Lots of activities to enjoy. Bowls, scrabble, cards, drama and choir. Coffee break at 1pm. Organised trips in Ireland and abroad.

Lucan Dementia Café

Saturday: 11th of January, 2025

2pm – 5pm



St Marys Parish Centre, Lucan

Kindly sponsored by



*Please drop by and join us
for a Cuppa*





Age Action Getting Started Digital Skills

(One to One)

Classes for older people. Support using your phone, laptop, tablet.

Every Tuesday 10:30am – 12:30pm, Leixlip Library.

To sign up for the free classes please call T:01 4756989 or email: gettingstarted@ageaction.ie

Lucan Toastmasters

Lucan Toastmasters is a friendly, vibrant club which offers a safe environment to develop public speaking and communication skills. Our next meeting is a special 'Guest Night' on Thursday 16th January at 7:45pm at the Springfield Hotel, Leixlip and guests are most welcome to join us. Come along on the night or contact vpmlucantoastmasters@gmail.com to register your interest.



**Thursday 16th January 2024, 7:45pm
Springfield Hotel, Leixlip, W23 W280**

- Do you want to **finally** conquer your fear of public speaking?
- Do you have a speech or presentation coming up that you need help with?
- Do you want to make new friends?

If so, then Lucan Toastmasters is the place for you.

We meet on the 1st and 3rd Thursday of each month in the Springfield Hotel, Leixlip at 7.45 p.m. Admission is free for new guests – don't worry, you won't be asked to speak! Come along on Thursday next, January 16th, where a warm welcome awaits you.

For further details, follow Lucan Toastmasters on [Facebook](#), [Instagram](#) or [LinkedIn](#) or contact vpmlucantoastmasters@gmail.com

Esker Active Retirement Association

After a very busy year at our club, we finished 2024 with a very enjoyable Christmas party in Kenny's on December 13th and in-house celebration on Wednesday 18th.

We are now looking forward to reopening on **Wednesday January 15th**. We meet in St. Andrews Parish Hall (Lucan Village) every Wednesday 1:30 - 4:00.

New members, retired or semi-retired, are always welcome.

Lucan Senior Citizens

We have decided to delay our re-opening until **Wednesday 22nd January**. Hopefully by then, the weather will have improved and everyone will be recovered from colds and flu.

**Wednesday 22nd January – Social Morning in
St. Mary's Parish Centre, 10.30 – 12.30.**

Parish Notes

St Mary's, Lucan

www.lucanparish.com

Sunday Mass Times: Vigil: 6.30pm

Sunday: 10.30am, 12 noon, 7pm

Weekday Masses: Monday to Saturday 10am

Masses live-streamed on www.lucanparish.com



FEAST OF THE BAPTISM OF THE LORD



Families of children baptised in St Mary's in 2024 are invited to attend the

10.30 am Mass on Sunday 12th January 2025

the feast of the Baptism of the Lord where the children will receive a special blessing.

Those who cannot attend will be included in the prayers at Mass.

We look forward to seeing you there.

The Priests of the Parish and the Baptism Faith Friends.

Adoration of the Blessed Sacrament:

On Saturdays from the conclusion of the 10am Mass to 11.30am – funerals permitting.

Christian Meditation:

We resume **NEXT** Tuesday 14th January at 8pm in the Parish Bungalow.

All welcome. Sr Geraldine

Lectio Divina:

Lectio Divina meet every Monday evening (except Bank Holidays) at 7.30pm in the Bungalow to reflect for an hour on the following Sunday's gospel. *All are welcome.*

Bethany Bereavement Support Group:

We meet on the 2nd Monday (at 10.45am) and the 4th Thursday (at 8pm) each month, in the Parish Centre. We are available to listen or just be there for anyone who is feeling lonely or lost following the death of a loved one. If you would like to attend a meeting, please contact the Parish Office. (Phone 01 6217041)

Confessions – Nuns' Chapel:

Saturday Evening 6.30pm Mass.

Legion of Mary:

Meeting every Thursday 5.30pm in the **Parish Bungalow** for Rosary and Prayers. *All Welcome.*

Divine Mercy Devotion:

Every Wednesday morning in St Mary's Parish Church after the 10am Mass until 11am (unless there is a funeral), the Divine Mercy Chaplet is prayed during exposition of the Blessed Sacrament. This devotion, revealed to St Faustina by Our Lord is a prayer of atonement for our own sins and the sins of the whole world. We pray especially for evil to be defeated and for peace in the world.

Visits to the housebound:

If you are housebound you can call Deirdre at the parish office (01 621 7041) we will be happy to call on a monthly basis.

Baptisms in St. Mary's:

Procedure for baptisms in the parish. Parents who register their children for baptism are invited and must attend a preparatory meeting in the month before the ceremony. The ceremony of baptism will take place in two parts. The children will be welcomed at a short ceremony during 10:30 a.m. Mass, the Family Mass, on the Sunday prior to their actual baptism date.

Dates are bookable on line.

