



Established 1967

www.lucannewsletter.ie

Online only

Sunday 24th January 2021

A past that casts a dark shadow

We have had some time now to digest the report of the Commission of enquiry into Mother and baby homes, although I doubt that many of us, including myself, have waded through its 3,000 pages. We have however had a breakdown of the main points of the findings presented in the mainstream media and by anybody's standards the story that has unfolded makes for sad and sorry reading. We have also heard first-hand the heart-breaking stories of individual women who spent time in these homes and in most cases were forced to surrender their babies. Their stories evoke a deep sadness in all of us and a profound sense of shame. Our first concern must be for these women and for the children they were forced to surrender.

Mother and baby homes take us back to a different time and place, to a society where 'respectability' meant keeping those pregnant outside of marriage hidden away. In Ireland the churches played a major part in fostering the underlying attitudes that ostracised the young women involved and it is shocking to hear of cases where individual priests on occasion named women from the altar in a bid to drive them from their community. Families who had imbibed this attitude saw only one solution to the problem and in many cases issued an ultimatum to their daughters to preserve the families 'standing' in the community.

Such an approach stands in direct opposition to the mind and attitudes of Jesus and there is no justification for it. Yes, it is true that such institutions also existed in the UK and in many other countries where the church had no great influence and here it is probably down to the Victorian values that prevailed, but that in no way mitigates the role of Christian churches in our own country. The church is supposed to be a community of love, a beacon of hope for society, it clearly failed miserably when it comes to mother and baby homes, as it has done in the area of child protection in the past.

It's difficult to understand how religious orders got involved in such places in the first instance and there are indeed questions to be answered about the regime and practices they created. In some cases the homes sound more like open prisons than places of refuge and care, where vulnerable girls and young women were treated with disdain rather than compassion. It is clear that redress is called for and all involved, both church and state, must do the right thing.

As Archbishop Eamon Martin of Armagh said in his recent statement, *"This Report will hopefully speak not just to our past but will also have lessons for today and for future generations. As Church, State and wider society we must ensure together that, in the Ireland of today, all children and their mothers feel wanted, welcomed and loved. We must also continue to ask ourselves where people today might feel similarly rejected, abandoned, forgotten or pushed to the margins."*

Philip Curran
St. Mary's Lucan

Lucan Citizens Information Centre

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 0761 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) **0761 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 twenty years. MABS Clondalkin, phone 0761 07 2270 or email clondalkin@mabs.ie

Report of the Commission of Investigation into Mother and Baby Homes

The report is available online. Printed copies of the full report can be requested by former residents or family members who need to provide the Department with a postal address. More information about ordering full copies will be published shortly. There is no charge for the report for former residents. Printed copies of the full report will also be available in public locations such as libraries and Citizens Information Centres, when the public health situation permits.

Shorter copies of the report are available immediately. This version includes approximately 304 pages covering the Introduction, Timeline, Executive Summary, Recommendations and Confidential Committee Report. For a copy of the shorter report, call 01-6473200 or email motherandbabyhomes@equality.gov.ie.

Counselling supports for former residents of Mother and Baby Homes have been published on gov.ie. A new webpage with information on counselling services specifically for former residents of Mother and Baby Homes has been set up by the HSE. Additional mental health supports provided/funded by the HSE are also available to former residents.

The Barnardos Post Adoption Service has extended its support line on (01) 4546388, or by email adoption@barnardos.ie and is available Monday to Friday, 9.30am – 4.30pm. Support groups for adopted adults and birthmothers are also available.

CAO 2021/2022

CAO applications for the academic year 2021-2022 from Irish and other European Union nationals closes at 5.15 pm on 1 February 2021. Late applications are allowed up to 5.15 pm on 1 May 2021.



PLEASE NOTE:

We are **NOT** operating from the Newsletter Office at the moment, but leave your ads, queries or notices in the **letter box at St. Mary's Parish Centre, before 10pm on Wednesday night**, and we'll collect and look after them.

Alternately email any of the following:

marylucannewsletter@gmail.com

annalucannewsletter@gmail.com

roselucannewsletter@gmail.com

catherinelucannewsletter@gmail.com

Due to present restrictions, we will continue publishing online only for the next few weeks, when we will review the situation.

