

Parish Mirror

From the Rector

“Perhaps every Anglican parish ought to have a standing search committee,” said one cleric I know. “Not for vicar or priest, but for lay members: We could place an ad in the local papers, ‘Applications now being taken. Send resume and three references.’ We could then narrow down our search to just those individuals and families we would really like to have as members, interview them, and sign them up.

Of course, it does not quite work that way. And, when you get right down to it, there are only three things which will foster the growth of a parish. Happily, they cost absolutely nothing, are great fun, and are proven to be extremely effective.

What are they? Simple: Invite. Invite. Invite. Churches only grow, in other words, when their members invite others to come to church with them. And, we could all do a better job in rolling out the welcome mat at church.

When was the last time YOU -- or any of us -- invited someone to church on Sunday? If you cannot remember, it is definitely time for another go at it. This can be a scary proposition for a mild-mannered Anglican who has always taken religion as an intensely private matter. Still, the Gospel is pretty clear about our responsibility to spread the Good News.

But how to do it with good Anglican grace and style? Why not try some of these suggestions?

First, really intend to do it. Take the responsibility seriously. You might even “pledge” to invite a certain number of guests during the year at the same time you make your decision about charitable giving for the coming year. Make a list of people you know. At this point, put most everyone on it. Relatives. Friends. Co-workers. Now go through your list and

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St. Andrew's Plasterwork

Late last summer, small pieces of plaster were becoming detached from the plasterwork over three of the four side windows in the nave, and the problem was obviously a growing one. Expert advice was sought, and a firm of plasterers' who specialised in Victorian plastering techniques was contracted to undertake the work. The cause of the problem was damp entering the church from some failures in the external mortaring in the stonework, and reacting with modern plasterwork which had been applied on the outside of the rougher Victorian plaster of the 1870s' extension. The use of the word 'modern' is somewhat relative, as it means post WW1! In the internal battle, the modern plaster was being gradually pushed off its hold.



The work involved removal of the modern plaster on both side walls and its replacement with a Victorian style plaster thereby restoring the original appearance and texture of the 1870s. This type of plaster is far more resistant to damp than modern materials: Victorians were used to living in damper conditions than we would tolerate

today!! The removal was undertaken manually with chisels, a slow task, but our contractors did this to avoid unnecessary stress on the walls and the beautiful stained glass windows and tile work in the area.

The church was out of action for one month with services held in a very densely packed St. Marnock's Chapel. Repainting of the walls will be carried out later in the autumn to afford maximum drying out of the re-plastered walls. It will be completed by 23rd September, in time for the Harvest Thanksgiving Service.



Parish Registers

Holy Baptism.

5th August, in St Andrew's Church: **Cyprian**, son of **Bryan Vincent** and **Anna Pokorska**, 22 Baskin Cottages, Kinsealy

Christian Burial

23rd July, **Maeve Barry**, 126 Gaybrook Lawns, Malahide. Maeve had regularly attended St Andrew's for a number of years. Two years ago her daughter, Sinead died tragically in Germany and her ashes were laid to rest in St Andrew's. Two years to the day of Sinead's passing, Maeve's funeral was held in St Sylvester's R.C. Church. Maeve had not been well for a number of years, but had been in church in St Andrew's only a couple of weeks before her death. We offer our sympathy to her daughter, Niamh (Kinsealy), her brother Paul (Clontarf) and her sisters Anne (Killester) and Joan (Canada), to all the family, and also to Don and Susie Hall with whom she worked and to whom she was part of their family circle.

1st August, in St Andrew's Churchyard, **David Kingsley Talbot**, Yellowknife NT, Canada. The Talbot family of Woodlawn have had a long connection with Malahide, and when David Talbot died in Canada, he expressed a wish for his ashes to be laid to rest in the family grave at St Andrew's. We express our sympathy to his sisters Audrey and Ruth, both in Greystones, and the family on their loss.

The ashes of the late **Marjorie Jones** of Grove Road were interred in St Andrew's Churchyard after Evening Prayer on 5th August. Marjorie's funeral had been held last January.

Sympathy

We offer our sympathy to Frances Toher, St Anne's Park on the death of her partner, Mike Goodson in Gibraltar, and to Margaret Percival, Abingdon, on the death of her mother, Edie Nicholl, who has lived with her for many years. She lived an amazingly active life for over 98 years, and her funeral was held in St Mahi's Church, Dundrum on 16th August. It was well attended by parishioners and especially Mothers' Union members.

