

The CMC Times



**Parishes of Castleknock and Mulhuddart with Clonsilla
November 2021**



Now Enrolling

Castleknock National School are now accepting applications for the 2022 - 23 school year.

Details of the admissions policy and application form can be found on the website

www.castleknocknationalschool.ie

Application Forms should be returned to the school no later than

Monday 10th January 2022.

Services for November 2021

(Subject to change)

Sunday 7 The Third Sunday before Advent (Proper 27)

St Mary's Holy Communion 10.00 a.m.

St Brigid's Holy Communion 11.30 a.m.

Sunday 14 The Second Sunday before Advent (Proper 28)

St Mary's Holy Communion 10.00 a.m.

St Brigid's Holy Communion 11.30 a.m.

Sunday 21 The Kingship of Christ (Proper 29)

St Mary's Morning Prayer 10.00 a.m.

St Brigid's Morning Prayer 11.30 a.m.

St Thomas' Service of the Word 7.00 p.m.

Sunday 28 The First Sunday of Advent

St Mary's All Age Service 10.00 a.m.

St Brigid's All Age Service 11.30 a.m.

Sunday 5 Dec. The Second Sunday of Advent

St Mary's Holy Communion 10.00 a.m.

St Brigid's Holy Communion 11.30 a.m.

During the vacancy, there will be no Wednesday service of Holy Communion.

Live streaming will continue from St. Brigid's Church on Sundays at 11.30 a.m.

Vacancy Cover

During the vacancy period Rev. Dr. Norman Gamble, former Rector of Malahide, will be looking after the Sunday services, assisted by Stella Obe. He will also look after any emergencies. Norman can be contacted by mobile / text on 086 8153277, or email

normangamble@gmail.com

Parish contacts:

Rector: Vacant

Parish Office - 01 820 0040

Reader: Stella Obe

087 2237402

Parish Website:

www.castleknock.dublin.anglican.org

Parish Administrator: Jennifer McGrath

Parish Office:

Castleknock Parish Office, Main Street,
Castleknock, Dublin 15.

01 820 0040 Hours: 9.30 a.m. - 1.00 p.m.
weekdays (Closed Wednesday)

cmcparishoffice@gmail.com

Review Distribution:

Beatrice Richards: 01 838 2590

Castleknock National School:

Principal: Mrs Sandra Moloney
01 820 2611

The CMC Times:

Editor: Philip Good

If you wish to comment on or contribute to
The CMC Times, the email address is:

thecmctimes@gmail.com

Please feel free to take some copies of the
magazine to give to your friends and family

Come join us on **Facebook** for more fun
and information

[@CastleknockandMulhuddartwithClonsilla](https://www.facebook.com/CastleknockandMulhuddartwithClonsilla)
or on Twitter on [@cmcparish](https://twitter.com/cmcparish)

**If any parishioners are unwell or due
to go into hospital, please let us know
so we can visit. Contact details above.**

Print Deadline

The next edition of The CMC
Times will be the issue for
**December 2021 / January
2022.** The deadline for
articles / photos will be
Monday 15th November 2021.

Castleknock National School



On Thursday, 7th October, C.N.S. celebrated Tree Day with Éanna Ní Lamhna, President of The Tree Council of Ireland, and Pippa Hackett, Minister for Land and Biodiversity, in attendance. The event was televised by the children's news programme RTE, News2day. A native Irish cherry tree was planted in the playground to mark the occasion.



We begin by sending thoughts, prayers and sincere

sympathy to the family of our MU member, Nkechi Anachebe. Thank you to all members who attended her funeral to support the family and it was good to have Stella taking part.

We also send Beatrice Richards best wishes and our prayers after her recent surgery and are pleased to hear she is making such a good recovery.

The sun shone for us in Farmleigh in September and it was lovely to spend time together and catch up. Thank you to all who supported Home Start and the Mustard Seed projects, filling the boot of my car. Thank you also for donations, put to good use and much appreciated.

We had a historic night on 4th October when we returned to the Parish Centre and also overcame considerable technical difficulties to bring our meeting by Zoom to people at home. A huge thank you to all who made it possible.

