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Sunday 23rd January 2022

A Tragic Event

The tragic murder of Ashling Murphy in Tullamore has given us all pause for thought. A beautiful talented young woman, deeply immersed in the life of her community is suddenly and viciously taken by a senseless act of unspeakable violence. Her funeral Mass was a moving tribute to the lovely girl she was. I'm sure her family were deeply consoled by the national outpouring of heartfelt sorrow so evident since her death.

Violence in all its manifestations is an ugly thing, it always demeans and diminishes both victim and the perpetrator. Sadly, violence is an ever-present reality in human life, and often it is without reason or provocation of any kind. We have all heard of the unprovoked attacks on individuals often late at night in city centre locations, these attacks are often alcohol or drug fuelled rages that defy rationale and leave heartbreak and mayhem in their wake.

Many will recall the tragic case of a young Italian boy, Guido Nasi (17) a visitor to Dublin to learn English, who in 1999 was the victim of one such an unprovoked assault in Fairview Park that left him paraplegic, partially sighted, and unable to feed himself. Since 1999 there have been hundreds more such senseless assaults causing deaths and maiming. Indeed, unprovoked attacks on young men became a worrying and frequent occurrence in the years that followed.

Violence within the home is an all too prevalent reality, and often remains hidden for a long time before some particularly vicious episode brings what is happening into the open. Many women in particular have suffered in silence for a very long time, living in an atmosphere of fear and intimidation.

Ashling Murphy's death has given rise to a new national conversation about violence and the attitudes that provide the social context in which it takes place. I don't believe that violence is a gender issue, nor should the discussion of it break down along gender lines. Violence against anybody is reprehensible in all its forms.

The present unprecedented flood of pornography available to every young person with a 'smartphone' is something we dare not ignore. The attitudes being formed by impressionable minds based on such debased materials are priming a time-bomb. If women and men are reduced to objects for gratification then human dignity goes out the door and attitudes and relationships become seriously skewed. In such a scenario anything goes.

Let's hope the beautiful life and tragic death of Ashling Murphy can be a catalyst for change. May she rest in the Lord's peace.

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

Helplines

Women's Aid - 1800 341 900 24 hours a day, 7 days a week

Dublin Rape Crisis Centre - national helpline 1800 778888

Men's Aid - <u>www.mensaid.ie</u> 01 5543811, Mon - Fri 9 am to 5pm, Sat & Sun 10am to 2 pm

Aware - Free-phone 1800 80 48 48 or email supportmail@aware.ie

One in Four - ending the trauma of childhood sexual abuse. Tel. 016624070 or email: info@oneinfour.ie

Anxiety Ireland - anxietyireland.ie tel. 1800 222833

Pieta - 1800 247 247, Text HELP to 51444 **Samaritans** 116 123 - 24 hours a day 365 days a year

AA Alcoholics Anonymous.ie tel + 353 1 8420700 and for deaf and hard of hearing only 087 1460387

FLAC - Free Legal Advice Centres - FLAC - Telephone Advice Clinics - 01 8745690

Federation for Victim Assistance www.victimassistance.ie
Freephone or text 1800 277477

Jigsaw <u>www.jigsaw.ie</u> - young people's health in mind

COVID Close contacts and contact tracing

If you are a close contact, you will get a text message with a link to a website where you can provide your details. You will then get a text message with information about your free COVID-19 PCR test or free antigen tests.

If your PCR test result is positive for COVID-19, the text will include a link to a website where you can upload contact details for your close contacts. If you do not use the website, a contact tracer will call you to find out who you have been in close contact with.

If you get a positive antigen result, you can report your positive test on the HSE website and upload your close contacts.

Contact tracing means finding people who have been in close contact with someone who has COVID-19. This work is done by contact tracers.

A non-household close contact is if you had faceto-face contact within 2 metres of an infected person for more than 15 minutes outside your household.

A household close contact is if:

You live or sleep in the same house as an infected person.

You share accommodation with an infected person (if you share kitchen or bathroom). Your sexual partner is an infected person. If you think you may be a close contact but have not been contacted, you can call the COVID-19 helpline and tell them you have been in close contact with someone who tested positive for COVID-19.