We thank Fr Kevin Moore for allowing us the use of St Sylvester's Church for funerals during June and July while we were unable to use the main church while it was being replastered. Thankfully we did not need to do so, but it was good to know that we could have done so as St Doulagh's is too small to hold the normal attendance on such occasions!

Christmas Market

It's been a bumper year for fruit. Are your freezers full of fruit which can be made into jam? Jam it for the parish! Bake it for the parish! A well-stocked deli and cake stall filled with luscious goodies not only brings in funds at the Christmas Market in its own right: it puts everyone into a good and generous mood to spend on the other stalls as well!

The Market is on November 24th, and tickets for the associated Raffle will be distributed in advance of the big day, as well as being for sale on the day of the Market itself.

At present, the Parish needs all the money we can raise to balance our books at the end of the year and the Christmas Market is an essential part of our funding. Please sell your allocation of tickets to people outside the parish as well as inside – your friends and neighbours and family elsewhere who might not otherwise give us anything!

There will be an ample supply of additional tickets available from Anne Taplin in the Office.

Contacting Rector

Apologies for any problems recently encountered in contacting the Rector. He has replaced his mobile phone with a new model and is currently trying to operate it! Please note that it does not have an answering service, and for this please ring the land-line phone 8454770!

From 23rd September to 4th October, Canon Kevin Brew will be in charge of pastoral emergencies and may be contacted at 8323019 or 087-9000278.

We are very grateful to Canon Robert Deane for agreeing to celebrate the 8.00 am Eucharist in St Andrew's on 30th September while the Rector is preaching in St Margaret of Scotland, Budapest.

Confirmation Classes

Classes will begin this year on Sunday 9th September at 6.30 pm in St Andrew's Church. Candidates should be 14 by the probable date of Confirmation in the spring. Parents are also required to attend on the first evening when we will explain the course. As we go to press, Confirmation will be held on the first weekend of May, and this will enable the course to be less rushed than last year when we got very short notice of Confirmation!

What is Confirmation? It is the taking of one's baptismal vows as an adult, followed by the bishop laying hands in blessing upon the candidates. It is a sacramental rite which has its origin in the growth of the Church when baptism, which was originally conducted by bishops, was devolved to parish clergy. However, the prayer for the Holy Spirit and the associated anointing, was retained by the bishop in the Western Church.

At the Reformation, Anglicans retained Confirmation, but the proper age of Confirmation was laid down as 14, the age when many young people at the time left home to take up work or apprenticeships.

From time to time, adults who have not been confirmed at the normal age, wish to be confirmed to express their faith or their membership of the Church, and there is nothing wrong with this. Please contact the Rector who will arrange adult classes at a convenient time.

Talbot Lodge Nursing Home

Each month, celebrations of the Eucharist are held in the nursing homes of the parish. That in Talbot Lodge has been held using copies of the old Book of Common Prayer, and we thank Jim Wood for the very generous gift of copies of the current Book of Common Prayer for use in the chapel there.

Bishops' Appeal Fund Appeal

The Church of Ireland Bishop's Appeal Fund for World Development is the Church of Ireland's response to development needs in the world. It reaches out in our name to assist the Church in the developing world to reach out to communities in often desperate need with money raised in the parishes. Some money is raised for particular appeals, such as assisting communities now existing in appalling conditions because of the dreadful conflicts in Syria and Iraq. Other grants are given to assist impoverished communities affected by changing climate to improve their agriculture to make a better living for themselves and the next generation.

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From the Rector

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identify the four or five persons or families you are most likely to want to invite to church with you. Envision yourself inviting them. Deal with the fear of rejection. After all, what is the worst thing that could happen? Probably just that they might say, "No, thank you." That is about it. Think of everyday circumstances in which you might comfortably extend the invitation: coffee break, commuting, lunch, while shopping, at dinner. Religion is one of the great topics of all ages, so it is fairly easy to bring the conversation around to it.

Never think you will not know enough about the Church to bring up the subject. No one knows enough. That is not the point. You undoubtedly know more about your Church than does your friend. Now for the hard part. Ask: "Do you attend a church regularly?" If they do attend regularly, say, "Brilliant, that's great. I hear that is a really fine church!" Affirm them in their faith and consider inviting someone else. If they do not attend regularly, say, "How about if we invite you and your family to come to church with us. This Sunday at ten or eleven-thirty?" Be specific, so your friend knows you mean it and are serious about the invitation.

