

# The CMC Times

A large wooden cross stands prominently on a grassy hilltop. The cross is made of two dark wooden beams. The hill is covered in lush green grass with some small wildflowers. In the background, there are rolling hills and mountains under a hazy, golden sky, suggesting a sunrise or sunset. The overall scene is peaceful and scenic.

**Parishes of Castleknock and Mulhuddart with Clonsilla  
April 2025**

## Parish contacts:

**Rector:** Rev. Colin McConaghie  
087 346 6140

**Diocesan Lay Readers:** Stella Obe (087 2237402) &  
Olive Good (087 2451310)

**Parish Readers:** Femi Atoyebi &  
Blessing Obioha

**Parish Website:** [www.castleknock.dublin.anglican.org](http://www.castleknock.dublin.anglican.org)

**Parish Administrator:** Jennifer McGrath

### Parish Office:

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01 820 0040

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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  
**May 2025** issue. The deadline for articles /  
photos will be **Tuesday 15th April 2025.**

## 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

Anne O'Connor (Clonsilla)



# RECTOR WRITES



Dear Friends,

For Christians, Easter should be the pinnacle of our faith, though it is often Christmas that seems to catch more of our focus. Easter leads us to the cross and the moment Jesus took upon himself all of the wrongs of the world so that those who believe in Him are granted the gift of eternal life.

Our journey of reflection and self examination through Lent leads us to Holy Week and then to the wonderful celebration of Easter Sunday, laden with chocolate eggs, hopefully reminding us of the empty tomb!

It's fascinating to think that first Easter morning began with emptiness. As we read in Matthew's Gospel when Mary Magdalene and the others approached Jesus' burial tomb they were shocked to discover it was empty, "He is not here" the angel tells them. Of course "He is not here" is followed by the most glorious statement of history, "He is risen." Yet there is something disturbing about that image of emptiness that Mary encountered. The pain, the grief, the bewilderment and then the shock of their loved one's body not there. It's hard to imagine how the women would have felt in that moment in hearing those words "He is not here."

Emptiness is not an emotion that usually fills us with great hope. An empty chair around the family table, an empty shop if you're running a business, an empty bank account, none of these are signs of hope.

As we reach Easter 2025 across Ireland, we are faced with

the reality of many empty churches, beautiful sacred buildings that have become empty tombs that would make us think more of a museum than a place of life and hope. Even the tradition of attending church for the festivals of Christmas, Easter and Harvest seems to be waning.

Maybe that word tradition is part of the problem, church attendance should never be about tradition or habit. When a church becomes a beautiful historic building maybe we're missing the point. Church should be a place of awe, of worship, of community, a place full of life, love and hope.

Mary and the other women may have arrived to find an empty tomb but what they discovered was bursting with life, resurrection life, life changing life, "He is Risen."

I would love to see our churches full this Holy Week and Easter Sunday (and every week!) but I want you to be there to worship, to encounter Jesus and to be a part of our community, not out of a sense of tradition or habit.

As we journey to the end of Lent and Holy Week, to Jerusalem, Calvary, the cross and then the resurrection, I pray we will not be people of emptiness but people of life and hope. Let's make our churches thrive and feel alive to all who encounter us, not a building but a people of God.

I wish you all God's richest blessing for Easter and look forward to continuing this wonderful journey together.

*Rev Colin*

## Habitat for Humanity Mission Trip 2026

We look forward to welcoming back our good friend Jenny Williams from Habitat for Humanity Ireland on Sunday 25th May as we begin planning for our next mission trip in 2026. There is a strong possibility we will be returning to Cambodia to continue the link we began

last year. Jenny will hopefully be speaking at both churches and then having a short meeting following the service in Castleknock to give details of the next part of our mission to serve those beyond our doorsteps and to become more aware of the global need for safe housing. If anyone is interested, please speak to Rev Colin for more details.

# LENT, HOLY WEEK AND EASTER

We concluded our Lenten journey with our final Bible Study looking at Jesus is the Son of God from the Gospel of St John on Thursday 3rd April. In the last of our sessions, we studied the Upper Room.

Our Lent Soup and Services continues on Tuesday 8th of April at 12.30 p.m. in St Mary's Clonsilla. All are welcome.

