From the Priest-in-Charge

Dear Friends in Christ

At long last, things are looking up! With every day that passes, with every vaccine that is administered, things are looking up. Finally, after more than a year of restrictions, uncertainty and a deep sense of fear, we see a way out of this pandemic- and for that we thank God. But while many of us long for things to go back to normal, it is becoming increasingly obvious that the post-pandemic world will be different, and what we will be left with is a new normal. Change can be scary, and we often enter into it out of necessity rather than choice. But change also brings opportunity a chance to revaluate our priorities and move forward in new and exciting directions. That is an opportunity which a parish vacancy also brings- a chance to build on all that is good while embracing new and exciting possibilities for the future. Such is the message of Pentecost, the birthday of the Church, which falls this year on 23rd May. If the disciples had a choice, they surely would have chosen to keep the status quo - to hold on to Jesus in the flesh. But God had plans for them and for the Gospel that were beyond their wildest dreams and imaginings. In the power of the Holy Spirit, we can go forward in faith and confidence - we may not know what the future holds, but we know who holds the future. Rev. Lesley Robinson

Annual Easter General Vestry Meeting

Our Annual Easter Vestry Meeting, attended by 54 parishioners, took place by Zoom on Wed. 14th April and was chaired by our priest-in-charge and rural dean, Rev Lesley Robinson.

Hon. Secretary, Nigel Warburton, presented the Minutes of the previous meeting which took place on 31st August 2020. The minutes were accepted and passed.

Lesley, in her capacity as chairperson of the meeting and acting priest-in-charge, referred to the great support she had received from many parishioners in helping



her to get to know the parish and to carry out her duties. A period of silence was observed, in memory of all parishioners who had departed this life since the last **General Meeting**

Hon. Treasurer, Brian Brown, presented the accounts for year ending 31st Dec. 2020.

The year had started with a negative cash position of €19k and the Select Vestry at the start of 2021 set an aggressive plan to recover the deficit and to rebuild a reserve fund for future needs, without realising we were heading into a Pandemic.

Income was seriously disrupted compared to the previous year's figure, in particular the Parish Centre, Envelopes and Events showing a combined reduction of €58k. There were upsides in income from the Old School House rental, VAT Recovery, Tax rebate and significant contributions to St. Andrew's Restoration Appeal.

Expenditure during the year was well below 2019 figure, due mainly to no exceptional property costs incurred on building restorations.

The overall result for the year was a surplus of €59k, thereby restoring our reserves to €40k.

The Hon Treasurer finished by thanking the following people:

All Parishioners for the generous support and contributions made over this Continued on page 2

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St. Andrew's School Office

Rev. Lesley Robinson Rev. Prof. Anne Lodge Mark Acheson Vicki Deacon

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

Easter General Vestry Meeting

Continued from page 1

difficult year, the Fund-Raising Teams & Helpers, Glebewardens, Friends of St. Doulagh's, the Finance Team and Hon. Auditor Des Mullock.

The accounts for year ended December 2020 were subsequently passed and approved by all present. (Full set of accounts is available online on the parish website)

.Appointments & Election of Officers

Hon. Auditor

Des Mullock was re-appointed as Hon Auditor for the current year

Rector's Churchwardens

Rev Lesley announced the appointment of the Rector's Church wardens, Linda Barry for St. Andrew's and John Chambers for St. Doulagh's.

People's Churchwardens

Graeme Tarbox, St. Andrew's, and Alan Jones, St. Doulagh's were elected as People's Churchwardens.

Glebewardens

Rev. Lesley appointed William Flynn as Rector's Glebewarden and Ian Watkins was appointed People's Glebewarden.

Select Vestry

The following were elected to serve on Select Vestry together with the elected officers:

Hazel Bolton, Brian Brown, Emer Bryan, Claire Craig, Karl Daly, Richard Firth, Mandy Fleury, Ken McAllister, Derek Moffatt, Andrew Smith, Nigel Warburton, Ann Winslow-O'Dea

Brian Brown

'BUILDING HOPE AND CONFIDENCE'

Our branch wishes to congratulate Rev Leonard Ruddock on recently becoming our diocesan chaplain. We also wish to thank Karen Nelson for all her support during the year and for organising a lovely service which was broadcast on RTE on Mothering Sunday.

