



Established 1967

www.lucanneWSLETTER.ie

Sub. €1

Sunday 16th April 2023

Wonderful to see

Holy Week 2023 saw a marked increase in attendance in our churches for the ceremonies. Our Good Friday ecumenical ‘Walk with the Cross’ which began at St. Mary’s and processed to the Methodist, Presbyterian and Church of Ireland churches saw a very large number of participants and created a great sense of Christian solidarity between our church communities. With the Cross ahead of us, carried in turn by members of each community, it was a lovely opportunity to bear united witness to Christ and to worship together in each church building. Thanks to all who turned out for this special occasion, and special thanks to the Church of Ireland community at St. Andrew’s for the refreshing cuppa at the end of the walk, now a Lucan tradition.

So much came to an abrupt halt with the onset of the pandemic, and recovery has been slow in every community activity, not least church going. Thankfully Holy Week and Easter 2023 seem to have been something of a milestone, showing a significant recovery in attendance. The full churches of Holy Week were a great sign of the resilience of faith. The pandemic was both difficult and challenging, but we have come out at the end of the tunnel in the light.

Easter is the season of new beginnings, new growth, vibrant colour and radiant light. Perhaps the pandemic has helped us to pause a while, to take stock of our direction and to reorder our priorities. Perhaps it has allowed us time to reflect on how fragile and precious life is, and what importance our relationships with family and friends play in our lives; perhaps we had taken too much for granted.



We find ourselves in strange times. The war in Ukraine casts a dark shadow over our world, with its ever-present threat of escalation into an unthinkable global conflict. The tensions between China and Taiwan, and the potential for others being drawn into that conflict, also creates a sense of great unease. Peace, as we know only too well from our own country’s experience, is a fragile thing that can easily be shattered.

There is an irony in the fact that on the 25th anniversary of the Good Friday agreement that brought peace to our Island, there is yet further disagreement among the northern parties that make shared government impossible at this time. We can only hope and pray that the impasse can be overcome. The recent scenes of petrol bombs and riots in Derry recall very dark days, that surely nobody would want to see return.

Philip Curran

Lucan Citizens Information Centre

Our telephone number is **0818 07 5090**

www.citizensinformation.ie

Email – lucan@citinfo.ie

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

Opening hours:

Walk-ins to see an Information Officer

Tuesday: 10am - 12pm

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

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.

Wards of Court

A Ward of Court is the term used for a person who is deemed by the courts to be unable to look after their affairs and has somebody appointed to do so on their behalf.

You can be made a Ward of Court because of:

Mental incapacity, or Age

If a person is under 18, the court may decide they need to become a ward for a particular reason, such as their own protection.

If you think somebody you know is unable to manage their affairs, check if the person has made an enduring power of attorney document. An enduring power of attorney states who has authority to make decisions for them.

If there is no enduring power of attorney, you should contact a solicitor to begin the process to have the person made a Ward of Court. For more information on the application procedure, see 'How an adult becomes a Ward of Court' on our website.

Upcoming changes to the Ward of Court system

The Assisted Decision-Making (Capacity) Act 2015 will abolish the current Ward of Court system when fully in operation on 26 April 2023. This new law provides a legal framework for

people who need help to make decisions about their welfare, property and other affairs.

The Act introduces new guiding principles about interacting with a person who has difficulties with their decision-making capacity and establishes a system of decision support arrangements for these people.

The Act is not fully in operation (commenced) yet. When it is, people will no longer be able to become Wards of Court. Everyone who is currently a Ward of Court will have their capacity assessed and brought under the new legal framework within 3 years of commencement of the Act. These changes will be introduced from 26 April 2023.

Read more about the changes proposed in the act on www.DecisionSupportService.ie

These videos from the HSE on www.hse.ie explain more about the new assisted decision making framework.

***The Benefits and Taxes booklet 2023** is available on
benefits_and_taxes_booklet_2023.pdf
(citizensinformationboard.ie)

Alzheimer Social Club



Every Wednesday

1.30pm - 3.30 pm

JOIN US!



St Marys Parish Centre, Lucan road, Lucan

Contact - Adrienne Mc Avenir

phone number- 086 838 1215

email address -amcavine@alzheimer.ie

Our Club is a social gathering where people can access information and support, meet other people as well as to exchange ideas and experiences.

Lucan ICA

The Late Linda Ruane



We in the ICA were very saddened to hear of the passing of Linda Ruane.

Linda joined ICA in 1990's she was a very active member and held many positions: Secretary, Produce Promoter, International Officer, Sports & Leisure. As Sports & Leisure promoter she got us involved in the "Go For Life" exercises.