Our theme for Holy Week is **"If I Was There"** as we trace Jesus' steps on that week leading to the cross and reflect upon how we would have felt looking on.

Palm Sunday, 13th April, we ask **"If I was part of the crowd"**.

Holy Monday 8pm Castleknock – **"If I smelt the perfume"**

Holy Tuesday 8pm Clonsilla – **"If I was in the Temple Courts"**

Holy Wednesday 8pm Castleknock – **"If I heard the voice from Heaven"**

Maundy Thursday 6.30pm Castleknock Parish Centre **"If I was sat around that table"**. This will be a unique

opportunity for all ages to meet together to worship and mark Jesus' "Last Supper." We meet at 6.30 p.m. in the Parish Centre with the adults having a service in the large hall and craft activities for the children in the small hall. We will come together at 7.00 p.m. to share a meal then we will all share in Holy Communion around the table.

Good Friday - 10am **Ecumenical Walk with the Cross.**

We are meeting in Laurel Lodge before walking to Beechpark then finishing in St Brigid's. At each church there will be a short time of reflection. This is a wonderful opportunity to share our faith with our friends from the Roman Catholic Community.

At 8pm in St Mary's we ask **"If I saw the nails going in"**.

On Easter Sunday we meet at 6am in St Thomas', Mulhuddart for a Dawn Service with Holy Communion. There will be family worship in both Clonsilla and Castleknock with a fun treat for the children after the service.

## LENT PRAYER CHALLENGE 2025

Loving God, help me to focus on Jesus' journey to the Cross, bowing my life in awe before you. Stir my heart with longing for Your Kingdom, make me restless for Your ways.

When I am tired, where the future looks uncertain and I don't know what to do, may your Holy Spirit breathe life and hope.

Sweep away anything in me that does not speak of You.

Set my heart on fire with Your love and joy.

Open my eyes that I might see Your vision for Your church and for this community.

Bless our church; give us courage and boldness as we walk with You. Help our church to grow in faith, love,

unity and number.

Help us to truly be a church of God, and a church for all.

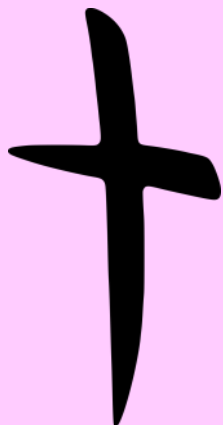
May we grow together as a Christ-centred community where all are welcome and all are loved.

Bless our community and all who live, work and play here.

We celebrate the wonder of your love which can touch lives across this land.

May this love make me see you afresh and turn my life upside down.

Inspire me to share that love with others. Amen.





## HOLY WEEK "IF I WAS THERE"

### Palm Sunday

*St Mary's, 10am & St Brigid's 11.30am "If I was in the the crowd"*

### Holy Monday

*St Brigid's 8pm: "If I smelt the perfume"*

### Holy Tuesday

*St Mary's, 8pm "If I was in the temple courts"*

### Holy Wednesday

*St Brigid's, 8pm "If I heard the voice from Heaven"*

### Maundy Thursday

*Castleknock Parish Centre 6.30pm  
"if I sat around the table" Service with Holy Communion - |  
craft activities for the children and  
a shared meal - for all ages*

### Good Friday

*Ecumenical Walk with the Cross begins in Laurel Lodge 10am  
St Mary's 8pm "If I saw the nails going in"*

### Easter Sunday

*St Thomas', Mulhuddart 6am "Dawn Service"  
St Mary's 10am & S Brigid's 11.30am Family Worship with  
Holy Communion followed by "Egg Hunt"*

