



Established 1967

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

Sub. €1

Sunday 14<sup>th</sup> January 2024

## I'm Not Good Enough!

Have you ever felt like you're not a good enough parent, or grandparent, or teacher, or manager, etc. unlike everyone else! Sometimes we are adequately confident until we hear about the greatness of someone else in a similar role which leaves us questioning ourselves. The miniscule seed of self-doubt grows exponentially like an oozing carbuncle at the end of one's nose! Accounts of the greatness of another person can inspire one into greater action but can cause the rapid shrinking of our own self esteem too.

Imposters Syndrome is lurking like the sharks in the murky waters as in the dramatic films for all, or most of us, at some stage. Parents are victim to this looming threat in a major way, as most of their efforts are generally not going to host appreciation for decades to come. What parent has ever looked at their new-born and thought with outright confidence – *yeah, I know exactly how to do this!* What new teacher, nurse, shop worker, office manager, first year student, principal, bus driver, politician, lecturer, etc have clapped their hands in glee and said *easy, peasy* in anticipation as they stand on the threshold of morning number one or at the end of week one! Most simply fake it 'til they make it hoping that what skills and knowledge they lack, they will develop and that generally is the case.

We all fall into the trough of self-doubt, at times, when we take up different jobs and positions which usually offer welcome challenge, new learning and opportunity. Generally, we climb out of the troughs and get over the drama and on with the task. It's a matter of learning to level some of the ground in the space between self-doubt and self-belief over time by finding ways of standing back and taking some form of objective or philosophical view.

I watched the film *One Life* last week and saw the same at play in the laudable Nicholas Winton who rescued over six hundred Jewish children from Czechoslovakia at the beginning of the Second World War. It was interesting to note that while he saved so many children that he suffered anguish at the thought of the loss of the last group of 250 children who, while boarded a train to exit Europe, were captured and never heard of again. Mr Winton never allowed doubt to halt his step while in rescue action but lived with it in rest afterwards.

Let us give ourselves a break in this new year. It's enough to do our best as the capacity of every person has limits. It's important to accept limits in terms of time and our own skills. We might take issue with the reactionary negativity in social media, but does anyone deliver it more harshly than we do to ourselves! Let's stand tall or sit comfortably and really believe: **MY BEST IS GOOD ENOUGH! I AM GOOD ENOUGH!**



*Cathy Burke, Catechist to the Lucan Partnership of Parishes*

## 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 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

## Budget Changes since 1 January 2024

### Social Welfare

Since 1 January 2024, the maximum rate of all weekly social welfare payments increased by €12 with proportional increases for qualified adults and people on reduced rates of payment. The weekly rate for a qualified child increased by €4.

**Domiciliary Care Allowance** has increased by €10 to €340 per month since 1 January 2024.

Since 1 January 2024, the statutory **Foster Care Allowance** rate increased by €25 per week.

### Tax

Since 1 January 2024, the standard rate tax band (the amount you can earn before you start to pay the higher rate of tax) increased by €2,000 to €42,000 for a single person, with proportionate increases for married couples and civil partners.

*The following tax credits increased by €100:*

Personal Tax Credit to €1,875

Employee Tax Credit to €1,875

Earned Income Tax Credit to €1,875

The Home Carer Tax Credit to €1,800.

The Single Person Child Carer Credit to €1,750.

The Incapacitated Child Tax Credit increased by €200 to €3,500.

The ceiling for the 2% Universal Social Charge (USC) band increased by €2,840 from €22,920 to €25,760 since 1 January 2024. The 4.5% USC rate that applied to income between €22,900 and

€70,044 was reduced to 4% since 1 January 2024. The 4% rate now applies to income between €25,760 and €70,044.

### Employment and Business

The national minimum wage has increased by €1.40 to €12.70 per hour since 1 January 2024. Community Employment (CE), Tús and Work Placement Experience Programme (WPEP) weekly payments increased by €12 on 1 January 2024.

### Housing

The Rent Tax Credit for people paying for private rented accommodation increased from €500 to €750 a year since the beginning of 2024. A temporary rental income tax relief was introduced for landlords. The relief reduces the tax due on rental income by up to €600 in 2024. A new temporary mortgage interest tax credit (MITC) was introduced. The tax relief is 20% of the increased interest you paid on your mortgage in 2023 when compared with the amount you paid in 2022. The relief is capped at €1,250.

### Health

Since 1 January 2024, the age limit for free contraception increased to include women aged 17-31. Previously, only women aged 17-30 could get free contraception.

### Environment

Since 1 January 2024, the maximum grant available for solar PV panels is €2,100. Since 1 January 2024, the VAT rate for the supply and installation of solar panels in schools was reduced to zero.

From 1 January 2024 until 31 December 2025 if you sell your electricity back to the national grid, you are eligible for a tax exemption of €400 per year on the income generated from selling your excess electricity.

### Transport

Since 1 January 2024, you can apply for the Home Charger Grant Scheme for up to €300 towards the installation costs of a home charger. (Previously, the grant was €600).

**More information** is available on our website.

## Minder & Toddler Group



### Thursdays

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

## LUCAN TOASTMASTERS OPEN NIGHT!!!

If you've ever wondered what happens at a Toastmasters Meeting, this is your chance to find out. We're running a special Open Meeting for members of the public to come along and see what we are all about!



**Thursday 18th January 2024**

**7:45pm**

**Springfield Hotel, Leixlip, W23 W280**

- Is 2024 the year you'll 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. Come along on the night or contact [vpmlucantostmasters@gmail.com](mailto:vpmlucantostmasters@gmail.com) to register your interest.

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 18th**, where a warm welcome awaits you.

For further details, check out Lucan Toastmasters on Facebook, Instagram or LinkedIn or contact [vpmlucantostmasters@gmail.com](mailto:vpmlucantostmasters@gmail.com)

## Lucan Senior Citizens

We were shocked and saddened to learn of the unexpected death of our friend Maura O'Reilly. Maura was a valued and much loved member of our Senior Citizens Club. She enjoyed all the activities and outings. A kind and gentle lady who always spoke so lovingly of her family.