Linda was always cheerful and interesting in all ICA activities. With Linda's help members took part in computer classes and learned how to embrace the Internet. Linda was always very thoughtful and helpful to all in ICA and we shall miss her greatly.

Pauline



WAR

Roddy Doyle's **WAR** was written around the same time as his Barrytown trilogy and covers much of the same ground. Larger than life characters set in a working class environment with a fair few confrontations and lots and lots of laughs.



WAR will run from May 23rd to 27th at the Lucan SPA Hotel and tickets will go on sale April 24th.

Lucan Drama - Bringing Drama to Your Doorstep.

Lucan Toastmasters

Is 2023 the year to finally conquer your fear of public speaking?

Do you have a speech or presentation coming up that you need help with? Do you want to make new friends?

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



We meet on the 1st and 3rd Thursday of each month in the Springfield Hotel, Leixlip at 7.45 p.m. Admission is free for new guests – don't worry, you won't be asked to speak!

Come along on Thursday next, April 20th, where a warm welcome awaits you.

For further details, checkout our Facebook 'Lucan Toastmasters' our website at www.lucantostmasters.com or email us at vpm lucantostmasters@gmail.com



The poster features the Community Games logo at the top left. In the center, it says 'COMMUNITY GAMES FOR ADAMSTOWN'. Below that, it lists 'ADAMSTOWN COMMUNITY CENTRE' and the date '19:00 TUESDAY 18th APRIL'. To the right, there is a large blue box containing the text 'FIND OUT ABOUT COMMUNITY GAMES & HELP SET UP COMMUNITY GAMES IN YOUR AREA'. At the bottom, it says 'CHECK US OUT ON @DublinCommunityGames Email: Dublin@communitygames.eu'. Logos for Dublin City Council, Fingal County Council, and South Dublin County Council are at the bottom right.

Afternoon Tea-Dance

Scouts Den Kilcock

THIS Sunday 16th April

3 – 5.30pm.

Tea and Refreshments Served

All Welcome

Music by Philip English

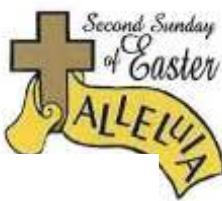


Parish Notes

Divine Mercy Sunday

St Mary's, Lucan

www.lucanparish.com



Sunday Mass Times:

Saturday Vigil: 6.30pm

Sunday: 10.30am, 12 noon and 7pm.

Weekday Masses:

Monday to Saturday 10am.

Masses live-streamed on www.lucanparish.com

Confirmation



Best wishes to the pupils of Gaelscoil Eiscir Riada, who will receive the Sacrament of Confirmation on Thursday 20th April.

Please remember them in your prayers

Christian Meditation:

We meet every Tuesday night at 8pm in the Parish Bungalow.

All welcome, Sr Geraldine.

Scriptural Readings:

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

Bethany Bereavement Support Group:

We meet **every 2nd Monday at 10.45am and 4th**

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.

Divine Mercy Devotion:

On Wednesdays after 10am Mass. Everyone is welcome to participate in the devotion regularly or occasionally.

St Mary's Divine Mercy Group.

Confessions – Nuns' Chapel:

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

Legion of Mary:

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

Visits to the housebound:

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

Baptisms:

Dates are bookable on line. If you need to cancel secretary@lucanparish.com

Coffee Dock Open:

Every Sunday Morning and Weekdays 10am to 12 noon. *All Welcome.*

Deepest Sympathy to the family and friends of **Anna Harrison**, Esker Lawns.
May she rest in peace.



Beautiful flower displays for the Easter Celebrations here in St. Mary's.

Thank you to Geraldine, Hannah and Noreen.



Supporting Parents after Bereavement

Anam Cara South Dublin, the organisation that supports bereaved parents, is holding its monthly Parent Evening for bereaved parents on **Monday 17th April at 7:15pm** in the Maldron Hotel, Whitestown Way, Tallaght.

This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether their death was recent or not.

Divine Mercy,

Lucan South

www.lucansouthparish.net



Sunday Mass Times:

Saturday Vigil 6:30pm,

Sunday Masses: 10.30am and 12.00 noon.

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

All Masses will be livestreamed on

www.lucansouthparish.net

DIVINE MERCY SUNDAY

"Blessed are the merciful"

Jesus, I trust in You

Sunday 16th April 2023

**2-3pm Exposition of the Most Blessed Sacrament
With Divine Mercy Devotions**

2-3pm Priests available for confession

3.00pm - 3 o'clock Prayer

**3.30pm Holy Mass
Celebrant: Fr. Aidan Kieran**

**Followed by Veneration of The Divine Mercy
Image and individual blessing with Relics of
St Faustina**

CHURCH OF DIVINE MERCY - LUCAN SOUTH - BALGADDY

St. Joseph's Young Priests Society: The aim is to pray for vocations and also try to help seminarians financially. There are many branches throughout Ireland and we also assist seminarians throughout the world both spiritually and financially. There are special occasions of prayer for vocations for our members, feast days of St. Joseph are March 19th and May 1st and also world day for vocations.