## Services for April 2025

<b>Wednesday 2</b>	10.30 a.m. Holy Communion	Castleknock Parish Centre
<b>Sunday 6</b>	<b>The Fifth Sunday in Lent</b>	
10.00 a.m.	Holy Communion	St Mary's
11.30 a.m.	Holy Communion	St Brigid's
<b>Wednesday 9</b>	10.30 a.m. Holy Communion	Castleknock Parish Centre
<b>Sunday 13</b>	<b>Palm Sunday - "If I was part of the crowd"</b>	
10.00 a.m.	Morning Prayer	St Mary's
11.30 a.m.	Morning Prayer with Baptism	St Brigid's
<b>Monday 14</b>	<b>Monday in Holy Week</b>	
8.00 p.m.	Holy Week Service - "If I smelt the perfume"	St Brigid's
<b>Tuesday 15</b>	<b>Tuesday in Holy Week</b>	
8.00 p.m.	Holy Week Service - "If I was in the Temple Courts"	St Mary's
<b>Wednesday 16</b>	<b>Wednesday in Holy Week</b>	<b>Monday in Holy Week</b>
10.30 a.m.	Holy Communion	Castleknock Parish Centre
8.00 p.m.	Holy Week Service - "If I heard the voice from Heaven"	St Brigid's
<b>Thursday 17</b>	<b>Maundy Thursday</b>	
8.00 p.m.	"If I was sat around that table" Service with 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.

## Services for April 2025 (continued)

<b>Friday 18</b>	<b>Good Friday</b>	
10.00 a.m.	Ecumenical Walk with the Cross – starting at Laurel Lodge	
8.00 p.m.	Holy Week Service - “If I saw the nails going in”	St Mary’s
<b>Sunday 20</b>	<b>Easter Day</b>	
6.00 a.m.	Dawn Service with Holy Communion	St Thomas’
10.00 a.m.	Family Worship with Holy Communion	St Mary’s
11.30 a.m.	Family Worship with Holy Communion	St Brigid’s
<b>Wednesday 23</b>	10.30 a.m. Holy Communion	Castleknock Parish Centre
<b>Sunday 27</b>	<b>The Second Sunday of Easter</b>	
10.00 a.m.	Service of the Word	St Mary’s
11.30 a.m.	Cornerstone	St Brigid’s
8.00 p.m.	Holy Communion	St Thomas’
<b>Wednesday 30</b>	10.30 a.m. Holy Communion	Castleknock Parish Centre
<b>Sunday 4 May</b>	<b>The Third Sunday of Easter</b>	
10.00 a.m.	Holy Communion	St Mary’s
11.30 a.m.	Holy Communion	St Brigid’s

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.

## Easter General Vestries

The Easter General Vestries take place in Church of Ireland Parishes throughout Ireland over a 4/5 week period either side of Easter. This year our Easter General Vestries will be held on **Tuesday 8th April at 8pm for Castleknock and Mulhuddart in Castleknock Parish Centre and Thursday 10th April at 7.30pm for Clonsilla in St Mary's**. These are very important meetings in the annual life of our church and all parishioners should attend if they are able to do so.

The Easter General Vestry is the Annual General meeting for the church in which you learn what has happened over the past year, the church finances and the Rector's plans for the year ahead. The Select Vestry is also elected for the coming year with all those on the Easter General Vestry Register eligible to vote and be elected. Of course coming to the Easter General Vestry does not mean you'll be voted on, it is ok to come along, in fact it is good practice for all parishioners to do so and is strongly encouraged. Though if anyone is interested in getting involved with Select Vestry, new (or returning) members are always welcome.

Our Church Wardens in Clonsilla, Alex and Avril, and Castleknock, Femi and Victor, (and definitely not forgetting Sadie who carries out the role in Mulhuddart) have been a wonderful help and support for me since I

arrived in the Parish and have been a tremendous asset to our churches. I truly hope that each of them will consider carrying out the roles again in the future but feel it is right that we give them a break and we encourage others to step up and take on the roles. As Rector it is only my responsibility to appoint the Rector's Church Warden with the People's Church Warden elected by yourselves, the parishioners.

Our Glebewardens, George, Gordon, James and Valerie, in all of our churches do tireless work, often unseen, in ensuring our properties are in good order, dealing with running repairs and sorting out contracts, etc. Our treasurers, Alex and Gordon, keep us right financially and are always there to answer any questions and give wise advice as well as keeping on top of our financial reports. Our secretaries, Lorna and Philip, also do tremendous work in responding to the ever increasing administrative burden on parishes as well as keeping me on track as Rector! I'm hoping all of them are happy to continue the wonderful work they do.