Offer a lift, if it makes sense. Remember that your friend may have as much fear of accepting your invitation as you had in extending it: I won't know the hymns. Will I have to pray out loud or kneel? I don't know how they do communion. People will stare at me. They might try to convert me. Your conversation might deal with some of these fears even if they are not specifically raised. "I'll help you find the hymns." "I'll introduce you to people, if you would like." "You know, we have someone at church who is interested in travel just like you."

Another opportunity exists in all the special events that come up in church. "We're having a children's service or Messy Church next Sunday. I'll bet your kids would really love it." You get the idea. After Church, conversation over a cup of coffee can be a

way for your visitors to digest – so to speak – their experience of your church and discuss it with you. You can then answer any lingering questions your friends might have.

If you sense someone getting defensive about all this talk of religion, drop the subject. Immediately. We're not out to fight with anyone or convince them with argument. Our Church is a means of grace for us to come closer to Christ. It is not "the best" or "the only" Church. It is just home to us, spiritually. How many times should you invite the same person? Probably not more than a couple. You don't want to be a pest. Likewise, don't assume that everyone you invite will automatically like your church much less join the congregation. In fact, only about one in four may even consider doing so. Is it worth the effort? Definitely. Bringing someone to church, and thus to Christ, can be one of the most rewarding experiences in faith. Remember, we wouldn't be coming to church now ourselves if someone somewhere had not first brought us.

Yours in Christ,

Norman

St. Andrew's Malahide Table Tennis



Are you 8 years of age or older? Are you looking to try a new sport? Then maybe Table Tennis is for you!!

We play on Monday nights (starting 17th September) in St. Andrew's Parish Centre with Juniors from 7.00 – 8.00pm

and Adults from 8.00 pm onwards.

New members always welcome!

For further enquiries contact Arthur on 087 2311071

Youth and Children Update

Our Mission: We believe in taking the faith of our church into the community by planting the seeds of Christianity into all children and youth we meet. We realise this by doing talks, events and sharing of our faith story to all those around us in schools, assemblies and anywhere we are invited to go to spread the faith.

Planned Activities:

Messy Church will take place on the 1st Sunday night of each month from 6.00 pm – 7:30 pm. This is for the whole family to come and worship together. Each night is a themed night. We have crafts, celebration time (worship) and end with tea together in fellowship. The Next Messy Church is 2nd September followed by 7th October.

Parent & Toddler Service is on the third Sunday of each month at 10.30 am. The service, consisting of a simple prayer, Bible stories and some songs, is suited to all families with children. We have a short time of refreshment and fellowship after. The next Parent & Toddler services are on 16th September and 21st October.

Children's church will happen the first and third Sundays of each month in the chapel. After the Gospel reading, children are welcome to hear a Bible story with some games. All children are Welcome!

Youth Events planned for North Dublin Parishes

I took part in a meeting in May in Swords, hosted by Susie Keegan, Diocesan Youth Worker, attended by youth representatives from parishes in the rural deanery.

We are planning to hold four youth events to take place in parishes in North Dublin over the coming season, affording an opportunity for our young people to come together. We ask all parishioners to support this initiative.

It was great to see so many of our young people graduating in May at Malahide Community School. I want to thank John Mangan, the School Chaplain for inviting me to attend.

Blessings,

Jamie Heffelfinger Parish Youth Worker
0879363182 jkheffelfinger@hotmail.com

Parish Notes

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Bishop's Appeal is noted for its efficiency. Every cent donated is spent where it is needed, and is generally distributed through Christian agencies, such as Christian Aid or USPG. Those who receive its help are not necessarily Christian, but they are most certainly in need!

This year, there will be envelopes and literature in the Churches until the Harvest Thanksgiving in Malahide on Sept 23rd. Please read the literature and respond generously as you have in the past by filling the envelopes, and returning them to the Rectory, or the Parish Office, or by placing them on the plate in Church.

To date, our response has been somewhat disappointing, a mere fraction of that received in previous years but there is still time for our usual generous response!

Harvests

The Harvest Thanksgiving service in St Andrew's Malahide will be held on Sunday 23rd September when the visiting preacher is Rev Canon John McKegney, formerly Rector of Armagh and curate in Bangor alongside the Rector in the late 1970s. John is skilled and practised in parish and education ministry, as well as many other aspects of church life, expected and unexpected, and as a preacher with a skilled sense of humour! He is now 'retired', a euphemism for a new role chairing the Railway Preservation Society of Ireland as well as a host of other activities, and lives in Portrush, Co Antrim.