Olive Haynes



Parish Centre News

After a quiet start to the year, the Parish Centre has a few more activities taking place. Little Milestones, the Montessori, is back open and Kandoo is running all the time. Covid restrictions for outdoor



activities will be lifted at the end of April so Irish dancing is hoping for good weather and will hold classes in the yard during the week. Girls' Brigade is also planning an outdoor get-together at the beginning of May, so let's hope the weather stays fine and dry for them all.

Vicki

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Down MEMORY LANE (and far beyond)

St Doulagh's Church - The Bell



The Minutes of the Select Vestry on the 21st October, 1957 tell most of the story.

The Rector stated that Mr and Mrs Symes had been kind enough to offer a bell to be hung in the tower of St. Doulagh's Church. He had inspected the bell which was of good tone in the company of the Contractor who was of the opinion that there would be no difficulty in removing the bell from its present site and hanging it in St Doulagh's Church. Mr Rumball felt that it was imperative that the present appearance of the Church should not be altered and Capt. Butler said that there were clear indications that a bell had once hung in the tower. The Rector said that while it was necessary that provision be made for the sound of the bell to emanate from the tower this could be done without interfering with the appearance of the structure. Capt. Butler proposed Mr Manning seconded and it was agreed that Mr and Mrs Symes offer be gratefully accepted.

The Minutes of the Select Vestry on the 6th October,1957 tell the remainder of the story.

The Rector expressed thanks to Mrs Symes for having had a bell installed in the Church Tower, and said that it was the wish of Mrs. Symes to have a plaque placed on the vestry wall stating that the bell was in memory of the late Mr Symes. On the proposal of Capt. Butler seconded by Dr Pringle, it was agreed that permission be granted to erect the plaque and that the usual fee be waived. The Hon. Sec. to write to Mrs Symes expressing the Vestry's

thanks.

Sadly, it was to take many years before the plaque was manufactured and placed in the church.

THE BELL

WHICH ORIGINALLY HUNG IN WELLFIELD HOUSE AND NOW SUMMONS US TO WORSHIP WAS A GIFT FROM

MRS. OLIVE SYMES
IN MEMORY OF HER LATE BELOVED HUSBAND

GEORGE BROOKE SYMES

1877 - 1957

The bell which was originally manufactured to ring from the outhouses of the Symes' house to call those working in the fields to cease work for lunch at twelve o'clock and again at six o'clock to call an end to the working day on Monday to Saturday.

The bell was manufactured by Thomas Hodges in Dublin in 1857. It is 21 and a half inches in height and 28 and a quarter inches in diameter. Thomas Hodges operated in a Sackville Street premises, as well as is in Nelson Lane until 1837, in which year he moved to 99 Middle Abbey Street where he remained until 1865. Hodges Foundry



cast a large number of bells for churches throughout the country. He was responsible for casting the six bells in St Canice's Cathedral, Kilkenny, which we understand still remain in use today,

Derek Moffatt

The Church in Switzerland

In 2015, we moved from Malahide to a village called Commugny in the Swiss canton of Vaud. Commugny is a similar distance to Geneva as Malahide is to Dublin, although with the exemplary Swiss train service, Geneva felt a lot nearer. I had intended taking an active role in my local parish as I had in Malahide but instead adopted more of a hybrid approach, dipping in and out of different experiences over my four year stay. When I first arrived in Malahide back in 2008, I had a young family. I phoned the rectory, left a message and Norman phoned me back promptly. We were instantly part of the St Andrew's family. This time, it was different, my teenage children certainly didn't want to go to Sunday School and no longer provided the ice-breaking bridge they had in other international moves. As much as the Irish are welcoming and outgoing, the Swiss can be distant and dare I say, dour. They are pragmatic and no nonsense and even though I'm a good French speaker, ingratiating yourself in a second language is trickier than doing it in your mother tongue. Some countries feel inherently spiritual. Switzerland doesn't. There are many rules and it is almost too perfect but when you look into the mountains you feel the presence of the divine, an 'other worldliness', which is so peaceful and easy on the soul.