We would gladly welcome new members. We meet 1st Wednesday of each month for 1 hour.

Legion of Mary: The Legion of Mary meets every Tuesday evening at **7.30pm** in the Confessional Room in the church. Their works include visitation of homes, nursing homes, prisons and outreach to the poor.
All welcome.

Adoration and Holy Hour Exposition of the Blessed Sacrament:

Mon: 7.30pm: Divine Mercy Adoration

Fri: 1.15pm: Adoration MMPH Cenacle

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

Prayers of the Church: Mon. to Fri.: 8.40am.

The Church is open Monday to Friday from 10am to 4pm for private prayers.

Home Visits Holy Communion: If anyone who cannot come to Mass would like to receive Holy Communion at home from Fr. Aidan or a Minister of Holy Communion, please contact the Parish Office 01-4572900.

Bingo: Bingo takes place every Wednesday in the St. John Paul II Room. Doors open at 7.00 for 7.30pm. All welcome to play for big prizes.



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.

Weekday Masses: Monday to Saturday at 10am.

All Masses livestreamed at stpatrickslucan.ie

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 and 7pm Masses.

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



St Vincent De Paul

St Patrick's Conference

Church gate collection before and after all Masses **THIS**

Saturday/Sunday 15th and 16th April.

Thank you for your generosity

Birthday Remembrance

JOHN LALLY

83rd Birthday

Late of Arthur Griffith Park, Lucan.

Thinking of you today dear Dad

On your 83rd birthday

Loving and missing you dearly.

Lots of love your daughter Joyce, son-in-law Mark, grandsons Jonathan, Ciaran, Matthew, daughter-in-law Trina, great grandson Ollie, Makalya xxxxxxxx

JOHN LALLY

23 years away from home.

Happy Birthday Dad

Today always meant so much to us

Now it only brings me tears

I wish that God could have spared you

For just a few more years

I'm thinking of you today Dad

I know that's nothing new

You were my thoughts of yesterday

And you'll be in tomorrow's too

The memories I'll cherish forever

They always make me smile

I just wish I could hold you close again

If only for a while

But until the day that we unite

We'll no longer be apart

But until that day remember Dad

You're always in my heart.

Greatly missed by his loving daughter Debbie, son-in-law Peter, granddaughters Niamh, Karla and Aine xxxx



Anniversaries

SEAMUS BUTLER

14th Anniversary – 13th April

12 o'clock Mass on 16th April.

A daily thought, a silent tear

A constant wish that you were here

Never more than a thought away

Loved and remembered every day.

Always remembered by his loving family, Betty, Richard, Alan, Ashlinn, Claire, Robbie and grandchildren

JOHN DURKIN

40th Anniversary – 17th April

Late of Esker Lawns, Lucan, Rathmines and Co. Mayo.

Always missed and remembered by his children, Jack Joe, Frank and Kathleen and his grandchildren, Joan, Colm, Paul, Nessa Alan, Aisling and Killian

Dad will be remembered this Sunday, 16th April at 12.00 Mass.



JOE FULLAM

45th Anniversary – 17th April

Late of Beech Park, Lucan.

All in an April Evening by Katherine Tynan

All in the April morning

April airs were abroad

The sheep with their little lambs

Passed me by on the road

The sheep with their little lambs

Passed me by on the road

All in the April evening

I thought on the Lamb of God

The lambs were weary and crying

With a weak human cry

I thought on the Lamb of God

Going meekly to die.

Forever missed by Maureen and beloved children, Jim, Mary, John, Kevin, Anna and Sarah.

DECLAN KANE

44th Anniversary – 14th April

Glen of Imaal Anniversary.

In loving memory of our son Declan.

Also his friends **Victor, Derek and David**.

We hold you close within our hearts

And there you shall remain

To walk with us throughout our lives

Until we meet again.

Never forgotten by his Mam, sisters Susan and Aideen, nephews, nieces and brother-in-law

MARGARET MURPHY

18th Anniversary – 18th April

Gone are the days we used to share

But in our hearts you are always there

The gates of memory will never close

We miss you more than anyone knows

Each one of us in our own way

Have special thoughts of you today.

Always remembered by all her family

Monastic Vocations Weekend

St. Benedict's Priory, Cobh

6th – 7th May 2023

Opportunity for those discerning a religious vocation to pray and work alongside our Monastic Community.