I wish to thank them all for their service to our churches and the support, help and encouragement they and all Vestry Members give me as your Rector. Thank you to those who have served our Select Vestries in the past year and we look forward to seeing our new Vestries emerge at our Easter General Vestries.

## Summer Fair

Planning is well underway for our Summer Fair on Saturday 17th May from 11 a.m. – 2.30 p.m. in Castleknock Parish Centre and school grounds. This will be a great day for all the family with stalls, games, food and more.

We are encouraging everyone to get involved either through helping at a stall, helping with set up and take down, donating prizes, inviting people and being there. Let's make it a wonderful community day.

## Monthly Prayer Gathering

It was encouraging to see a good number gather in March for our monthly Prayer Gathering in the Maharry Room. Rev Colin led us on a prayer journey as we walked with Jesus on his journey to Jerusalem and the cross. We prayed for the world, our community, our churches and those in need.

Our next Prayer Gathering will be in St Mary's, Clonsilla on Monday 19th May, there is no April meeting due to Holy Week and Easter.



# 2025 PRAYER MOVEMENT



## 2025 Prayer Movement Praying for growth in our Diocese

Under the guise of the Diocesan Mission sub-committee (which Rev Colin is a part of), the United Diocese of Dublin and Glendalough are calling for parishioners across our churches to sign up to pray. We know the nature of church attendance has changed. The census numbers in 2024 were alarming for the church. On the evidence of people in the pew, there are now in the region of 5,000 of us in church on any given Sunday in Dublin and Glendalough. For context, the greater Dublin area has a population of about 1.8 million people.

This is a call to prayer and action. We are inviting people from every community in Dublin and Glendalough – all 56 parishes – from every school and every organisation to join our 2025 Prayer Movement. We are hoping that in 2025 people, either individually or as a group, will sign up to pray.

***Almighty God,***

***we ask your blessing on the people of the Dioceses of Dublin and Glendalough  
as they go about the work of mission in the everyday things of life.***

***As you sent your Son Jesus Christ to live the life of the world you created  
and to die for our sins,***

***so give us a mission of worship and service in the same world during our days on earth.***

***Equip us to embrace our neighbour, to serve our society***

***and to usher in the principles and the practices of your kingdom on earth as it is in heaven.***

***This we ask in the name of the Risen Christ and in the strength of the Holy Spirit.***

***Amen***

The link to sign up is:

<https://dublin.anglican.org/ministries/mission/2025-prayer-movement/join-our-2025-prayer-movement>

There is also a child friendly version of the prayer and a special school assembly. The children from Castleknock National School have already signed up!



# REV NATASHA'S INSTITUTION

It was a real encouragement to Rev Natasha to see so many make the journey to Delgany to support her in her Institution Service as well as all the messages of support from those unable to be there on the night.

The following report is from the Diocesan Facebook Page:

Parishioners of Christ Church Delgany turned out in great numbers yesterday evening (Tuesday March 4) to give a warm welcome to their new Rector. The Revd Natasha Quinn–Thomas was instituted by Archbishop Michael Jackson who thanked Natasha for her willingness to serve and thanked the people of Delgany for making the evening possible.

Among the large congregation was Natasha's partner, Peter Cassidy, many clerical colleagues from across Dublin and Glendalough and numerous supporters from the Parish of Castleknock and Mulhuddart with Clonsilla, where she served her Curacy in the Church of Ireland following her arrival from the Diocese of St Asaph in North Wales. Also in attendance was the Rt Revd Kenneth Kearon, former Bishop of Limerick and Killaloe who lives in the parish.

The sermon was delivered by the Rector of Castleknock, the Revd Colin McConaghie, who said that while he would miss Natasha as a colleague and friend, it was a wonderful appointment. "Her presence will have a significant and God inspired impact upon this place. She will sit with you in times of sadness, laugh with you in times of joy and inspire you to serve others emulating the love of God through her enthusiasm and innovation," he stated.



## Castleknock National School



### Football

Pupils from 4th, 5th and 6th class took part in the FAI Primary Schools 5-a-side tournament just after midterm. There were some wins and some losses but all the children played their best and enjoyed their days at the tournament.

