

The CMC Times



Parishes of Castleknock and Mulhuddart with Clonsilla
November 2023

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Come join us on **Facebook** for more fun and information
[@CastleknockandMulhuddartwithClonsilla](https://www.facebook.com/CastleknockandMulhuddartwithClonsilla) or on Twitter
on [@cmcp Parish](https://twitter.com/cmcp Parish)

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

Print Deadline

The next edition of The CMC Times will be the **December 2023 / January 2024** issue. The deadline for articles / photos will be **Wednesday 15th November 2023.**

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) or
Margaret Tutty (Clonsilla)



Breaking the stigma on mental health

Dear Friends,

On Friday 20th November I, along with a few of our parishioners, had the privilege of attending the Church of Ireland Mind Matters Conference in the Radisson Blu Hotel in Dublin. Mind Matters was launched three years ago as the Church of Ireland committed to tackling the often-unspoken effect of mental health amongst our clergy and church members. The conference was to mark the end of the first cycle of the project, which will continue for a second phase as the church is committed to resourcing projects and support for those suffering from mental ill health. Over the past year we had been involved in the project, hosting an information evening and a number of parishioners taking part in the Walks of Wellness in the Phoenix Park and elsewhere.

The keynote speaker for the conference was the Archbishop of Canterbury, The Most Reverend Justin Welby. Unfortunately, the Archbishop couldn't join us in person as, understandably, he had been called to travel to the Middle East following the bombing of the Anglican Hospital in Gaza. Archbishop Welby was however able to join us via the wonders of technology

to bring his keynote speech. It was both remarkable and moving to hear the Archbishop talk so openly about his own struggles with mental ill health. He spoke of his reluctance in seeking help and could recall saying to himself "I'm the Archbishop of Canterbury, I can't be depressed." He spoke of how the church has made people feel ashamed of mental health by calling it a sin or telling them that they'll be fine if they only pray harder. It was only through his own daughter, who herself had suffered "the black dog" that the Archbishop was encouraged to seek the help he needed.



The Archbishop spoke so openly about the failings of the church and society in trying to brush off mental health or making it something people were too embarrassed or ashamed to talk about. He called on the church to "model community in which love is the centre." He also spoke about leaders having the courage to speak about their own struggles to inspire a culture of openness and a church where all felt welcomed, valued and safe. We then heard from several projects that had been supported by Mind Matters, as well as Mental Health Charities and the Mind Matters Committee, addressing the stigma around mental health and how we can better support both clergy, parishioners and the wider community.

I found the conference both inspiring, offering me lots of ideas for our own community, and exhausting as I listened to words that resonated deeply within me. For as we were challenged to create a culture of openness, I was personally challenged by how often I cover up my own struggles with mental health. If I, as your Rector, am encouraging a church where all are welcomed and all feel supported and safe, perhaps I need to model my own vulnerability to show that mental ill health is nothing to be ashamed of. For I, like no doubt many of you, suffer times of anxiety and stress and days when I

(Continued on page 4)



struggle to face the world outside the front door. These feelings can be brought on by the stress of over work, the anxiety of not being good enough to be your Rector or that I've made a mistake or said something that has upset someone. But often it hits me most when something has gone really well and I slowly find my stomach starting to knot and a darkness coming over me.

I am so thankful that Janice is so supportive in those moments and has a real understanding of my dark times. I am also so thankful that in you, our church family, I am often encouraged to slow down if someone thinks I'm doing too much, and people do check in to see how I am. I'm also thankful that through counselling in the past and a better understanding of myself, I know the feelings to look out for and I know how to get back on track and often the 'black dog' lifts as quickly as it has come.

Why do I share this with you? Simply because I want you to know that I am here for you no matter how you're feeling, and that church is a safe place and a supportive place no matter what you are going through. I want to create an environment where people feel open to talk about issues, where people feel supported and also where they can be pointed in the right direction to get professional help if that is required.

We strive to be a church for all, a church where you feel valued, loved and supported. As we seek to be community focused, I pray we can build an environment where the church no longer creates a sense of shame or

guilt but rather reaches out to those who most need our help, just as Jesus did, and welcome them in. I hope and pray that this is not just my vision for the church but is all of ours under God's guidance.

So let us together join the fight to break the stigma around mental health, let us truly look out for and support one another and let's talk to one another about our experiences creating a church of sanctuary for all.