We will miss Maura's gentle presence and lovely smile on Wednesdays. Sincere sympathy to Annette, Caroline and Martin.



**Club re-opens on Wednesday 17<sup>th</sup> January**, 10.30 – 12.30, St. Mary's Parish Centre. New members always welcome.

## Liffey Sound 96.4fm Podcasting Course

There are still some places left on Liffey Sound's 10 week podcasting course, you will learn recording tools & techniques, scripting, interviewing & presentation skills, how to create engaging content, how to market your podcast and much more! Please email [podcastraining@liffeysoundfm.ie](mailto:podcastraining@liffeysoundfm.ie) for full details! Happy New Year from all the team at Liffey Sound 96.4FM!

**Liffey Sound is Lucan's Community Radio Station**  
[www.liffeysoundfm.ie](http://www.liffeysoundfm.ie) or check out our Facebook page



## People's Art & Craft Fair Lucan

in  
Canon Despard Centre  
Chapel Hill Centre,  
Lucan

Bank Holiday  
Monday 5<sup>th</sup> Feb  
11am - 5pm



All are welcome!

In aid of Alice Leahy Trust  
(Supporting Homelessness)

Contact: [peoplesartlucan@gmail.com](mailto:peoplesartlucan@gmail.com) for booking form

Art Stands €30, 6ft Craft Table €30 & 4ft Craft Table €20

## Lucan Active Retirement Assoc.

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. 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.

**Our AGM will be held next Thursday 18th January.**

# Parish Notes

## St Mary's, Lucan

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



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

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

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

**Adoration of the Blessed Sacrament:** Adoration of the Blessed Sacrament will be held on Saturdays. (funerals permitting) from 10.30am to 11.30am. *All welcome.*

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

**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 necessary to defeat evil, for peace in the world and for our journey to eternal life.

### Scriptural Reading (Lectio Divina):

*John 14:16 "I am the way and the truth and the life. No one comes to the Father except through me."*



Having heard the gospels many times we may be inclined to think we fully understand them and given they date back more than 2000 yrs., as such, have less relevance for our modern age. Not so - God's Word is as much alive and relevant today as when first spoken. We just need to spend a little bit more time reflecting on it. Lectio Divina (literally meaning Divine Reading) is a traditional practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase understanding of God's word. It involves, Reading, Meditation, Contemplation and Prayer. Meetings are informal, with everyone encouraged to express their views on the readings, (if they so wish). Most participants find it a very enriching experience.

**Meetings are held in the Bungalow, every Monday night between 7.30pm and 8.30pm when we reflect on the following Sunday's Gospel. All are welcome.**

*John McCrory*

**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.*

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

**Baptisms:** Dates are bookable on line. If you need to cancel email: [secretary@lucanparish.com](mailto:secretary@lucanparish.com)

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

**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.

**Coffee Dock Open:** Every Sunday Morning and Weekdays 10am to 12 noon. *All Welcome.*



**Deepest Sympathy** to the family and friends of *Lucy Dowling*, Esker Lawns, to the husband, family and friends of *Evelyn Ryan*, Kew Park, to the family and friends of *Maureen (Maura) Comiskey*, formerly Sarsfield Close, to the family and friends of *Jo Howard*, Cherbury Park and to the family and friends of *Andrew McCormack*, Airlie Heights.

*May they rest in peace.*

**Monday, January 22<sup>nd</sup>**

**Week of Prayer for Christian Unity Service**

**in St. Philomena's Church Palmerstown at 8 p.m.**

The preacher will be Dr Damian Jackson who is the General Secretary of the Irish Council of Churches and joint Secretary of the Irish Inter Church Meeting.

The chosen theme is **'You shall love the Lord your God... and your neighbour as yourself'** (Lk 10:27). Brothers and sisters from the Catholic Archdiocese of Ouagadougou, Protestant Churches, ecumenical bodies and the CCN in Burkina Faso collaborated generously in drafting the prayers and reflections. They experienced their work together as a real path of ecumenical conversion.

Refreshments afterwards in the Parish Centre.

**ALL ARE INVITED!  
ALL ARE WELCOME!**

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

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



## Christmas Thanks

Christmas at St Patrick's went without a hitch. We had great numbers in attendance at all our Liturgies. Our special thanks are due to our Music

Ministry people, all of whom brought life and a sense of celebrations to the Masses.

The Aontas Youth Choir sang at both the 9am and the 10.30am Masses in St Patrick's having already sung at the 6.30pm in St Mary's on Christmas Eve; special thanks to Aontas: they are a talented group of young people under the direction of Adam and Jordan.

Our Childrens Choir, under the direction of Lára sang at the 6pm Vigil Mass and brought a lovely prayerfulness to the celebration. Our own Cór Naomh Padraig, also redirected by Lára, sang at the 8pm Mass with a festive and celebratory air. Thanks to Ian for his accompaniment.

Thanks to May and Pat in the Sacristy, and to all who helped to make Christmas at St Patrick's. **Happy New Year to all!**

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

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

**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](mailto:secretary@stpatrickslucan.ie)

**Tea/Coffee:** Every Wednesday Morning 10.30am in the Parish Centre. **All are welcome.**



## Divine Mercy, Lucan South

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

### Sunday Mass Times:

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

**Sacrament of Reconciliation:** Confessions every Saturday 5.15pm and after the evening Mass.

### Mass of Thanksgiving for the Fruits of

**Medjugorje:** Every Thursday, in the Church of Divine Mercy, Lucan South.

**7.00pm:** Rosary and Confessions

**7.30pm:** Holy Mass

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

### Legion of Mary:

The Legion of Mary meets every Tuesday evening at 7.30pm in the Confessional Room in the church. Their works include home visitation and outreach to the poor. All are 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.