Our weekly block and small ads, which are not normally carried online, may be viewed on our **'Community' Page** at www.lucannewsletter.ie



Welcome to new volunteer, Derek Burke. Derek will be presenting a new programme starting on Friday the 29th

January at 7pm called "Classic Hits". If you would like Derek to play an old favourite for you, you can email him at

classichits@liffeysoundfm.ie

www.liffeysoundfm.ie or catch up on Facebook

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

Parish Notes

St Mary's, Lucan

www.lucanparish.com



During Level 5 Masses will be livestreamed on
www.lucanparish.com

Sunday Masses:

Vigil Saturday: 6.30pm, Sunday: 11am

Weekday Masses:

10am Monday to Saturday

Private Prayer:

The Church will be open daily for private prayer on weekdays from **10.30am to 6pm** (funerals permitting) and on Sundays from **12 noon to 6pm**.

Please enter by the Main Porch Door and exit by the side door (near the Nun's Chapel). Please ensure social distancing when visiting the church and use hand sanitizers provided when entering and leaving.

Praying with Scripture:

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



Deepest Sympathy to the wife, family and friends of **Paddy Egan**, Lucan Heights, to the family and friends of **Philip Kehoe**, Lucan Lodge and to the wife, family and friends of **Jeremiah (Jerry) O'Connell**, Beech Park.
May they rest in peace.

Medjugorje Mass

Monday 8th February 2021 at 6.30 pm

Celebrant. Fr. Joe Poole

**Mass offered for Joe Colgan
3rd Anniversary**

ONLINE only
at lucanparish.com and Marian pilgrimages
facebook

7.30pm Marian Pilgrimages
Prayer Meeting on marian pilgrimages
facebook page

St. Patrick's Esker/Doddsboro/Adamstown

www.stpatrickslucan.ie

**All Masses are now streamed live on the Parish
You tube channel during Level 5**

Sunday Masses:

Vigil Saturday 7pm,
9am 10.30am Family Mass and 12 noon.

Weekday Masses:

Monday to Friday at 10am.

Private Prayer: Church is open for private prayer, weekdays 10 am to 12 noon. Access through pastoral door at far side of the Church.

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

Divine Mercy, Lucan South

www.lucansouthparish.net

All Masses will be livestreamed only on
www.lucansouthparish.net

Sunday Mass:

Sunday 10:30am

Weekday Masses:

Monday to Friday 9:15am

Saturday 10am.



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.

Private Prayer:

While the Church is not open to parishioners for Mass, the Faustina Chapel is open for private prayer from **10am to 12 noon Monday to Friday**.

They said the world was closed today

So I went to have a look,
I found it with the shutters down
And the phone was off the hook.

So I stood there for a little while
But no one was around,
Then silence came and startled me
With the most alarming sound.

I asked him where the others were,
And why the streets were bare,
He whispered 'Life had ran away
While death was playing there'

'Oh no' I said 'It can't be true
For life is not afraid'
'But no one ever goes' he said
'Where death has ever played.'

I understood and walked away
As Hope was standing there
With Courage in her afterglow
And the sunlight in her hair.

She said 'Go home to those you love
This is no place to be,
For if we walk these streets today
Then no one shall be free'.

She threw her light to lead the way
And showed me where to go,
The very road that life had gone
Where the future flowers grow.

Then death showed me another way
But I didn't want to look,
So I stumbled home in time for tea
And I read another book.

It was called The World is Closed Today
And the streets we shouldn't roam,
The first line said 'Just please be safe'
And the ending - 'Stay at Home'

Author unknown

Stay safe!
Keep others safe!

R.I.P.

MARTIN (MYLES)

Our Uncle, Myles Martin of Mitcham, England
and formerly of Dodsboro Cottages, Lucan,
passed away on the 19th January.
He will be sadly missed by family and friends.
Greg Martin and family, Dodsboro



Anniversary

COLLINS (KATHLEEN)

7th Anniversary - 21st January

Late of Sarsfield Park.

Also remembering her **100th Birthday**,
19th December 2020.

Memories are like leaves of gold
They never tarnish or grow old
Locked in our hearts you will always be
Loved and remembered for all eternity.

*Love from your daughters Carol Anne, Elizabeth,
grandchildren and great grandchildren*



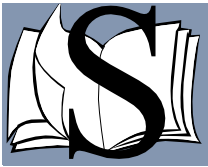
Lucan Local History presents.....

A fascinating and prescient talk by Cecelia Hartsell entitled,

"Thomas Jefferson and the contradictions within
American democracy"

Cecelia will discuss Jefferson's politics, his victory in the election of 1800, the role of Congress in the election, the Louisiana Purchase, the Constitution and his declaration of Independence in 1776.