I leave you with some words from Archbishop Welby's address:

"We must reduce the stigma of mental health issues. It's gotten better, there's no doubt about that, but it still exists. We start with our willingness to talk about it, to share our experiences. Transparency and openness help people learn that mental health problems are an illness, not a sin. It's not contagious. You can't get it when you shake hands and share the peace on Sundays.

When we truly listen to those around us, without judgement or preconceptions, we can create space and safety for others to share. Stepping into this openness and vulnerability has two outcomes. Firstly, we come to learn that we are not alone. There is nothing we are struggling with that other people have not faced. And secondly, out of that shared understanding, we can support one another. There is no resilience in isolation. We are biologically, evolutionarily, and necessarily creatures of community."

God bless,

Rev Colin



MindMatters COI

- Reducing Stigma
- Promoting Connections
- Clergy Training and Supports
- Mental Health and Faith



**CASTLEKNOCK WITH
MULHUDDART AND CLONSILLA
CHURCH OF IRELAND**

WINTER FAIR

2023

Castleknock Parish Centre

Saturday 25th November 11am - 2pm

Stalls

Raffle

Children's Activities

Tea / Coffee and Refreshments

Blanchardstown Brass Band

**DON'T MISS SANTA ARRIVING
AT 11.30AM**



Services for November 2023

Sunday 5 The Fourth Sunday before Advent

10.00 a.m.	Holy Communion	St Mary's
11.30 a.m.	Holy Communion	St Brigid's

Wednesday 8 10.30 a.m. Holy Communion Castleknock Parish Centre

Sunday 12 The Third Sunday before Advent / Remembrance Sunday

10.00 a.m.	Morning Prayer	St Mary's
11.30 a.m.	Morning Prayer	St Brigid's
3.00 p.m.	Ecumenical Graveyard Service with Blessing of the graves	St Brigid's

Wednesday 15 10.30 a.m. Holy Communion Castleknock Parish Centre

Sunday 19 The Second Sunday before Advent

10.00 a.m.	Holy Communion	St Mary's
11.30 a.m.	Holy Communion	St Brigid's

Wednesday 22 10.30 a.m. Holy Communion Castleknock Parish Centre

Sunday 26 The Kingship of Christ

10.00 a.m.	Cornerstone	St Mary's
11.30 a.m.	Cornerstone with GB and BB Enrolment	St Brigid's
8.00 p.m.	Holy Communion	St Thomas'

Wednesday 29 10.30 a.m. Holy Communion Castleknock Parish Centre

The Wednesday service of Holy Communion continues in Castleknock Parish Centre at 10.30 a.m.

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

Linking with Croí Mháire Foodbank

As we continue to develop missional projects within our local community, one of the projects I have been working on is developing a link between our churches and Croí Mháire Foodbank. Croí Mháire started as a passion project in 2022 and is currently the only foodbank that operates in Dublin 15. It began operating in St Ciarán's Catholic Church, Hartstown, in memory of one of their long serving parishioners. Croí Mháire work alongside St Vincent de Paul, Blanchardstown Centre for Independent Living (BCIL) and Empower.

Since Croí Mháire's opening, the project has grown to such an extent that it needs extra support, as more local households are needing to use the foodbank.

How we can help:

- From the Sunday 5th of November onwards, there will be new plastic boxes at the back of each of our churches where we will be collecting non-perishable food items. Each box will have a list attached to it which gives ideas of what produce is needed. If you would like to make a donation of any appropriate items then please leave your goods in these boxes provided. Once a month, I will collect these boxes and bring them to St Ciarán's and Verona FC for storage.

- Croí Mháire Foodbank operate using a bi-weekly delivery system. Two volunteers are needed every-other week to drop off food parcels to the households who require them. If you would like to help with deliveries then please contact me for further details (thereverendnatasha@gmail.com).
- Croí Mháire provide food parcels to anyone within Dublin 15 who is in need - no questions asked. If you, or anyone you know in the area needs to access support from Croí Mháire then please approach myself or Reverend Colin and we will be more than happy to make a referral.

Passages such as Matthew 25:35-37 constantly remind us as to the importance of supporting the practical needs of those around us. Through small acts of giving, we, as a worshipping community, can support those in our local community who are struggling to get adequate food provisions.

If you have any further questions about this ministry we are developing in our parishes, then please don't hesitate to contact me.

