

# Parish Mirror

NEWSLETTER – MARCH-APRIL 2022

ISSUE 66

## From the Rector

Dear Parishioners,

Spring has definitely sprung!

As I write this, I am looking out on the large flowerbed in the front garden of The Rectory.

It is packed with daffodils, crocuses and all sorts of spring flowers that have begun to push up through the newly laid bark.

In the fullness of time, it will be a riot of colour and a sign that we have definitely turned the corner into what is my favourite time of the year.

Signs of new growth are everywhere; the leaves on the trees will be open very soon, and it won't be too long before the bleakness of winter truly gives way to the new life of spring and eventually summer.

There is a stretch in the evenings too, and the light of the morning is breaking in earlier and earlier as the days turn.

As the people of God, we enter into our own springtime on Ash Wednesday which falls on March 2 this year.

As a matter of fact, the word 'lent' was originally derived from the Old English word 'lencten' which means spring.

So, the liturgical season of Lent is quite literally a springtime for us in our Christian journey.

Like the popular notion of spring, Lent is a period marked by growing - it is a time to grow in our relationship with God.

Of course, there are many ways in

*Continued on page 4*

## Kids' Club-----Gets Underway



Calling all primary school children!

Our new Kids' Club opened on SUNDAY 6th MARCH in St Marnock's Chapel attached to St Andrew's Church.

Initially, it will operate on the first Sunday of the month only from 11.30 a.m.

However, if there is demand, we will happily extend to a second Sunday.

Children, who can be accompanied by a parent, will participate in age-related activities before joining up with the Sunday congregation in time to come forward at the Holy Communion.

We are most grateful to all those who have volunteered to act as Kids' Club Leaders and for their willingness to undergo Garda vetting which is required for all work with young people.

In due course, all volunteers will also complete training offered by Safeguarding Trust, the Church of Ireland's Code of Good Practice for youth work and children's ministry.

The Rector says, "At the Christingle Service, I was delighted to see so many children of primary school age. This club is for them, and I hope parents will encourage them to take part in it.

"Parents can either go into the main service, which on the first Sunday of the month will be Holy Communion or go into the club too where there will be tea and coffee making facilities in the Refreshment Dock."



**Emma Hannigan and her daughter Alexandra trying out the new toys and games for the Sunday Kids' Club.**

*(Printed with Permission)*

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Further information about **Parish Officers** and **Parish Organisations** at the Parish Website: <http://malahide.dublin.anglican.org/>

## *Kids Club-----The Rector writes.....*

"We all recognise the vital importance of children and families within our church community. This is a ministry that not simply builds into the future but is vital for today's church."

Mindful of the importance of this aspect of parish life, the Rector and Select Vestry are exploring the possibility of appointing a Children and Families Worker.

We are blessed with so many creative, talented and dedicated children and we want them to feel at home in church and genuinely part of it.

The appointment of a Children and Families Worker would be a very significant commitment in financial terms for these united parishes, but we are keen to develop our ministry among children and initiate new ministry opportunities among families.

The Sunday Kids' Club is a first step, and I would appeal to all parents for their support.

This is our 200th anniversary year, and it is crucial that we invest in our young people if we want to see both our churches grow into the next 200 years".

Further information about the Sunday Kids' Club is available from the Rector, Salome Keegan or Emma Hannigan.



## *Confirmation 2022*

A meeting of those who hope to be presented for confirmation will take place in St Marnock's Chapel on Wednesday 16th March at 7.30 p.m.

The meeting is for young people, and their parents, who have already given their names to the Parish Administrator, Vicki Deacon.

We currently have six young people hoping to be confirmed but if you know of anyone from 12 upwards who is interested, please do get in touch with either Vicki Deacon or The Rector as soon as possible.

Confirmation classes will be a mixture of online sessions, using Zoom, and occasional in-church meetings with parents.

There will also be a number of social get-togethers to enable the candidates to get to know one another.

It is hoped that the candidates will be presented to His Grace, The Archbishop at a special service in Clontarf Parish Church on Sunday 29th May at 3.00 pm.

As part of preparation for confirmation, candidates, and their parents, will be expected to attend church, especially the monthly family service at which they will take a leading role in reading the lessons, praying and acting as churchwardens.