**CATHOLIC FAITH  
FORMATION CLASSES  
FOR CHILDREN**

Every Saturday, 4:45 to 5:45 pm,  
at Divine Mercy Church, Lucan

Open to children from Class One  
to Leaving Cert.

Registration on arrival. Classes will  
be held in age-appropriate groups.

Children from neighbouring parishes  
are welcome. No cost involved.

Email: [catechislucansouth@gmail.com](mailto:catechislucansouth@gmail.com)

# Acknowledgement

## DEBORAH HAUGHEY

(Kew Park, Lucan and South Africa)

With heartfelt gratitude, we extend our sincere thanks to our dear family, friends, and neighbours for the overwhelming support and kindness following the sudden loss of Debbie.



Your presence, assistance and comforting words have provided solace during this challenging time. We particularly extend our appreciation to our neighbours in Kew Park and wider community and those who travelled to be with us.

The Holy Sacrifice of the Mass will be offered for your intentions.

**Debbie's Month's Mind Mass was held in St. Mary's Church, Sunday 7<sup>th</sup> January.**

*Thank you from Merle, Terry, Sean, Verné, May, Caoimhe, Kayla, Tayla, Dominic and Emily, Rodger and Lionel*

# Anniversaries

## NANCY BIRNIE (nee McGRATH)

13<sup>th</sup> Anniversary - 16<sup>th</sup> January

Remembering a beloved wife, mother, grandmother, sister and friend  
With love and gratitude

On the anniversary of her passing.  
Your spirit lives on in the laughter,  
Kindness and love you imparted to us.

**Nancy will be remembered at the 10.30am Mass on Sunday 14<sup>th</sup> January.**

*From Billy and family*

## VINCENT O'BRIEN

4<sup>th</sup> Anniversary - 14<sup>th</sup> January

In loving memory of our Father  
So dear to us, Vincent  
God called your name so softly  
That only you could hear  
And no one heard the footsteps  
Of angels drawing near  
The golden gates stood open  
God saw you needed rest  
His garden must be beautiful  
He only takes the best.

*From all the family, we miss you very much xxx*



## JOHN FITZGERALD

3<sup>rd</sup> Anniversary

"We who love you, sadly miss you  
As it dawns another year  
In our lonely hours of thinking  
Thoughts of you are ever near."  
*Loved and sadly missed by Ann, Caitriona, Niamh, Seán and all the family*

## DENIS (DJ) McNAMARA

7<sup>th</sup> Anniversary - 14<sup>th</sup> 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 on Sunday 14<sup>th</sup> January 2024 at 12 noon.**

## St. Mary's SVP Conference, Lucan

Thank you to St. Mary's parishioners for their tremendous support of our Christmas Appeal. Thanks to Fr. Philip, Fr. Obaldo, sacristans Mary and Marie and parish secretary Deirdre, for their encouragement and help in accepting donations, before, during and after Christmas. Special thanks to our local schools of principles, staff, parents and students, who ran welcome fundraisers for SVP. Thanks to our loyal monthly collectors, the parish count team and individuals/organisations who contribute quietly all year to SVP. Sincere thanks to the Newsletter staff for their continuous encouragement. Beir bua is beannacht libh go léir.

Wishing you a safe, healthy and happy 2024.  
*St. Mary's SVP Conference, Lucan*

## Pilgrimage - Medjugorje 2024

Pilgrimage departing 15<sup>th</sup> May 2024.  
7 nights - €750 pps including insurance.  
€50 discount if booked and €200 per person deposit paid if booked before 1<sup>st</sup> February 2024.

Terms and conditions apply. Please contact Pat on 087 2238911 or Marian Pilgrimages on 01 8788159 and say you are travelling with Pat.

If you are **thinking** of joining a pilgrimage to Medjugorje in 2024, please contact Pat.

No commitment needed and no money required at this stage. Information will be used to plan May and October pilgrimages.

## Palmerstown Camera Club

At Palmerstown Camera Club we hold a weekly meeting in person, every Wed from 8 pm to 10 pm in the Palmerstown Parish Hall. People interested in joining the club or even attending one or two meetings FREE of charge to see how their photography could benefit from being a member can do so by contacting Secretarypcc82@gmail.com

Recently in Palmerstown Camera Club, we had the judging night for a themed competition “Street Scene”, and below we have three of the winning images:



*Advanced. Rome* - Orla Brady.



*Intermediate. Active Travel* - Andy Ten.



*Novice. Street Scene*  
**December 2023**  
- Linda Ffrench.

**New Year,  
New  
Beginnings!**



Happy New Year to all our Readers – we hope all have a healthy and peaceful time ahead. With lots of good intentions in the air, let’s hope all will come to be.....

**Good Luck** to all the local students taking part in the Young Scientist Competition this year. Judging by reports, the future of Ireland is in safe hands!

**Whether the weather.....** We certainly did get our share of Climate Change over the holiday period with Storm Gerrit, and then Henk, although the latter didn’t bother us too much.

**Spring Blooms early!** Cherry Blossom was spotted in several parts of Lucan, and the Daffs have also appeared very early. These blooms along with the brighter evenings creeping in will give us all a lift.

**Have you noticed** there is great promotion for St. Brigid’s Bank Holiday Weekend? It will be a miracle if the saint is remembered among it all. Incidentally, there is a Bank Holiday every month for the first six months of the year, and after that, it’s August, October, and two in December – 10 in total.

**Mr. Bates v The Post Office** is a topical subject following the recent documentary where more than 900 sub-post offices in Britain and Northern Ireland became victims of a computer system, and the Post Office itself. It’s enough to make one’s blood boil!

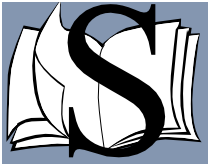
**Postage Stamps up again!** It will cost us €1.40 to post a standard letter / card from next month. It certainly wouldn’t encourage anyone to post the likes of Christmas Cards etc in the future – just hand them to anyone you can!