Email: secretary@lucanparish.com

Cuppa:

Why not come into the Coffee Dock for a cuppa and a chat after the 10am Weekday Mass and on Sundays after the morning Masses.

Church Art Calendar 2025

On sale - €2. St. Mary's Parish Centre



Deepest Sympathy to the wife, children, family and friends of **Brendan (Benny) Dolan**, Weston, to the husband, family and friends of **Betty Buckley**, Esker Lane, to the

husband, family and friends of **Sheila Brennan**, Lucan Heights and to the husband, family and friends of **Mary Nolan**, formerly of Beech Park. **May they rest in peace.**

Quote: When you love what you have,
You have everything you need.
From Divine Word Missionaries Calendar

Divine Mercy, Lucan South

www.lucansouthparish.net



Sunday Mass Times: Vigil: 6pm.
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

**Mass of Thanksgiving for the Fruits of
Medjugorje:** Every Thursday.

7.00pm: Rosary and Confessions.

7.30pm: Holy Mass. **After Mass:** Adoration,
Divine Mercy Chaplet, Benediction. **All welcome**

**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.

Sacrament of Reconciliation:

Confessions every Saturday 5.15pm and after the
evening Mass.

Prayers of the Church:

Mon. to Fri.: 8.40am.

The Church is open Monday to Friday from
10am to 1pm for private prayers.

Legion of Mary:

The Legion of Mary meets every Tuesday
evening at 7.30pm in the Confessional Room in
the church.

St Joseph's Young Priests Society: St Joseph's
Young Priests Society has been set up in Divine
Mercy Church, Lucan **for all the Lucan
parishes.** We meet up on the first Wednesday of
each month for one hour at 10.40am.

St. Patrick's Esker/ Dodsboro/Adamstown

www.stpatrickslucan.ie

Sunday Mass Times: 9am, 10.30am, 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

Adoration:

Adoration is held every Saturday morning after
the 10am Mass from 10.30am to 11.30am.
All are welcome.

Confessions:

Confessions after Saturday 10am Mass and after
Thursday 10am Mass.

St Patrick's Prayer Meeting:

Every Monday night in the Pastoral Centre, (Side
of St. Patrick's Church) from 7.00pm to 7.45pm.

Communion for the Homebound:

If any member of your family is sick and
housebound, and would like to receive Holy
Communion, do please let us know. You can ring
the Parish Office on 01 628 1018 and leave your
name and address, or email us at:
secretary@stpatrickslucan.ie

Tea/Coffee:

Every Wednesday 10:30am in the Parish Centre.
All are welcome

St Vincent de Paul St. Patrick's Conference, Esker

We wish to acknowledge the following:

1. In house Church Collection (December) a
total of €8,126 was collected and we would like to
thank the people of St. Patrick's Parish most
sincerely for their kindness and generosity at this
busy time of the year.

2. St. Thomas Junior National School, Lucan,
to all the staff and children for their beautiful
hampers and goodies for people in need this
Christmas. You are wonderful children and we
are extremely grateful for all your hard work and
generosity.

3. Lucan Community College for your very
generous donation €1,904.69 and for always
thinking of SVP this time of year. Also a student
by the name of Jessie made Christmas Cards and
raised €50. We really appreciate your kindness
and generosity.

5. To all the people in **St Patrick's Parish** thank
you so much for all the donations handed into the
parish office (blue svp envelopes) we are beyond
grateful for your kindness and generosity;

6. Lucan Golf Club donated the sum of €562.

7. Liffey Valley Giving Tree weekend of 14th &
15th December, total collected was €4,450 sincere
thanks to all who contributed, we really
appreciate it.

All the above went a long way helping people in
need in St Patrick's Parish this Christmas.

**On behalf of SVP St. Patrick's Conference,
Esker, I would like to wish you all good health
and happiness for 2025 and again thank you
for your generosity throughout the year.**

Breffney,

*Treasurer SVP St. Patrick's Conference,
Esker, Lucan.*

Acknowledgement

Susan Cahill

The Cahill and Duffy families would like to convey our deep appreciation for all the kindness and expressions of sympathy shown to our families at this time of great sadness.



Thank you for sharing your memories of Susan. Please keep her in your prayers

To the priests of our parish, our congregation, Mary and Eileen of the parish funeral team, thank you.

With heartfelt appreciation.
The Cahill and Duffy families.

Anniversaries

Denis (DJ) McNamara

8th Anniversary, 14th January

Your life was a blessing
Your memory a treasure
You are loved beyond words
And missed beyond measure
By your loving wife Phyllis and family.