More information is available on the following link: Close contacts and contact tracing (citizensinformation.ie)



Lucan Women's Network

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



Calling ALL Lucan Women begin your journey back to you with our STEPS Course. It is 14 week programme. Just 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. Find out more about the STEPS programme contact Joanne 083 860 7947 or email developworkerc.1@gmail.com.

We also have

- Restorative Yoga and Meditation with Donna Forde.
- 'Crafty Byrds' craft group 8 week
 ONLINE COURSE with Facilitator
 Audrey Wilson who has designed the
 programme over 8 weeks, starting
 Thursday 27/1/2022
- Monthly book club/reading circle
- International Women's Day annual Celebrations
- Young Women's Hub Wellness workshops Coming soon
- One off Wellbeing workshops coming soon
- Post Covid Recovery creative Workshops, with Christine Carev
- Laptop Loan scheme

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

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@sdublincoco.ie



Lucan Newsletter Office is NOT OPEN 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 notices/reports to any of the following: Community / Schools/ Local History marylucannewsletter@gmail.com

Sport / Politics

roselucannewsletter@gmail.com

Parish Notes / Fund Raising annalucannewsletter@gmail.com

Anniversaries etc / Advertising Queries catherinelucannewsletter@gmail.com



Age 60 might be the new 40, but 9.00pm is the new midnight!

To me, "Drink responsible" means don't spill it!

Parish Notes

St Mary's, Lucan

www.lucanparish.com



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 **April 2022**. If you need to cancel a booking

contact: secretary@lucanparish.com

Please note:

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: <u>St. Andrew's Church, Lucan</u> or <u>St Mary's Church, Leixlip</u>

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

Divine Mercy, Lucan South

www.lucansouthparish.net

Sunday Mass Times:

Saturday Vigil 6:30pm, Sunday 10:15am and 12:15pm



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

Our grounds volunteer group "Divine Bloom" has started 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.



Association of Catholics in Ireland Synodality, the Parish and Climate Change

Seán McDonagh SSC Supported by The Association of Catholic Priests

Zoom - Jan 27th 2022 - 8.00 p.m.

As the **global climate crisis** deepens, so does the **crisis of the Irish Catholic church** — intensified unexpectedly by a viral pandemic. Faced also with understanding and implementing *synodality* – a new relationship centred on communion, co-responsibility and mission — Irish parish clergy and lay people are challenged by the understandable indifference of younger generations, who are often more alive to the global climate issue.

Meanwhile **Pope Francis** complains about the fixation of too many on issues of sexuality — while he is also the first pope to appreciate the full importance of the environmental crisis. Advised on the topic of biodiversity by the globally recognised expertise of Columban father **Seán McDonagh**, the pope's 2015 encyclical *Laudato Si'* is now a landmark in church teaching and climate awareness.

Could a parish focus on the climate issue now also help solve the **Synodality** conundrum in Ireland - to convince younger generations, and clergy, that faith and climate justice need one another?

Convinced that parishes can play a key role in meeting Ireland's carbon reduction targets in the 21st century – and that climate concern needs to be a vital focus of the Irish church – Fr Seán McDonagh will Zoom on this theme on January 27th, 2022, at 8.00 p.m.

Click the link below to join the discussion on Jan 27th at 8.00 p.m.

https://us02web.zoom.us/j/83007717613?pwd=U3JZMnBXdnNhTXVIdEoybXFjMWUxUT09 Meeting ID: 830 0771 7613 Passcode: 298337

Life is all about balance

You don't always need to be getting stuff done, Sometimes it's perfectly okay, and absolutely necessary, to shout down, kick back, and do nothing Lori Deschene

Anniversaries

BUGGLE (AIDAN) 1st Anniversary - 25th January

Late of Hillcrest Ave and Mt. Joseph, Lucan. In loving memory of our dear husband, father and grandad.

Sadly missed every day.



8th Anniversary - 21st January

Late Sarsfield Park.

If memories bring us closer

We are never far apart

For you are always with us

In our thoughts and in our hearts.

Loved and remembered by your daughters

Carol Anne, Elizabeth, grandchildren and great
grandchildren

McDONALD (JOHN F)

8th Anniversary - 23rd January

In loving memory of a wonderful husband, father and grandfather.