## Christmas Tree Recycling in Lucan

**South Dublin Co. Co.** will collect trees up to **Saturday 13<sup>th</sup> January** from the following sites:  
Beech Park open space  
Sarsfield Park open space  
Hayden’s Lane car park in Griffeen Valley  
Foxborough open space.



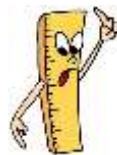
**Fingal Co. Co.** will collect trees up to **Tuesday 16<sup>th</sup> January** from St. Catherine’s Park Car Park (*during park opening hours*).



## Coláiste Phádraig CBS

**Soccer:** Our 1<sup>st</sup> yr soccer team were beaten 3-2 by Hartstown CS recently in their 3<sup>rd</sup> group stage match of the Dublin Metropolitan League. Lucan took the lead after 15 mins when Kaelan Cosgrove fired in a sweet right foot shot into the bottom right hand corner from 12 yds. Hartstown equalised soon after and then took the lead just before half time from the penalty spot. Yassine Echaid deservedly equalised mid-way through the 2<sup>nd</sup> half with a drilled finish from 8yds but Hartstown scored the winning goal in the final minute to break Lucan hearts. With just one point from 3 group games, the team are very unlikely to finish in the top two of the 5 team group but they will give their all in their 4<sup>th</sup> and final match against Castleknock CC this week.

**Science:** Good luck to our six participants in this year's BT Young Scientist and Technology Exhibition which takes place this week at the RDS. There are 500 projects from 219 schools on display with a judging panel of 85 experts from the world of STEM and business will choose over 200 prize winners. The students, Tadhg Bohan, Hamza Ahmed Abhinav and Aniruddh Sriram, Sam Jacob and Joel Emmanuel have been busy putting the final touches to their projects since returning to school and they are all really looking forward to showcasing their work to the general public and to the judges at the Exhibition. Mr. Carey and Ms. Farrell will be there throughout the four days, guiding and supporting them throughout the whole process. They will be interviewed by the judges before the winners will be announced at a ceremony on Friday evening. We hope to have good news to report in next week's newsletter!



**Economics:** Our 6<sup>th</sup> yr Economics students completed their Research Study just before the Christmas holidays. The LC 2024 Study, worth 20% of the overall marks, involved two themes: Foreign Direct Investment and Irish Exports. The students were asked to evaluate the impact of one of four economic features on two aspects of the Irish economy. The four features were as follows: Employment, Government Finances, Ireland's Balance of Payments and Balanced Regional Development. The project had to be submitted digitally so there were a lot of different skills involved in the whole process. They could not

just regurgitate articles they found online, the open-ended research process was intended to empower the students to take responsibility for their own learning process based on the knowledge, understanding, concepts and skills developed in their study of economics over the past 18 months or so. The final written paper in June is worth the remaining 80% of the marks.

**Careers:** There were a couple of career activities arranged for our 6<sup>th</sup> yr students recently. Paul Hegarty, the Student Recruitment officer from DCU, came to the school and gave a group of 25 interested students an informative and interesting PowerPoint presentation on areas such as Sports Scholarships, Internships, progression routes and the huge range of courses on offer at the University.

Ms. Hunt and Mr. Todd also took a group of 17 6<sup>th</sup> yrs on a pre-booked guided tour of Trinity College. They showed them around the Lecture Halls and the various Faculty Buildings and spoke to them about entry requirements and CAO applications to the college. The students were thrilled with the opportunity to visit Ireland's most historic and iconic college and the tour certainly whetted their appetite for possible study there in the years ahead.

**Prefects:** Our 12 6<sup>th</sup> yr prefects, who have served the school with tremendous distinction over the past 12 months, will be finishing up their duties this week in order to concentrate fully on their exam preparation. The newly appointed prefects, from Transition Year and 5<sup>th</sup> yr, will begin their duties on Monday 15<sup>th</sup> January. We look forward to welcoming the latest cohort of Coláiste Phádraig prefects and we are grateful for their willingness to offer their time and skills to the school. The outgoing 6<sup>th</sup> yr prefects will be brought to Liffey Valley soon for a meal with Mr. Keane and senior management as a small gesture of appreciation for their wonderful service in their time in the role.

**Awards:** Well done to past pupil James Ryan who received a Scholars Award from DCU recently in recognition of his excellent academic achievement in his college exams. James, who graduated in 2022 with over 600 points in his Leaving Cert, is doing a Bachelor of Education as he wishes to be a Primary School teacher and he received his award at DCU's Academic Scholarship Awards Evening held in The Helix Theatre last month. The school received a plaque celebrating James' achievement, which now sits proudly in the school's trophy cabinet. We are very proud of James and wish him continued success in his studies.



## St. Joseph's College

**Student extravaganza 2023:** Just before the Christmas break the Student Council organised a Barbie themed Student Extravaganza. The show was a wonderful display of the incredible and diverse talent we have in our school. The show was used to raise funds for UNICEF. Well done to Ms. Banks, the Student Council and all the teachers who took part in a fantastic show.



**Maths Olympiad 2023:** Congratulations to Euna Islam in 1<sup>st</sup> year and Eva McGarty and Niamh O'Donohoe in 3<sup>rd</sup> year who took part in the National Maths Olympiad 2023 and achieved a national ranking. Out of 104,016 participants and 838 schools, these students placed in the top three. This is an outstanding achievement, well done to the students and their teacher Ms. Lightholder.



**Homeless appeal:** Thank you to Ms. Ennis and the transition years who knit over 60 lovely snoods with handwritten messages for the Lucan Homeless. These snoods were presented to Ms. Whelan, the schools liaison person for Lucan's Homeless Organisation.

### Fundraising for Children's Health

**Foundation:** Transition Year student recently held an enterprise fair in the school. The students made and sold sweet treats on the day. The money collected came to over €300 and was donated to the Children's Health Foundation. Thanks to all

the students who contributed and to their teachers Ms. Day, Ms. Lynn and Ms. Dunne.