### Chess

Pupils from the afterschool's Chess Club participated in a local School's Chess tournament in Ongar and they came in 1st place in the Buddy's section of the tournament.

### School Quizzes

Teams of pupils from 6th Class took part in the Community Credit Union and Blanchardstown and District Credit Union School Quizzes. We were delighted that one of our teams were placed 3rd in the Blanchardstown and District competition and qualified for the National CUDA School Quiz Final in Portlaoise at the beginning of March.

### Science Blast

Monday 3rd March saw 5th and 6th Class pupils attend Science Blast in the RDS where they exhibited their projects on "How can we use sensors to help us to learn more about how we create and use energy?" and "How we can make our energy usage more efficient?". The pupils had worked on these projects with the assistance of Dr Amy Fahy and her assistants from Maynooth University.



## Daffodil Coffee Morning

It is always wonderful to see the support the annual Daffodil Coffee Morning receives from parishioners and the wider community in support of the Irish Cancer Society. The annual event in Castleknock Parish Centre saw a great number of people enjoy the refreshments and chats as people caught up over coffee and buns.

Thank you to Shirley and the team who organise this very special event every year and provide a great array of delicious refreshments and create a great buzz as they raise money for this very important cause.

We are delighted to report that €5,304 was raised for the Irish Cancer society, a truly remarkable total.



## Mothering Sunday

Our United Service for Mothering Sunday was a real blessing, full of colour and song. In the sermon Stella reminded us of our need to be people of love and compassion. During the service were joined by the Sobowale family and friends as we remembered Prince Adeyemi on the 5th anniversary of his death. There was a procession of Nigerian song before Rev Colin prayed for the family. The Sobowale family hosted a parish lunch in the Parish Centre following the service. The ladies were given a small gift to mark Mothering Sunday (sorry we ran out given the large number at the service).



# TINY TOTS

Tiny Tots continues to meet on Thursday mornings in Castleknock Parish Centre during term time for little ones and their parents or carers. Recently the children made special cards for Mothering Sunday as part of their weekly activities. It is great to see new faces at Tiny Tots as it goes from strength to strength. One parent recently commented "this is everyone's favourite group to meet at", a real testimony to our wonderful team of leaders and helpers.



CASTLEKNOCK AND MULHUDDART  
WITH CLONSILLA

# SUMMER FAIR

SATURDAY 17TH MAY, 11AM - 2.30PM  
CASTLEKNOCK CHURCH OF IRELAND  
PARISH CENTRE

**STALLS  
INCLUDING  
HOMEBAKES**

**BBQ AND  
REFRESHMENTS**

**TRADITIONAL  
GAMES AND  
MORE**



## Craft Corner

February saw us in Craft Corner trying our hand at creating a terrarium using various filling materials. Each little plant was carefully secured in see through jars. Some prickly cacti were a challenge to settle in to their new homes! We also decorated some holders for a tea light. Many thanks to Claire for her patience and guidance – it was a lovely relaxing morning, which as usual included a cuppa. Our end of season craft will be on Monday 28th April 10.30 a.m. – 12.00 noon. You will be very welcome!



## Youth Group

It was really great to have Emma Fawcett from DGYC, Dublin & Glendalough Youth Council, join us for Youth Group on Sunday 23rd March.



Along with some fun games Emma shared some thoughts on Lent. It was great to see some new faces join us for Youth Group as we welcomed those who were recently confirmed.

We meet again on Sunday 27th April at 6pm in Castleknock Parish Centre.

Please encourage your young people to come along to Youth Group as it is a great way to keep them involved in church and for them to meet their friends and make new ones.

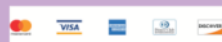


## Scan to Pay

If you would like to make a contribution to the upkeep of our churches you can do so by scanning the QR code.

sumup

## Scan to Pay



# MOTHERS' UNION

The beginning of March was a busy time for Mothers' Union. On the 1st March, a few of us from Castleknock and Clonsilla MU joined others at the Diocesan Council Spring Gathering where we had lovely tea/coffee and fresh scones followed by fun and fellowship, played games and made bunches of paper hyacinths.



On Monday 3rd March Rachel Devlin gave a very interesting talk on the 'Life and times of Dr. James Barry' who was the first British surgeon in medical history to perform a successful caesarean section, saving the lives of both mother and baby.