Always remembered by Clare, Joan, Mary, Clare, Emma, Helen and Barry

McGRATH (MICHAEL)

8th Anniversary

Thinking of this wonderful man ever since We think and pray for you daily Sending as much love as possible From all the McGraths and extended family xxxxx

ROTHERY (RAY)

5th Anniversary - 16th January

Late of Hillcrest, Lucan.
Your life was a blessing
Your memory a treasure,
You are loved beyond words
And missed beyond measure.
Loved and missed always by Val, Keith, Ian, Gary
and all family and friends



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.

The Poet

Once there was a poet,
And although he didn't know it,
He was only a good poet half the time,
He had a lot of troubles,
Writing about bubbles,
Couldn't find the rhythm or the rhyme.

He tried to write a poem,
All about the foam,
His mammy used to wash the dirty dishes,
But although his thoughts were fine,
He couldn't find the line,
That would express his most poetic wishes.

So he wrote about a rabbit, That had a nasty habit, Of using his white tail to wipe his nose, And who became frustrated, When he initiated, An attempt to remove his furry clothes.

Now he sits up in his room, And he hopes that some day soon, He'll write the greatest poem ever written, And that he'll be quite famous, But I know ho one will blame us, If we seem to be a little less than smitten.

By Paddy Mulhern



What a sad week just gone!

It's hard to get your head around how a young woman with all her life before her, can have that life taken away so violently, bringing such an air of sadness and anger to communities all over the

country, and indeed all over the world.



Vigils were held all over the country last weekend; among them was a gathering at the Weir in Lucan on the Saturday, where there was a great turnout of people young and old.

Our thoughts and prayers are for Ashling and her family and friends, and for all that lies ahead of them.

May she rest in peace.

Great to see the Covid numbers coming down!

Between the stretch in the evenings, and the pretty spring flowers popping up, and best of all, those daily covid numbers reducing steadily, we are all getting a lift, and look forward to brighter, better times ahead.

The Year of the Tiger! The Lunar Year kicks off next week, on Friday 28th January, marking the Year of the Tiger.

St. Patrick's Day Parade – It looks like there might be a parade in Dublin City. We haven't heard anything about a local event yet but hopefully, there'll be some events to mark the occasion, and now we have to think of something to do the following day, since we have that extra bank holiday!

Our National Census, another causalty of 2021, will now take place on 3rd April 2022, and we gather there are a lot of new questions on the paper. Interesting times!

King John's Bridge



A reader sent us the above photo of King John's Bridge over the Griffeen River, at Esker. Recent conservation work has worked wonders for the site which dates back to 1210 - it is reputed to be the oldest stone bridge in Ireland, but all that's left now is the central arch of what was once a three-arched bridge.



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

Over the coming months, we have some very exciting photography talks planned on all different aspects of photography. In the next few weeks, we have Joe Houghton on his talk on the new features in Lightroom. And Julian Elliott a professional photographer who specializes in travel photography will share with us his photographs based on his visits to, Italy, Mongolia and Vietnam to mention just a few.

A few weeks ago we had a "Weather" themed monthly competition and below are two of the winning images.

Mary Mangru won the intermediate colour competition with this titled image "Rainy Day" (*Above*). And Gerald Phelan won advanced colour for his image titled Reflections.





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.

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.



St. Joseph's College

Senior Camogie: Hard luck to our Senior Camogie Team who lost out in the Dublin A Senior Camogie Final on Friday last against Mount Sackville. The game was played in good sport with the girls eventually losing out by the bare minimum on a score line of 3-07 to 2-09. Well done on reaching the final and for all the effort put in throughout the year by the players and the coaches. Best of luck to Mount Sackville in the All- Ireland stage of the Competition.

BT Young Scientist: Well done to all the groups involved who gave a great account of themselves during the interview process of the competition. The groups thoroughly enjoyed the experience and have learned many new skills from the process. They should be hugely proud of their achievements. They also spoke excellently while being interviewed by RTE News. A special mention to Agnes Martin whose project got a highly commended grade from the BT Young Scientist judging committee.

5th Year Parent Teacher Meeting: The 5th Year Parent Teacher meeting was held via Zoom on Thursday last and it was great to be able to meet with the Students and Parents again albeit via zoom.

