



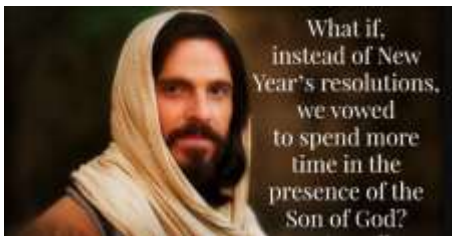
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Sunday 16th January 2022

A New Year!



What if, instead of New Year's resolutions, we vowed to spend more time in the presence of the Son of God?

If we think on our lives as a journey, then the passing of each year becomes a milestone marking progress along the way. There's something about celebrating a New Year that brings out our need to rejoice and make merry; maybe it's the pure joy of having made it to another stage along the road. The huge fireworks displays around the world proclaim a collective 'Yippee!' that we've made it thus far. In more normal times huge crowds would gather in major cities to say farewell to the

old and ring in the new. Certainly, Covid is something we all hope to see the back of in 2022, but its spectre continues to stalk us and succeeded in muting our celebrations once again. For some it will be a case of good riddance to the year past and for others a celebration of some significant life enhancing event, life is as ever a mixed bag and brings different things to different people.

A New Year offers new possibilities, perhaps it's that realisation that inspires us to New Year resolutions. Will this be the year we finally shed the excess pounds or give up the cigs, get fit, or get the work/life balance on an even keel? The belief that it might be does at least fill us with some kind of hope.

Our faith in Christ Jesus is something we should place on the list of New Year resolutions too, since that faith can shape us not just in this life but has implications that go far beyond this present existence. Maybe this can be the year when we begin to take our faith more seriously, cultivate a prayer life and discover the depth of relationship that Jesus desires to have with us. That faith can make our burdens less burdensome, and give us the where-with-all to cope with whatever life throws our way. As St. Paul said: "With God on our side who can be against us" Romans 8:31

New Year's Prayer

As we begin a new year, let us give thanks for all we hold dear: our health, our family and our friends. Let us release our grudges, our anger and our pains, for these are nothing but binding chains.

Let us live each day in the most loving ways, the God-conscious way. Let us serve all who are in need, regardless of race, colour or creed.

Let us keep God of our own understanding in our hearts and to chant God's name each day. Let us lead the world from darkness to light, from falsehood to truth and from wrong to right.

Let us remember that we are all one, embracing all, discriminating against none. May your year be filled with peace, prosperity and love.

May God's blessings shower upon you and bestow upon each of you a bright, healthy and peaceful new year.

Philip Curran
St. Mary's Lucan

Lucan Citizens Information Centre

From 1 January 2022, our telephone number is 0818 07 5090.

www.citizensinformation.ie

COVID-19 has changed the service we offer to the public. Our drop-in service is not currently available, but we are taking phone calls, answering emails, and providing a call back service.



Call us on 0818 07 5090, leave a message with your name and number and an Information Officer will return your call within 2 working days, or you can email your query to us at dscis@citinfo.ie and someone will reply.

Citizens Information Phone Service (CIPS)
0818 07 4000 operates on Monday to Friday 9 am to 8 pm.

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 Clondalkin phone 0818 07 2270

Abhaile - Free Mortgage Arrears Support

It can be hard to know where to start if you're struggling to meet your mortgage repayments. MABS can give you practical information and advice to help you take control of the situation. Take the first steps to get back on track if you have problems paying your mortgage. If you fall into arrears, the worst thing you can do is nothing. Taking action could be critical to keeping your home.

If you are already in serious mortgage arrears, you can get support from MABS under Abhaile. Depending on your situation, you can get financial advice, legal advice or insolvency advice. A dedicated adviser will work with you and your lender to find the best solution for your situation. Find out more about Abhaile and check if you qualify.

Phone 0818 07 2000 - more information on www.mabs.ie

Bodywhys

Founded in 1995, Bodywhys is the national voluntary organisation supporting people affected by eating disorders.

Bodywhys helpline is 01 2107906

www.bodywhys.ie

New rules and increased fines for parking on footpaths:

The Minister for Transport, Eamon Ryan, has signed regulations doubling from €40 to €80 the fixed charge penalty for motorists caught parking on footpaths, cycle tracks and bus lanes. The new €80 penalties will come into operation on 1 February 2022.

Parking on footpaths puts vulnerable pedestrians, such as wheelchair users and those pushing buggies, at significant risk by forcing them off the footpath and into traffic.

Parking in bus and cycle lanes endangers cyclists and undermines State investment in sustainable public transport infrastructure. These increases should help improve the safety of all vulnerable road and footpath users, by creating a more effective deterrent to these specific forms of illegal parking.

www.gov.ie/en/press-release/39169-ministers-ryan-and-naughton-announce-increased-penalties-for-motorists-who-park-on-footpaths-cycle-tracks-and-bus-lanes/



Cervical Check

Cervical Check is a national screening programme to prevent cervical cancer. The programme provides free cervical screening tests to women and people with a cervix between the ages of 25 and 65. A HPV cervical screening test is a simple procedure that only takes minutes. It is the most effective way to detect HPV (Human Papilloma Virus) and changes in the cells of the cervix.

If you have any questions or concerns about the screening programme, contact Cervical Check on Freephone 1800 45 45 55.