Talks on our history, way of life and spirituality.

For more information, please contact

Mother Prioress on 021 4811354 or email

cobhtbyburnconvent@gmail.com

www.benedictineadorerscobb.ie

www.tyburnconvent.org.uk



Spring is sprung at last!

It's amazing to watch the 'greening' of Lucan day by day. The buds appear from nowhere on the trees, and there are great bursts of colour just about everywhere.



While all the building is going on in and around Lucan, Birdie spotted this beautiful field of gold just the far side of the train track in Adamstown – there's still a little bit of farmland around us.



Nature confused! John Cummins spotted a little squirrel doing his best to get something out of the birdfeeder. Makes you wonder how nature is evolving – habitats seem to be vanishing rapidly these days.

LUCAN FESTIVAL

Band recitals were a regular feature in Lucan over 130 years ago and in fact sometimes there was a fireworks display.

Here is an item from the *Irish Society* magazine of the 10th October 1891.

OCTOBER 10 1891

On Saturday evening the last band promenade of the season took place in the grounds of the Spa Hotel, Lucan, at which upwards of 500 persons were present. In addition to the musical programme there was an excellent fireworks display, the tableau piece of which was "Prosperity to the Spa Hotel." The new Hydropathic was well filled with visitors, who expressed admiration of the excellence of the building and its appointments. The tramway arrangements were first-class, and the evening throughout was very enjoyable. Much of the work of supplying the bands for the past season fell on the shoulders of Mr A. McClelland, J.P., who for the past eight seasons has been indefatigable in efforts on behalf of musical evenings for Lucan.

We may not have the band recital but we will have Liffey Sound broadcasting live from Weir View before and after our famous Fireworks Display. Fireworks start around 9 pm.

See you there!

Castletown House & Gardens

Sunday Stroll in our Living Landscape

23 April @ 3pm. Meeting Point: Cafe Courtyard
Join us for our Parklands walk and see the landscape of Castletown with new eyes! Visit the Ice House and much more...

The walk takes place this Sunday, 23 April @ 3pm. To book your slot email castletown@opw.ie or Phone 01 628 8252

An April Day

When the warm sun, that brings
Seed-time & harvest, has returned again,
It is sweet to visit the still wood, where
springs

The first flower of the plain

by Henry Wadsworth Longfellow

First Class 1955 at St. Mary's Presentation Primary School, Lucan



The class were pictured shortly before they would have made their First Holy Communions in May of that year. Note that the girls are still wearing their royal blue woolly winter jumpers, which would be replaced by a white blouse at the end of May. Then the blue jumpers would be parcelled up in brown paper, and left in the care of the Nuns, who would check them for darning and repair, before returning to their owners in September. Different times!!!

At the time, the boys of Lucan received their early education from Junior Infants to First Class along with the girls. They then headed off to the Boys School.

The teacher was Miss Shanahan, who would leave shortly afterwards due to the marriage regulation for female teachers.

Included in the photo are:

Front Row L-R: Ann Mahon, Betty Reilly, Kathleen Vallome, Jean Poole, Rosaleen Vallome, Mary Malone, Peggy Faughnan, Ann Dignam, Yvonne Sweeney.

Second Row: Mary Frances Kelly, Bernadette O'Donoghue, Philomena Byrne, Christine Freeman and Pat Higgins.

Included in the group behind are Janet Dawson, Ann Shanahan, Lucy Poynton and Rita Egan, and among the boys are Brian Hickey, Matt Murray, Donal Cahalane, Johnny Flood, John Behan, Ken Saunders, Alan O'Brien, Peter Ging, Brendan Callaghan and Martin Rankin.

The photo is courtesy of Yvonne Sweeney, and if anyone would like a copy, please contact Lucan Newsletter. Drop us a line or email: marylucannewsletter@gmail.com, and we will forward your details to Yvonne.

Lucan Senior Citizens

Wednesday 19th April: Social Morning in St. Mary's Parish Centre 10.30 – 12.30.
New members welcome.

Below are a few more photos from our Easter Party!



Angela and Brid modelling their Easter Bonnets!



The Twins!

ACRE project

A Community
Rethinking Education

Celbridge

Acre **Lawn** **Bowling** is now open for membership. All ages welcome. Come and play on our wonderful lawn. Running from April to September 2023.

Bike Maintenance Workshop

Wednesday April 26th 7.30 pm
Fine tune your bike maintenance skills here!

For more information

Contact: holly@acreproject.com

Ever wonder....



Why we never see a headline: "Psychic wins Lottery"?

Why do doctors call what they do "Practice"

Why don't sheep shrink when it rains?

Why, is the man who invests all your money called a "Broker"?