**Concern Debating:** Congratulations to our Concern Senior Debating team on their progress to the knockout stages of this year's competition. To put it in context nearly 200 schools began the league phase in October of last year. We have our first knockout debate on the very important topic of Artificial Intelligence. This will be held on Zoom later in January.

**Dancing with the stars Ireland:** Best of luck to former student Katja Mia as she takes part in this seasons edition of Dancing With The Stars on RTE. Best of luck Katja, We are all very proud of you!

**Follow Us on Twitter:** @StJosephsLucan

**Instagram:** @stjosephscollegelucan

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

## Lucan Community College Night Classes

Spring term is opening for booking on our website [Lucancc.ie](http://Lucancc.ie). If you would like to meet new people, make new friends and learn a new skill, why not try one of our fun evening classes.

Couch to 5K, French, Italian, Spanish, Irish, Knitting, Crochet, Art Portfolio Preparation, Drawing and Watercolours, Tai Chi, Yoga, Kettlebells, Gardening, Leaving Cert Irish and Leaving Cert French.

## St. Mary's BNS

Our school raised €1521 for St. Vincent de Paul before Christmas. All boys were asked to wear a Christmas jumper or a Santa hat on the last day before our Christmas holidays and donate money to the charity.



Our student council presented a cheque to Seamus Clandillon who represented the St. Mary's Conference of St. Vincent de Paul in Lucan.

## 160 Years of Mount Sackville

In 2024 Mount Sackville will proudly celebrate 160 years of education in Ireland. The school was founded by the Sisters of St Joseph of Cluny in Chapelizod, Dublin in 1864. As part of the celebrations, we invite past pupils and staff to share your stories, photographs or any archival materials of your time here or your association with the school.

*You may contribute items:*

**By email:** [memories@mountsackville.ie](mailto:memories@mountsackville.ie)

**By Post:** Mary Delaney, Mount Sackville Secondary School, Chapelizod, Dublin 20, D20WP68

**In person:** Please present the material to the school reception in a sealed envelope with your name and address to ensure you have the original material returned safely.

We look forward to celebrating our rich history and our school community, past and present!



Women's  
Collective  
Ireland  
LUCAN

Women Collective Ireland –Lucan are delighted to announce their Registration Morning for Spring 2024. We have some amazing classes and workshops.

**When: Wednesday 17/01/2024**

**Time: 10.00am-1.00pm**

**Where: Ballyowen Castle Youth and Community Centre**

€10.00 registration for one or more classes. There is a fee of €3.00 per week thereafter.

**Dates for the Diary!**

Registration day Wednesday 17<sup>th</sup> January @ 10am - 1pm.

*Launch of WCI Women's Manifesto.*

Painting & Art for beginners Date to be confirmed.

*Over 60's loving life Tuesday 23<sup>rd</sup> January @ 1pm - 3pm (8 weeks).*

SheSpeaks: vocal mastery journey for women! Tuesday 30<sup>th</sup> January @ 9.30am - 12.30pm (6 weeks).

*Radiant Soul 6 week self-discovery & wellbeing course Adamstown Youth & Community centre Wednesday mornings.*

Intermediary Restorative Yoga Wednesday 24<sup>th</sup> January @ 10.30am - 11.30am (7 weeks).

*Beginners restorative yoga Wednesday 24<sup>th</sup> January @ 11.45am - 12.45pm (7 weeks).*

Craft class Thursday 25<sup>th</sup> January @ 10am - 12pm (8 weeks).

*Women's Place in the Home referendum event Thursday 22nd February @ 7pm - 9pm.*

IWD event Thursday 7<sup>th</sup> March @ 7pm - 9pm. Series of Information Workshops.

*Women's Place in the Home referendum Thursday 22nd February @ 7pm - 9pm.*

St Brigid's Day Celebration.

*Monthly Feminist Book Club.*

IWD event Thursday 7<sup>th</sup> March @ 7pm - 9pm.

Women's Multicultural Breakfast

## 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 / February 2024. 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; Office Procedures; Wellbeing and the Internet; Data Entry; Developing your Business English Language Skills; Working with Microsoft Excel; Working with Microsoft Word; Work Experience; Medical Terminology; Bookkeeping: Manual & Computerised.

For more details, contact [lorraineavanagh@ddletbaes.ie](mailto:lorraineavanagh@ddletbaes.ie) or call (01) 6283557.

## Lucan Library – January Events

### Please Note:

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.

### Free Computer Classes for Adults -

**Information Session.** Tuesday 16th January, 1pm. Are you interested in learning or improving your computer skills? Jillian McLaughlin from the DDLETB will give an information session about upcoming free computer classes planned for Lucan Library. Jillian will also take details on the day from anyone interested in participating. All Welcome.



### Poet's Perch

New Poetry Circle for Adults - Tuesday 16th January 7pm. Led by amateur poet Natalie Ryan, this new group is for everyone with an interest in Poetry. All levels welcome. Feel free to bring along one of your poems to share with the group.

### Art and Creativity with Elena Buttner

Thursday 18th January, 3.30pm - 4.30pm  
For 9-12 year olds. Booking essential via Lucan Library Eventbrite from Thursday 11th January at 3.30pm: <https://www.eventbrite.ie/e/art-and-creativity-with-elena-at-lucan-library-for-9-12-years-tickets-779574517367>



### STEAM Saturday with Helen for 8-11 year olds.

Saturday 27th January, 2pm - 4pm  
Make String from Algae! Booking essential via Lucan Library Eventbrite from Saturday 20th January at

2pm: <https://www.eventbrite.ie/e/steam-saturday-with-helen-make-string-with-algae-tickets-782060693587>

### Events for Younger Children:

**Storytime - changed from Wednesday to Tuesdays!!** Our regular Story-Time has moved to TUESDAYS at 3pm. All welcome!

### Toddler Time with Sarah Sparkles

Thursday 25th January at 10am.  
Booking essential via Eventbrite from Thursday 18th January at 10am: <https://www.eventbrite.ie/e/toddler-time-at-lucan-library-with-sarah-sparkles-tickets-779561979867>



### Clever Little Handies Baby ISL Course with Claire Glynn - 4 week course

Please do not sign up if you cannot attend all sessions. Tuesday 6th, 13th, 20th and 27th February at 10am. Booking essential via Eventbrite from Tuesday 30th January: <https://www.eventbrite.ie/e/clever-little-handies-baby-isl-4-week-course-tickets-782031797157>

### Lucan Library Classic Film Club

Tuesday 23rd January, 5.30pm  
Register at Library Desk.