If you have any concerns about cervical cancer, have a family history of cervical cancer or have symptoms of cervical cancer, you should contact your family doctor (GP). If you do not have a GP, you can find a GP in your area.

Cervical Check: The National Cervical Screening Programme (citizensinformation.ie)

Sometimes miracles are just people with kind hearts!



Did you get a New Camera from Santa?



Why not learn how to get the best out of it and discover your creative side. Celbridge Camera Club offers a one month free membership trial, so you can check us out and see if it's something you'd enjoy. Due to current restrictions, our meetings are all online and delivered via Zoom on Monday nights at 8pm.

Club meetings offer international and national guest speakers, internal competitions and inspiration/advice from our own members. All levels of competency are catered for, from absolute beginners to advanced workers.

The club runs a beginners course (for a nominal charge of €30 which is deducted from the annual membership fee should you choose to become a member). Details and dates will be released soon. If you'd like to avail of this offer, please email your name, and mobile number to PROCelbridgeCameraClub@gmail.com to receive the necessary access to the meetings. Why not give it a try, what have you got to lose?

Lucan Women's Network

Up and Coming Free Programmes and Events for Lucan Women This Spring from Lucan Women's Network.



STEPS 14 weeks programme one morning a week and it's a free. It's a unique and practical programme which supports women to increase their confidence, build relationships and foster a sense of personal power to shape their lives for future employment or education. Find out more about the STEPS programme contact Joanne 083 860 7947 or email developworkerc.l@gmail.com

- Restorative Yoga with Donna Forde
- 'Crafty Byrds' craft group they meet weekly.
- Monthly book club
- International Women's Day annual Celebrations
- Wellbeing workshops more information coming soon
- Post Covid Recovery creative Workshops, with Christine Carey

For more information or even a chat please contact Joanne on 083 860 7947 or developwrker.l@gmail.com



The Board, staff & volunteers of Liffey Sound would like to offer our sincere sympathy to family and

friends of the late Brian Beardsley. Brian was involved with Liffey Sound Community Radio from the early stages. As a volunteer presenter, Brian passionately presented & produced 2 hours of jazz music on Saturday nights. *May he rest in peace.*

www.liffeysoundfm.ie or catch up on Facebook

Liffey Sound 96.4FM- Lucan's Community Radio Station!

St Mary's Photography Soirée



9th (Virtual) Exhibition of Photographs

Come and have a look on
www.lucanparish.com

View on line from the weekend of
29th January 2022

Lucan Goal Mile

Well done and thanks to everyone who came along and participated in any way to this year's Goal Mile. It was by far the most attended 'running' of the mile since our first event in 2002! Great to see all the new participants along with those supporting the cause since its beginnings.

On the day donations were 3261 euro, with a total including online donations of 4972 euro.

Special thanks to those who assisted on the morning, in any way, 9am – 12.30 is a special time on Christmas morning, thank you all. Great support from the host club, Lucan Harriers, and all the local sport clubs.

Thanks again and a Happy New Year!

Gerry Martin 087-2132244

Parish Notes

St Mary's, Lucan

www.lucanparish.com

Sunday Mass Times

Saturday Vigil: 6.30pm

Sunday: 9am, 10.30am, 12 noon and 7pm.

Weekday Masses:

Monday to Saturday 10am

Important:

We must continue to **wear face coverings in the church and use the hand sanitizer on the way in.**

For all Masses, please **enter the Church via the Main Door** and **exit via the other 2 doors.**

Masses will continue to be live-streamed on

www.lucanparish.com

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.

Confessions – Nuns' Chapel:

After Saturday Morning 10am Mass and Saturday Evening 6.30pm Mass.

Praying with Scripture:

Praying with scripture via zoom. If interested please contact Cheryl Murphy at 086 8343754 to register.

Private Prayer:

The Church is open daily for private prayer on weekdays from 10.30am to 6pm (funerals permitting) and on Sundays after the 12pm Mass to 6pm.

Baptisms:

Dates are bookable on line up to the end of February 2022. If you need to cancel a booking contact: secretary@lucanparish.com



Divine Mercy, Lucan South

www.lucansouthparish.net

Sunday Mass Times:

Saturday Vigil 6:30pm,

Sunday 10:15am and 12:15pm

Weekday Masses:

Mon.-Fri.9:15am. Sat.10am

Important:

We need to be diligent in continuing with the **wearing of face coverings and hand sanitising upon entering the church.**

All Masses will be livestreamed on

www.lucansouthparish.net



Divine Bloom return 15th January

Our grounds volunteer group "Divine Bloom" are starting back after a short break over Christmas and will return this

coming Saturday 15th January and everyone young and old are most welcome to join in with this warm and fun group.

A lovely mild day over here in the church grounds. See you all after 10am morning Mass on Saturday morning. Great to see the daffodils appearing from their sleep.

Anyone that has pickers bring them. We have the refuse bags. Going to concentrate on cleaning up the Church grounds/courtyard also.

Daily Readings on website:

Under our Welcome menu you will find links for the Daily Mass Reading which updates every day as well as Sunday Mass Reading for the following Sunday's Mass. It is a great way to be able to read along during Mass if you so wish or take time to reflect on the passages during the week and see what message they have for you. One quick note is that if it is a Sunday and you want to see the Gospel for today then click on the Daily Mass Reading link as the Sunday listing will be for the following week.