Like Ireland, Switzerland claims to have no 'state religion', which is true at a Federal level but some cantons still identify as being catholic or protestant. Shops remain firmly closed on a Sunday and statistically Switzerland remains primarily a Christian country with a fairly even split between Catholicism and Protestantism. The 16th century reformation took place, way before it was the current federation of 26 cantons, with John Calvin in Geneva, which was then part of France, and Huldrych Zwingli in Zurich. Since 1920, the Swiss Reformed Church has been the main Protestant religion.



Today, about 20 per cent of the Swiss class themselves as having no religion and attendance at church has seen a sharp decline. There is a growing Muslim community which currently makes up five per cent of the community and a small percentage of Jews and other religions. Everything in Switzerland is taken to a referendum, even the question of whether you can buy sausages at a service station on a Sunday (sausages played a large role in the Swiss Reformation.) In 2009 the Swiss voted not to allow Swiss mosques to build their traditional

minarets. The Swiss claim to accept religious freedom yet democracy and religious tolerance still remain rigidly on their terms and most of them want to preserve the traditional nature of the land of mountains and chocolate. For me, who enjoys the juxtaposition of different cultures and Jesus' 'love they neighbour as thyself,' message, this did not sit well. It is true, Switzerland looks like a Utopia 'on the outside' and is one of the most democratic nations on earth but there is a tendency to bury that which we don't want to acknowledge. Scratch beneath the surface, however, and the Helvetic Confederation has the same issues as most of its European neighbours.

Before moving, I researched the Swiss Anglican community, discovering that my nearest church would be Holy Trinity in Geneva which describes itself as being 'in between the lake and the railway station.' The importance of the lake in this part of Switzerland cannot be overplayed. It is a constant presence, like an old friend, with the Franco-Swiss border in the middle and stretching from Geneva at one end to Montreux at the other. On a cloudless day, the view of Mont Blanc which, even in the height of summer is still capped with snow, is breathtaking.



Holy Trinity is a city church where the congregation is made up of international Anglicans from various English-speaking nations who have made Geneva their home. The services are typical of the Anglican churches I had grown up with in the UK although it was very high church which, having lived so long in Ireland, I'm no longer used to or entirely comfortable with. The congregation was very welcoming and I enjoyed being part of a multinational community. The musical offering was outstanding. Having taught Sunday school in Malahide, I decided to take a break from young children for a while so I politely declined the offer of helping with junior church. In addition to this, Holy Trinity was a train ride away from our home and one of the things I enjoy about worship is being part of my local community.

So like Goldilocks, I tried something else for size attending the local Swiss Reformed church. Commugny

Continued on page 8

Tom's thoughtful spot

Ireland at the crossroads

We have come through a most difficult year.
No one has been immune from the impacts of the Covid crisis. As we emerge from this phase of an unprecedented pandemic, we are challenged to take our place in a combined effort to question Irish society and how it is structured. We are also challenged to question Ireland's role and place in achieving a just world order based on principles of solidarity, cooperation and the common good.

We are a rich country; yet we remain very divided by wealth and access to various public and voluntary services. We are a country rich in spiritual heritage, poetry, literature and music; yet we seem to lack a coherent vision of what a just society might look like and what responsibility each of us has to bring it about.

New forms of technology have transformed the way we live, work, socialise and even pray together or on our own (the recent Annual Select Vestry illustrates this point!). New technology has been an overwhelming benefit. Yet, it cannot replace deep, sustained and person-focused communication and interaction. A great epidemic of loneliness has afflicted many in the world over the months of lockdown. In many instances, it was a continuation of something that existed before covid and speaks to a malaise of increasing disconnectedness among so many people – not least some of the very young and the not so young.

The pandemic has brought out the best in most people. However, it has shown an ugly side as well. Not everyone has been on board in the efforts to do what was required. Dark forces have assembled on the margins of society prompted by various concerns. We have witnessed some of this on our screens from Belfast and Dublin in recent weeks.

Considering the nature of the epidemic and the necessary mass vaccination programmes, the response of healthcare systems and governments has been remarkable. The dedication and bravery of frontline staff has moved us all. Yet, in common with many nations, we seem to fall short on an effective and convincing strategy to exit quickly from the pandemic and to ensure a speedy vaccination of the entire population in such a way that can permit a timely reopening of society and economy not to mention churches which are sadly deemed as less essential than many other activities. The work of rebuilding primary and acute healthcare services for all manner of conditions and needs remains a huge task especially in the Republic of Ireland where we never had anything approaching a single public and free-at-point-ofentry national health service. Let's say we are all learning now about having to join a queue for one particular service determined – approximately – on medical need rather than bank balance.