### Lucan Library Book Clubs:

Monday Lunchtime, 12pm: Monday 29th January  
Junior Book Club: Wednesday 31st January 3.30pm  
Wednesday Book Club: Wednesday 31st January, 7pm  
Young Adult Book Club: Saturday 20th January, 3pm

### Lucan Library Knitters Club -

Every Monday 10am - 12noon - new members welcome



### Lucan Library Creative

**Writers Group -** Thursdays 4th and 18th January, 10am – 12noon. New members welcome



# Art Classes for Adults

## 8 week course with Siobhan

### Beginning Wednesday 24th January

10am - 12noon

Contact the library to register your interest - in person, by phone or email

Please note that materials are not provided, but are inexpensive. Siobhan will advise what is needed at the first class

**Exhibition:**  
**Kishogue Community College**

You can follow Lucan Library or South Dublin Libraries on Facebook to see all library events across South Dublin County.

## Wells for Zoe Malawi Progress

Back in early 2005 we took a trip to an unknown, destination, Malawi, to see what some funding of ours was achieving, but arrived home with an idea of what we, ourselves, might be able to do.

Just back from our 48th visit, and after six weeks, we continue to be amazed at all that is being achieved.

It is hard to believe that a mad notion one early morning way back in 2005 would lead to such a positive explosion.

Like? planting over 5 million indigenous trees, (this year) employing over 1700 workers (70% women), supporting 320 girls in Secondary school and over 30 in third level. Continuing to manufacture and install water pumps all day every day.

We are now running health clinics in seven rural areas with the support of two Private Hospitals and the District Health Board, where they provide the medicines and we provide the transport and pay the eight nurses they make available to us. They have considered the project so successful that they have allocated three Permanent District Health Nurses to live in three of our areas. (making a significant difference).

(Just as an indicator; Our Clinic today had 391 women for family planning, antenatal care, AIDS testing, then 243 under-fives for nutritional testing and immunizations, 62, attended the under-fives clinic, some used our new cancer screening bed, then vaccinations, contraception, and in a quiet room 28 men sipped in for HIV/AIDS testing. (a surprise to all).)

In the next few weeks we will add two more clinics, having just met with of Chief Clinical Officer, a surgeon, for the Northern Region Health Board.

This year has seen us setting up women's self-help groups for about 520 women. It has a very formal structure copied from India to help with the setting up small businesses. Now the focus is on growing food without chemical fertilizer! All on land donated by the Chiefs, a new bit of magic!

Fertilizer has tripled in price with these criminal happenings in Ukraine and many Malawians will starve.

As part of this project, we assist women with small loans, mainly for agricultural projects. It's all very formal for an area in the middle of nowhere. They all arrive with their identity cards and sign for the money they borrow. Then they can buy a range of organic seeds and seedlings which we source from the Ministry of Agriculture.

We continue to support 53 preschools and more recently communities added an acre of land to each to experiment and as a showpiece on growing food without chemical fertilizers using nitrogen fixing plants like tephrosia, sunhemp and larger trees like Masangu, which we produce in our nurseries, with the hope that all farmers will observe and learn.

Our latest six-week visit to Malawi has brought us to a fuller realization of how much even the very poorest uneducated women can achieve with even the smallest support.

The weather forecasters are predicting huge drought in the south and high rainfall in the North. Even worse was the devaluation of their currency by 43%.

I rarely mention our Saturday classes for our Secondary School girls, with our wonderful teachers, a Guidance counsellor and a nurse. We transport most of about 200 of the 315, we support, from long distances and starting with a big breakfast and send them off singing after another substantial meal. Some need to get food to keep them from starving during the week. Our boss Florence looks after them as if they are her own children. Amazing sight to see

Then we have our tailoring girls on hand to do a few repairs or make a skirt or a blouse or a pack of the Eilis designed, reusable sanitary pads made by some of our former students make using 5 old Singer Machines!

As we head into our 19<sup>th</sup> year, just a little reminder that even the smallest bit of support goes a long way.

*John and Mary*

[www.wellsforzoe@gmail.com](http://www.wellsforzoe@gmail.com)



## Cllr. Paul Gogarty P.C.

“Not just at election time” Tel: 087-2752489

Web: [www.paulgogarty.com](http://www.paulgogarty.com)

**Airlie Park Booking System:** A number of people have pointed out that the process for signing up to the Airlie Park booking system is needlessly bureaucratic for individuals and the registration/booking fees too pricy. Am following up.

**“Bus Correct” Bus User Survey:** Now at 900+ replies! Still more needed to send a clear message to the NTA and Minister for Transport (especially 18-26 year olds). This survey takes about seven minutes and can be done online.  
at [www.bit.ly/BusCorrect](http://www.bit.ly/BusCorrect) If someone prefers to do this over the phone, please text me or leave message and I will arrange to call.

**Peace Commissioner Signatures:** A lot of people appear to need documents signed at this time of year. I am available to call up to sign the various forms that a Peace Commissioner is required for.

## Cllr Derren Ó Brádaigh - Sinn Féin

Mobile: 087-2136345.

Email: [do布拉达igh@cillrs.sdublincoco.ie](mailto:do布拉达igh@cillrs.sdublincoco.ie)

**New Bin – Newcastle Road:** The bus stop outside Finnstown House has seen increased commuter footfall and some complaints of litter in and over the low wall here. I’ve made requests for bins at several locations, with a new bin due to be installed here in January.