Lucan Presbyterian Church

Sunday Morning Worship: 11am.

You will need a face covering (unless exempt) and your own Bible.

Services will be streamed online and available on Youtube

Please note that the obligation to attend Sunday Mass remains suspended by Pope Francis

St. Patrick's Esker/ Dodsboro/Adamstown

www.stpatrickslucan.ie



Sunday Masses:

Vigil Saturday 7pm,

Sunday: 9am, 10.30am and 12 noon.

The 10.30am Family Mass is aimed at younger parishioners and their families; it is an accessible liturgy for children and enables them to participate more fully in the Sunday Mass.

Weekday Masses:

Monday to Friday at 10am.

All Masses continue to be livestreamed at stpatrickslucan.ie

Important:

We must continue to **wear face coverings in the church and use the hand sanitizer.**

View the following on www.stpatrickslucan.ie

Mass Readings for the week

Morning Prayer – Lauds

Evening Prayer – Vespers

Take five at 10 - Reflections–Weekdays: 10am

Taizé – Watch and Pray

St. Andrew's Church of Ireland

St Andrew's, Lucan:

Sunday 10am. Wednesday: 10am

St Mary's, Leixlip:

Sunday: 11.30am. Tuesday: 10am

Services are available on our parish Facebook pages: [St. Andrew's Church, Lucan](#) or [St Mary's Church, Leixlip](#)



CORONAVIRUS HELPLINE FOR
OLDER PEOPLE

0818 222 024

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

Pilgrimages



Medjugorje 2022

11 Nights - 7th May, Dublin

to Split

18th May, Split to Dublin.

€795.00

8 Nights - 10th May, Dublin to Split

18th May, Split to Dublin. €745.00

6 Nights - 19th October, Dublin to Mostar

25th October, Split to Dublin. € 685.00

8 Nights - 19th Oct Dublin to Mostar

27th October, Split to Dublin. €745.00

Fatima

5 Nights – 7th September, Dublin to Lisbon

12th September, Lisbon to Dublin

Book early to avoid disappointment.

Pat 087 223 8911

Medjugorje Irish Centre Pilgrimages



April - Oct 2022: 7 Nights B&B

and return Airport transfer from

Dubrovnik or Split from €315 per

person sharing. Guaranteed Airport

transfer price for any flight. Contact us for details

and book the dates that suit you. Tel. 01 4434510

or

reservations@med-irishcentre.com

Big Book Meeting

of

Alcoholics Anonymous

Every Saturday Night

St Patrick's Church, Esker

7pm to 8.30pm

Any enquires

Contact Colette 086 0272002

Lost

Nintendo Switch console with red and blue controllers attached containing Super Mario 3D All Stars Game.

Lost in Hillcrest area January 5th.

Reward offered for return. 087 2400396.



Acknowledgement

BYRNE (DEIRDRE)

30th August 2021

Beech Park.

Oliver, Greg, Cliona, David and their families wish to express our sincere and deepest gratitude to all who sympathised with us following our very sad loss.

To those who sent Mass cards, sympathy cards, online condolences and visited us in person, the support given to our family was of enormous comfort.

We would particularly like to acknowledge and thank the wonderful staff at Peamount Healthcare for the exceptional care given to Deirdre in recent years and Fr. Tom Kennedy and the Funeral Team for their assistance at that difficult time.

Deirdre will be sadly missed every day and will remain in our hearts forever.



Anniversaries

BIRNIE nee McGRATH (NANCY)

11th Anniversary - 16th January

Though we can no longer see them

They are always in our thoughts

And God lets us see them

Each and every day

When the sun rises each morning

It reminds us of their smile

When the wind blows in our hair

It reminds us of their touch

When the rain sprinkles on our faces

It reminds us of their laughter

And when the rainbow lights up the sky

It reminds us of their love.

With love from Billy, Diane, Mark, family members and friends

BUTLER (MARIE & JOHN)

Late Kew Park.

Also remembering **Bill** and **Sheila** and **Peggy Graham**.

Late Weir View.

Too dearly loved

Ever to be forgotten.

Sadly missed by Triona, Barney, Conor, Liam, Aine and John



Anniversaries

BYRNE (NANCY)

8th Anniversary

Late Sarsfield Park.

No special day is needed

For us to think of you, Mammy

For you were someone special

Loving, kind and true

We miss you every day.

Sadly missed, Triona, Barney, Conor, Liam, Aine and John

McNALLY (JACK)

30th Anniversary - 17th Anniversary

Da three big changes

Since we said goodbye

The 25 bus is now the C1

A gallon of petrol was 75.80P

Now €1.75.09 a litre

A pint of Guinness was 2.54 Punts

Now €4.80

If you can find a pub open

Da three big things that will never change

Our love for you

How much we still miss you

And our fantastic memories of you.

Also remembering **Mam**.

Loved and missed from all your family

O'BRIEN (VINCENT)

2nd Anniversary

In loving memory of our dear 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 xxx

Accord Marriage Care

Relationship and Marriage Counselling

“If you can't talk to one another talk to us”

Accord Marriage Care, Lucan,
Phone 6010844



Féile Bríde 2022

Monday 31st January 7.15pm – 9.00 pm. Pilgrimage on St. Brigid Eve.