The crisis has exposed deep fractures and injustices just under the Irish social lid. We have seen the scandal of nursing homes in the early stages of the pandemic while precarious, low-paid and undervalued workers struggled to care for the extremely vulnerable. Add to this the revelation of how meat processing is carried out.

At the same time, we have all been blessed by the work of huge numbers of frontline and key workers in healthcare, retail and manufacturing who have kept food on the table and healthcare and schooling going. There are, in addition, the community foot soldiers, parents, carers, volunteers and others who have made it possible for us to continue through these harrowing months.

At the heart of this crisis and the journey out of it are the core human values of:

Respect for all persons and all human life – nobody should be left behind by reason of income, background or disability.

A transformation of our habits and choices to ensure a **sustainable earth** for our children and grandchildren (the pandemic is very likely linked to the impact of environmental damage, biodiversity loss and human behaviour).

Care for the **common good** above narrow sectional or personal greed.

Solidarity within and beyond the island of Ireland.

We cannot sit on the fence or look the other way when other nations are in need and

when important decisions are made at international level about trade rules, priorities in the distribution of goods, services and healthcare (including vaccines) and the rights and freedoms of oppressed peoples.

One hundred years after the traumatic events marking the foundation of two states on the island of Ireland we need to consider the future. Ireland finds itself on the edge of Europe and in a 'complicated' set of relationships with the European Union and the United Kingdom. Are we prepared for the hard choices, inevitable constitutional tensions and inter-community challenges that will arise as the full impact of Brexit and the loosening in some of the economic ties to Britain begin to emerge?

What role has an all-island church such as ours in shaping a conversation about possible future pathways?

How do we as a community of Christians lead by example to serve our neighbour in the most vulnerable and disadvantaged?

These are difficult and, perhaps, controversial questions to raise. However, we cannot afford to bury our heads and merely follow popular opinion and behaviour. We need to contribute in a respectful, thoughtful and practical way to conversations and initiatives while working together with all persons of good will. Our place is in the world even if we are not of it. (John 17:15-16).

Tom Healy

ALICE LEAHY TRUST

A befriending, social and health service for people who are homeless.

The charity Trust was founded in 1975 by Alice Leahy. It was the first of its type in Ireland. In 2015 it was renamed the Alice Leahy Trust. The philosophy of the charity is based on the recognition of every individual's right to be treated as an autonomous and unique human being. Their work has a dual focus, providing frontline health and social services for people who are homeless while ensuring they receive their statutory entitlements.

On a given month the Alice Leahy Trust could meet people from up to 26 different countries who are homeless in Dublin. Time with people is spent on providing a wide range of care, applying dressings, advising on medication, housing and entitlements, referral to specialist services, assisting with washing/showering, foot-care.

For more detailed information about the charity see the Alice Leahy Trust website www.aliceleahytrust.ie, as well as Alice's Opening Address to the Oireachtas Joint Committee on Housing. Also look for the two Walkabout Interviews Alice did with Henry McKean for Pat Kenny's Newstalk Programme, see newstalk.com.

The parish identified and selected Trust as part of its Parish Development Programme "Building for Generations", as an Outreach opportunity worthy of our support and has been contributing to Alice's charity for the past eighteen years.

For the first few years Laura and Adrienne organised the sorting and delivery of the donations and in 2008/9 Malahide Branch of the Mothers' Union took over this work as an on-going project. Under normal circumstances on the first Wednesday of each month, also the day of the Coffee Morning, items of clothing, toiletries, etc. would be delivered to the Parish Centre by parishioners and friends. Members of the Mothers' Union would then sort, bag and label the donations ready for delivery to Bride Road in the city the following day.

Unfortunately, due to these Covid-19 restrictions the Mothers' Union has had to stop taking donations for the Alice Leahy Trust, but when we can start again, we will let the Parish and friends know. Recently we contacted the Alice Leahy Trust office in Bride Road to see how they were managing. We were assured that they had sufficient supplies at the moment as they were only admitting approximately eight clients each day, and only three at any one time due to social distancing requirements.