Anniversary Mass will be held in St. Mary's Sunday January 12th at 12 noon

Vincent O'Brien

5th Anniversary

Memories are something
That no one can steal
Death is a heartache
That no one can heal
Some may forget you
Now you are gone
But we will remember
No matter how long



Missed so much by your loving family xxx

Medjugorje Pilgrimages 2025		
April Departing 28 th April 9 Nights Normal Price: €845pps, Pat's Price: €770pps.		Prices include €50 early booking discount Booking Deposit €200 to be paid by 31 January 2025 Single Room Supplement 9 Nights €220 7 Nights €150 Insurance €35 Extra pp Terms and conditions apply
Departing 30 th April 7 Nights Normal Price: €795pps. Pat's Price: €720pps.		
October details later		
Spiritual Director: Fr Ray Kelly		
Tour Operator: Marian Pilgrimages Professional guides Fully Bonded Fully licenced		
To Book, Please Contact: Pat on 087 2238911 or Marian Pilgrimages on 01 8788159 And say you are travelling with Pat's Group		

Denis (DJ) McNamara

8th Anniversary, 14th January

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Your memory a treasure
You are loved beyond words
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Missed so much by your loving family xxx



Beginning Experience
listen. accompany. heal

Separated, Divorced, Widowed Are you coping?

Few people are able to cope alone with the pain and loneliness following the loss of a life partner.

Do you find that you need more support than family and friends can provide?

Beginning Experience is a peer support group dedicated to helping those who are navigating life following the loss of a life partner.

A team of trained facilitators, who are themselves widowed, separated or divorced share with you how they coped with their loss.


A three day Coping with Life Alone programme will be held over three Saturdays commencing on Saturday 25th January, February 8th and February 15th 2025.

Venue: Carmelite Community Centre, Whitefriar Street, Dublin 2.

For further information and to register, phone BEGINNING EXPERIENCE DUBLIN - 086 0877379 (leave message or text if phone is unattended)

Or email: bedublin@gmail.com
www.beginningexperience.ie

Charity No: 18205072 Ireland

 <p>WALK THE CAMINO FOR breakthrough cancer research 13th - 20th June, 2025</p>	<h2>Have you ever dreamed of walking the Camino de Santiago?</h2> <p>Breakthrough Cancer Research are taking on the 'Portuguese Way' from the 13th to 20th June 2025.</p> <p>Starting in the charming town of Baiona, experience camaraderie and reflection as you walk toward Santiago de Compostela, creating lasting memories on this historic pilgrimage. You can enjoy this amazing adventure with our experienced guide and help Make More Survivors.</p> <p>For more information, please contact edel@breakcancer.ie or phone 021 422 66 55 for more details.</p>
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The Ten Commitments?

I love this time of the year because it means we generally commit ourselves to be friendlier to each other. The exchanging of gifts is a massive thing, and the Christmas period is the second pivotal celebrations of our Christian calendar which we Christians commit ourselves to endure.

This brings me to my main point concerning the ten commandments.

Was this what God actually gave to Moses? Could it not have been ten Commitments? You see, God is a god of endless unbounded love. In so much, he also gave us the use of our free will, but when you really think of it, when he gave us free will, how then does commandments fit in because he is commanding us to do as he says. That sounds like dictatorship to me, could God not have said to Moses “here are the commitments in which my people must live”?

Perhaps the word in question was changed over time. We know the mistake would not have been on God’s end but is it possible it was changed by some hardheaded religious converter around the time of Moses?

I have read different bible texts over time and yes, they all mention the ten commandments and I have attended one or two religious talks and during the Q/A period I have asked this question to which the answer I was given was “what difference would it make?”, no further explanation was given. The word commandment is not a mile away from commitment, it would just make you wonder about our religious teaching. If you are one of the chosen few that believes in our heavenly father, why not ponder on this thought for a moment? It most likely will not change your belief in God. It just might make you think a little more about it. After all, it is only a word with a slightly different meaning.

*Yours in faith,
Joseph Anthony, Lucan Writers*



Women's
Collective
Ireland
LUCAN

Happy New Year from all of us at WCI Lucan! As we kick off an exciting new

term, we want to acknowledge the devastation of having to cancel our much-anticipated Nollaig na mBan event at Lucan Golf Club due to adverse weather. We were so looking forward to celebrating with you all, and we deeply appreciate your understanding. Please rest assured that we are working to reschedule this special event as soon as possible.

Registration Morning:

Date: Wednesday, 15th January 2025

Time: 10:30 a.m. – 12:00 p.m.

Where: Ballyowen Community Centre, K78X6V9

A non-refundable deposit of €15 is required to secure your spot for all classes (excluding Yoga). Spaces are limited, so book early to avoid disappointment!

Upcoming Courses and Groups:

Adamstown Conversation Club – Starts Monday, 20th January 2025

Creative Writing (Ballyowen) – Starts Tuesday, 21st January 2025

Art with Amanda (Ballyowen) – Starts Tuesday, 21st January 2025

Restorative Beginners Yoga (€35 per term) – Starts Wednesday, 22nd January 2025

Restorative Intermediate Yoga (€35 per term) – Starts Wednesday, 22nd January 2025

Mixed Arts & Crafts (Adamstown) – Starts Wednesday, 22nd January 2025

55 & Thriving Social Group – Starts Wednesday, 22nd January 2025

Crafty Byrds Mixed Crafts – Starts Thursday, 23rd January 2025

We’re also thrilled to announce the return of our very popular Women in Leadership program! Keep an eye out for registration details—it’s an incredible opportunity to develop skills, confidence, and connections in a supportive environment.