St. Brigid's Well Braillistown Little, Kildare Town. Candlelight Pilgrimage at the dawn of springtime.



Tuesday 1st February. St. Brigid's Day.

11.00 am – 12.00 am.
Guided Meditative Walk in Solas Bhride Centre, Tully Road, Kildare Town.
Brigid of Kildare has left an inspiring legacy. The Meditative walk in the Centre grounds will focus on her legacy as a spiritual leader, peacemaker. Cost €5.

2.30 pm – 4.00pm
Lá Fheile Bríde: Revisiting the Customs and Traditions associated with St. Brigid. Solas Bhride Centre, Tully Road, Kildare Town.
Join Margaret Walsh and Brenda Kindregan (Cairde Bhride) as they revisit the Customs and Traditions associated with St. Brigid. Cost €10.

7.30pm – 9.00 pm
Customs and Traditions associated with St. Brigid (online). Join Margaret Walsh and Brenda Kindregan ONLINE as they revisit the Customs and Traditions associated with St. Brigid. Cost €10.

Wednesday 2nd February.

10.30 am – 12.30 pm.
Sacred Dance at Solas Bhride.
Solas Bhride Centre Tully Road, Kildare Town.
Join us as we celebrate our journey with Brigid through dance and story. Cost €15.



7.30 pm – 9.00 pm.
Rewilding: A Pathway to Soulfulness – Coming Home to Oneself.
Solas Bhride Centre Tully Road, Kildare Town.
Brenda invites us to join with her and explore together through music, poetry, legend and story, pathways of the inner journey towards soulfulness. Cost €10.

Thursday 3rd February. 2.30 pm – 4.30pm.
Walk and Explore the Secrets of the Curragh.
Solas Bhride Centre Tully Road.
Mary O'Connor will lead you on a walk on the Little Curragh where you will be introduced to its unique species-diverse and interesting flora and fauna. Cost €10.

7.30 pm – 8.30pm. Annual Celtic Lecture: Brigid Woman of Wisdom – Woman of Peace.
ONLINE. Join us online for this year's Celtic Lecture featuring Deirdre Ní Chirnside.

Friday 4th February. 10.30 am – 11.00 am
ONLINE. Join us for morning meditation from Solas Bhride as we look towards the light and renewed hope this Springtime. Free.

7.30pm. Reclamation of Language and Biodiversity. Kildare Town Library Claregate St. Solas Bhride together with Kildare Town Library invite you to join Ronán and Rossa Ó Snodaigh (Kila) in conversation with Deirdre Lane (ShamrockSpring).

Sunday 6th February. 10.30 am
Mass at St. Brigid's Well
St. Brigid's Well Braillistown Little, Kildare Town.

Please Note: Event will proceed in accordance with Government Guidelines regarding Covid-19. Updates will be published regularly on our website.

Contact:

Phone: 045 522890.

Email: info@solasbhride.ie

Emer Higgins TD – Fine Gael

78 The Orchard, Lucan.

Ph: 087 921 7741 emer.higgins@oireachtas.ie

C-Spine Meeting with National Transport Authority

Thanks to everyone who provided me with feedback on the new bus routes in and around Lucan.

On Monday I will attend a meeting with the Director of Public Transport Services at the NTA to discuss all matters raised.

Minister Simon Harris visits St Joseph's

Just before Christmas I accompanied Minister for Further and Higher Education, Research, Innovation and Science, Simon Harris on a visit to St Joseph's College. It was great to hear the students' ambitions for third level, apprenticeships, PLCs and their thoughts on senior cycle reform. I am delighted that progress is being made on the well-deserved extension to the school.

Young Scientists

Congratulations and best of luck to the seven local schools who have projects in this year's virtual BT Young Scientist & Technology Exhibition.



Snow! Well, we got a touch of the white stuff on Friday last. Let's hope that's all we'll see of it!

Birdie still hasn't got to grips with the new bus stops – not that I'm going far these

days. Seems very strange to see a bus stop right across a gateway on the Lock (Adamstown) Road – just at Griffeen Lodge. It was also surprising to see people wait at the bus stop at AIB, and still be at the same spot three-quarters of an hour later. I still wonder if the bus ever came!!!

A conventicle of magpies – well maybe just 7!



There are lots of Magpies around Lucan these days, though it is rare to see so many on the one tree – 6 of them on high, and one fellow hiding at the bottom of the picture!

The Magpie Rhyme

One for sorrow,
Two for joy,
Three for a girl,
Four for a boy,
Five for silver,
Six for gold,
Seven for a secret never to be told.
Eight for a wish,
Nine for a kiss,
Ten a surprise you should be careful not to miss,
Eleven for health,
Twelve for wealth,
Thirteen beware it's the devil himself.

Great to see such interest in photography these days, with no less than 3 clubs now reporting in Lucan Newsletter - Great stuff!

Palmerstown Camera Club

Palmerstown Camera Club holds a weekly meeting online at present, every Wed from 8 pm to 10 pm. 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 secpcc@gmail.com



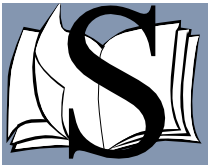
A few weeks ago we had a "People's" themed monthly competition and one of the winning entries was this image titled "Jogging at sunset" by Elaine Butler one of our advanced photographers in the club.