The Rector says, "When we confirm something we say yes. At confirmation we say yes to Jesus' call to follow him on our journey through life. Parents and godparents will usually have said yes for us when we were babies and unable to speak for ourselves at baptism, but confirmation gives us the chance to say yes.

"We want to prepare for this very important occasion in a way that is fun, engaging, relaxed and as informal as possible."

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## Down MEMORY LANE (and far beyond)

### The start of the 20th Century and a major building project

Hardly down deep in Memory Lane but a major project in the parish and well worth remembering.

April 2002 saw the Parish Development Committee Report – “Building for Generations- Strategy 2001”. A brief look at the members of the Development Committee is interesting.

Chairperson – Brian Brown

Secretary - Jan de Bruijn

Marcus Collie

Karl Daly

Ken McAllister

The Committee took a wide view of parish life, considering the potential Parish Profile in 2010, a vision for the Parish and key elements of that vision, Youth Leadership and Development, Childcare Support, Senior Citizens Support, Education and Training on Christian Values, Reaching Out to Others and a Summary of Needs.



The Gaps that were identified – needed to be addressed. This being done by Skills Identification and Engagement, Establishing a source of income to support the pastoral needs and improving our buildings to accommodate the requirements.

#### Two interesting outcomes

Planning to sell by public auction the Hill site, investing the proceeds in the RCB and making improvements to our Parish Hall and Churches to better support our development plan.

A Chronology of events is interesting. April to November 2002 - Considerable interface with parish organisations and external bodies to determine needs and potential solutions. December 2002 – Request by Select Vestry to Diocesan Council to authorise the release of funds held by the RCB as a partial contribution towards the financing of the new parish centre. Also that month saw the Select Vestry unanimously approve the plans for the

construction of the new parish centre. January 2003 saw the Select Vestry unanimously approve the final version of the new centre including the financial plans. Planning permission was sought from Fingal County Council in February 2003 and permission was subsequently granted and a Fire Certificate was issued.

The estimated cost of the development was €843,000. A letter dated 27th February, 2003 from the Diocesan Secretary said that the meeting of members of the Parish Development Committee and the Rector with the United Dioceses Committee was reassuring to learn that the Select Vestry had unanimously approved the plans for the proposed New Centre. The Diocesan Committee was also reassured by the fact that the Development Committee had given so much thought to the varied needs of the Parish in the future. The Cost Summary of April 2004 shows a final figure of €994,959.

In retrospect it can be seen the remarkable asset that was ultimately built which currently greatly enhances the parish and indeed the community, with all the activities normally going on. Sadly 2020 and well into 2021 has seen much disruption but hopefully all will return to normal. All that can be said - Well done to all those involved.

*Derek Moffatt*



### Flower rota

March 6: Tanya Sewell  
March 13: Shelagh O'Donnell  
March 20: Avril Mullock/Katie Swarbrigg  
March 27: Margaret Percival

April 3: Kerry Redmond  
April 10: Palm Sunday  
April 17: Easter Day (All helpers, please!)  
April 24: Clonagh Burrows

We are most grateful to Norma Williams who looks after the flowers in St Doulagh's Church.



## Tom's thoughtful spot

### Tell me a Story

'Tell me a story' says the child within us. We love stories – telling them and hearing them. If there is one thing I would have done differently over the years it is this: I would have paid better attention to the many stories my parents told me when they were alive about growing up in county Cork in the early decades of the last century. Wisdom, wit, kindness along with memories of troubled times and community tensions pervaded the conversations, I remember.

I had hoped to be able to avail of my recent 'retirement' to catch up with the hundreds of cousins living in Cork and further afield to capture memories, stories and records. Alas, the only remaining story-tellers are among my generation. I will have to dig deep into my own memories and those of others. In the meantime I am waiting for finer weather and better data on public health trends to venture south!

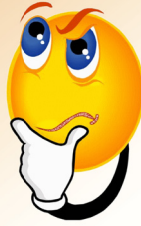
I wonder if, in this year of the parish bicentenary, we might think about the stories and memories of so many parish members. This is more than writing local histories. It is about who we are, where we came from and how we interpret the world today. There is a mine of information and insight to be drawn on. Casual conversations with parish members over the years have opened my eyes to so many things. I recall a conversation with the late Bob Turner during a period of prolonged suspension of train services north of Malahide in 2009. He pointed out that the bridge in question had been repaired decades previously. If I am not mistaken, Bob had moved to this parish in the 1950s.