This talk will be via Zoom on Thursday the 28th January at 7pm. Don't miss out! Book now through Eventbrite at lucanlibrarydublin.eventbrite.ie



CHOOOL NEWS

St Joseph's College

2021 Calendar for St. Vincent de Paul

Joey's Tidy Towns' Calendar have made great sales for their fundraiser for St. Vincent de Paul. It is unfortunate that with both our school and the local St. Vincent de Paul shop closed, access to buying the calendar and supporting such a good cause has been curtailed. We still have some lovely calendars available for sale. Calendars are priced at €10.00 with €5.00 from each calendar being donated to the local branch of St. Vincent de Paul. If anyone would like to buy a calendar, please contact Catherine at the school at stjosephslucan@gmail.com and we will arrange to get it to you!



Student Support

In recognition of the very challenging times we now live in, our schools' guidance counsellors, are offering online counselling support to STUDENTS and online and phone guidance support to PARENTS. Further details are on our website.

Subject Help Desks

Beginning next week, Subject Help Desks will be in operation for students of all year groups from 1st to 6th year. The Help Desks (online) will be an extra support for students at this time.

School website <https://stjosephslucan.com>

Follow us on Twitter: @STJosephs3

St. Thomas' JNS Esker

Admissions 2021



The enrolment process for **Junior Infants** for the school year **September 2021/2022** is now open.

The closing date is 29/1/2021.

The application form can be downloaded on our website at www.stthomasjns.com

For further information please contact 01-6282691 or email info@stthomasjns.com

Palmerstown Camera Club

Palmerstown Camera Club welcomes all adults to our Zoom meetings. They take place every Wednesday at 8 pm.



Whether you are a beginner or an experienced photographer you will be made very welcome. Palmerstown Camera Club is a very friendly, encouraging and successful photography club.

You can join us on Zoom and start off the New Year, by benefiting and improving your great hobby, right from your own computer.

To get more details please email secpcc@mail.com
See you on Wednesday.

South Dublin Co. Co. on Dumping

Household Waste Collection Services are operating and Civic Amenity sites are open.



If you witness dumping contact

014149000/wasteregulation@sducubincoco.ie



This time next year

How many times did we hear those words in the past year?

Another memorable week gone!

Thank God we are at last seeing infection rates coming down, though many

are not out of the woods yet.

It's a sad state of affairs for families of children with special needs - our thoughts go out to them. Hopefully, the situation will be resolved sooner rather than later.

The Donald is gone! Welcome to Joe!

We had great craic with the former President over the past four years (*for all the wrong reasons*), but hopefully President Biden will get the USA back on track again.

Congratulations to Lucan woman, **Aine**

McGuire, who was the *Late Late Show* winner of €15,000, on last week's show.

Just spotted the Easter Eggs in the

supermarkets! They're later this year than previous. Was beginning to think they were 'non essential'!

No St. Patrick's Parade! It was not surprising to hear that the Dublin Parade is cancelled, as will probably all parades for that holiday.

This time next year.....

Please God we'll have all those things to celebrate – parades, Mother's Day, Easter, Confirmations and First Communions, Birthdays and Bank Holidays, all sports and school events – the list is endless



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.



Wild life in Lucan Demesne – a Cormorant me thinks!

Political Notes

Gino Kenny TD - People Before Profit

Phone: 01-6183816. Email: gino.kenny@oir.ie

Special Education and Additional Needs:

The continued closure of special schools and those students accessing additional needs has been hugely detrimental during this current lockdown. It's imperative that teachers and SNA's are reassured of not only their own well-being and safety but those of their students who in some cases have complicated medical needs. The Dept. of Education to date have not given them assurances which is why teaching staff are reluctant to go back to this teaching setting in the very short term. People Before Profit have been critical of the Minister's intransigence in bringing a meaningful resolution to this pressing matter.

Emer Higgins – T.D.

78 The Orchard, Lucan

01 401 3416 Emer.higgins@oireachtas.ie

Covid-19 Vaccination: The vaccination programme is in full operation. By last Sunday, 71,000 front-line health care workers and 23,000 residents in long term care facilities received their first vaccination. Ireland is among the top countries in the EU for vaccination per centage of the population. Things will move faster as vaccines arrive, in particular once the Oxford AstraZeneca vaccine is approved as GPs, Pharmacists can help administer them. A mass vaccination centre has been set up in the Phoenix Park.