Save the Dates:

St. Brigid’s Day Celebration – February 1st 2025
Annual International Women’s Day Celebration – March 2025 (details coming soon!)

Thank you for your continued support and participation in our community programs. Start 2025 with new skills, creativity, and connections in a supportive and welcoming community. We can’t wait to see you!

Rita, Joanne & Jackie, The WCI Lucan Team

Minder & Toddler Group

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

All Welcome!



Happy New Year to all our Readers –
We hope 2025 will be good to all
of you!



Whether the weather.....

While we had a lovely mild Christmas, we're certainly paying for it now. The heating oil/gas we saved a couple of weeks back, is on overtime these days.

Venus shining down on us! Did you spot the planet Venus very close to the moon over Christmas – it was hard to miss it.....



Apparently, several planets are lining up having a look down on us at the moment – happy days for any stargazers out there!

Welcome back to Sr. Geraldine! She did well to get back to Lucan before Cork felt the brunt of the snow and ice.....

Young Scientists! Good luck to all the Lucan students taking part in this year's event. Looking forward to the reports in next week's issue.

Christmas Tree Recycling! Last chance to recycle your real Christmas Tree, on **Monday 13th January**. South Dublin Co. Co. have organised collections in Lucan at the following points:

Beech Park Open Space
Sarsfield Park Open Space
Griffen Valley - Hayden's Lane
Carpark
Foxborough Open Space.



Did you know.....

Only four countries in the world have national anthems with no lyrics.

Spain, San Marino, Kosovo, Bosnia and Herzegovina

HSE FBS Shale Átha Cliath agus Lár na Tíre
HSE Dublin and Midlands

A free 4 week group

LUCAN LIFESTYLE

Lucan Library

Tuesdays in February (4th, 11th, 18th, 25th)
12:00-13:30

Speakers will include; Consultant Neurologist, Occupational Therapy, Physiotherapy, Social Work, Community Gardaí, Dietician, & Nursing

- The individual – keeping well physically, maintaining cognitive resilience
- The home – safety at home, grants system, preventing falls at home
- The activities you do – volunteering, exercise, leisure groups in the area

To book a space, phone the
Lucan Community Healthcare
Network on 01 7955236.
Lucan.chn@hse.ie

Comhaltas Ceoltóirí Éireann

Craobh Leamhcáin

Tradional Irish Music Classes

We have a very limited number of spaces available in the following instruments. Classes are held in Coláiste Cois Life on Tuesday evenings between 6pm and 8pm.

Whistle (beginner and improvers), Guitar (beginner and improvers), Banjo/mandolin. Fiddle (beginners). All classes are subject to minimum and maximum numbers. Intermediate/advanced mixed instrument teacher led session class (free).

Please email lucan@comhaltas.net for more information.

Did you know.....

Penicillin was first called “mould juice.”

Competitive art used to be an Olympic sport.



SCHOOL NEWS



Adult Education Service

The Adult Education Service in Lucan Education Centre, on Esker Hill are currently enrolling for free and flexible part-time courses commencing in January 2025. These Back to Education Initiative (BTEI) courses are at times to allow you to choose between one and four different subjects to fit around your busy life. Each subject is 4 hours, 1 morning per week. This can lead to QQI qualification.



The following subjects are available this term:

- Spanish for Beginners
- Introduction to Computers Internet and Email,
- Introduction to Office Skills,
- Personal Effectiveness, IT Skills,
- Work Experience,
- Customer Service,
- Medical Terminology for Medical Secretary,
- Introduction to Psychology,
- Bookkeeping Using Sage Software.

For more details, contact

lorrainekavanagh@ddletbaes.ie

or call (01) 6283557.



St. Joseph's College

St Vincent de Paul fundraising calendar: The St. Vincent De Paul Christmas Appeal is taking place this weekend, raising much needed funds for families in the run up to Christmas. We are selling our 2025 Calendars in St. Joseph's all this week in school & in Centra, Lucan Village. All money goes to St. Vincent De Paul. The Calendars have been created by our students in TY, showing beautiful images of Lucan and surrounding areas! Students can buy a calendar from Ms. Bligh in cash or by Revolut / Card from Tuesday, 10th Dec 2024. The Calendars make great planners for 2025, and can be used in any office, kitchen, bedroom or classroom.

BT Young Scientist Exhibition: This week, Malak Ahmed, Sara Resetnic and Alheena Budureea are representing St Joseph's at the Young Scientists Exhibition in the RDS. They have put a huge amount of work into their project " Banning mobile phones in schools... is it a good idea??" and we wish them the very best of luck.