Every blessing,

Reverend Natasha

Thank You, Beatrice

The Select Vestries along with parishioners wanted to publicly thank Beatrice (Bea) Richards who, along with her husband Ken up until his death earlier this year, had

been organising the distribution of the Church Review magazines for our churches for well over 40 years.

Bea and Ken were always enthusiastic about promoting the Church Review and encouraging subscribers. Each month they would collect the magazines and label them all to be delivered to the churches or hand delivered to those who were housebound.

To thank Bea, Rev Colin and Rev Natasha presented her with a bouquet of flowers surrounded by friends from our Midweek Holy Communion.



United Service - Mission Focus



At our Mission Focused United Service on the last Sunday of October, Rev Colin outlined a number of continued and new initiatives that will help us continue to be mission focused in reaching out and providing help and love to others both in our local community and worldwide.

We are reminded of our church vision:

A CHURCH OF GOD, A CHURCH FOR ALL

Growing together as a Christ-centred community where all are welcome, all are loved.



In order to help us focus on reaching out to those in need, and ensuring all have a safe place and a welcome in our churches, we will be focusing on four areas:

- To continue to reach out in love to all who are struggling in our local area because of the cost of living crisis. We will continue to hold our seasonal appeals to support charities such as Lucan Homeless and the Mustard Seed. Rev Natasha is also working on creating a link with a local foodbank, Croí Mháire Foodbank, who are supporting families in our locality through non-perishable food donations.
- To link with the Mothers' Union in making our churches and Parish Centre a safe place for victims of gender violence and domestic abuse. We will be offering the 'Restored' project in 2024.

- To create a drop in environment for those who are lonely or suffering from any form of mental ill health.
- To look beyond ourselves to get involved in a global partnership with Habitat for Humanity Ireland. It is hoped a team will go on an overseas mission to help build homes and to raise awareness of housing injustice both in Ireland and throughout the world.

Further details of these initiatives will emerge in the coming weeks and months so please keep them in your prayers and perhaps you might feel called to get involved in some way.



United Harvest Thanksgiving Service

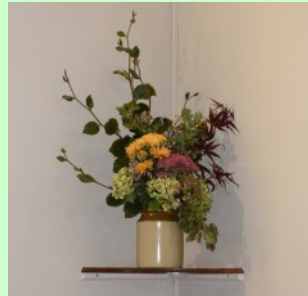
We had a wonderful joint Harvest service for Castleknock and Clonsilla in St Mary's, Clonsilla on Sunday 1st October at 10.00 a.m. with our guest preacher Rev Canon Peter Campion, Chaplain of Kings Hospital School. Canon Peter caught our imagination with his little helper "Cookie Monster" reminding us of all of our responsibility to care more, share more and go out of our comfort zones to help those who are the victims of injustice.

During the service we had a lovely Harvest Anthem from Fern and the choir and the children brought forward various gifts marking the variety of the harvest which we should all be thankful for.

We were delighted to use a liturgy that had been compiled by Olive Good for the service as part of her studies towards becoming a Diocesan Reader.

Following the service, we enjoyed some delicious refreshments as well as great chat and friendship.

Thank you to all who so beautifully decorated the church, all who took part in the service and all who provided refreshments afterwards.



Re-surfacing Works in St. Mary's, Clonsilla

There have been some major resurfacing works carried out to part of the car park and pathways in St Mary's, Clonsilla. Thank you to the Select Vestry and in particular Maurice Maxwell for all the work put into both finding the funds and getting the work done.

The Car Park surface had become badly damaged in places and these works will ensure the surface is both safer and also looking much better for years to come.



Organisations News

Boys' Brigade

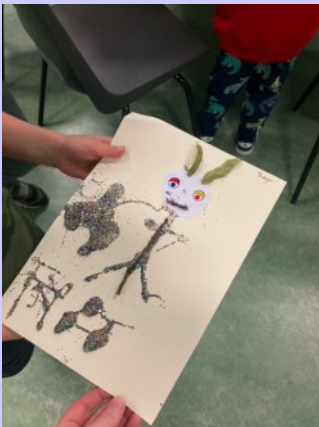
Boys' Brigade returned in September welcoming back old members and new. We welcomed new leader Davey and helper Aaron to the team who both work alongside Holly in Juniors and Company section.