Source– RTE Archives.

Informal chats after the online service have provided me with insight into how, for example, Sundays were regarded and lived decades ago especially in a Church of Ireland tradition. The concept of a day of rest and a special day devoted to worship and meeting up seems remote and out of place in today's Ireland – unfortunately.

There can be a tendency to paint the past in glowing terms. At the same time, we are confronted daily with stories of intolerant and, frankly, unchristian Ireland in former times. The truth is somewhere in between. Ordinary people got on with life and had struggles to



make ends meet and keep going. The more we delve into our past the more we find out that people are not that different from one generation to the next. There is good and not so good in each of us and everyone has dark and light in their past.

So much had changed over the years and Malahide and Portmarnock are almost unrecognisable from the black and white photos of the 1950s. Yet, the same faith and gospel news has been transmitted to this generation. We are holders of a sacred memory and living tradition. It is in this tradition that our personal, family and community stories have taken shape. Stories communicate our shared values.

If the events of 2020-2022 (so far!) have shown us anything it is the importance of community spirit, connection and personal caring. So many acts of kindness have been undertaken during those bleak times. And this, too, can be the subject of story-telling in years to come.

Tom Healy

### From the Rector

Continued from page 1

which we can go about this but traditionally the 40 days of Lent are characterised by prayer, study and a fuller commitment to the things of the faith.

During Lent, in these united parishes, we hope to meet every Wednesday evening at 7.30 p.m. on Zoom for a virtual pilgrimage to the Holy Land, entitled A River Through The Desert.

Conducted by the Dean of St George's College in Jerusalem, the Very Reverend Richard Sewell, this informal course is designed to provide a glimpse of the spiritual riches of Jerusalem.

In Week One, 9th March, the focus will be on the desert which has profound significance in the Christian life. On March 16th, Week Two, we will visit a Water Well in the Kidron Valley. Week Three, March 23rd, will see us on top of Mount Sinai while on March 30th we will be at the edge of the Sea of Galilee.

A video has been produced for each session after which there will be a general discussion, ideally over a cup of tea or coffee - and all in the comfort of your own home!

By way of introducing the course, Ms Lynn Mills, who is a parish reader in St Ann's Church, Dawson Street, Dublin, my former parish, will be the preacher at Holy Communion on March 6 - the Sunday before our first online session.

Lynn is a graduate of the MA course in Theological Studies at the Vancouver School of Theology and is a final year PhD student in the School of Religion at Trinity College, Dublin.

She has lived and studied in Jerusalem and has a wealth of knowledge of the area and was a facilitator of the 'River Through the Desert' course in St Ann's last year.

Please indicate to me or Tom Healy if you are interested in taking part and the log-in details will be sent on.

David



## Getting the balance right!

### Spiritually, emotionally and physically

As we slowly emerge from the pandemic, let's take the opportunity to reflect and explore how well we are.

During 2022 this section on, "Getting the Balance Right", will examine how we feel, consider how we can build our resilience, and enhance our coping strategies.

Did you know that the vagus nerve is the longest nerve in your body? It connects your brain to many important organs throughout the body, including the gut (intestines, stomach) heart and lungs.

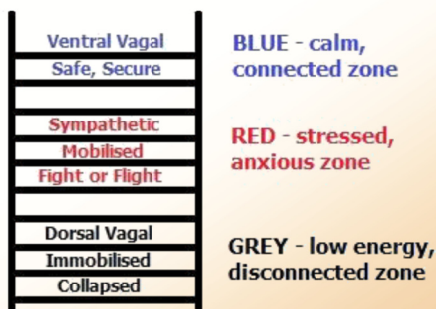
It influences your breathing, digestive function and heart rate, all of which have a huge impact on your mental health and wellbeing. The vagus nerve's job is to scan your environment for cues of safety or cues of danger.

But what you really need to pay attention to is the 'tone' of your vagus nerve.

The ladder depicts the level of relaxation or stress you are experiencing. The aim is to be as close as possible to the top of the ladder most of the time. If you are in the red or grey zone a lot, your wellbeing may be negatively impacted.