Arts Week: We celebrated Arts week in school this week with the student council central to all the activities that took place. We had an Art competition that was open to students of all year groups to enter their masterpieces. Competitions were also held during the week using the Digi media facilities within the school where the students had to guess the artwork and the artist of various pictures. Members of the student council also set up a fun portrait booth at lunchtime during the week where contestants were challenged to draw a portrait of their friend who sat opposite to them, the catch was that they only had two minutes to complete the sketch. The portraits were displayed in the Portrait Gallery outside the library for all to see. This was a great activity which everyone enjoyed thoroughly.

Joeys 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 euro! 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.

5th Year UCD Trip: A group of 5th year students enjoyed a trip to UCD last week along with the Guidance Department. These prospective UCD students got to tour the campus and gain a feel of what a day in the life of a third level student is like.

Concern Debating: Well done to the Concern Debating Team who were proposing the motion while competing against Woodbrook College, Wicklow. Our four speakers were: Ashling Sharry (Captain), Roisin Tigerford, Sharon Owodunni, Alena Varghese.

The Chairperson was Ellen Collender and our timekeeper Svetlana Ivanova. The debate motion was: 'It is simply wrong for billionaires like Bezos, Branson and Musk to joyride into space while the planet continues to struggle.' They gave an excellent display and we are very proud of you, also a big Thank You to Mr. Smyth for his expert Guidance.



School Website: https://stjosephslucan.com
Follow us on Twitter: @STJosephs3

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

Esker, Lucan, Co. Dublin

Junior Infants (2022)

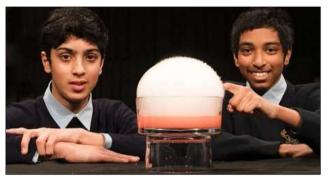


Closing date for applications is January 28th 2022.

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

Coláiste Phádraig CBS

Science: Congratulations to the seven students that participated in the BT Young Scientist Exhibition 2022 that was held online last week.



3rd yrs Taha Fareed and Jevin Joy came 2nd in their Intermediate Technology Section with their project. They also won an award from Science Foundation Ireland in recognition of the project's positive contribution to Irish society. The students developed their own computer model using Artificial Intelligence to predict future cryptocurrency values. Their method uses Bayes' theorem and Bayesian optimisation to enhance AI so their project is extremely well researched and clever. They are currently launching a website to assist the public in predicting the course of their investments. This is the third time the students have entered the Young Scientists Exhibition and the second year in a row winning an award so they can be extremely proud of their efforts and contributions to the Exhibition. They are determined to qualify again and go one better next time.

2nd yrs Joel Emmanuel and Rohit Tummala also entered a project the Junior Group Technology section entitled "*Kinetic Kicks*" which analysed how heat can be removed from shoes/runners to help with medical conditions such as Athletes' Foot etc. The judges praised them for their work and especially how green it was and good for the environment. The pair qualified for last year's Exhibition also so they are gaining invaluable experience each time.

3rd yrs Elvin Garcia, Aniruddh and Abhinav Sriram entered a project in the Intermediate Technology Section entitled "*Safe School Mask*". They were praised by the judges for the ingenuity of their research and excellent presentation skills.

Well done to the students on being such outstanding ambassadors for the school throughout the Exhibition and many thanks to Mr. Carey for supporting and guiding them through the entire process.

Transition Year: Our TY students are participating in a volunteer online programme entitled "Reading Buddy" which provides one-to-one literacy support to children aged between 8-12 years. Our school has

been paired with St. Mary's National School in Garristown. Ten TY students will be doing 2hrs a week with a selection of their students via Google Meet in the coming months. They will be aiming to improve the children's reading and comprehension

skills and also build their confidence in reading our loud. We commend the students for getting involved in such a worthwhile initiative. They will be attending online training workshops in the coming days to prepare them for their roles.

The students also enjoyed a fun-filled afternoon at Jump Zone Liffey Valley recently. They got to forget their concerns and responsibilities for a few hours and revisit their childhood at Ireland's 1st indoor trampoline and inflatable sports Adventure Park. They jumped and bounced their worries away on over 100 connecting trampolines,

competed in the double battle zone and warped walls before launching themselves into the four-lane foam pit! It certainly got their adrenaline going and there were some tired but contented bodies by the end!

GAA: We were delighted to see past pupil Harry Ladd make his Senior football debut for Dublin last week. Harry started as a corner forward against Louth in a strong starting line-up in the O' Byrne Cup on Wednesday and he impressed with an accomplished display capped off by two well taken points as Dublin eased to victory. Traditionally the O' Byrne Cup has provided opportunities for management to give opportunities to younger players but Dessie Farrell has also given a lot of game-time to a large cohort of established stars so it was a great experience for Harry to playing alongside the likes of Cormac Costello and Brian Fenton.