Lydia Monds was a super speaker, beginning the evening with a special prayer of relaxation and being in the moment which was appreciated by all, both present and on Zoom. She told us about the MU projects supported by Bishops' Appeal, which enable women to receive education, develop skills and also as a result reduce domestic violence, give women confidence and earning capacity. It was very humbling to see what these women have to overcome and how MU has made such a difference to their lives. Donations for MU Overseas or the little jam pots of coins are being collected presently.

At the time of writing, we are looking forward to our next get together on 1st November when our AGM for 2020/2021 will be held. There will be the presentation of reports and elections. The normal three years' term will be for two years this time as our previous committee went the extra mile to complete a 4th year due to the pandemic for which we say thank you.

Stay well and God bless.

Anne

Knit & Natter Group



We haven't been meeting up but we have been knitting and we had 106 items --

Matinee Coats, Baby Blankets, Baby Hats and Tiny Teddies collected and these are now on the way to the Maternity Hospitals. We certainly have been very active with the wool and needles and have 1,116 hats for Smoothie Bottles ready for delivery to Innocent Drinks in Ballsbridge so we will endeavour to keep the needles clicking to produce more of the same.

Valerie Greene

More News

Wednesday Club

The Wednesday Club have arranged a Christmas Lunch in:

Where: Finnstown Castle Hotel.

When: Wednesday 1st December 2021

Time: 12.30 meet for 1 o'clock Lunch

Cost: £30 per head for a three course lunch plus tea/coffee.

Please pay by the 21st of November to any member of the committee and if it is not convenient to see any of the committee members - then please let Valerie know. Please remember your covid cert.

**WEDNESDAY
CLUB**

Castleknock Girls' Brigade

Girls' Brigade Ireland has adopted the Down Syndrome Centre and the Irish Cancer Society as our charities for this year. They are encouraging every member, past and present, to walk during the 7 - 13th November to raise funds for these charities (see next page).

We are encouraging our girls and leaders to get out and walk with their families during this week and track their steps towards the virtual walk. As a company, the Juniors, Seniors and Brigaders, along with their leaders, are undertaking a sponsored walk on Wednesday 10th November during GB. Whilst the Explorers and Tiny Tots, along with their leaders are undertaking a sponsored walk on Saturday 13th November during their GB time. All these steps will be counted for the virtual walk as well.

Please support our girls and these worthy causes.

Olive Good

Captain



Christian Burial

On Saturday 9th October, a Service of Thanksgiving took place for the life of Nkechi Millicent Nwanya-Anachebe, in St. Brigid's Church, Castleknock. Our deepest sympathy goes to her family and the wider circle of family and friends for their loss.



St. Thomas' Churchyard

The Parish is now in a position to offer burial spaces in St. Thomas' Churchyard, Mulhuddart, for purchase in advance.

If you would like more information on this please contact the Parish office. There will be strict terms and conditions that will need to be followed.

Canon Paul





THE
GIRLS'
BRIGADE
IRELAND

NATIONAL VIRTUAL WALK

Inviting all GB Members
from **Tiny Tots** to **Past Members** to

#BeeKIND

and **WALK** with us around the **Districts**

Please **WALK** with us

Lead by example

Enjoy time with friends

Amazing journey ahead

Share special memories

Experience the fun with **GB**

PLEASE send your Sponsorship & Donations
to HQ or your local GB company to support
our nominated charities 2021/22

The Down Syndrome Centre
Irish Cancer Society



Irish
Cancer
Society



Harvest Thanksgiving



Harvest Thanksgiving



Harvest Thanksgiving



Mental health project moves forward

Call for mental health champions marks World Mental Health Day: Sunday 10th October

Prayer and faith help to support good mental health but stigma around the issues involved still remains a major challenge, research carried out by the Church of Ireland has revealed. These are some of the key findings that have emerged from research undertaken by the MindMattersCOI project earlier this year, and the Church is now preparing to take practical steps to improve and support mental health literacy. Over the past 12 months, MindMattersCOI has been listening to both clergy and lay members of the Church of Ireland to understand the Church's attitudes and awareness towards mental health. Over 1,200 members and more than half of all clergy participated in this research.

On World Mental Health Day (Sunday, 10th October), the Church of Ireland is putting the call out for mental health champions to promote mental health literacy and help break down barriers created by stigma.

The Chairperson of the MindMattersCOI advisory group, Bishop Pat Storey, is urging people with an interest in mental health, whether personal or professional, to become involved in the project. She commented: "Improving mental health literacy is so important for us all. We need to understand how to maintain and support positive mental health amongst our friends, community and, in particular, our younger people. Recognising issues and talking about mental health helps to decrease stigma and remove barriers to seeking help."