Upcoming events in St. Joseph's College

Thursday 9th January

5th year Politics trip to Stormont
Junior camogie semi-final vs Holy Faith, Clontarf

Friday 10th January

Transition year trip to BT Young Scientist

Monday 13th January

Mental Health Week begins in school
Junior camogie semi-final vs Holy Faith, Clontarf

Tuesday 14th January

Transition Year ice skating trip

Follow Us on Twitter: @StJosephsLucan

Instagram: @stjosephscollegelucan

Website: www.stjosephslucan.com

HEALTH FAIR

Friday January 24, 2025

at

ADAMSTOWN

YOUTH & COMMUNITY CENTRE

More Information:

marsha.williams@hse.ie

087 662 7996

Talk To Services Attending:

Suicide Prevention

Child Health

Jigsaw

Healthy Ireland

Pieta

My Mind

Suicide Or Survive

Bereavement

Wells For Zoë just grows and grows

We are just home after our 49th working trip to Malawi.

Two years ago, in a little flash of madness I decided that we could convert a disused building into a rural health clinic. This flash from somewhere above has seen us open our 12th such facility this week. It is our first with the South Mzimba Health Board, who had 28 of these running until Government funding stopped a few months ago. Devaluation of the Malawian currency by over 50% has been a disaster. This monthly clinic will be linked to our tree nurseries and Land Restoration projects in this new area for us.



The official opening of the latest (in Mtaja) in another disused building we refurbished for the job, was a special occasion. The people came from everywhere with all the Chiefs and community groups attending for the big occasion. They used two Health Board tents (to shield the sun), got 100 chairs and set everything up for the big day – all a bit different from the Northern region. They had the head of District Nursing and Midwifery, 12 chiefs, 5 Community Nurses, 1 Doctor, and 5 Area health officers. We would love to have been there but our son Éamonn was lucky enough to attend and be part of the action.

Education of girls has always been a big interest of ours, particularly remembering the Ireland long ago (or even in my own time). As we have done for many years, we currently fund about 334 girls in secondary school in our Girl Child Student (GCS) project. We now fund over 30 girls in University which is a follow-on from that. We also run about 60 preschools for boys and girls where we have approximately a hectare of land where the parents come together to produce food to feed them.

We are now in the 2nd year of our Tailoring Course run by two former GCSs who take on and

train 3 students every 6 months in a course designed by one of our board, Eilís Butler. Amongst the skills they learn is the manufacture of reusable sanitary pads for distribution to our students, staff and nursery workers – all made with the help of 4 trusty Singer sewing machines!

One of our other GCSs, Lusungu Chirwa, has come back to work for us recently, after getting 3 A's in her degree. This is particularly great news for St Patrick's Parish (Lucan) who funded her education over the years, and for which we are so thankful; more so maybe because very little of our current funding is local or Irish anymore.

The pumps go on and on – Manufacturing, Installing & Maintaining – and we currently have 2,854 installations on our website & WfZ map, with many more having been installed before we started recording them this way.

Land Restoration is our Major project these days. Over the years Malawi like everywhere cut down its trees without replacing any, leaving hillsides with major Soil Erosion problems and all the associated negatives of this. We plant only local species, follow their progress with 1000s of photos of sowing, planting and growing using our in-house developed greenhouse. Flority system, and further this transparency by using drones to add this data to our mapping system. We have record success rates with some species and our percentages keep rising.

Our funders (predominantly Mastercard's Priceless Planet Coalition as supported by WRI/CI) observe everything very closely and value how we treat communities, with healthcare, education, and food production. The added community restoration support and engagement – which is what WfZ has always been about – means people are less likely to cut down or burn the trees. Of course, the fact that the project employs up to 2000 workers in busy times, mainly women, who never had an income before, is a major bonus for these communities.

This is just a quick summary of what Wells for Zoë is currently doing. Keep an eye on our website for further stories and updates. www.wellsforzoe.org

We are planning our 50th visit in March and no doubt there will be a little celebration.

John and Mary Coyne

Note: *We received the above from John and Mary too late for our last issue, but they sent Christmas and New Year Greetings to all!*

SOCIETY FOR OLD LUCAN (SOL)

SOL is the **local history group** for Lucan; open to everyone. Free to join - email OldLucan@gmail.com to be added to our members' mailing list where full details of projects are shared.

Facebook group; "*Society for Old Lucan (SOL)*" & Twitter: @Soc4OldLucan.

Website: <https://soc4oldlucan.wordpress.com/>



Lucan Memorial Campaign Update

The Lucan Memorial Campaign has finished gathering research and is now actively campaigning for the creation of a local war memorial. The Lucan Memorial Campaign was created to universally record all Lucanians who lost their lives through conflict or military service. The main aim of the project has been to campaign for the creation of a local memorial, which will remember all equally, and without bias.

To date the project has identified a total of sixty-five men with a Lucan connection. Each of these men were either born in Lucan, have lived in Lucan, or are now buried in Lucan. Their combined service represents over three hundred years of world history, with many of the conflicts they have served in being fundamental in shaping the course of history, both nationally and internationally. Those covered by the project represent casualties from the Nine Year's War, the 3rd Anglo-Maratha War, the Indian Rebellion, the American Civil War, the occupation of Hong-Kong, the First World War, the 1916 Rising, the Irish War of Independence, the Irish Civil War, the Second World War, United Nations Operations in the Congo, and most recently the Troubles.