Harry scored another two points as Dublin swept aside Longford at the weekend to advance to the final of the competition which takes place on Saturday. Hopefully Harry can remain involved with the Dubs in the weeks and months ahead as they gear up for their Championship campaign. Daire Newcombe, also from the class of 2018, was selected for the panel too but an ankle injury curtailed his involvement. It is great to see the two of them doing so well and we will follow their progress with interest in the school.

Luke Walsh, another 2018 graduate, has recently made the Dublin Senior Hurling panel and he has been getting some valuable playing time in recent weeks. Luke played on Sunday in Dublin's emphatic win over Galway in the Walsh Cup at Parnell Park. The Lucan Sarsfield man is an extremely talented sportsman and he played soccer, hurling, football and golf for the school, winning numerous trophies along the way.

It is fantastic to see our three past pupils of them doing so well and we will follow their progress with great interest in the school.

Lucan Community College

Annual St. Vincent de Paul Secret Bag
Collection: We held our annual school collection for
the local St. Vincent de Paul Society before
Christmas, raising €1450 for those in
need. Christmas can be a difficult time for many in
our community and we have been lucky to be able to
support the great work of our local St. Vincent de
Paul.

This was the 36th year of Lucan Community College, its families, students, and staff, supporting SVP in the community. A most sincere thank you for your generosity and support of the Secret Bag collection.

A huge thank you to teachers Ms. Mulhern, Ms. Walsh and our college prefect team for their hard work in organising the Secret Bag collection. Also, thank you to Class Willow and their tutor Ms. Quirke for organising food hampers for families in need.

Betty Burke, a member of the local St. Patrick's Lucan VDP conference was present to accept the food hampers and monies raised.

Supervised Study: Supervised study will start back on Monday, January 24th. Registration forms have been given to 3rd and 6th year students who have expressed an interest in availing of this service. The fee for January until May is €195, with discounts available for siblings who sign up. Anyone who has a query about study can contact Mr. Foley, either in school, or email johnpaulfoley@lucancc.ie

First Aid in Transition Year: Two First Aid class groups of Transition Years were trained in Cardio-Pulmonary Resuscitation and in the use of the Automated External Defibrillator during the week before Christmas. The First Aid Team were delighted to put their new manikins and training AED machine into use. These were funded by the Transition Year Fund. Two more groups of First Aid Students will be trained before the end of next term. Thanks to teacher Ms. Hickey.

3rd Year and 6th Year Students Preparing for State Exams: Our 3rd and 6th year students are currently preparing for their Mock Exams. Written Mock Exams will start on Monday 31st January. Thanks to Ms. Casey, Ms. O'Gara. and Ms. Malone for leading an informative session for 3rd year parents and students on Teams on last Monday night. This session gave very useful information for students in preparation for the Mock Exams. A letter was issued to 6th year students and their parents to help them prepare for their remaining months in Lucan Community College. This letter is available on the school website. Students and parents may be interested in some revision resources.

Best of luck to our 3rd and 6th years as they prepare for this practice run for the state exams.

Parents Association: The Parents association will have Career coach Dearbhla Kelly give advice on how parents can help their teenage sons and daughters as these young people make career choices. This event will be held online and the link to the event will be shared with parents and staff ahead of the event.

Success for Our Students at BTYS Exhibition:

Congratulations to 5th Year students Clodagh McDonnell, Jessica Power and Keelah Sisk who received a "Highly Commended" Award in the recent BTYS Exhibition. The project was titled "How the Pandemic has Positively affected the Air Quality in Lucan and what we can do to sustain these levels." As part of their project the girls held a Bicycle Clinic last December. The aim of the clinic was to encourage students to use "green methods" to travel to school and hence to decrease the amount of Nitrogen Dioxide which is emitted from car exhaust fumes. Nitrogen Dioxide is a major source of pollution to the atmosphere and our lungs. This was a wonderful achievement for the girls following three rounds of judging. Thanks to teacher and mentor Ms. Healy.