In 2010, researchers discovered a positive feedback loop between high vagal tone, positive emotions, and good physical health. The more you increase your vagal tone the more your physical and mental health will improve and vice versa.

The Autonomic Ladder



Ask yourself where on the ladder are you?

- Do you feel connected to people? Are you open hearted, warm, engaged, curious, capable, passionate, at ease..?
- Do you find the world welcoming, filled with opportunity?

Then you are in the BLUE ZONE.

- Do you feel anxious, confused, overwhelmed, panicked, angry, confrontational, ready to run ...
- Do you think the world is toxic, unfriendly, scary, ..?

Then you are probably in the RED ZONE.

- Do you feel, out of focus, numb, hopeless, shut down, disconnected..?
- Do you think you are invisible, hopeless, lost and alone, that the world is cold and empty?

Then you may be in the GREY ZONE.

You can regulate the way you feel and think by

recognizing experiences and thoughts that influence where you are on the ladder. When we talk about regulation we mean being able to move up the ladder to a calm and safe place.

Think about where you are on the ladder. Name 5 ways, things and thoughts that help you move up and stay in the BLUE ZONE.

Keep a daily journal of the ways and thoughts that impact you positively.

They could include:

- A dedicated time to pray, seek guidance and be thankful
- Being in the outdoors enjoying fresh air and nature
- Connecting with family and friends that are caring and supportive
- Participating in hobbies such as sports, music, crafts, baking etc.
- Helping others and the community

In the next edition of the "Parish Mirror" we will discuss practical grounding and soothing techniques to help manage stress and stimulate calmness.

If you are impacted by matters in this article - The Aware Support line service is available to any adult, who is seeking support in relation to their own mood or the mood of a friend or family member. Freephone 1800 80 48 48 Available 7 days a week. 10.00 am to 10.00 pm

Anne Winslow O'Dea

## A Snapshot of 2021 Parish Finances



Taking into consideration the on-going impact of Covid 19 adversely affecting income, coupled with the significant refurbishment programme carried out on the rectory, we finished the year with a satisfactory result. We incurred a deficit of €6.5k, which was considerably better than originally planned.

Overall income amounted to €215.3k.

30% of income was generated from Envelope and Standing Orders contributors, with better than forecasted performances from the Parish Centre, Property Rental, Churchyard Fees and Investment Income.

Total expenditure for the year amounted to €221.8k.

The main area of reduction versus plan incurred under Salaries, due to the absence of a rector for most of the year. Property maintenance and refurbishment costs accounted for 43% of expenditure.

Full detailed accounts will be presented to the Easter Vestry meeting on Thurs 28th April and will be available online following the meeting.

Brian



## Malawi Girls Education Trust

*The first of a series of articles on the Charities that we support in the Parish*

For some years the Parish has funded a small Trust which pays for the education of girls in one of the world's poorest countries: Malawi. Malawi is a country riven by drought and sporadic flooding. HIV and Malaria are endemic. Only 11% of the population have electricity. When families do not have enough money to pay for school fees for all their children, the boys are educated. Girls are married off (often as young as 11) to get the 'bride price'; or they are placed in menial labour or in the sex trade.

The Trust we support was established by one of our parishioners, Pat Barker and an Irish official she met when working in Malawi. It now funds 39 girls in St. Mary's Secondary School in Zomba. The girls are guaranteed a place in school until they finish their secondary education. The Trust pays for their fees, accommodation, uniforms, books, shoes and (because period poverty means that many girls in sub-Saharan Africa miss 4 – 5 days a month from class) their sanitary requisites.

Every cent donated to the Trust is sent directly to the Bursar in the School and the Bursar sends the accounts annually to the Trust. There are no administration costs. The principle underpinning the Trust is that the Principal of the school identifies girls with a strong desire and potential for education, who cannot afford to go to secondary school. So, there is no academic competition for a place. The criteria are financial need and a strong desire for education. Educating a girl has a significant impact on her. Her age of marriage rises. She can have children when she is ready. She can enter professions and higher quality jobs. Her health is better. She is a better parent. She contributes 73% of her income to her household (men contribute 34%). More importantly, her children and her children's children reap all these benefits too.

Since this Trust started, every girl funded has completed her education. None has had to leave school due to pregnancy or failure to complete examinations and all are contributing to better lives for all in Malawi.