Spring Term 2023

WCI-Lucan are delighted to announce our Spring Term for the women of Lucan. Below is a list of some of the courses/workshops available in both Ballyowen Community Centre and Adamstown Community Centre.

If you need more information do not hesitate to get in touch Phone/WhatsApp/text +353 89 611 2018/+353 83 860 7947 Email:

lucan@womenscollective.ie

Destress With Carla

This is a 6 week program to equip women with the tools, strategies & techniques to reduce stress and its negative impacts. Come join Carla to learn a variety of techniques to manage stress & increase your wellbeing.

This programme is supported by the DDLETB.

Start Date: Tuesday 25th April 2023

Venue: Adamstown Community Centre

Time: 10.00am -12.00pm

Time For Me

A course of eight workshops to encourage wellbeing, Wellness Rooms, Self-love through Self-care, Mindfulness – Meditation, Growing Gratitude, Happiness Toolkit, Fun Goal Setting, Negativity Detox, Empowerment Flower - Affirmations that work. Come with an open mind and leave with an open heart

This programme is supported by the DDLETB.

Start Date: Tuesday 25th April 2023

Venue: Ballyowen Community Centre

Time: 10.00am -12.00pm

(Places Limited)

Women's Group 60's & UP

A social women's group for 60's & over meets every Tuesday afternoon. Come along for some fun and to connect with women in your community. Special events, workshops or classes may also be provided based on the group's interest. Start Dates: Tuesday 25th April Venue: Ballyowen Community Centre €3.00 euro per week

Yoga

Are you looking for a midweek lift join us for Restorative Yoga and Meditation. Restorative yoga is a restful practice that is all about slowing down and opening your body through passive stretching

Start Date: Wednesday 26th April 2023

Venue: Ballyowen Community Centre

Time: 10.30am -12.00pm

€30 for term - Non-Refundable (Places Limited

Max 12)

You Can Heal Your Life

This is an 8 Week Programme where your facilitator Liz guides you in how to practice the principles of Self-worth and self-esteem taught by Louise L. Hay. This Programme teaches love of the self and evaporation of guilt, which makes us mentally free and physically healthy.

Start Date: Wednesday 26th April 2023

Venue: Adamstown Community Centre

Time: 10.00-12.00pm

(Places Limited to 12)

This course is Subject to sufficient numbers

Crafty Byrds

Come along to learn a variety of arts and crafts. Have a cuppa, chat and make some new friends.

Start Date: 20th April 2023

Venue: Ballyowen Community Centre

Time: 10.00am -12.00pm. (Places are limited)

Things to look out for . . .

In May we will celebrate the annual Bealtine Festival with a Craft Workshop, TBC

In June we will have our Summer Celebration, TBC Menopause Workshop TBC, feminist workshops TBC

Registration Morning

Wednesday 19th April 10:00-12:00pm, come along for a cuppa and a chat to see what we do.

Ballyowen Castle Youth & Community Centre

to book your spot

Your €10 registrations covers participation in one or more Classes (excluding Yoga)

Yoga is €30 per term.

Lucan Active Retirement Association

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.



Lucan Library

All events and activities are free of charge.

Events for Babies and Toddlers:

Thursday 27th April at 10am

Toddler Time with Sarah Sparkles

Booking Essential from Thursday 20th April at 10am: <https://www.eventbrite.ie/e/toddler-time-with-sarah-sparkles-tickets-598936293577>

Storytime

Our regular Story-Time continues on Wednesdays at 3pm. All welcome!

Lucan Library Book Clubs:

Wednesday 26th April, 7pm, reading *The Abstainer* by Ian McGuire

Monday 24th April, 12 noon, reading *The Lincoln Highway* by Amor Towles

Junior Book Club, Wednesday 26th April, 3.30pm, reading *The Curious Incident of the Dog in the Night-Time* by Mark Haddon

YA Book Club, Saturday 15th April, 3pm, reading *Annexed* by Sharon Dogar

TTRS (Touch, Type, Read, Spell)

Places are available for our Touch-type, Read and Spell (TTRS) classes.

The 6-week block of classes take place on Wednesday evenings from 6-7pm and act as an introduction to the programme. These classes are for children aged from 8-12 who have literacy difficulties or have difficulties in typing, writing or spelling. Please contact us to express an interest in enrolling or for more information

Lucan Library Classic Film Club

Tuesday 18th April at 5.30pm. All welcome, enquire at library desk.

Thursday 20th April. 2pm - 4pm

South Dublin Volunteer Centre will bring their information stand to the library. Come along and see what opportunities for volunteering can be found in the Lucan area.