NEW Wetland for Lucan: The Council has approved a planned wetland in Griffeen Valley Park. It will help protect and enhance our natural environment by creating a brand new eco-system. The new wetland could become home to several different species of plants and animals including newts, frogs, bats and even eels.

The Seeds You Scatter Now

If you plant honesty, you will reap trust.
If you plant goodness, you will reap friends.
If you plant humility, you will reap greatness.
If you plant perseverance, you will reap victory.
If you plant consideration, you will reap harmony.
If you plant hard work, you will reap reward.
If you plant forgiveness, you will reap reconciliation.
If you plant openness, you will reap intimacy.
If you plant patience, you will reap improvements.
If you plant faith, you will reap miracles.

Cllr Shane Moynihan - Fianna Fáil

(Palmerstown-Fonthill) Ph: 087 7840898

Email: smoynihan@cllr.s.dublincoco.ie

facebook.com/cllrshaneMoynihan

Twitter: @shanemoynihan

Home Security Scheme: The Council is receiving applications for this scheme until 25th March. It is to support older, vulnerable or residents living alone to replace their existing external door European Profile Locks with high security anti snap locks. You can apply for the scheme at this link:

<https://secure.southdublin.ie/Forms/Item/65>.

Contact me if you would like assistance.

Hedge Trimming: I was pleased to see long overdue hedge trimming take place on St Loman's Road over the past few weeks. I moved a motion at the January council meeting requesting that future hedge maintenance programmes prioritise keeping cycle lanes and footpaths clear.

Website: I have launched a new website at www.shanemoynihan.ie which I will use for news and information update. Please visit it and I would welcome your feedback.



HOWEVER...

If you plant dishonesty, you will reap distrust.
If you plant selfishness, you will reap loneliness.
If you plant pride, you will reap destruction.
If you plant envy, you will reap trouble.
If you plant laziness, you will reap stagnation.
If you plant bitterness, you will reap isolation.
If you plant greed, you will reap loss.
If you plant gossip, you will reap enemies.
If you plant worries, you will reap wrinkles.
If you plant sin, you will reap guilt.
So be careful what you plant today,
It will determine what you reap tomorrow.



Congratulations to Lucan Sarsfields and Dublin U20 player, Mark Lavin, who has been named on the Eirgrid U20, top 20 performers in the 2020 U20 Football championship.



A Special Mention to each of the 45 players from the senior and intermediate camogie panels who took time out to create videos for all the players from academy right up to and including the u11s camogie squads. After each player introduced themselves, they performed a particular skill and the video was then circulated among all the future Lucan Sarsfields camogie stars for them to practise through lockdown. It's great for the kids to be able to put a face to some names they would have heard, and they can now practice in their back gardens with their heroes helping them along! Well done girls!!



Lucan Sarsfields Healthy Club - Irish Life Step Challenge. We are aware some of our members are experiencing delays and frustrations regarding the App and apologies for that. We have been made aware that there has been a massive uptake on this challenge nationwide and this has put a strain on the App and the support team dealing with the queries. However, Irish Life have been asked by Croke Park to commit more support staff to deal with any problems. If you are experiencing difficulties with the app please email support@mylife@irishlife.ie.

Thank you to everyone who has signed up and we still have 6 weeks to reach the 4,000km goal and be in with a chance of winning the prizes on offer!

HSE Stress Control Online Programme.

The HSE's Stress Control Online programme is available for January, February and March based

on a limited timetable on www.stresscontrol.ie. There are also resources available at this website such as information Booklets and Relaxation Mindfulness techniques. Stress Control is an evidenced based programme which teaches practical skills to deal with stress #StressControlIrl #KeepWell.

HSE Minding your Wellbeing has launched a new, free, online mental health and wellbeing programme called Minding Your Wellbeing. This evidenced based programme, focusing on the promotion of mental wellbeing, has been adapted from a face-to-face programme into a series of online videos for everyone at this time. Further details and information can be found at the following link:

<https://www.hse.ie/eng/about/who/healthwellbeing/about-us/minding-your-wellbeing.html>

Maintaining the Club – Have you a skill or trade, and a few hours to spare? The club has some essential maintenance works that can be carried out safely while the premises are closed. Please get in touch with any of the executive, or by email to pro.lucansarsfields.dublin@gaa.ie.