As a guest speaker last week we had Mark from Shutter Ireland Photography, he was excellent at showing us his wildlife photography. And plenty of tips and tricks to achieve that stunning wildlife image.



Good Luck to all those taking part in this year's Young Scientist Competition! We spotted some budding scientists from St. Joseph's College, on RTE's news.

It strikes me that there is more interest now than ever in jobs in this field – the same Covid scourge has brought such awareness to us!



CHOOL NEWS



St. Joseph's College

Happy New Year to all of our students and your families. The Omicron Variant of Covid 19 has added challenges for many families in our school community, but despite this, we hope you all had a peaceful Christmas. We would like to say a big Thank you to all the student body for their ongoing cooperation in adhering to all public health guidelines in our school including wearing face coverings, cleaning hands regularly and maintaining physical distancing from others. We will endeavour to do all we can to continue with teaching and learning, while also ensuring the safety and health of our students and staff. To help with the re-opening of our school we have published guidance on our website and through our app to help deal with this challenging time. The wellbeing of our students and staff is paramount. We would like to thank you all for your continued support.



BT Young Scientist: Well done to our four BT Young Scientists, who presented their projects at the 2022 virtual Exhibition. The competition ran on Wednesday and Thursday this week with each group / participant going through three rounds of virtual interviews. It was a great experience for the four students and they thoroughly enjoyed the event. Juan Azad and Sharon Jayaseelans project was a Study on the Effects of Phototropism on Root Growth. Caoimhe Daffy's project was an Investigation into the Sustainability of Vitamin C

Products. Agnes Martins project Investigated into the Effective use of single use Face Masks as Concrete Blocks. Well done to all the participants and to Ms. Fitzgerald for her guidance and all the Science Department.

Special Mention to Agnes Martin and Juan Azad who were filmed by RTE News talking about their projects and featured on the 1 O'Clock news on Wednesday.

5th Year Parent Teacher Meeting: We look forward to the 5th Year parent teacher meeting which will take place on Thursday the 13th of January online via zoom.

Senior Camogie: Congratulations to our Senior Camogie team who had a great win in their semi-final championship match against St. Marys Naas. In windy conditions the girls gave a dominant display in particular when battling against the wind to win comfortably in the end. They now advance to the Dublin A Senior Camogie Final. Well done to everyone involved and also to the coaches Mr. Kirwan and Mr. Quinn. We wish them the best of luck in the final. The final is scheduled for this Friday the 14th of January were they will face Mount Sackville in Abbottstown.

Joey's Tidy Towns: We are delighted to have our 2022 Calendars on sale! All proceeds will go to St. Vincent De Paul & are on sale from the school and Centra, Lucan for €10.00! Our Tidy Towns students have created these calendars from their photos while out on duty! Please support if possible. Contact the school to order a calendar on stjosephslucan@gmail.com or 01-6281160. Choice of two calendars available! Images of our two calendars can be found on our website under the news section.

School Website:

<https://stjosephslucan.com>

Follow us on Twitter: @STJosephs3

Enrolment 2022
St. Thomas' J.N.S.

Esker, Lucan, Co. Dublin

Junior Infants (2022)

Closing date for applications
is January 28th 2022.

Please see our website www.stthomasjns.com for further information regarding the registration process.



Coláiste Phádraig CBS

Entrance assessment: Coláiste Phádraig's online entrance assessment for incoming 1st yrs will be held on Saturday 12th Feb 2022.

Awards: Well done to 2nd yr **Dara Reilly** who won the *Mark O' Neill Student of the Month Award* for December in recognition of his impeccable manners, enthusiasm, diligence and co-operation in all of his classes. Dara is a good-natured, ambitious, determined and highly focused student who always gives of his best in every class.

Congratulations to 2nd yr **Emmet Keheller** who won the *Sports Star of the Month Award*. Emmet is a very talented all-round sportsman and he has greatly impressed Mr. Phelan and Mr. O' Brien with his skill, impressive fitness levels, active participation in all activities and his positive attitude during PE.

Comhghairdeas freisin le **Faraz Ahmed** ón rang 1Air a bhuaigh an gradam *Gaeilgeoir na Míosa* do mhí na Nollag mar gheall ar an sár-iarracht a dhéanann sé an Ghaeilge a labhairt ach go háirithe agus an sár-obair atá déanta aige sa rang Gaeilge. The three winners each received a 20euro voucher as well as a framed certificate to recognise their achievements.

Well done also to the latest class tutor student of the month winners who each received a 5euro vouchers for the school canteen.

Young Scientist Exhibition: Good luck to our seven students taking part in this year Virtual BT Young Scientist and Technology Exhibition which went live at 8am on Wednesday 12th January. Now in its 58th year, the exhibition will once again showcase more than 1,000 of Ireland's brightest young minds as they compete to take home the prestigious title of Young Scientist of the Year. In total 550 projects have qualified from 1,440 entries, including two from Coláiste Phádraig, representing 219 schools across 29 counties. The three-day Exhibition includes a jam-packed calendar of exciting and educational events and activities (that the public have free access to) that will culminate in the awards ceremony on Friday afternoon. Online judging began on Wednesday morning with a small army of 92 judges!