**Bridge Maintenance – Old Esker Lane:**  
A limited amount of vegetation was removed from the bridge over Griffeen River before Christmas. This follows an inspection by Council drainage staff in response to concerns I raised on behalf of residents. The Council state that there is no immediate risk of flooding, and they will monitor the space either side to determine future necessary works.

**Direct Engagement – The Paddocks:** Both the local Sinn Féin team and I are currently knocking doors and engaging with residents on issues important to folks in the Paddocks. If I can be of any assistance to you, please contact me.

## Emer Higgins TD – Fine Gael

01 401 3416. [Emer.higgins@oireachtas.ie](mailto:Emer.higgins@oireachtas.ie)

**Garda Clinic in Adamstown:** Having discussed the successful rollout of the Garda Clinic in Citywest with Commissioner Harris, I asked him to establish one for Adamstown. I am pleased that a new clinic has been announced. Starting from the 10th of January 2024, Lucan Gardaí are inviting residents to the Adamstown Youth and Community Centre every Wednesday for consultations and support. The clinic is about bringing essential services closer to the local people and establishing a safe space for community support and engagement. The clinic will run weekly from 19:30 to 21:30.

**Happy New Year:** I’d like to wish all the readers a very Happy New Year. Many of the changes made in the recent Budget commenced on January 1<sup>st</sup>. If you want more information on your rights and entitlements, contact my office for a Know Where You Stand leaflet.

## Caroline Brady - Fine Gael – P.C.

- 085 2551602 [info@CarolineBrady.com](mailto:info@CarolineBrady.com)

**Stronger, Safer Communities:** As we continue to focus on local issues my colleague Emer Higgins TD and I are delighted to update that following our calls for the establishment of a Garda Clinic in Adamstown this initiative is now in place. Starting from the 10th of January 2024, Lucan Gardaí are inviting residents to the Adamstown Youth and Community Centre every Wednesday for consultations and support. It represents local Gardaí commitment to peace and public order. I urge the community to actively engage with the Gardaí to make sure Lucan remains a safe place to call home.

**CUAN:** An order to officially establish CUAN, a statutory agency dedicated to tackling and reducing domestic, sexual and gender-based violence has been signed. Specifically set up to intensify and better integrate responses across all relevant areas to help ensure victims of violence have access to services of a consistently high standard.

## Cllr. Liona O’Toole – Independent

0872795274. [lotoole@cillrs.sdublincoco.ie](mailto:lotoole@cillrs.sdublincoco.ie)

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

I’d like to take this opportunity to wish everyone a Happy New Year! I look forward to meeting you all throughout 2024. I appreciate your kind words during my visits across the Lucan area in recent months.

Thank you for your support and warm reception.

**New Garda Clinic:** My efforts to enhance policing in Adamstown led to the launch of a new Garda Clinic this week, confirmed by our Community Sergeant. As we expand with Adamstown and Clonburris, the need for additional policing is acknowledged. Takes place Wednesday’s 7:30-9:30pm at Adamstown Community Centre.

**New Entrance Design:** This week, I captured the current state of exits and entrances along Moy Glas, Castle Riada, specifically on Griffeen Road. Damages caused by vehicle navigation are apparent. I’ve urged the council management to reassess the design, emphasising the need for improvements to enhance safety and functionality.

## Cllr Shane Moynihan - Fianna Fáil

(Palmerstown-Fonthill) Ph: 087 7840898

Email: [smoynihan@cillrs.sdublincoco.ie](mailto:smoynihan@cillrs.sdublincoco.ie)

[facebook.com/cillrshaneMoynihan](https://facebook.com/cillrshaneMoynihan)

Twitter: @shanemoynihan

**Happy New Year:** Happy New Year to the Newsletter team and all its readers - every best wish for 2024!

**Traffic lights at Castle Road/Ballyowen Road junction:** I have asked the Council engineers to examine the traffic light sequence at the R136/Castle Road junction to try and minimise congestion on the adjoining roads.

**Footpaths in Liffey Valley Park:** I was pleased to see repairs having taken place to footpaths in Liffey Valley Park, following representations I made.

**Adamstown Garda Clinic:** I welcome the introduction of a weekly Garda clinic in Adamstown Community Centre, every Wednesday from 7.30 to 8.30pm, which started this week.

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## LUCAN HARRIERS A.C.

**Lucan Harriers Fit4Life** was established ten years ago this month. The Fit4life running group provides an outlet for men and women who would like to get fit in a social and fun environment.



**Fit4life Coach Josephine Dignam** is the woman behind the setting up of this group at Lucan Harriers AC. Josie first got into running to lose weight for her daughter's Holy Communion.

She started off running for a few minutes at a time and building it up. Josie suffered with postnatal depression and she spoke of the positive effects running has on mental health. She described her experience as "everything was in black in white, and now since running everything is in colour." She first joined Lucan Harriers in 1998 to train for the mini marathon and has been an integral member of the club ever since. She has an impressive 9 marathons under her belt and completed her first one in 2000.

Josie talks about how she used running to deal with stress in her life. Sadly, her mother was diagnosed with breast cancer in 2002 and she said "my way to cope was to go out and run". She entered the Dublin marathon that year and did it in 5 hours which was her best time.

Over a decade ago, Josie sensed that there was the potential to attract individuals to the club who may not necessarily be avid runners. While looking through the pages of the Irish Runner magazine, she came across a feature highlighting a running club in Galway that had established Fit4life program. This gave her the inspiration to implement something similar at her own running club. As she was on the committee of Lucan Harriers at the time, she put this suggestion to them at a meeting. When the committee agreed it got the ball rolling for the set

up the Fit4life in January 2014. Josie took the next step and got three others on board with her to help with the coaching for this new group Maureen Fitzharris, Claire Kavanagh and Breffni Worrall. On the first night January 20th 2014 about 50 people turned up. They were encouraged to start off running one lap of the track and over the weeks build up to 4 laps. This was back in the time before the track was upgraded so it wasn't unusual to know where to avoid the odd pothole and pick the stones out of your shoes when you got home.