Judith and Jeanne continue to work in Anchors helped by Ruairi who is completing his TY year with us.

So far the Juniors and Company section have enjoyed a board games night, World Cup quiz, Halloween mask design, torch games and a variety of sports including indoor cricket!

The Anchors have been very welcoming to our newcomers and the group continues to work hard at their craft projects each week alongside practising and improving their PE skills. These skills were put to the test when Rev Colin came and set up obstacle races at the end of October!



Boys' Brigade will break for the midterm so we look forward to the next part of our autumn program when we return.

The BB Team



Castleknock National School

We have had a very busy few weeks in CNS with lots of trips out and about before the weather changes...



First Class took a trip to the Lidl Farm and distribution centre in Kildare. We all brought home freshly dug potatoes and some big pumpkins in preparation for Halloween.

Senior Infants were very excited to take a trip to Blanchardstown Library. They met the librarian and read some lovely books. They also played some literacy games and had a great time.

Tree Day takes place on 4th October. 3rd Class took a trip to the Phoenix Park where they met Éanna Ní Lamhna who told them all about trees.

They had a lovely time and appeared on news2day the children's news programme on RTE. Well done to them all!

Our Admissions Notice is now on our website. If you have a child for enrolment in CNS in September 2024, please complete and return the Stage 2 form. You will find it on our website under 'Admissions'.



Organisations News

Craft Corner

It was great seeing so many back at our monthly get-together. We decorated our wooden boxes and when they were lined and filled with compost, we planted tete-a-tete bulbs (small daffodils to you and me!). The cuppa was welcome too. In November we meet on Monday 27th and keep December 11th free for our Christmas themed morning.



Table Tennis

We are open on Monday nights between 8pm - 10.30pm. New members are welcome to come along and try it out. Great exercise on winter nights. Contact Walter Meara on 087 2561043.



Tiny Tots

Our group for parents/ carers meets every Thursday (during school term time) from 10am – 11.30am. Tiny Tots is a great place for parents and carers to meet for chat and friendship and for little ones to have fun and play and it is great to see numbers growing and the community benefitting from the group. Please spread the word to anyone you know with young children who would benefit from getting to know others and have a place for the little ones to play and interact. There will be fun activities and song time each week as well as special seasonal days to keep everyone entertained.



Wednesday Club

Below are a list of events that we have planned for the next few months:

6th December - Christmas Lunch - details to follow.

January - AGM

February - Tour of Altamount Gardens in Tullow, Co. Carlow.

March - Talk on Climbing Mountains and Chair Pilates with Jenny Copeland.

April - Coffee Morning for a charity to be decided.

If you have any suggestions please let one of the committee members know.



Youth Group

Youth Group meets again on Sunday 19th November from 6pm to 7.30pm in Castleknock Parish Centre.

Youth Group meets on the 3rd Sunday of each month and is for all young people of secondary school age.



Upcoming Events

Ecumenical Graveyard Service, St. Brigid's, Castleknock

The Ecumenical Graveyard Service for Castleknock will be held on Sunday 12th November at 3pm in St Brigid's Church followed by the Blessing of the Graves in the graveyard.

We look forward to welcoming friends from the local community as we offer the local community the opportunity to remember loved ones buried in the graveyard.

We are delighted to have Father Damian McNeice who will be sharing a reflection during the service as well as other local clergy from the Roman Catholic Church.

Following the service there will be the opportunity for those who wish to have the graves of their loved ones blessed.

Please spread the word to family, friends and neighbours for what is always a very poignant service.

Monthly Prayer Gathering

We will continue our series on prayer as we meet for our monthly prayer gathering in St Mary's, Clonsilla on Monday 20th November at 7.30pm. Continuing our theme on prayer, Stella will be sharing with us what prayer means to her.

Following Stella's reflection, we will join in some Taizé style prayer. All are welcome.

PRA**YER**
GAT**HERING**

Advent Study

Our Advent Study will take place over three Monday evenings at the end of November and December. The Studies will look at some of the key characters in the Advent story. Each week there will be a talk (maybe even a fun puzzle or two) and a time of worship and prayer.