Two of our students, 3rd yrs Jevin Joy and Taha Fareed, as well as their science teacher Mr. Carey, were invited to The Mansion House in Dublin (where the very 1st Exhibition actually took place in 1965) on Tuesday for the official launch of this year's contest. Taha and Jevin have a project entitled "*Using Bayes Theorem and Bayesian Optimization as a method to improve*

Cryptocurrency Trading". Hopefully their work will impress the judges.



The two students have put in an enormous amount of effort and time over the past few months into their project so it would be brilliant to see their finished work win some sort of prize.

The students took part in a number of TV and radio interviews throughout the launch and they appeared on all of the main News reports later on that day. They spoke with clarity, maturity and passion and they should be very proud of themselves. They also had their photos taken as well and these were used in every newspaper, both online and in print, national and local. Taha and Jevin were fantastic ambassadors for the school throughout the day so a huge well done to both. They were also delighted to meet and have their photo taken with last year's BT Young Scientist and Exhibition winner Greg Tarr, who had kind words of encouragement and support for our two students.

Our other two groups consist of Joel Emmanuel and Rohit Tummala from 2nd yr, and 3rd yrs Elvin Garcia, Aniruddh and Abhinav Sriram and they too have committed an enormous amount of time into their projects. Hopefully we will have good news on our entrants in next week's newsletter!

Soccer: Coláiste Phádraig have been drawn in a group alongside Holy Family CS Rathcoole, Coláiste Pobail Setanta and Coolmine CS in the 1st yr Dublin League with the top two teams progressing to the knockout stages. This is the 1st stage in the gradual and phased return of sport in the school and the 1st yrs are very excited about the prospect of playing competitive matches again for the first time in almost two years.

The panel of players have been training hard for the past few months in preparation for their upcoming campaign. Coláiste Phádraig have a proud tradition of success in the 1st yr Dublin League having been crowned champions five times since 2007. Perhaps our latest cohort of talented 1st yrs can make it six in 2022!

Remember When:

It took five minutes for the TV to warm up.

Nearly everyone's Mum was home when the little ones got back from school.

Nobody owned a purebred dog.



You'd reach into a muddy puddle for a penny.

Your Mother wore nylons that came in two pieces and she always wore an apron

You got your windscreen cleaned, oil checked and petrol served, without asking, all for free.

When a Ford Zephyr was everyone's dream car.

Couples went steady.

No one ever asked where the car keys were because they were always in the car ignition, and the doors were never locked.

Your house was never locked.

Decisions were made by going 'Eeny-meeny-miney-mo'

You ate a Marathon and never ran one.

Washing was hung over the hedge

Catching tadpoles could occupy an entire afternoon.

All plugs were pulled out when there was lightning.

You blessed yourself with holy water when leaving a house.

A tv was turned off at the end of a programme



Sitting too close to a tv would blind you.

Sour milk was used for bread making.

Men and women sat on opposite sides of the chapel

Going off sweets for Lent and saving them for Paddy's Day.

Waiting for the tea to draw.

Visitors always got tea in a china cup with a saucer.

Coffee was a rarity brought home by American Aung.

The long, hot summer holidays with sun blisters on your shoulders.

Whist and 25 played in the good room in a haze of smoke.

Class stopping at 12 to say the Angelus.

Leather school bags taken in August to the shoe mender to be stitched.

White flour sacks became pillow cases.

Any vase of flowers were wild ones.

Beggars at the door leaving with arms of food - no money.

Good Sunday clothes and shoes.

Holidays were when the cases were loaded on the car roof-rack, and headed for some part of Ireland, maybe even you cousins down the country.

Creamola foam was the highlight of birthday parties and you got home made cards.

If you can remember most or all of these you are at least 60!

Lucan Library

The Power of Sleep - With Tom Coleman - Thursday 20th January



An online talk by sleep expert Tom Coleman. Sleep plays a crucial role in helping us deal with the demands of life on every level. In this talk Tom Coleman will find out why Sleep is important and how it interacts with aspects of our physical, emotional, and mental health. He touches everything from proven 'calming responses', to why dreaming is crucial for mental energy.

This session will firstly give a brief description of Health, this is followed by an explanation of sleep mechanics, sleep hygiene and why it is so important. We look at sleep for optimizing Health, vitality and then explore how to strike a good balance along with changing and developing positive lifestyle habits.

We will then look at other areas which impact our Sleep such as stress, anxiety, nutrition and work life balance. We finish with tips and coping strategies which help to reduce stress and deal with a variety of daily challenges in context of COVID.

Online event

<https://www.eventbrite.ie/e/the-power-of-sleep-tickets-241782717617>

Reach for a Remedy

With Svetlana Pavlova and Clodagh Sheehy. 24th January at 7pm on zoom.

Booking through Eventbrite.

Is Homeopathy part of your First Aid Kit?

Svetlana Pavlova and Clodagh Sheehy authors of 'Reach for a Remedy' will guide you through using

Homeopathy at home for everyday conditions from bruises to wounds and stomach upsets to anxiety.

1 participant per device. A valid email address is required. Zoom links to the event will be emailed to the supplied address by the facilitator.

<https://www.eventbrite.ie/e/reach-for-a-remedy-with-svetlana-pavlova-and-clodagh-sheehy-tickets-240091448987>



Musical Tots

Join Karen for songs and fun.