Frásaí na coicíse – Phrases of the fortnight. Folláine: wellbeing: Tá sé tabhachtach aire a thabhairt do d'fholláine choirp agus mheánhrach - (It is important to take care of your physical and mental wellbeing). Aclaíocht: Exercise: Ba cheart duit aclaíocht a dhéanamh go rialta. - (You should do regular exercise). And a nice "nathanna cainte" (expression/saying) that our Oifigeach Gaeilge recently came across: Idir dhá cheann na meá – (Hanging in the balance)

GAA/LGFA/Camogie Association Vetting, a reminder from our Children's Officer, that all mentors and coaches that have players under the age of eighteen, must be Vetted. New rules from the associations, require that anyone who was vetted prior to 2018

Bereavements:

Our condolences to Julie Keogh and Noelle Newcombe and their families on the death of their father, Paddy Egan; to Caitriona Montgomery and family on the death of her brother Peter Melville; to Pádraig O'Driscoll and family on the death of his father Patrick; to Alan Cherubini and family on the death of his mother Evelyn Cherubini (née Evans).

May they rest in peace.

Lucan Sarsfields continued from previous page

Wanted: The Club are seeking volunteers from our club membership that have specific skills to provide advice and assistance, in particular those with knowledge and training in Video Recording/Editing, Statistical Sports Analysis, Public Relations. This may be of interest and benefit to those on relevant undergraduate programs. Please apply in confidence to: pro.lucansarsfields.dublin@gaa.ie

Lucan Sarsfields GAA Club Lotto Jackpot

€1000. There was one winner of the Club Lotto held on 14 January 2021 sponsored by D.J. Engineering. Many Congratulations to **Des O'Brien** who collects the €6200 Jackpot. The numbers drawn were **6, 14, 15 and 18.**



Lucky Dip winners of €30 each: Lucas Glover, Lawrence Fitzharris, Paddy Lyons, Orla Crowley, and, Fintan Clandillon.

The Jackpot for the next draw, to be held behind closed doors on Thursday 21 January, is €1000, and is sponsored by O'Gradys Hearing Care Services. The draw will be held behind closed doors at 9pm and live streamed on our Facebook page. Make sure your entry is submitted before 6pm to be included in the draw, tickets can be purchased online at the following link: <http://bit.ly/LucanSarsfieldsClubLotto>.

Thank You for supporting Lucan Sarsfields GAA Club

Lucan Harriers

Lucan Harriers are proud to announce that our Tom Byrne Virtual Race will take place in February this year. This is a great opportunity for people of all ages and fitness levels to be active and set themselves a goal for February.

Registration is via

https://www.myrunresults.com/events/finding_charlies_voice_virtual_run/4037/details the race is for a great cause as all benefits will go towards Finding Charlie's Voice. The race offers participants a range of distances from 1 mile for children under 16 to 5kms, 10kms and 10 miles for adults. You can purchase a medal and t-shirt at an extra cost (Children's entry will include a medal).

You can add results from the 13th to 28th February. So, get 2021 off to a great start and make your way through the distances while supporting a great charity. One or all of the distances can be ran for the €10 entry fee.



About Finding

Charlie's Voice:

Finding Charlie's Voice was created to raise awareness

and support for Verbal Dyspraxia, inspired by Charlie Byrne. Both Charlie's parents and his sister are members of Lucan Harrier AC. Verbal Dyspraxia is a lifelong neurological speech sound disorder. For reasons that are largely unknown, the pathways between the brain and the mouth have not developed, so while many children and

young adults with Verbal Dyspraxia will know what they want to say, what comes out is often different and in many cases unintelligible. Worldwide, this condition impacts between 1:1000 children.

Communication is a basic human right and Finding Charlie's Voice believes all children should be seen and heard. Your support will ensure that these children and young adults will have a voice.

Currently there is no charity in Ireland dedicated to this cause. Please join us to speak up for those that cannot.

Please find them at Finding Charlie's Voice on Facebook and Instagram. <https://www.irishtimes.com/life-and-style/health-family/our-son-charlie-is-five-but-he-cannot-say-his-name-1.3808530>

FINDING CHARLIE'S VOICE VIRTUAL RUN

Helping create awareness for verbal dyspraxia

HOSTED BY LUCAN HARRIERS

PROUDLY SUPPORTED BY Liffey Valley wahoo

Add results from 13th to 28th February to MyRunResults.com

Options to purchase t-shirt and medal

Register now on [myrunresults.com](https://www.myrunresults.com)



Your Local Community Women's Network
February 2021

Registration Morning

Date: 26th January

Venue: Online. **Time** 10am. **Fee:** Free

Contact us to get the Zoom Link

Mobile: 083-86079470

Email: receptionlucan@gmail.com

All courses will commence subject to funding.