LUCAN COMMUNITY GAMES TALENT COMPETITION



LUCAN
SARSFIELDS



17:30

SUNDAY 7th MAY

REGISTER NOW



GROUP & INDIVIDUAL

SINGING, MODERN DANCE, RECITATION, COMEDY,
DRAMA, IRISH DANCING, CHOIR, MUSIC

Must be u16 as at 31 July and from Lucan

CHECK US OUT ON [@LUCANGAMES](#); [@LUCANCOMMUNITY](#)

LUCANGAMES@GMAIL.COM [@LUCANGAMES](#)



JFK in the Summer of 1963: Civil Rights, Cold War Politics, and an Irish Homecoming; A Talk by Cecelia Hartsell

Join us at Lucan Library on Tuesday evening 25th April at 7pm, for a talk with Historian Cecelia Hartsell. June 2023 will mark the 60th anniversary of President John F. Kennedy's defining visit to Ireland, both personally and during a summer of defining moments for his presidency which included the Civil Rights crises. This talk will address the aforementioned issues of racial equality in the U.S. as a moral crisis as well as the Cold War political threat. You can book a place for this talk through Eventbrite at lucanlibrarydublin@eventbrite.ie



Emer Higgins TD – Fine Gael

78 The Orchard, Lucan. 01 401 3416

Emer.higgins@oireachtas.ie

Darkness Into Light: Corkagh Park will host its second Darkness Into Light walk for Pieta in the early hours of Saturday 6th May and we would love to see as many Lucan locals as possible taking part. I'm delighted to be part of the organising committee again this year and looking forward to an even bigger and better event. You can register online at darknessintolight.ie or volunteer to help on the morning by emailing corkaghpark@darknessintolight.ie.

Lucan Library John F. Kennedy talk: In light of President Joe Biden's visit to Ireland, if you are interested in brushing up on your US presidential knowledge, join the team at Lucan Library on Tuesday 25th April at 7pm, for a talk with historian Cecelia Hartsell on President John F. Kennedy & the summer of 1963. Book your place at luclibrarydublin@eventbrite.ie.

Cllr. Derren Ó Brádaigh - Sinn Féin

Mobile: 087-2136345.

Email: dobraidaigh@clrs.sdblincoco.ie

New Public Bins – Adamstown: The first of 3 new public litter bins was installed at the Londis shop in Adamstown last week. This comes as a result of a motion I had passed last year. The remaining 2 will be installed in April at the Adamstown Community College and at the pedestrian entrance to Griffen Valley Park on the Link Road.

National Spring Clean: Ireland's largest anti-litter initiative is running throughout the month of April. Community groups planning a clean-up can apply online at:

<http://www.nationalspringclean.org/>.

Cllr. Joanna Tuffy - Labour

Phone 0876339077.

Email jtuffy@clrs.sdblincoco.ie Facebook

@joannatuffylabour Twitter @joannatuffy

Instagram @labouroflucan www.labour.ie/joannatuffy

Dublin Community Clean-up will take place across Dublin Saturday 22 April. This county wide event, which will be Dublin's largest clean-up event is organised by Dublin's four local authorities, An Taisce and partners. Get your community, friends and family involved and from the mountains to the sea let's make Dublin litter-free. To register www.dublincommunitycleanup.ie

The Capital Programme Progress Report was released for this quarter. The report sets out briefly the current position in relation to Capital Projects in the 2023 – 2025 Capital Programme. I would like to share the snippets of the report

with the public: Town and Village Public Realm Enhancement Programme. Lucan Village Improvements Works will commence in June.

Adamstown Urban Regeneration and Development Fund:

The central plaza project is practically complete with adjoining shops recently opening.

Cllr. Shane Moynihan – Fianna Fáil

Email: smoynihan@clrs.sdblincoco.ie

Web: www.shanemoynihan.ie

Facebook: [cllrshanemoynihan](https://www.facebook.com/cllrshanemoynihan)

Instagram: [cllrshanemoynihan](https://www.instagram.com/cllrshanemoynihan)

Twitter: @shanemoynihan Phone: 087-7840898.

Pedestrian crossings on St Loman's Road: I am pleased to see the new pedestrian crossing operational on St Loman's Road, by St Edmunds. I have followed up regarding the other crossing at Hermitage Park and have been informed that the ESB is still required to finalise installation works at the location.

Allotments Policy: Councillors received an update on Council Allotments this week. There are 297 people on the County's waiting list, of whom 40 will be offered an allotment in the near future, given the under-use of some allotments. The Council is also exploring the option for identifying new sites for allotments. If you would like to learn more, please get in touch. **Community Update:** You can read my latest email newsletter at <https://www.shanemoynihan.ie/your-march-easter-community-update-2023/>.