Suitable for babies and toddlers.

Tuesday 25th January at 10.30 am in

Booking through Eventbrite

<https://www.eventbrite.ie/e/musical-tots-with-karen-tickets-240110465867>



Natural Skincare with Barbara McAteer. 26th January at 7pm

On this practical and informative workshop, you will learn about the benefits of natural skincare. Benefits of natural skin and Bodycare and how to create not only a good skincare regimen. Lots of tips on creating some healing skincare using easily found ingredients. You will also learn some wonderful face-lift message techniques.

1 participant per device. A valid email address is required. Zoom links to the event will be emailed to the supplied address by the facilitator.

Online event

<https://www.eventbrite.ie/e/natural-skincare-with-barbara-mcateer-tickets-240095601407>



WHEN THE SONG OF THE ANGELS IS STILLED

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and the princes are home,
When the shepherds are back with their flocks,

The work of Christmas begins:

To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among people,
To make music in the heart.

Let the work of Christmas begin!
Let's begin it together!

by Howard Thurman

Howard Washington Thurman

Born in Florida in 1899, Howard Thurman was an American author, philosopher, theologian, educator, and civil rights leader, who played a leading role in many social justice movements, influencing the likes of Martin Luther King Jr.

Having served as Dean at a couple of chapels, along with Alfred Fisk, he founded the first major inter-racial, interdenominational church in the U.S.

He died in 1981, in San Francisco.

The above verse, *When The Song of the Angels is Stilled* was set to music and is performed by choirs all over the world.

SPORTS

LUCAN HARRIERS A.C.

Huge turnout of Lucan Harriers on Sunday 9th Jan at the annual Dublin Masters Cross Country Championship in St Annes Park, Raheny. It was great to have teams in each of the races today. Ladies O35 and O50 and Mens O35 and O50.



Team Of The Month (even though we are only a few days in) has to go to The Ladies O50 who finished in Bronze position in a hotly contested county championship, and only lost out to 2nd place by two places and had to fend off the 4th place by 6 places. A great race to watch, well done to the ladies team of Trish Gough, Breda Smyth, Bernie Stapleton and Anne Whelan. It was the first ever ladies team medal won by Lucan Harriers in the event. Mind you not the first medals for this team, who have Bronze medals two years in a row in the National Road Relays also in Raheny.



Huge congratulations to Eileen O'Brien, again producing a great individual performance to claim silver in her category. Eileen consistently competes at the top end of her age category races, she has numerous Dublin, Leinster and National medals to her name.

Bualadh Bos Mná Leamhcán!

Other results from Sunday were:

Mens O35 9th place

Mens O50 in 10th place

Ladies O35 were 10th place

Lucan as a club finished 8th place overall out of 20 competing teams

The races had the very best of club runners so great achievement by everyone in the Red and Black of Lucan.

Plenty of Harriers out cheering their fellow club members and other clubs on as they made their way through the mud, maybe thanks to Lynne, Gary, Colm, David, Gerry and Damian.



Mens Team: Gary Farrell, Aidan Montague, Damian O Sullivan (Club captain), Gerry Byrne Colm O Connir (Coach) Patrick Holden Colin O Gara, Barry Aherne, Derek Lynch Pat O Dwyer.

Continued on page 17.



Cumann na Sáirséalaigh Leamhcáin



Message from Club Registrar

Happy New Year everyone. Membership for the 2022 season is now open and I want to cover a couple of things with you.

First up is Foireann

Foireann was introduced at the start of last year and there was a lot of confusion and issues as we started to use it.

One of the main issues we encountered was not knowing if people were registered.

This was because most of the time people had multiple profiles on Foireann. The profile that Foireann registered wasn't always the profile that was linked to your login.

To help resolve this, Foireann have introduced an option to merge multiple profiles so I will be attempting to clean things up as I complete the registrations this year. This is a mammoth task due to the size of our club so bear with me, we will get there.

There is something we would like people to do before completing their membership that will help with the cleanup of Foireann.

If you have not registered on Foireann, please do so, details are on in our Club Notes of the 6th January @ lucansarsfields.ie.

This year an extra step is required for families, to help tidy the systems but it will help you with future registrations so its important.

You may see changes to your foireann profile as we merge and tidy the profiles. If you notice any issues please drop a mail to

lucan.sarsfields.registrar@gmail.com.

Last but not least is membership

Membership is critical for the day to day running of the club but it is also required so that our players are covered by insurance when training and playing games.

There is an option available to pay membership in instalments over 6 months.

Go to Clubforce to complete your memberships. Where possible, please use log in details from last year and you can copy last year's details and don't forget to update your contact details (phone, email or address) if anything has changed during the year.

There is also an optional online feature for the lotto that you can also complete when renewing your membership.

If you have any issues please drop an email to lucan.sarsfields.registrar@gmail.com and I will

get back to you as soon as I can

Thanks and best of luck to everyone in 2022

John Cosgrove

Lucan Sarsfields Registrar



Team News

Adult Hurling Management & Coaching

Vacancies: The adult hurling Section are looking to appoint a Manager for the U19A team. This is a new grade for 2022 and is a key step in the development of our promising young talent as they transition from under-age to adult hurling. We are also looking for coaches to get involved at Minor (U17) and U19 level. Any current or former adult players interested in coaching, or anyone who has some coaching experience that might want to get involved again, please let us know.