## St. Andrew's Recipe

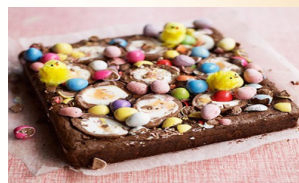
### EASTER EGG BROWNIES

#### Ingredients:

- 185g unsalted butter, cut into small chunks and leave extra for greasing
- 185g best dark chocolate and break up into pieces
- 3 large eggs
- 275g golden caster sugar
- 85g plain flour
- 40g cocoa powder
- 5 Cadbury's crème eggs
- 150g mini eggs (Cadbury's/Smarties mini eggs)

#### Method:

1. Put the butter and the chocolate in a medium-sized heatproof bowl and set over a pan of simmering water, stirring occasionally until melted. You can also cover the bowl loosely with cling film and microwave at 30 sec intervals until melted. Once melted leave to cool at room temperature.
2. Heat oven to 180C/160C fan/gas 4. Grease a 20cm square tin with butter and line with 2 long strips of folded baking paper or foil – one running top to bottom, the other left to right then line the base with a piece of baking paper. The strips will help with lifting it out later.
3. Break the eggs into a large bowl and pour in the caster sugar. With an electric mixer on maximum speed, whisk the eggs and sugar for around 5-8 mins or until they look thick and creamy and have doubled in size.
4. Pour the cooled chocolate mixture over the egg mixture, then gently fold together.
5. Sieve the flour and cocoa into the wet ingredients then continue to fold the mixture gently with a spatula until everything is fully combined be careful not to over-mix.
6. Pour the mixture into the prepared tin and carefully level the mixture with the spatula. Put in the middle of the oven and bake for 20 minutes.
7. Meanwhile, cut the Cadbury's crème eggs in half and set aside then break up the mini eggs (leave some whole) with a pestle and mortar or in a plastic bag and bash with a rolling pin. After 20 mins take the brownie out of the oven and press in the fondant eggs, cut side up. Scatter over half of the mini eggs too then put it back in the oven for a further 5 mins.
8. Once baked, top with the remaining mini eggs, leave to cool completely then place in the fridge for about 1hr to firm up. Lift it out of the tin using the strips of baking paper and cut into squares to serve.



Enjoy!



## Contacts

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### Churchwardens

#### St. Andrew's

Linda Barry  
Graeme Tarbox

#### St. Doulagh's

Alan Jones  
John Chambers

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## Church Services

March

### St. Andrew's Church, Malahide: Sunday Services

6th	8.00am	Eucharist One
First in Lent	11.30am	<b>KIDS' CLUB ST MARNOCK'S CHAPEL</b> Eucharist Two ( <i>Preacher: Ms Lynn Mills</i> )
13th	8.00am	Eucharist One
Second in Lent	11.30am	Morning Prayer Two
20th	8.00am	Eucharist One
Third in Lent	11.30am	Eucharist Two
27th	8.00am	Eucharist One
Fourth in Lent	11.30am	* <b>SPECIAL MOTHERING SUNDAY FAMILY SERVICE</b> *

### Weekday Services, St Marnock's Chapel

Wednesday 2nd	<b>ASH WEDNESDAY</b>	11.00am	Eucharist Two
		7.30pm	Ash Wednesday Service
Wednesday 9th		11.00am	Eucharist Two
Wednesday 16th		11.00am	Eucharist Two
Wednesday 23rd		11.00am	Eucharist Two
Wednesday 30th		11.00am	Eucharist Two

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

6th First in Lent	Eucharist Two
13th Second in Lent	Morning Prayer Two
Lent	
17th <b>ST PATRICK</b>	Eucharist Two
20th Third in Lent	Eucharist Two
27th Fourth in Lent	* <b>SPECIAL MOTHERING SUNDAY FAMILY SERVICE</b> *

April

### St. Andrew's Church, Malahide: Sunday Services

3rd	8.00am	Eucharist One
Fifth in Lent	11.30am	<b>KIDS' CLUB ST MARNOCK'S CHAPEL</b> Eucharist Two
10th	8.00am	Eucharist One
<b>PALM SUNDAY</b>	11.30am	Morning Prayer Two
17th	8.00am	Eucharist One
<b>EASTER DAY</b>	11.30am	Eucharist Two <b>FAMILY FRIENDLY EUCHARIST</b>
24th	8.00am	Eucharist One
2nd of Easter	11.30am	Morning Prayer Two