Ashling Murphy:

Students and staff at Lucan Community College were shocked and saddened to hear of the death of teacher Aisling Murphy. Our school Amnesty group sent its sympathy to Aisling's family and the school had one minute of silence for victims of violence as we joined with others around the country to mark



Aisling's funeral. In advance of this minute's silence Principal Ms. Birnie spoke of our strength as a school community around issues such as justice, equality, inclusion and respect. We can all play a role in calling out behaviours that are bullying or disrespectful in nature.

Some of our students also attended the Lucan vigil held in Aisling's memory. Student Ruby Crocker-Dunne attended the vigil and told us that

over one hundred people attended the vigil where candle were lit and speeches were made to honour her life. Ruby also commented on the "sombre atmosphere as so many people were mourning for the loss of such a young life."

Political Notes

Emer Higgins - TD

78 The Orchard, Lucan 01 401 3416 Emer.higgins@oireachtas.ie

C-Spine Meeting with National Transport Authority – Update: Main issues raised by myself and local representatives:

Lack of service for people in Dodsboro and Hillcrest and the need for a better link to Lucan Shopping Centre. Need for improved frequency and time-table optimisation for the 30x and C Spine. The urgent need for delivery of the C2 to service residents in Shackleton and Gandon area in addition to Adamstown. The need for action and better collaboration on decision-making Commitments given by NTA:

Review of the lack of direct link for Dodsboro and Hillcrest to commence. 30x timetable to be reviewed to ensure optimal departure times C2 and L51 and L52 routes to be on stream fully within 3 months. Further meeting with public reps to take place in early March.

Cllr. Derren Ó Brádaigh - Sinn Féin

Mobile: 087-2136345

Email: dobradaigh@cllrs.sdublincoco.ie

New Bus Service: Earlier this week, I attended a meeting with the National Transport Authority alongside other local representatives, where I once again raised the concerns felt and being expressed to me since the public meeting in Dodsboro on December 18th, over certain aspects of the new BusConnects service. Officials listened and provided positive feedback toward addressing the issues – a further follow-up meeting is expected.

Anti-Social Behaviour: As a frequent visitor to our local parks, I like many, was disgusted to learn of the vandalism to the beautiful wooden bench that was set alight at the top of the hill in Griffeen Valley Park. Having followed this up, the Council promptly carried the necessary clean up on Monday, and I have requested that they consider a more robust replacement. I will also continue to liaise with An Garda Siochana going forward.

Gino Kenny TD- People Before Profit

Phone: 085-7211574. Email: ginokenny@oir.ie
Murder of Aisling Murphy has left the country reeling.
<a href="mailto:Throughout the state every village and town came out to show solidarity and support to the Murphy family. This has to be turning point in how violence against women is treated. Violence

against women is abhorrent and is a virus that needs fundamentally change in how sexism thrives in everyday life. All women should feel safe in their home, workplace, street and town. Its now time the government act to stamp out gender based violence

Lucan Library

Reach for a Remedy With Svetlana Pavolva and Clodagh Sheehy.



24th January at 7pm on zoom.

Booking through Eventbrite. Is Homeopathy part of your First Aid Kit? Svetlana Pavolva 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/reacj-for-aremedy-with-svetlana-pavlova-and-clodaghsheehv-tickets-240091448987

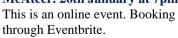
Musical Tots. Join Karen for songs and fun. Suitable for babies and toddlers.



Tuesday 25th January at 10.30 am in the Library. Booking on Eventbrite.

https://www.eventbrite.ie/e/musical-tots-withkaren-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-

Féile Bríde 2022 Events

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

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 - 4.00 pm

Lá Fheile Bride: 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.

7.30 pm - 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 - 4.30 pm.

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: Events 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

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



Message from Club Registrar

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 it's 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 Sarsfield's Registrar



Lucan was well represented at intercounty level this week with Harry Ladd, lining out for the Dubs V's Louth in the O'Byrne Cup and Luke Walsh and John Bellew lining out for the Dubs V's Antrim in the Walsh Cup. Well done lads, it's great to get some recognition following our Senior team's performance last season.

Adult Hurling Coaching Vacancies:

The adult hurling Section are 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 should contact Vincent O'Connor (087 2075835) or Paul Stapleton (087 2058572).