For many years, the School has played a part in this service and we look forward to the continuance of this tradition. Harvest reminds us of our dependence on good weather and hard human work, and this is very important to remember at a time when food production has become both industrialised and globalised, not always to our advantage or long-term good.

As usual, we will be having two harvest services in St Doulagh's on October 14th. The preacher in the morning is Rev Canon Cecil Hyland, formerly Rector of Howth and what is said of John McKegney applies also to Cecil although he never served with the Rector and the interest in railways is more manifest in his two brothers, Alan (Chalfont) and Leslie (Queensland). At 7.00 pm in the evening, the preacher is Rev Mairt Hanley, Rector of Baltinglass, an archaeologist by profession and a prominent member of The Irish Guild of the Church. We are hoping to have some added musical involvement on this occasion, with music by the Harold's Cross Brass Band and other sources: details will be on the parish website.

Assistance in decoration of both churches is always welcome. St Andrew's will be decorated on the Saturday morning, and St Doulagh's on the Friday morning. Gifts of fruit and vegetables will be most welcome, even if you feel your arranging skills are not up to public display!

We ask all friends of Malahide and St Doulagh's to come along and join us for what are always very special occasions: to all as usual, Céad Míle Fáilte!

Car Boot Sales at St Doulagh's

These have continued throughout the summer on the 1st and 3th Saturdays of the month and will be held until the September. All are welcome as we seek to raise funds to maintain and improve St Doulagh's as the parish develops along the Northern Fringe of Dublin.

For those who have come along, they have been very enjoyable but attendances by parishioners have been rather disappointing. This is a great pity as we do need to raise money

for St Doulagh's, and crowds draw crowds. If there is a good attendance of buyers the sellers will return time after time, but if not they will go elsewhere.

The project has been organised by Ian Watkins and Alan Clarke and we owe them a great debt of thanks and appreciation. We also thank the Friends of St Doulagh's for providing guided tours on the sale mornings which have achieved a secondary aim of the sales, to put St Doulagh's on the map of local awareness! Thank you to Vivian and Norma and their team.

End of Life Issues

The Annual Theological Seminar organised by Affirming Catholicism Ireland will take place on Saturday 20th October in the Church of Ireland Theological Institute, Braemor Park, Churchtown (beside Mount Carmel Hospital). This year's seminar focuses on 'end of life' issues.

Using the title of *The Catholic Activity of Christian Healing*, we welcome two very able speakers from the Church of Ireland Community. Rev Canon Daniel Nuzum is a Hospital and Hospice Chaplain, will speak about *Healing in Life Challenging Situations* and Rev Dr Patricia Mollan, Director of Ministry, Church's Ministry of Healing (CMH) in Belfast will speak on *Biblical Healing in the Church Community*. In the afternoon, we welcome Dr Eva Beranek, Ministry Facilitator of CMH in Dublin who will participate with our main speakers in an open forum on the Healing Ministry of the Church.

Registration is at 10:30. The day begins with Morning Prayer at 11.00 and concludes at 3:30 with the Eucharist and Laying on of Hands. Everyone is welcome. Cost is £20/€20 (including lunch).

To reserve a place, please contact the Rector email affcathire@gmail.com.

Alice Leahy Trust Collection

The Alice Leahy Trust does wonderful work with the victims of homelessness, from its base in the under-croft of the Iveagh Hostel, and Alice has been a forceful critic of the failure of our society to deal with the situation which makes homelessness such a serious problem in the capital of one of the wealthiest countries in Europe.

On the first Wednesday of each month, a team of volunteers from the Mothers' Union meets and sorts donations from the parish and wider community, and ensures that they get to their destination with the minimum of delay! A list of what can be accepted is on the parish website. If you cannot deliver on a Wednesday morning (1030 to 12noon), donations can be left at the Parish Centre beforehand.

Parish Coffee Mornings

These are held on the 1st Wednesday of a month in the coffee bar in the Parish Centre from 10.30 am to 12.00 noon, not coincidentally the same time as the Alice Leahy Trust Collection. It is very well supported by parishioners, and provides an excellent meeting point. If you are free and have not been, we invite you to come along.

The event is co-ordinated by Hazel Bolton, one of the many activities she organises which contribute to the social life of the parish.