On Sunday 9th March we had our Opening/Enrolment service. Heather Ellis, the MU Diocesan President of Clogher Diocese gave a very interesting talk on our theme for 2025 - Join us, Join in - encouraging us all to let everyone know what the work of Mothers' Union does to change lives. We were also delighted to have Tracy Henshaw-Alfa, Anna Segopa and Chiaz Onyekwelu enrolled as MU members.

Thanks to everyone who donated items and money for Mustard Seed, it is much appreciated.

The next meeting will be April 7th when Ada Lawson will be talking about the activities of Mothers' Union Worldwide. All are welcome.



## Castleknock Girls' Brigade

The past month has been very busy with GB competitions. We were very proud of the girls as they took part in various competitions both at PE, Musical Theatre and Craft.

For the first time since Covid we had teams entered in the National Teamwork Competitions at Explorer and Junior/Senior level. We continued to enter teams in the National Modern Dance Competitions at Explorer, Junior/Senior and Brigader level and a Junior/Senior team in the Intermediate Modern Dance Competitions. The Explorers also entered the new Do This and Do That competition. We are delighted to report the following results:

Explorer Teamwork	4th Place
Explorer Modern Team	4th Place
Explorer Do This and Do That	1st Place
Junior Senior Teamwork	4th Place
Junior Senior Modern Team	Highly Commended
Brigader Modern Teams	4th Place and Highly Commended

Last weekend, the Juniors, Seniors and Brigaders had a great day of fun at the Musical Theatre Competition, where they performed songs from The Lion King. We were congratulated on the girls' costumes, hair and make-up by the judge who had a wide experience of musical theatre having performed in the West End in London.

We are looking forward to our Annual Display, which will be held on Friday 11 April in Castleknock

Community College at 7.30 pm. Everyone is welcome to come along and support the girls as they show off some of the work they have done this year.



## Dublin Fleadh

The Dublin Fleadh are planning a talk/ recital in St Brigid's, Castleknock on Tuesday 29 April for a talk/ recital as part of the Dublin Fleadh. The Fleadh will be held for the first time ever in Dublin 15 between 9-11 May and the event in St Brigid's will form a part of the wider festival. Please keep an eye on our social media for further details.

## Croí Mháire Foodbank

We continue to support Croí Mháire Foodbank as they provide help to individuals and families who are struggling in our local area. donations of non-perishable food items can be left at any of our services with a focus being on the 4th Sunday of each month.

We are grateful to the volunteers who have stepped in to continue this ministry and ensure the donations are brought to the Foodbank.

## Clonsilla Clean Up

We are planning a "spring clean" of the grounds of St Mary's Clonsilla on Thursday evening 8th May from 6pm. All help would be greatly appreciated as we ensure our church grounds are looking their best for families who come to visit loved ones graves and visitors to our churches.

## "SUBLIME EXPRESSIONS OF LIGHT"



Elaine & Linda wish to invite you  
to the launch of their

**ART EXHIBITION**



OPW Óifig na hOibríochtaí Poblaithe  
Office of Public Works

**GUEST OF HONOUR MINISTER JACK CHAMBERS**

**SAT, 29TH MARCH, 2025. 2PM- 4PM.**

Join us at our upcoming exhibitions opening event!  
Featuring a wide range of paintings from both of our collections.

The exhibition runs from 27th March until the 16th of April 2025  
The Cowshed, Farmleigh, The Phoenix Park.

## **Move4Parkinson's Voices of Hope Choir \*New venue - Castleknock**

**The Voices of Hope Choir is a choir for People with Parkinson's, family members and friends who love music, who enjoy singing and being part of a fun and supportive community.**

**Date: Every Friday starting 4th April 2025**

**Time: 2.00pm-3.30pm**

**Venue: Castleknock Community Centre,  
Laurel Lodge Road, Castleknock, Dublin 15,  
D15 T3PN**



**To register, please email [info@move4parkinsons.com](mailto:info@move4parkinsons.com)  
or call 089.4690401. For more information about  
Move4Parkinson's please visit our website  
[www.move4parkinsons.com](http://www.move4parkinsons.com)**