Juvenile Section / Coiste na nÓg:

Most teams returned to outdoor training this week. Our Astro was a hive of activity which was great to see, as all swapped the playstation remotes for Hurls and Footballs and a blast of fresh air. Our Games Promotion Officer, Alan. also kicked off the year with a visit to Lucan Educate Together National School East, who posted some pictures of the exciting day on Twitter. Watch this space as he will be visiting a school near you soon or if you can't wait, Alan has advised us that you can visit him at the LUCAN DISTRICT CREDIT UNION ACADEMY which returns on the Saturday 22nd January. Full details available in our webpage. Dublin GAA have also published the 2022 Master Fixture Calendar; details are also published in the news section of our website.

Referees - The harvest is great, but the labourers are few!

This is the time of the year when we attempt to recruit a new cohort of referees to officiate at adult level games in Dublin. This appeal is being issued jointly by the club and Coiste na Reiteoirí. There was a significant increase in the number of teams entered across all competitions in both codes in 2021 at Minor and Adult level. A significant number of Clubs entered more teams than in any previous year. There will also be additional games in 2022 with the advent of Under 17 and Under 19 competitions. With more games inevitably comes an ever-increasing demand on referee resources to cover all these games throughout the year. When we have a full programme of League games at every Division it is challenging to have sufficient referees to cover every game, every weekend as well as midweek matches during the Summer months. Over



Lucan Sarsfields continued

Coiste na Reiteoirí must always strive to recruit a cohort of new referees each year, to cover all these games and to replace referees who retire on age grounds etc. We certainly never want to reach a situation when we do not have referees to cover all our games – it is an old adage but a very true one: "No Ref, no Game" It really is as simple as that! Coiste na Réiteoirí hopes to run a training course for new adult-level Referees in February of this year anyone interested can email the club pro.lucansarsfields.dublin@gaa.ie

Club Calendars

Last few Club Calendars available in the Cafe/Bar or in a number of local retail outlets 8 each or three for $\ensuremath{\in} 20$

Gaelic for Mothers and Others (G4M&O):

The MAMA MIA'S are recruiting. They get together on Monday evenings at 9pm for skills and fitness in a fun and friendly environment. For more information call or txt Carmel Reid (087 256 7389) or Gemma Moloney (085 147 7365).



Healthy Clubs

Lucan Healthy Clubs kicks off the year with the return of the "Every Step Counts Challenge". The Club has a chance to win some O'Neill's vouchers if we achieve the target, so please join the challenge



Club Lotto

Last week's Lotto Prize of €5,000 was not won. The Numbers were 2, 4, 24, 26.

Lucky Dip prizes go to

Mick O'Hara, Fintan Clandillon, Margaret Smith, Peter Hickey and Donal Flannery

Next week's Lotto will be for a jackpot of €5,400. The draw is sponsored by Feargal McCarthy, Painter & Decorator and will be led by Shay Hurson.

Tá **€5,400** sa phota óir don tseachtain seo chugainn agus is é urraitheoir na seachtaine: Beidh sé beo ón Na Sárséalaigh Leamhcáin, an leathanach Facebook.

Déan cinnte go bhfuil d'iontráil 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 20th 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 Sárséalaigh Leamhcáin**

Thank You for supporting Lucan Sarsfields GAA Club.



St. Mary's Camera Soirée

Well, how did everybody do in identifying Conor's birds on page 20 of last week's Newsletter? Conor tells me that the two on the left are the **Grev Heron**, a year-round resident, and the **Sanderling**, which is a winter visitor, coming to us mainly from Siberia between September and April. The four birds on the right are - Red Breasted Merganser; a diving duck who visits Ireland in Winter from Greenland; Bullfinch, an Irish resident throughout the year; Little Egret, (also known as The Snowy White Heron) another year-round resident and a relation of the **Heron**. The numbers of **Heron** and **Egret** are augmented by winter visitors from abroad! The fourth bird on the right is the **Curlew**, Ireland's largest wading bird and one of Ireland's most endangered birds, having suffered an appalling 96% drop in its breeding population since 1996.









This week we have some more of Conor's birds and Frances has submitted some photographs of Spring in her garden – carnations, heather, shamrock and lavender.





9th Photographic exhibition on line via the St. Mary's Parish website www.lucanparish.com. The cooperation of the priests of the parish in facilitating us in this way is very much appreciated.

Maybe with the way COVID figures are going at the time of writing we will be able to return to the Parish Centre sooner rather than later.