The coaches followed a couch to 5k plan and once everyone was built up to 5k they decided to try and build everyone up to a 10k. Josie recalls tricks used to try and get people's minds off the mileage, bear in mind this was a time before GPS watches were popular. One memory involved a group going on an 4k run on the canal to a pole with a red ribbon tied around it and a 4k run back. The ribbon was tied on the pole at 5k though not at 4k so everyone was tricked into a 10k instead of an 8k! I asked Josie about the benefits to anyone thinking of joining Fit4life and she said "It's the best counselling session you will ever get for 12 months of the year and you could make lifelong friends." This is in relation to the chats you might end up having on your runs and getting to know people you might not have ever met otherwise. She also brings up the benefit of safety, no need to train alone when you are part of the club as all the training is done in a group and nobody is ever left behind.



*Fit4life group 2014 and below 2023.*



## LUCAN HARRIERS *cont'd.*

**Vinny Murtagh is a Fit4life Coach.** He joined Lucan Harriers 43 years ago and initially was running himself but soon got into coaching at the club. He coached juvenile athletes at first before coaching some of the senior ladies. Vinny's knee injury had stopped him from running, so in 2017 when he was asked to coach Fit4life he was glad to be involved with the group.

**Trish Coxon Byrne and Fanchea Gibson** have been members since the very first night ten years ago. They have memories of braving the elements and wearing layers of clothes on the freezing cold nights in January bearing a resemblance to Michelin men! Trish joined because she got fed up of going to the gym and wanted to be able to run 5k without walking. Fanchea had heard that Lucan Harriers were starting a Fit4life group while she was attending Griffeen parkrun. She'd been doing parkrun for a few months but felt like she needed more.

In the past ten years Fit4life has strengthened in numbers from 50 members on the first night to 122 members today and is still growing.

Along the way there has been many shared experiences such as trips to Dingle half marathon, Connemara half, Galway half, Clontarf half, Carlingford half and Dublin marathon 2023. Genuine friendships have been made off the track and many chats have been enjoyed over cups of tea or glasses of prosecco over the years.

Fit4life can offer lots of support to any new members with 2 coaches Josie and Vinny plus captain John Rabbett and 2 vice captains Fiona Allen and Phelim Cassidy.

**There's no better way to celebrate the 10 year birthday than doing a run. So, on January 20th members of Lucan Harriers will meet at the local Griffeen Parkrun at 9.30am to participate in the Parkrun or to support those running.**

### **Tom Brennan 5k**

Liffey Valley AC hosted one of their biggest New Year's Day Tom Brennan's memorial 5k race in the Phoenix Park recently. The race sold out two days before the event with almost 800 runners and joggers registered. It was a cold brisk day but this did not deter 15 Lucan Harriers from donning the club jersey and running their way in to the New Year in style. It was a flat course consisting of two laps starting on Furze Road, turning on to Ordnance Survey Road, on to Chesterfield Avenue and back to Furze Road.

First home was Jer O Sullivan in 17.48, first female was Breda Smyth 19.32. First home from the Fit4life crew was Síle McIntyre with 23.16.



Mary Browne achieved an age category first in 21:53. Of particular note was the fact that not one, but six PBs were achieved on the day Breda Smyth 19.32, Síle McIntyre 23.16, Mary Lynch 23.57, Ruth French 27.03, Anne Marie Lavin 28.42 and Orla Moroney 29.11.

Well done to all who participated and started 2024 off on such a positive note.

### **Lucan Harriers New Couch to 5 K**

Lucan Harriers AC is kicking off a couch to 5 k training programme on January 22nd at 7pm. It's a 10 week programme with training on Mondays and Thursdays. It's a great way to get into running and to meet up with local people in the Lucan area. Niamh Buckmaster joined the Couch to 5 mile in June 2023 and ran her first race at the Lucan Harriers 5 mile race in September. She is now a member of Fit4life and attends regular parkruns to run or to volunteer. Niamh has the following advice to anyone who is considering doing a couch to 5k at Lucan Harriers

John Rabbett is the captain for the Couch 2 5k. He joined Fit4life, and Lucan Harriers after completing and winning the local Operation transformation in 2020. John became Captain of Fit4life in November 2022. As Captain, he is usually first point of contact with new members. The Couch 2 5k follows the NHS C25K plan, as it is easily accessed, and the NHS were one of the first government agencies in the world to fully adopt the official C25k programme into their national Wellbeing programme. It can be followed if someone cannot make a session. John says that the programme is run with the view of encouraging a love for running, and the pace is your own.

John notes that Fit4life doesn't finish with the completion of the C25k, training is all year round. All runners are catered for, from those looking to complete regular 5kms, to marathons.



*Tom Brennan Group*

## St. Mary's Camera Soirée

After the Christmas break St. Mary's Camera Soiree resumed its activities in the Parish Centre on Friday. The members were delighted to be chosen to exhibit their photographs in Lucan Library for the month of February. So, if you missed the exhibition in the Parish centre in November or would like to view some of the photographs again they will be on display in the Library next month.



Over the holiday period some of our members were travelling. Irene was in Madrid and Anna was in the beautiful city of Utrecht, the fourth largest city in the Netherlands.

Believe it or not there is a convoluted connection between Carlow and Utrecht going back to the 7<sup>th</sup> century. St. Willibrord who lived from c. 658 to 739 was an Anglo-Saxon missionary from Northumbria and saint, known as the "Apostle to the Frisians" in the modern Netherlands. From 678AD to 690AD a student named Willibrord from Northumbria was trained and ordained in County Carlow and in 690AD he led eleven other Carlow based monks on a major mission to part of what is today the Netherlands and he became the first bishop of Utrecht.



Despite the cold, Paddy was up early again and sent us some photos of early morning in Howth. Both Joe and



Donal took advantage of the fog and frost to capture some moody shots around Lucan and Conor once again managed to get a photograph of that elusive Kingfisher.

*Until next week stay safe!*