### Weekday Services, St Marnock's Chapel

Wednesday 6th	11.00am	Eucharist Two
Wednesday 13th	11.00am	Eucharist Two
Thursday 14th	<b>MAUNDY THURSDAY</b>	7.30pm Eucharist Two
Friday 15th	<b>GOOD FRIDAY</b>	7.30pm Evening Prayer
Wednesday 20th	11.00am	Eucharist Two
Wednesday 27th	11.00am	Eucharist Two

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

3rd Fifth in Lent	Eucharist Two
10th <b>PALM SUNDAY</b>	Morning Prayer Two
17th <b>EASTER DAY</b>	Eucharist Two. <b>FAMILY FRIENDLY EUCHARIST</b>
24th Second of Easter	Morning Prayer Two



## Easter General Vestry

The Easter General Vestry of the United Parishes of Malahide, Portmarnock and St Doulagh's will be held on Thursday 28th April.

This most significant occasion in the life of the Parish will take place in the Parish Centre at 8.00 pm.

All Parishioners are asked to make a note of the date and, if possible, plan to attend as your support and encouragement for those elected to office is important.

Every lay member of the Church of Ireland, and any member of the clergy who is not serving, who is at least 18 years old and lives within the parish boundaries, or who regularly attends the parish church, is entitled to be registered as a member of the general vestry of the parish. This register is open annually in the month of January and updated by the Select Vestry at their February meeting.

The General Vestry must meet together, at least once each year, 20 days either side of Easter Day to elect members to Select Vestry which takes responsibility for managing certain activities and decision-making within the Parish. More specifically, their responsibilities include managing the parish finances and employing any lay people, providing the infrastructure which supports worship and ministry, looking after the exterior and interior of the churches, clergy residences, other parochial buildings such as the Parish Centre and the graveyard.

They must also ensure that the church is fully compliant with State and church legislation.

"These united parishes are most fortunate indeed in their Select Vestry who give of their time, and expertise, so willingly for the good of the Parish. In more recent years, much work has been carried out to both our churches and to The Rectory, and all those involved deserve our thanks and support," said the Rector.

"Please do mark April 28th in your diary and plan to be present. Please be assured that no-one will be pressurised in any way into doing a job they do not wish to do but your presence will be seen more as support for those who have done such a marvellous job in recent years, despite Covid, and who I hope will feel able to continue with your encouragement."

## MOTHERS' UNION NOTES



### REBUILDING HOPE AND CONFIDENCE

We hope all our members, their families and friends are keeping well and managing to get through the latest wave of Covid-19, and hopefully there is now some light at the end of the tunnel.

At last we hope to welcome members back to a Branch meeting on 10th March when we have arranged to have a speaker from the Charity Dogs for the Disabled.

Last November and in January, we organised collections through our MU Branch members for the Alice Leahy Trust. The Trust staff were delighted with the goodies, etc. delivered to them and have told us that they are now very well stocked in clothes and food items. At the moment they are caring for just a few rough sleepers each day and for this reason the demand for clothes has greatly reduced. Jeanette sees this situation continuing for some time yet due to Covid-19. The Staff in Trust are very grateful for these donations and have asked that their thanks be passed to the Branch and Parish. In a few months' time we will contact Trust again and ask what they need and we will let parishioners know when we can start collections of clothes in the Parish Centre again.

In December, we gave a donation from the Branch to help fund buying gifts for Darndale Crèche and to support Women's Refuges. Many thanks to Branch members for their generous donations.

Representatives of MU Branches recently attended a Zoom meeting chaired by Ada Lawson, new MU President, Dublin and Glendalough. We heard how Branches managed to keep in touch with members during Covid-19 restrictions and the importance of good communication. Interesting ideas were exchanged and dates for future events were given.

*Olive Haynes*

### Parish Mirror Committee:

#### Editorial Committee

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**Please note** contributions for each issue MUST be delivered to the Parish Office by the 15th of the preceding month. Contributions in electronic form can be sent by e-mail to brianbrownbb@gmail.com.