Old School House

We hope to start work soon on refurbishing the Old School House on Church Road, one of the oldest buildings in Malahide,
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Parish Car Boot Sale



Parish Notes

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dating from the 1820s. The aim of the project is to restore a building which is still largely in its original state, to a condition which will be suitable for modern living in terms of insulation for heat and sound, but will still be true to the original, and which will provide an ongoing income stream for parish development

Memorial Service

This is held each year in All Saints' Tide when all those in the parish who have experienced bereavement in their families during the past year are invited to come along as we remind ourselves of the Christian message of resurrection hope. This year, it will be held on Thursday 1st November (All Saints' Day) at 8.00 pm and will be followed by refreshments.

Parish Finances-----A Mid-year Update

At the end of June, having completed the first half of 2018, it is time to review how our parish is progressing financially against the plan set by the Select Vestry at the start of the year.

Income for the first 6 months of the year is slightly below plan by approximately 5%.

The main shortfall relates to Direct Giving Cash and lower than planned Charity Income.

Expenditure for 6 months to date is very satisfactory, running at €23k lower than planned. Savings have been realised in most areas under our direct control.

As a result of the lower than planned expenditure, I am pleased to report that the overall financial performance for the 6 months period shows a small surplus of income over expenditure of €3k

As many of you are aware, in July we found it necessary to re-work the plaster in the main aisle of St. Andrew's Church incurring a total cost of €16k, which will negatively impact the expenditure plan for the remainder of the year.

Provided our income holds up to plan during the remainder of the year, with a strong reliance on a successful Christmas market, we should still manage to just about break even for the full year.

On behalf of the Select Vestry, I would like to thank all parishioners for their valued and generous contributions to date and I look forward to your continuing support during the 2nd half of the year.

*Brian Brown
(Hon. Treasurer)*

GDPR

Over the coming months, the communications team in the United Parishes will be working on updating our data base and bringing our entire parish into line with GDPR requirements.

This will involve every member of the Parish filling out a Consent form.

The forms will be available at all services in St. Andrews and St. Doulagh's over the coming weeks.

We will arrange to call to parishioners homes, if getting a form at the church is not convenient.

The form takes less than 5 minutes to fill out and is essential to update parish records. Thank you in advance for your help with this matter.

Claire Craig

Car Boot Sale

St. Doulagh's Church



**Cars only
(No Vans)
€20
per car**

Car Boot Sale Dates:

June:	9th - 16th - 30th
July:	7th - 21st
August:	4th - 18th
September:	1st - 15th

Gates Open 7:45am - Closing 3:00pm

089 4784918

For more information telephone:

Malahide Mothers' Union

"FAITH IN ACTION"



The new season will begin on 13th September with a service in St. Andrew's Room in the Parish Centre at 7.30 pm.

The address at this service will be given by St Doulagh's Churchwarden, John Young, who will speak about his work with Wycliffe Bible Translators. Following the service, we will hear details of our Programme for the coming season.

The Diocesan Festival Service will be in Monkstown Parish Church on 20th September.

On 11th October at 8.15 pm. we will have a member of the Garda Síochána to speak to us on the importance of Personal Safety and Security.

New members and anyone who might be interested in any of our meetings, are always most welcome.

Olive Haynes

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Come and Join the Fun at Girls' Brigade on Saturday afternoons! Dancing, Singing, Arts & Crafts, Speech & Drama, and much more! Starting **Saturday, 29th September 2018** in St Andrew's Parish Centre, Malahide.

New members from 2 years of age and older are most welcome.

- 2-4 year olds - Tiny Tots
- 5-8 year olds - Explorers
- 9-11 year olds - Juniors
- 12-13 year olds - Seniors
- 14-17 year olds - Brigaders
- 18 years+ - Associates

For further enquiries contact Ruth on 087 9389727

Hope you can make it!

Daily Service at 9.15 am

Morning Prayer will be said in St Marnock's Chapel in St Andrew's each morning Mon – Sat from Monday 9th October. In this service, the scriptures are read in a structured and devotional manner, and prayers offered for the parish and the needs of the world.