Anyone interested in either of these opportunities should contact Vincent O'Connor (087 2075835) or Paul Stapleton (087 2058572).

Healthy Clubs

This week we are asking our members to support the "Every Step Counts Challenge"

Irish Life MyLife/GAA

CAA Healthy Clubs MyLife/GAA

Every Step Counts Challenge is back!

€2,500 • €1,500 • €1,000
O'NEILLS VOUCHERS
to be won per province

Hit the 4,000km target and your club will be entered into our prize draw

JOIN WITH YOUR CLUBMATES over 5 weeks to walk the combined equivalent of a 4,000km trip around Ireland

Just 3 steps to get the community involved in Every Step Counts 2022

1. Download the MyLife app
2. Register
3. Select Challenges (with Social talk to post your club and your province)

Starts Jan 19th > Ends 23rd Feb
Challenge participants must be 18 or over

Download MyLife app on Google Play or the App Store

Provided by Irish Life Financial Services

MyLife is not a regulated financial service.
The Apple logo is a trademark of Apple Inc., registered in the US and other countries and regions. App Store is a service mark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC. App download data charges may apply. Terms and conditions apply. See www.irishlife.com

Together we can hit the 4k and be in with a chance to win! *Continued over.....*

Club Calendars

Last few Club Calendars available in the Cafe/Bar or in a number of local retail outlets 8 each or three for €20



Club Lotto

Last week's Lotto Prize of €4,600 was not won. The Numbers were 15, 25, 3, 27.

Lucky Dip prizes go to Mick O'Hara, Ailish McGarrigle, Ralph Hyland, Laura Fox and George Dobbs. Next week's Lotto will be for a jackpot of €5,000. The draw is sponsored by O, Gradys Hearing Care Services and will be led by Gerry McAndrew.



Tá €5,000 sa phota óir don tseachtain seo chugainn agus is é urraitheoir na seachtaine: Beidh sé beo ón Na Sáirseálaigh Leamhcáin, an leathanach Facebook.

Déan cinnte go bhfuil d'iontraíl curtha isteach agaibh roimh 6 i.n. oíche an chrannchuir, chun í a chur san áireamh sa chrannchur na seachtaine sin.

The draw will be held on Thursday 13th January, at 9pm and is streamed from Lucan Sarsfields Clubhouse, on our Facebook page. Make sure your entry is submitted before 6pm on the evening of the draw to be included in that week's draw.

Is féidir libh ticéadaí a cheannacht ar líne leis an nasc seo:

Tickets can be purchased online at the following link:

<http://bit.ly/LucanSarsfieldsClubLotto>,

Go raibh míle maith agaibh as ucht tacú le Na Sáirseálaigh Leamhcáin

Thank You for supporting **Lucan Sarsfields GAA Club**.

LUCAN HARRIERS A.C. *continued...*

Just a quick note on other Harriers over the weekend. A number of athletes ran as guests in Round 1 National League in NIA Sunday 9th January at the fantastic indoor track in Abbotstown.



Kate O Connell and Annette Durkan ran 60m and 200m.

Claire Rigney and Carol Kearney ran in 200m & 400m.

A great start to 2022 indoor season. These ladies are preparing for a very busy upcoming track season, indoors first and outdoors later in the year. Amongst this group are Irish Internationals and a European championships medallist

Lots of Harriers out at various Parkruns across the Country, Our very own Mary Browne was spotted doing a fantastic time of 24.45 in the Clonbur Woods Parkrun in Galway

For people Men and Ladies looking to take the first steps on the running ladder, the club will be starting a Couch25K program starting on Monday 31st January at our track on the Newcastle Road opposite Supervalu. It's an 8 week program and culminates with the Parkrun in Griffeen Park at the end of Mar/Start of April, There are a number of Coaches assigned to this program, for anyone interested you can turn up at 6.50 on Monday 31st, if possible please contact Josephine Dignam on 087 9558333 or contact us through Social media or the webpage.

We are always looking for new members for all juvenile sections you must contact the club in advance as not all sections have available slots

Adult training is on Monday 6 to 8 and Fit4life 7 to 8

Tuesday 7 to 8.30

Thursday 7 to 8.30

Turn up at the track and there will be plenty of friendly faces waiting to greet you.

St. Mary's Camera Soirée

Well, COVID got the better of us again. Last weekend we reverted to meeting on line and will continue to meet on line we will continue with online meetings until the present wave abates and everybody is comfortable with meeting again in the Parish Centre.



At our online meeting on Friday 7th January we finalised the content of our forthcoming exhibition. The exhibition will be on view via the St. Mary's parish website www.lucanparish.com from the weekend of 29th January (see separate notice elsewhere in the Newsletter) and we

appreciate the cooperation of the priest of the parish in facilitating us in this way.



There are 15 participants and each participant will display three photographs. As I mentioned last week the impact of COVID on foreign travel is very evident in the exhibition as there are no photographs from outside of Ireland.



This week Conor had a field day, no pun intended, taking photographs of our avian wildlife and I invite our readers to try their hands at identifying some of them. The



answers will be published next week. Josie provided us with further proof of global warming when she submitted a photograph of her first rambler rose of 2022 - in January!

Until next week stay safe!