Cllr. Fiona O'Toole –Independent

Peace Commissioner. 087-2795274.

lotoole@clrs.sdblincoco.ie www.lotoole.com

Blockage or Drains/Sewers flooding: With the weather being so bad lately, some residents have had issues with their drains/sewers flooding on their premises. If this happens contact Irish Water, emergency number 1800278278 or South Dublin County Council emergency number at 01 4574907. You can also get in touch with me directly and I will help escalate the matter.

School Building Projects: After receiving disappointing news from Department of Education that several school projects were paused due to funding issues, delighted to report that funding has now been allocated to allow for all the paused projects to proceed including Griffen Community College.

Public street lighting improvements:

Following an onsite meeting held with council officials and resident representative, where we highlighted areas that have had reduced light due to change is the head lamps/output, it was agreed to pilot some areas with additional lamps.



Cumann na Sáirséalaigh Leamhcáin

We would like to congratulate all of our younger members who are doing the club proud representing their county. This week Chloe Doyle and Ella McGrath who lined out for Dublin U14 Ladies Football team on Saturday in victories over Kildare, Westmeath and Laois in the Leinster U14 Blitz in Abbotstown. Massimo Pappalardo and Killian Costello featured in the Dublin Minor team that defeated Kerry last Friday, Finn Bruton returned to the Dublin U20 team after recovery from an injury and best of luck to Adam Rock who is in the panel for Dublin in tomorrow's Minor football championship game against Meath.

Social News and Events

Past Players of Jim McCarthy are welcome to return for a memorial match on the 3rd anniversary of his passing.

See you in the Club on the 15th April at 5pm.

JIM McCARTHY
MEMORIAL MATCH

PAST PLAYERS OF JIM
ARE TOGGING OUT TO MARK
JIM'S 3rd ANNIVERSARY

SATURDAY 15th April 2023
5PM | Lucan Sarsfields
GAA Pitch

For further information, please contact:

Alan Horan	David Bries	Mark Behan	Stephen O'Brien
086 1560950	086 3738037	086 2409540	086 3822541

INSANITY FIT ZONE

Lotto

No Winner of last week's Lotto Prize of €17,000. The Numbers were **6, 13, 16, 20.**

The 5 lucky dip prizes go to, Anna McGillicuddy, Mick Casey Jnr., Fintan

Clandillon, Eilish McNally and Ted, Keelan & Dylan Cunningham.

This Week's Lotto featured a Bonus Draw for an Easter Egg, congratulations to Martin Kelly, William Eakins, Tony Rigney, Jimmy Doyle and Jack Crystal.



Next week's Lotto will be for a jackpot of **€17,400**. The draw is sponsored by Henley Forklift Group and will be led by Frank Fleming.

The draw will be held on Thursday 13th April, at 9pm and is streamed from Lucan Sarsfield's 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 mile maith agaibh as ucht tacú le Na Sáirséalaigh Leamhcáin

Thank You for supporting Lucan Sarsfield's GAA Club.

LUCAN KAYAK CLUB

Liffey River CLEAN UP

Lucan Demesne,
River Liffey &
Lucan Weir

An Taisce
National
Spring Clean

SAT 22nd April : 10am

Meet at LKC Clubhouse :
Lucan Demesne

Help
Needed!
All
Welcome!

[Lucan Kayak Club](#)



Na Gaeil Óga CLG

Ceardlann Scileanna: Bhí ceardlann scileanna iontach ar siúl an tseachtain seo caite le Stiofán, duine dár n-imreoirí fásta, ag díriú ar an bpeil agus ar an iomáint.

Trialacha Baile Átha Cliath

Moladh mór do Tadhg Ó Breacáin, Sean Anderson & Oisín Ó Riain a ghlac páirt i dtírialacha iomanaíochta BhÁC F14.



Buachaillí F9 - Iomáint

Bhí maidin iontach ag na buachaillí faoi 9 inniu i Westmanstown.

Bhí cluichí spráíúil & sportuil againn. Bhí na lads go léir thar barr & taimid go léir an bróduil as sibh.

Buachaillí F9

Bhí oiche traenála iontach ag na lads faoi 9 tráthnóna Dé Céadaoin.

Rinne Ailbhe seisiún iomáint leo & tháinig cuairteoir speisialta freisiin



SPORTS

LUCAN HARRIERS A.C

Lots of races coming up with the summer just starting off so plenty of reports to come over the next few months.

Congrats to David Troy of Lucan Harriers and Dublin Track Club who heads to Temple University in Philadelphia on scholarship at the end of July. A great opportunity, best of luck.