All are welcome to come along. Parking is available for the duration of the service in the Rectory

Contacts

Pastoral Care and Support

Margot Seymour 845 2118
Hazel Caird 845 0481

Churchwardens

St. Andrew's

Hazel Bolton
Graeme Tarbox

St. Doulagh's

John Young
Jennifer Young



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CENTRE
COFFEE BAR

THE 1st WEDNESDAY OF
EVERY MONTH
10.30 am - 12.00 noon

EVERYONE WELCOME

The TRUST collection will
also be in the Parish Centre
On 1st Wednesday of the
Month

9.30 am - 12.00 noon
to receive donations of
clothing for the Homeless

Malahide Citizens' Information Centre
– Malahide Library.

Tel: 076 1077 480 (low-cost number)

Monday – Friday 10.00 – 12.30
and 2.00 – 4.30.

Free legal information on the last
Saturday of each month.

St. Andrew's Church, Malahide: Sunday Services

2nd Fourteenth after Trinity	8.00 am Eucharist 11.30 am Eucharist 6.30 pm 'Messy Church'
9th Fifteenth after Trinity	8.00 am Eucharist 11.30 am 'All Age' Eucharist 6.30 pm Eucharist
16th Fifteenth after Trinity	8.00 am Eucharist 10.30 am Parents & Toddlers' Service 11.30 am Eucharist 6.30 pm Ministry of Healing
23rd Seventeenth after Trinity	8.00 am Eucharist 11.30 am Family Service for Harvest Thanksgiving. Preacher, Rev Canon John McKegney 6.30 pm Eucharist
30th Eighteenth after Trinity	8.00 am Eucharist 11.30 am Morning Prayer with Prayers for Healing 6.30 pm Compline

Weekday Services

Wednesday 5th	11.00 am Eucharist
Wednesday 12th	11.00 am Eucharist
Wednesday 19th	11.00 am Eucharist
Wednesday 26th	11.00 am Eucharist

St. Doulagh's Church, Balgriffin (all services at 10.00 am)

2nd	Morning Prayer
9th	Eucharist
16th	Morning Prayer
23rd	Eucharist
30th	Morning Prayer

St. Andrew's Church, Malahide: Sunday Services

7th Nineteenth after Trinity	8.00 am Eucharist 11.30 am Eucharist 6.00 pm 'Messy Church'
14th Twentieth after Trinity	8.00 am Eucharist 11.30 am 'All Age' Eucharist HARVEST THANKSGIVING AT 7.00 PM IN ST DOULAGH'S
21st Twenty-first after Trinity	8.00 am Eucharist 10.30 am Parents and Toddlers' Service 11.30 am Eucharist 6.30 pm Ministry of Healing
28th SS Simon & Jude, Apostles and Martyrs	8.00 am Eucharist 11.30 am 'All Age' Service 6.30 pm Eucharist

Weekday Services

Wednesday 3rd	11.00 am Eucharist
Wednesday 10th	11.00 am Eucharist
Thursday 11th St Philip the Deacon	9.15 am Eucharist
Wednesday 17th	11.00 am Eucharist
Thursday 18th St Luke the Evangelist	9.15 am Eucharist
Tuesday 23rd St James, Brother of the Lord	9.15 am Eucharist
Wednesday 24th	11.00 am Eucharist
Wednesday 31st	11.00 am Eucharist

St. Doulagh's Church, Balgriffin

7th	10.00 am Morning Prayer
14th	10.00 am Eucharist (Harvest Thanksgiving) Preacher: Canon Cecil Hyland 7.00 pm Evening Prayer (Harvest Thanksgiving) Preacher: Rev Máirt Hanley
21st	10.00 am Morning Prayer
28th	10.00 am Eucharist SS Simon & Jude

St. Andrew's Recipe

FISH PIE

Ingredients:

- ½ Carrot
- 1 Bay leaf
- 1 pt milk
- 2oz butter
- Salt & Pepper
- ½ - ¾ lb Salmon
- ½ Onion
- 4 Peppercorns
- 2oz Flour
- ½ tin Lobster Bisque
- 1 - 1 ½ lb Cod



Method:

1. Bring milk to the boil with carrot, onion, bay leaf and peppercorns.
2. Add the fish and simmer for 5-10mins
3. Melt butter in a pan, add flour and cook for 2 mins
4. Remove from heat, add milk stock, return to heat and cook for 2-3 mins
5. Add lobster bisque and season to taste
6. Break up fish into an ovenproof dish, cover with sauce and surround with Duchesse Potatoes
7. Sprinkle with cheese and breadcrumbs
8. Bake for 10-15 mins at 220 degrees

Enjoy!



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Maximum 400 characters.

€25.00 per insertion.



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