Chair Yoga with Donna

Date: Tuesday 2nd February

Time: 11 – 12pm

Venue: Online

This is a free 7 week programme.

A tranquil introduction to Yoga for the less agile/mature beginners. This gentle Hatha Yoga is deeply relaxing.

Top 3 things Yoga can do for you:

- 1 Yoga relaxes you, to help you sleep better.
- 2 Yoga helps you manage stress.
- 3 Yoga connects you with a supportive community.

If you listen to your body when it whispers, you won't have to hear it scream!

Book Club

Start date: 27th January

Venue: Online

Time: 7 – 8pm

Are you reading more than ever in these current times? Why not join a Book Club. We are always looking for new folk to join us.

Each month the group selects a book to read, and holds a session to review the main points and discuss the issue, but mostly to have a laugh.



Steps for Women

This programme is for women over 18 wishing to explore their future options.

Did you give up paid work for Caring responsibilities?

Are you considering returning to work or further education?

Do you want to enhance your skills?

We are looking for women NOT in receipt of Job Seekers Allowance / Benefit. Other social protection payments are eligible (*eg carers, lone parent, disability*).

Community Craft Group

Start date: Thursday 4th February

Time: 10am – 12pm

Venue: Online

Join us for this fun morning learning new crafts.

This course will be led by you, the participants.

International Women's Day

#ChooseToChallenge. A challenged world is an alert world, so let's all #ChooseToChallenge

Toolbox for Life

With Noleen Watson

Start date: Wednesday 3rd February

Time: 10am – 12pm

Using my Little Box of Love

This is a 7 week course, which is designed around my Little Box of Love. Each item in the box is a tool for life. You will gain extra skills to help you with different life situations.

- Connect with your angels
- Learn compassion for the heart
- Change like a butterfly
- Light up your life
- A rose for self-love
- Using simple affirmations
- Ways to discover your life's purpose

The only requirement is an Open Mind.



Young Women's Hub

Young women 20 and over, we have your back. Join us for 5 weeks of Wellness and Self Care. Would you like to gather with women your own age, looking after their mental health and well-being? We will be running this short course in February. The aim of this course is to give young women a space to develop skills, tools and a network of people for support.

For more information please contact us at

developerJ@gmail.com

Starting Wednesday 10th February, 7 – 9pm.

#selfcare #HaveYourBack

#MindYourMentalHealth

Lucan Women's Network

Lucan Women's Network act as a forum of women's and community groups who work proactively to empower women through our individual and collective actions.

Lucan Women's Network are members of the National Collective of Community Women's Network (NCCWN), funded by the Department of Children, Equality, Disability, Integration and Youth.

In the partnership with NCCWN, Lucan Women's Network aim to ensure that effective structures and resources are in place to support and sustain our work. We collaborate with local, regional, and national organisations to ensure that we are representing our local community by raising issues and concerns brought to us through evaluations and needs assessments.



Follow us on social media:

Fb: NCCWN-Clondalkin/Lucan Women's Network CLWN

Twitter: @LucanWomensNet



A January Sky over Lucan

January

Frost upon the windows,
Snow upon the trees,
Ice upon the puddles,
How my hands do freeze!

Aches in all my fingers,
Chilblains on my toes.
Sitting by the fire, I
Rub my crimson nose.

In comes dear old Nannie -
"What are you about?
Put your woollies on, child,
You are going out!"

St. Mary's Camera Soirée



It is hard to credit that in early March, a year will have gone by since St. Mary's Camera Soiree had to abandon their Friday morning meetings in the Parish bungalow! However as I say regularly the enthusiasm of the group for their photography pastime continues unabated.

Despite adhering to the 5km limit beautiful pictures - sunrises and sunsets, birds and animals, landscapes and stately homes continue to be exchanged within the group via WhatsApp.

When I expressed concern recently that the supply of photos for the Newsletter might dry up, the response was that the group would never let the Newsletter down, that the members have their reputation to uphold in bringing some entertainment to the community of readers of the Lucan Newsletter!



This week the double decker bus that has been spectacularly converted into a take away café outside the Salmon Leap Inn for these COVID times also featured in the exchange. Maybe some reader of the Newsletter can provide an explanation for the number “1937” that is on the destination board?



Frances also provided a new photograph of the graffiti that features on the cover of the group's calendar as the graffiti has been updated.

*Until the next time
stay safe!*