Saoirse Fitzgerald has been added to the National U20 4x400m relay squad joining Kate O' Connell and Eve Noctor. Absolutely amazing for Lucan Harriers to have 3 athletes on the squad. Well done girls!

Leinster 10-mile championships in St Annes Park.

1st over 50 Breda with new pb. 2nd Tricia over 50. 3rd Anne over 55.1st Eileen over 70.

Fantastic run by Brian Beattie coming home in a time of 1.13. Team silver over 35 for Kathleen, Breda and Tricia. Fantastic results everyone

If anyone is interested in joining Lucan Harriers here is a breakdown of our training times, some of the juvenile groups have waiting lists. There is someone at the track every night to point you in the right direction of the correct group for you.

Senior and Masters

Senior and master's training sessions change through the seasons. All abilities welcome. Training sessions take place on Tuesday and Thursday at 7pm. Tuesday is generally on the track and is a timed or distance-based session, laps of the track. Hills sessions off the track take place on occasions during the year also. Thursday during the summer is generally in Griffeen Park, during the winter it's a road running tempo session. We also meet on Sunday morning 9am at the track when we do a long run, minimum 1 hour. The remaining days are left to yourself as regards easy jogs, strength training, rest etc. Colm O' Connor is the coach of this group.

Track Running group.

This group is for Seniors and master's also, sprinters, middle distance, field events, all ages and abilities welcome. Training is on Monday from 6pm, Thursday 7pm and Sat 10 am. They compete and train for track (indoor and outdoor) cross country and road events.

Gerry Martin is the coach of this group.

Both of these groups have competitive and non-competitive athletes.



Fit4Life

Fit4life is a group with a vast range of abilities and so the training is geared to take this into consideration. They do a Track session on Monday evening at 7pm on the track, consisting of a range of Interval Training (which is changing the intensity level either in pace or length followed by a rest period). This training can be done by a diverse group at the same time on the same track making it ideal for our group.

Thursday 7pm at the track is usually a Tempo run of 40mins either a constant pace or a slow-paced building to a faster finish. This can also include a Group of who do a jog/walk interval.

We recommend a long slow weekend run of at least 40mins which may include a mix of walking and running for people starting off or coming back from injury. Coach Vinny Murtagh and the Group welcomes all abilities and none!

Active Youth

Active youth training takes place on Wednesday evening always on the track.

Session 1 5.50 to 6.50 aged 13+

Session 2 6.50 to 7.45 age 8 – 12

This is generally a non-competitive group, the emphasis on fitness and fun.

Typical session. 2 x slow lap warm up. Groups allocated to coach. Static and dynamic stretches Coach will try cover 2 to 3 activities in the session from any of below.

Long Jump. Hurdles. High Jump. Running.
Javelin. Shot Putt. Circuits.

The sessions generally finish with a short cool down or a game, musical chairs/pick up a javelin or baton. Sometimes a 'Simon says'.

Fiona Hegarty is the contact here, there a number of very dedicated coaches who make this group work so well. At times there may be waiting lists for this group.

Little Athletics

Friday 6pm this is a group of 6- and 7-year-olds, getting a taste of athletics. They do drills over the space of an hour. After they get to age eight, they can move to either the Active Youth or Juvenile section depending on their preferences. This section has a waiting list at present.



Juvenile Section

Tuesday and Thursday 5.45 on the track. This is the competitive section for Juveniles level of competition varies. They train on the track. Races take them doing Cross country and track racing both indoors and outdoors, depending on the time of year. They compete at Dublin/Leinster/National level. Some of our top athletes in this group compete at European and International level.

St. Mary's Camera Soirée

It is the Easter season again and everybody who has visited St. Mary's Parish Church has been blown away by the floral arrangements on the altar. This year Hanna and her team have excelled themselves. Congratulations!

Reflecting the weather we have been having over the past few days Rose submitted a photograph of the Galtee Mountains covered in snow on Wednesday!



Anne submitted photos she took in Killarney recently and Kay got her lovely cat to pose beautifully for her.



Joe provided us with a view taken from the Martello tower in Sandycove.

Martello towers are small defensive forts that were built across the British Empire during the 19th century from the time of the French Revolutionary Wars onwards. About 50 of them were built in Ireland. There are 28 around Dublin stretching from Bray, in County Wicklow, to Balbriggan. The Dublin towers were used both for defence and as an early warning system with each tower built within sight of its neighbour allowing easy communication in the event of invasion.

Nowadays the Sandycove Tower enjoys worldwide fame as the location James Joyce chose for the opening chapter of his masterpiece, 'Ulysses'. The tower now houses a museum dedicated to the life and works of the great writer. The Museum is open Tuesdays to Sundays from 10am to 4pm and admission is free.



Stay safe until next week!