Highlighting the effects of the Pandemic, Jeanette in the Alice Leahy Trust office, sent us the following figures showing the overall drop-in consultations, showers and clothes provided, comparing February 2021 with February 2020:

February 2021 133 Consultations 127 Showers 93 Clothes

9 Different Countries Ireland, Romania, Lithuania, Ireland, Romania, Latvia, Poland, Malaysia, Turkey, UK, Algeria, Mauritius

February 2020 329 Consultations 227 Showers 177 Clothes

14 Different Countries Lithuania, Poland, Mauritius, Malawi, Russia, Hungary, Eritrea, Chez Rep., UK, Pakistan, Italy.

Olive Haynes

The following is an extract from the Alice Leahy Trust website:

The words of the late Tony Gill remind us daily of the isolation of some of our fellow human beings -

> "Today I spoke to no one. And nobody spoke to me. Am I dead"?



ALICE LEAHY TRUST WISH LIST

Please ensure all items of clothing are clean, pressed and ready for wear, all pockets are emptied.

NOTE: Trust cannot accept responsibility for items given in error.

Clothing: Jeans for Men, sizes 30/32/34. Ladies all sizes T-shirts, Shirts, Jumpers, Fleeces, Hoodies,

Tracksuits.

Anoraks - Ladies/Men

Shoes/runners for Men sizes 7-11, Ladies all

Sleeping bags, Towels, Rucksacks, Schoolbags, Hats/Caps, Gloves, Scarves

Toiletries: Disposable Razors, Hairbrushes, Combs, Soap, Shampoo, Deodorants (aerosols only), Perfume.

Aftershave, Shaving Gel/Cream, Toothbrushes

Other Tea/Coffee, Cup-a-Soups, Biscuits/Cakes, Items: Sugar, One Pot Porridge Oats, Small Bars,

Sweets Magazines, Paperbacks.

Church Services for May & June

Services will continue exclusively via Zoom each Sunday at 10.30 am until restrictions on in-person worship are lifted.

Once in-person services are allowed again, Morning Prayer/ Service of the Word will take place on the 1st and 3rd Sundays of the month at 10.00 am in St. Doulagh's and 11.30 am in St. Andrew's; and Holy Communion will be celebrated on the 2nd and 4th Sundays at 10.00 am in St. Doulagh's and 11.30 am in St. Andrew's.

It is also hoped to continue to provide a Zoom service as an alternative until the vaccine rollout is complete.

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Churchwardens St. Andrew's

Linda Barry Graeme Tarbox

St. Doulagh's

John Chambers Alan jones



Declan Killen

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St. Andrew's Recipe FLAVOURS OF THE WORLD



GREECE

MOUSSAKA

Ingredients:

- 6 tbsp olive oil
- 3 medium aubergines, cut into 5mm rounds
- 800g lamb mince
- 1 onion, finely chopped
- 2 fat garlic cloves, crushed
- 3 heaped tsp dried oregano
- 2 tsp ground cinnamon
- 2 bay leaves
- · 200ml red wine
- 400g can chopped tomatoes
- · 2 tbsp tomato purée
- ½ tbsp light brown soft sugar
- 550g Maris Piper potatoes, peeled and sliced into 5mm rounds

For the béchamel sauce:

- · 40g unsalted butter
- · 40g plain flour
- · 450ml whole milk
- 40g parmesan, finely grated
- · whole nutmeg, for grating
- 1 large egg plus 1 yolk, lightly beaten

Method:

- 1. Heat a frying pan over a high heat. Drizzle 4 tbsp of the oil over the slices of aubergine and fry them in several batches for 5-7 mins or until golden brown and beginning to soften. If they look a little dry during cooking, add a dash more olive oil. Set aside on a plate lined with kitchen paper.
- 2. Heat 1 tbsp of the oil in a large flameproof casserole dish or saucepan over a medium-high heat. Add the mince and fry for 8-10 mins until a deep golden brown, regularly stirring and breaking up with a wooden spoon. Tip into a bowl and set aside. Add the remaining oil to the casserole. Tip in the onion along with a pinch of salt and fry gently for 10-12 mins or until softened and turning translucent. Add the garlic, oregano, cinnamon, chilli and bay cooking for a further min. Return the lamb to the pan and pour in the red wine, bring to a bubble and reduce the wine by half. Stir through the tomatoes, tomato purée and brown sugar, along with 200ml water. Season. Lower the heat and simmer gently, uncovered, for 20 mins, stirring occasionally until the sauce has thickened.
- 3. Heat oven to 200C/180 fan/gas 4. Bring a large pan of lightly salted water to the boil. Add the potato slices and cook for 6 mins, drain in a colander and leave to steam dry for 10 mins.
- 4. Melt the butter in a small saucepan, stir in the flour and cook over a medium heat for 1 min. Remove from the heat and whisk in the milk, pouring in a bit at a time, until smooth. Return to the heat and bring to a simmer, cooking for 3 mins. Remove from the heat and whisk through the parmesan, a little grated nutmeg and some seasoning, and finally the whole egg as well as the yolk.
- 5. Take a large rectangular ovenproof dish. Spoon a third of the meat into the dish and spread out evenly, followed by half the aubergine and half the potato, then the rest of the meat and another layer of aubergines, followed by potatoes. Finish with the béchamel, smoothing the top over with a palette knife. Put in the centre of the oven and cook for 50 mins or until deep golden brown. If it browns too much during cooking, cover the dish. Set aside for 10 mins to cool before serving.

Can be served with a Greek Salad:



The Church in Switzerland

Continued from page 4

church is part of a collection of churches which make up the parish of Terre Sainte and the weekly services travel around each parish. Every church is quaint and authentically Swiss, sitting within a picture-perfect village. Again, we felt welcome but there were no introductions or attempts to get to know us and as every week was in a different location, it was harder. The services were somewhat unfamiliar in their structure, yet relaxed. There was a lot of preaching in addition to the sermon but of course the most marked difference was that everything was in French. I enjoyed this as I could follow the service and many of the hymns were francophone versions of hymns I had grown up with, so it constituted a learning experience. When I first had to recite the Lord's Prayer, I realised that 'Notre Père qui est aux cieux,' was as much as I knew by heart. I resorted to reading it online from my phone which may have looked questionable to the rest of the congregation. I did miss the familiarity of the bible readings in English but my husband, Bruce, who doesn't speak French found the whole experience very unsatisfactory.



The third and final leg of my Swiss Christian journey was with the Salvation Army, an organisation I was not familiar with other than their trademark uniforms and marching bands. The Armée du Salut, as they are called in French, first arrived in Geneva in 1882 and were originally very unwelcome. They now operate several

homeless shelters and refuges in the city where I volunteered over the bitterly cold winter months. In truth, I didn't meet anyone from the Salvation Army other than in my initial training and I worked mainly with young Swiss social workers who had undertaken a job which nobody else wanted to do.

During the Cold War, it was mandatory for every third Swiss house to have a nuclear bunker which most people now use for extra storage. There are also several public bunkers in towns and cities. As I have stated, the Swiss prefer that which is non-perfection to remain underground. This was no longer a metaphor as every Wednesday morning I descended the steps of the Paquis bunker to help with the breakfast service and cleaning of the homeless shelter housed there. Paquis is an area of Geneva which has both a high immigrant population and a large bunker and the homeless were literally stashed underneath the city unlike the prostitutes who strutted the local street corners standing in the painted squares outside the brothels where they were legally allowed to solicit. Make of this what you will.

Unlike Dublin, I have never seen anyone begging or sleeping rough on the streets of Geneva. The police move them on but they must go somewhere and during the winter it is to the bunker. Here I met Amy, a woman who had escaped domestic violence in Senegal, a homeless Turkish family with three young daughters and a family from the Yemen. There was also a large group of unaccompanied teenage boys who had fled various North African countries. They were stuck in limbo and had resorted to petty theft and drugs. It seemed a desperate situation for many but maybe God was operating here more than in my local chocolate box parish church.

Despite struggling with my Christian journey during my time in Switzerland, I now look back on it fondly. Since returning to Ireland, where religion still oozes from every pore of the land in some shape or another, I have slipped comfortably back into my old routine. Sometimes we take our faith for granted not realising that the context and familiarity of it make it easier for us to maintain. Stepping out of our comfort zone and being forced to try something new helps us grow and question as Christians and see more clearly what we really believe.

Sally-Anne Edwards

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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 standrewsparishmalahide@gmail.com or howard.duncan2@gmail.com.