The MindMattersCOI project is supported by Allchurches Trust. Jeremy Noles, Head of Grants and Relationships for Allchurches Trust, said: "As we continue to emerge from the Covid-19 pandemic, there's a renewed focus across the UK and Ireland on mental health and well-being, and the increased needs and issues in this area. We're delighted that our funding can help bring greater awareness and hope, by extending the reach of MindMattersCOI. This will help many more people struggling with mental health issues to access support which could change their lives for the better."

The research, the results of which will be available on the MindMattersCOI website in the coming weeks, also found that:

- both members and clergy agreed that the Church of Ireland has a role to play in promoting positive mental health;
- bishops note that they can provide the strong leadership required to effect positive and lasting change in relation to mental health attitudes and awareness;
- 96% of respondents felt that Covid-19 had had a significant impact on people's mental health;
- family, friends and other connections were identified as key contributors to positive mental health;
- respondents reported that, although they have positive attitudes towards mental health issues, these still carry a significant level of stigma within the community;
- in contrast to other studies among churches and other communities of faith, respondents did not identify clergy as a



MindMatters COI

(Continued on page 11)

Mental health project moves forward (cont'd)

(Continued from page 10)

primary source of help in dealing with mental health issues; and

- a significant number of clergy feel that the Church currently does not provide sufficient support for their mental health.

Based on the findings of the research, the next phase of the project will focus on improving mental health literacy. This is defined as:

- understanding how to obtain and maintain positive mental health;
- understanding mental health problems and their treatments;
- decreasing stigma related to mental health problems; and
- assisting people to seek help effectively.

The project is now calling for additional volunteers to get involved and become ambassadors for mental health in their parishes and wider communities. Thanks to the generous support of Allchurches Trust, there will be a wide variety of training on offer as well as funding available for local projects that support mental health literacy. Announcing Phase 2 of the project, Bishop Storey said: "We have listened to what you told us in the research and now we want you to get involved. We want you to join our movement for mental health literacy. There are opportunities for training and there is also seed funding for projects in parishes and dioceses."

Although the MindMattersCOI project was conceived before the Covid pandemic, it is recognised that young people were among those most affected during successive lockdowns. The project is therefore carrying out an additional sub-study focusing exclusively on younger members of the Church of Ireland.

For more information and to sign up as a champion, please visit the MindMattersCOI website at <https://mindmatters.ireland.anglican.org>.

Commission on Ministry online Advent retreat: 'One Step Too Far Away – One Breath Too Near'

The Church of Ireland Commission on Ministry's online retreat for lay people and for clergy will be led by the Revd Ruth Patterson and will take place on Saturday November 20 2021 from 9.30 a.m. to 1.00 p.m. This event will be held online by Zoom – and will be free of charge although places may be limited, depending on capacity on the platform and the number of bookings received.

To request a place or seek further information, please contact Catherine Smith: catherine.smith@rcbdub.org

About the speaker

The Revd Ruth Patterson is a Presbyterian minister, and for the last 29 years has been Director of Restoration Ministries, a non-denominational, Christian organisation committed to peace and reconciliation.

In 1976 she was the first woman to be ordained in Ireland. She was the recipient of the Alumna of the Year 2000 award (Edinburgh University/Royal Bank of Scotland), in 2001 an honorary doctorate from the Presbyterian Theology Faculty of Ireland, and in 2003 was awarded an OBE for her efforts in reconciliation.

She has authored five books and numerous articles stemming from her commitment to unity and peace. She is one of four church representatives to L'Arche International and holds the post of Ecumenical Canon in St Anne's Cathedral, Belfast. She is on the Board of Oneings, a bi-annual publication of the Centre for Action and Contemplation in Albuquerque, New Mexico.



CHURCH FLOWERS

Would you like to have flowers in Church in memory of a loved one or to remember an anniversary, a wedding, a baptism, to celebrate a special event or for no particular reason.

The flowers can be an arrangement, fresh flowers in a vase or a pot plant.

It does not have to be expensive.

For more information please contact

Meryl Foster (Castleknock),
Margaret Tutty (Clonsilla) or the
Parish Office on
01 - 8200040