The recent acquisition of Lucan House by South Dublin County Council presents a unique opportunity for the creation of a universally accessible place of reflection in the heart of Lucan Village. Ideally, this would form part of any proposed tourism and heritage plans for the Lucan Demesne. In the coming weeks/months a public consultation for the development of Lucan House will take place. You can help support this project by raising awareness of this proposal with local Councillors, TDs, and any other relevant bodies during this consultation process.

See the following link to the Lucan Memorial Campaign section on the Society for Old Lucan website, where you can find detailed write-ups on each person recorded by the project.

<https://soc4oldlucan.com/lucan-memorial-campaign/>

All support will be instrumental in achieving this goal. Thank you, Jonathan Cully, SOL.

Sol Research Group & a Free, Online Resource for Researchers...

Eugene McGrattan, SOL Committee, hopes to meet with those of you interested in forming a research group early in the New Year, on Thursday January 9th – details TBC. He has been preparing some approaches to the research, some on investigating the enigmas in the demesne walls of Lucan House, plus possible research needed for a heritage trail around Lucan.

In the meantime, we discovered a great page that has links to loads of free, online digitised history resources. Not every resource will have Lucan material, but in one sampled, *Chronicling America: Historic American Newspapers*, we found material on Lucan, including a story on an attack on a TB Nursing Home in 1912. See: <https://umb.libguides.com/PrimarySources/openaccess>

**Society for Old Lucan
Calendar 2025
On Sale now!**



**A4 Size
Calendar
€12 Each.**





**Desktop
Calendar
€10 Each**

Available to purchase from the customer service desk.

Please support our fundraising efforts by purchasing a 2025 Calendar at Lucan Library.

Lucan Library – January Events

Season's Greetings from Lucan Library!

Thank you to everyone who has supported the library in 2024. We're looking forward to another busy year in 2025!



Please Note:

1. All events and activities are free of charge. 2. All events are subject to change, but we will endeavour to keep any changes to the absolute minimum. 3. To register for events via Eventbrite, a valid email address is required.

My Open Library - introducing self-service, unstaffed extended hours for Lucan Library
Lucan Library has introduced extended opening hours. With the My Open Library system, the library will be open from 8am to 10pm, 365 days a year, with some hours unstaffed and self-service. If you would like to be able to use the library during unstaffed hours, you will need to attend a mandatory induction session at the library and have access added to your library card. Please ask at desk for details.

Firstival - a Festival of Taster Sessions for Adults!

Monday 13th January, 12.30pm - 1.30pm:
Drumming Workshop with David Day
Enjoy the power and energy of playing drums and percussion in a friendly group environment! Group drumming is a great way to increase your energy, reduce stress, relax and have fun. A perfect start to the New Year.



Booking essential

<https://www.eventbrite.ie/e/drumming-workshop-for-adults-with-david-day-tickets-1112900518409?aff=oddtcreator>

Wednesday 15th January, 10am - 12noon:
Modern Calligraphy with Sarah O'Dea, artist and calligrapher. Start by learning how to use your pen holder and nib and what materials work best. Then get working on exercises to practice making shapes and strokes, moving on to letter forms. By the end of the class you will have started to develop your own style with plenty of time to practice and one-to-one help.



Booking essential

<https://www.eventbrite.ie/e/modern-calligraphy-with-sarah-odea-tickets-1112957288209?aff=oddtcreator>

Friday 17th January, 11am - 1pm: Bollywood Dancing Dharmendra Bollywood Dance School Ireland. Immerse yourself in the colourful world of Bollywood as you learn energetic, expressive dance moves inspired by Indian cinema. This

workshop promises a joyful, fun-filled experience that combines music, movement, and culture. No dance experience? No problem! Just bring your enthusiasm and get ready to groove.

Booking essential

<https://www.eventbrite.ie/e/bollywood-dance-taster-workshop-tickets-1112958582079?aff=oddtcreator>

Thursday 23rd January, 10am - 11.30am:
Tovertafel "Magic Table" Open Morning
The Tovertafel projects a series of games onto a table. The Games are designed to encourage playful physical activity and social interaction. Players can reach out and interact with colourful lights and shapes which respond to their movements. The Tovertafel are often used by people of all ages, living with neurodiversity or dementia. Lucan Library is hosting an open morning on Thursday 23rd at 10.00am so if you are interested please come to get a taste of what our Tovertafel is all about!

Lucan Toastmasters

Saturday 11th January, 12noon - 1pm
Taster Meeting - Lucan Toastmasters offers a great opportunity to gain public speaking skills in a supportive environment. Meet the leaders of your local Toastmasters group. All welcome!

Poet's Perch – Monthly Poetry Circle for Adults
Monday 20th January, 6.30pm. All levels welcome.

Friday 24th January, 11am

Kick Start Your Finances with Aoife Gaffney
Kick Start 2025 with a money power hour. With Aoife Gaffney, Prudence Moneypenny Coaching. This FREE workshop will help you get your money into fabulous shape! Expect laughter, lightbulb moments, and no jargon—just practical tips to help you: Spend smarter, do more with less and less effort; Save more (and still have fun); Start the year on track towards your money goals. All welcome.