27th November: 8pm Maharry Room, Castleknock Parish Centre – “Doubting Parents”

11th December: 8pm St Mary's, Clonsilla – “The Voice in the Wilderness”

18th December: 8pm Maharry Room, Castleknock Parish Centre – “The Innkeeper”

Advent is a very special time of anticipation, but it can also be overrun with the busyness of the Christmas build up. The Advent Study gives time out from the hustle and bustle of shopping and preparations to spend time in God's presence and to reflect on the enormity, hope and joy of Advent. Please come along and immerse yourself in the true meaning of the season.

Confirmation 2024

A number of people have been enquiring about Confirmation in 2024. We hope to have a date from the Archbishop by mid-November for the service.

Confirmation Classes will begin in January and will take place on Sunday evenings.

Further information will be available once the date is confirmed by the Archbishop's office.



Upcoming Events / News

WINTER FAIR

2023

Castleknock Parish Centre

Saturday 25th November 11am - 2pm

Winter Fair

We are all excitedly looking forward to the Winter Fair on Saturday 25th November in Castleknock Parish Centre. The Fair is a great day for welcoming in the local community to our church and creates a wonderful buzz in the village. The Fair also raises vital funds for our three churches which are much needed given the constant increase in running a parish.

There are many ways for you to get involved in helping to make the Winter Fair a great day, remember this is YOUR Fair for YOUR churches.

1. Selling the raffle tickets which will be sent to every household in the parish in early November.
2. Donating prizes for the raffle or items to be sold at the various stalls.
3. Helping out with a stall (if you're not sure who could do with a hand speak to Meryl Coade who is organising the stalls this year).
4. Signing up to help with the clean-up at the end of the Fair – this is a very important role as often everyone disappears once the Fair ends. Rev Colin is looking volunteers to come along at 2pm to ensure the clean-up is quick and efficient.
5. MOST IMPORTANTLY spread the word and invite people along!

Student Placement

It is both a privilege and a pleasure to have Cennis Chikezie, a Student Ordinand from the Church of Ireland Theological Institute, join us for a placement up until the middle of December.

Originally from Nigeria, Cennis is a parishioner of Trim and Athboy Union of Parishes where he served as a Parish Reader before feeling called to train for ordained ministry. Cennis has worked in both the fields of homelessness and mental health and has a passion for those in need and seeing the church as a place of welcome, love and hope for all.

During his time with us Cennis will help to lead worship and preach (it will be his first time doing so), as well as learn more about parish ministry in a different environment to his home church.

We wish Cennis God's richest blessing for both his time with us and his continued training and journey towards ordination. No doubt you'll make him feel welcome and encourage him during his placement.



Holy Baptism

On Sunday 8th October we celebrated the Holy Baptism of Kara Dina Nat. Kara was joined by her parents, family and friends for the celebration in St Brigid's, Castleknock.

We welcome Kara into God's family and pray them for her and her family.



Parishioner Records

Following extensive work in updating our record of parishioners to ensure our database was up to date, all households we have not heard from are being sent a letter at the start of November (along with raffle tickets for the Winter Fair) with a form to complete and return to the Parish Office.

It is vitally important that people return the form via post or email to ensure the list of parishioners which we have is accurate.

As you will be aware the cost of postage and the time spent in contacting every household in the parish has increased significantly, so it is prudent that we ensure we are not wasting postage to homes where parishioners no longer live or people no longer wish to remain on the parishioner list.

Households who have not replied by the end of the year will be removed from the database and we can no longer hold your details without your consent. Thank you to all who have replied to date.

Wedding Congratulations

Congratulations to Theo and Caroline who were married on Saturday 30th September. We wish the new Mr and Mrs Lawson God's richest blessing for many happy years to come.

Mustard Seed Collection

Thank you to everyone who donated items of toiletries and small bottles of water towards our annual Harvest Appeal, in conjunction with Mothers' Union, which this year was for the Mustard Seed Homeless Charity. Over the two Harvest Services we collected numerous bags of donations. The donations were handed over to Anne Cadoo's brother, Dougie, from the Mustard Seed and we know that everything that was collected will be put to good use in helping those who are struggling at this time.





Now Enrolling

Castleknock National School are now accepting applications for the 2024 - 25 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

Wednesday 10th January 2024.



You are warmly invited to Tiny Tots,
our gathering place for
all pre-school children and their parents/ carers



A place to meet
A place for fun
A place to grow
A place for you

Castleknock Parish Centre
Thursday's 10.00am – 11.30am During Term Time
Starting 14th September 2023
€2 to cover tea/ coffee