Thursday 23rd January, 7pm

Beat the January Blues - a self-care talk by Gillian Fagan

Gillian will talk about winter mental health and wellbeing, sharing practical, accessible tips on how to manage winter depression, and how to mind your mind in January. The emphasis will be on developing a self-care toolkit that you can access at any time of the year. With so much pressure from society to have a New Year = New You, Gillian will talk about self-compassion rather than resolutions. Gillian is a local psychotherapist and trainer who has a science-based approach to the work, combining emotional wellbeing with mental fitness. All welcome.

Reflections

Johnny Kelly grew up in the beautiful surroundings of Sarsfield Park with his mammy Joanie, dad Bob and his three sisters . . . here he recalls some innocent memories of a simple but happy upbringing.

Mammy had many sisters and it would be hard, and probably unfair, to pick a favourite. But we loved it when aunty Eileen called to the house, parking up her black High Nellie bike in the front porch of 12a Sarsfield Park after a day's shopping in Toolans.

From that moment until her departure a few hours later the house would reverberate to the sound of nonstop banter and laughter. Eileen had a smile for everyone, a heart of gold and was the most unselfish and kind person.

She lived in Esker Cottages and loved her trips to the Kellys. And we adored her too, not to mention her husband Cecil and daughter Jenny. Cecil was a great character and had a wicked sense of humour. He would turn up on many occasions dressed as a clown or some other funny character. His stylish dress code would invariably include a Dickie Bow and silly hat.

He was a favourite with everyone, next to mammy's brother Sean (aka Tweed) and brother-in-law Ben, who was married to another of mammy's sisters, aunty Pauline. They lived in London and we only saw them during summer holiday visits with their two lovely sons, Simon and Bernard.

Our house, just a stone's throw from the old family home in The Square, was the hub for the ten Graham siblings - two others had died very young - no matter what the circumstances. It was the meeting place for most of the family occasions whether joyous celebrations or the odd funeral or domestic crisis.

Out would come the ciggies and it wasn't long before the kitchen and sitting room would be covered by a plume of smoke halfway between the ceilings and floors. You needed to get down on hunkers to avoid being incinerated. No health and safety or PC nonsense in those days thank goodness.

Mammy had no airs or graces and was a warm-hearted person who believed a house was for living in. Hilariously, she stubbed her Rothmans cigarettes out in a teacup or saucer, and hoovers were not high on her priority list of household appliances either. But we were always turned out smartly and dad would joke that we'd win the best turned out at Punchestown.

Her cooking skills were amazing, and we were always in awe of her ability to produce beautifully-flavoured dishes from basic ingredients. Friends would stay over just to sample her breakfast fry-ups and Sunday roasts. I was a renowned picky eater and was eternally grateful to her for understanding my preference for a diet of chips and crisps.

Dad was the opposite and made us kids take cod liver oil and those horrid things called vegetables. But little did he know that they all went in the bin as soon as he headed off to the offices of the Irish Press on Burgh Quay. Mammy could easily have been a diplomat as her life with dad took great skills in diplomacy!

When I started working in The Irish Times in 1974, hoping to follow in the old man's footsteps, her salad sandwiches of lettuce, tomatoes and onions were the mainstay of my 10-year stint as a copyboy in the sports department.

The care and attention that went into their preparation was a joy to behold. No such thing as the odd soggy sambo. They bounced with freshness and flavour and were much sought after by some seasoned sports reporters if there were any left over. That didn't happen too often.

Whatever way they were wrapped in tinfoil - and I would challenge anyone to replicate it - they never lost their formity or quality even on an open backed 25 bus, travelling the bone-crunching eight miles to the city centre. At the time it never ceased to amaze me as I tucked in, but like the Jim Diamond song I should have known better. Mammys back then were miracle workers.

We owe them so much.

POLITICAL NOTES

Minister Emer Higgins TD – Fine Gael

Office: 01 618 3013. Insta: @emerhigginstd

Facebook: www.facebook.com/EmerHigginsTD

E Mail: emer.higgins@oireachtas.ie

Happy New Year

Wishing you all health, happiness, and success in 2025.

Some welcome updates in January

Tax Relief: The standard rate cut-off point has increased from €42,000 to €44,000, with proportional increases for married couples and civil partners.

Tax credits: The personal, employee, and earned income credits have risen by €125 to €2000.

Pensions: The old age pension has increased by €12 per week offering greater financial support to retirees.

Thanks to our road gritters!

Huge thanks to South Dublin County Council's gritting team, for their ongoing efforts during this cold snap – your dedication is essential in keeping our roads safe.

Stay Connected: As always, feel free to get in touch with me by email or phone if you have any concerns or issues you would like to discuss.

Cllr. Caroline Brady - Fine Gael – P.C.

085 2551602. CBrady@Cllrs.SDublinCoCo.ie

Canonbrook:

I raised residents' concerns about the walkthrough at St. Finian's. The council contacted their contractor to remove graffiti, additionally I've requested railing repairs and tidying of overgrowth at this location.

Dodsboro Roundabout:

I reported the damage to the roundabout and will update you when I get further information

Accessible Parking:

I raised residents' concerns that there is no accessible parking at Lucan Road/Newlands Road. The issue will be discussed at this month's Traffic Management meeting.

Christmas Tree:

The village Christmas tree will be removed, replanted, and cared for so that it may be reused next year. Thanks once again to South Dublin County Council and Bretland for providing the tree and Lucan Festival for organising the switching on of the lights. Wishing you peace, health, and all you wish in 2025.

Eating in Ireland in the 60's

Pasta was not eaten.

Curry was a name.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

All potato crisps were plain; the only choice we had was whether to put the salt on or not.

Rice was only eaten as a milk pudding.

Calamari was called squid, and we used it as fish bait.

A Big Mac was what we wore when it was raining.

Brown bread was something only poor people ate.

Oil was for lubricating; fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Sugar enjoyed a good press in those days and was regarded as being white gold. Cubed sugar was regarded as posh.

Eating raw fish was called poverty, not sushi.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

People who didn't peel potatoes were regarded as lazy.

Cooking outside was called camping.

Seaweed was not recognised as food.

'Kebab' was not even a word, never mind a food.

Prunes were medicinal.

Surprisingly, muesli was readily available, it was called cattle feed.

Water came out of the tap.

If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock!!

But the one thing that never ever had on our table in the sixties...

'Elbows or Phones'.



Cumann na Sáirséalaigh Leamhcáin



Membership Renewal

We're kicking off the 2025 membership renewal season here at Lucan Sarsfields GAA Club! Membership runs from January 1st to December 31st, so let's get everyone set up for another great year.

Important reminders:

- All adult players, managers, mentors, and committee members need to be full members to stay registered with the GAA, Camogie Association, or LGFA.
- Youth players must have a current membership too, so they're covered by the injury fund to train and play.
- All players need to be registered on **Foireann** by **March 31st** to stay eligible!

For families with both male and female players, you might notice a slight delay in the Foireann confirmation email—don't worry, that's normal!

Ready to renew? Just head over to [Membership Signup](#) and follow the steps.

New members or transfers?

If you're joining us for the first time, switching from another club, or having any trouble renewing, we've got your back. Drop us an email at lucan.sarsfields.registrar@gmail.com, and we'll sort it out!

Looking forward to seeing everyone back for an exciting year ahead!

Awards Night



Our annual awards night takes place on **Saturday 25th January**.

Nominations for club person of the year can be submitted to the club secretary at Secretary.lucansarsfields.dublin@gaa.ie

Lotto

We had no winner of last week's lotto jackpot of €00

The Numbers were **6, 7, 21, 24**

The lucky dip prizes go to

Catherine Dardis, Amelia Martin, Declan

Murphy, Fiona O'Brien, Cormac Gordon. This

week's Lotto will be for a jackpot of €2,600. This draw is sponsored by Lucan Village Pharmacy.



Donate a Dress



Our Donate a Dress Fundraiser is back and will be hosted on the **31st of January** in the club at 8pm.



Please donate dresses, jackets, coats & bags in good condition. This is a great way to declutter your wardrobe and promote sustainable shopping while also raising money for the club.

Donations can be dropped off to the bar on Mondays and Tuesdays from 7:30pm to 9pm.

Tickets for the event cost €5.

Contact Tracey Walsh 087 973 5655 or Colette Condon 086 379 9270 for more information.

Thank You for supporting Lucan Sarsfields GAA Club over the year.

We wish everyone a Happy New Year!



St. Mary's Camera Soirée

To begin with I wish all readers of the Newsletter every good wish for 2025 on behalf of the members of St. Mary's Camera Soirée. If you missed our exhibition at the beginning of December Lucan Library is displaying a selection of 20 from that exhibition for the month of January. So do drop in!

This week's photos range from one submitted by Frances of a floral surprise she found in her garden on St. Stephen's Day, which probably has not taken kindly to cold snap, to a photo taken by Joe of the freezing fog in St. Edmundsbury on Wednesday morning.



Anna was abroad and sent in photos from Warsaw and London. I particularly liked the one of the "bicycle sheds" for the Houses of Parliament in London and the restored Royal Palace in Warsaw.



When I discovered Anna was in Warsaw, I sent her hunting for the shrine there containing the heart of the Polish composer, Frederic Chopin. She found it in the Holy Cross Church where it is encased in a pillar. The story goes that before Chopin's death in 1839 one of his last requests was that his



eldest sister take his heart to Poland to be buried at a local church. She complied with his wishes, smuggling his heart through customs at the Austrian border, past Russian border agents and into Poland. Chopin's body is buried at the Pere Lachaise cemetery in Paris along with the remains of countless famous figures associated with the arts, including Oscar Wilde.

Until next week stay safe!