



TULLOW PARISH CARRICKMINES NEWSLETTER

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MARCH 2023

In this month's newsletter:

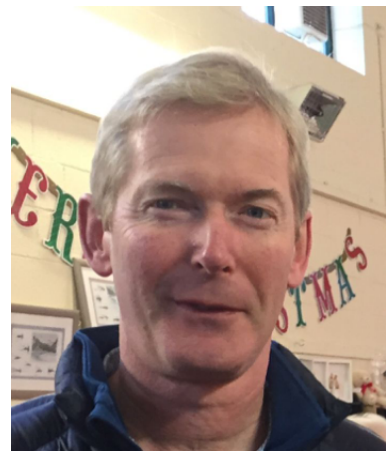
- BBC comes to Tullow
 - Events for the Year
 - Favourite Recipes
 - Advice Lines: Bereavement Support and Security for Older People
 - Extract from Minutes of Select Vestry Meeting
 - Parish Organisations
- ...and much more
-

The Rector Writes

From 6th to 8th February, many of the clergy from the United Dioceses of Dublin and Glendalough were in conference in the historic city of Kilkenny. It was the first such conference since Covid and my first in five years. The keynote speaker was Bishop Ian Ellis (Clogher) who spoke to us about the challenges of ministry in a post-Covid world. This once in a lifetime pandemic (hopefully!) has changed much of what was taken for granted. Physical Church attendance patterns have changed as many got out of the routine of going to Church. Virtual Church Services continue to be widely available and there is still a great fear amongst the most vulnerable. The conference also heard from Rev. Rob Jones who is undertaking an organisational role in Pioneer Ministry which will seek to reach out to those with no Church connections. It is envisaged that volunteers will be trained and equipped to work in this form of ministry which will be rolled out nationwide.

As you receive this Newsletter, we will have embarked on the Church season of Lent which commenced on Ash Wednesday 22nd February.

It is the traditional season in which we try to prepare ourselves spiritually to remember the traumatic events of that first Holy Week and to celebrate the hope and joy that is Easter. It is no accident that in the Northern Hemisphere this season coincides with the climatic season of Spring. Lent affords us the opportunity to reflect and re-evaluate ourselves and to make amends for things which need changing in our lives – both individually and as a Church. But all this is done in the positive light of promise – the



promise of the risen Christ which we will be celebrating at Easter. Meanwhile all around us, nature is beginning to sprout forth once more with early flowers and shrub blossoms leading the way. Perhaps we would do well to learn from nature's book and move forward in faith and hope even if things may not yet show much signs of promise!

From the Registers

Holy Baptism

Sunday 12th February – Hunter, Piper and Honey Arnold Davies, children of Steve Davies and Leigh Arnold. May Hunter, Piper and Honey grow in the faith into which they have been baptised.

DATES FOR YOUR DIARY



Daffodil Day in Tullow Sunday 26th March

There will be special Daffodil Day tea and coffee in the Parish Hall after the 10.30am Service on Sunday 26th March. A collection jar will be there for any donation you might like to make.

Easter General Vestry Sunday 23rd April at 12 noon in the Parish Hall

The Easter General Vestry is a bit like the AGM of the Parish. A new Select

Vestry (committee) will be elected and the members will guide the Parish over the next year under the leadership of the Chair who is the Rector. This year is a Triennial which means it will include election of Diocesan Synods members (and supplementals) and Parochial Nominators (and supplementals). Come along and have your say about the future of the Parish. It does NOT mean you'll get landed with a job!



BBC at Tullow Saturday 27th May

Tullow will have our very own BBC - **B**ric à **B**rac, **B**ooks and **C**akes event on **27th May**. This will be a lovely morning for parishioners, friends and neighbours to come together, buy some treasures (known to some as 'posh s***e') and enjoy a cuppa before stocking up on cakes and goodies as well as reading material.

More information in the April newsletter but in the meantime put **Saturday 27th May** in your diaries.

NEWS

The Coming Year in Tullow

We are very grateful for the response to the request for ideas for events and are delighted to let you know that for the coming year seasonal cake icing and flower arranging demonstrations, wine tasting, car treasure hunt, pre-loved clothes sale and other events are being investigated and planned. There will also be a special musical Christmas event at the beginning of December (apologies for mentioning the C word!)

Favourite Recipes

Many of us are wary about baking or cooking anything beyond the basics. By special request a new feature of the newsletter will be favourite **easy** recipes as recommended by parishioners.

If you have an easy recipe you'd like to share please email
bowesjane91@gmail.com

This month Sandra Ruttle is sharing her favourite recipe and, as we all know, Mary Berry's recipes always work.

Mary Berry's Tea Brack

7 oz brown sugar
12 fluid oz strong cold tea
12 oz mixed fruit
10 oz Self Raising flour
1 large egg
1 teasp mixed spice
Butter for greasing the tin

- Soak the fruit in the tea overnight.

Pre-heat oven to 160c deg

- Grease a 1lb loaf tin liberally with the butter.

- Add flour, spice and sugar to a large mixing bowl and stir together. Make a well in the centre then break the egg into the well and mix.

- Stir the tea, sugar and fruit mixture well with a wooden spoon. Add the flour, mix again.

- Spoon the dough into the prepared loaf tin and bake on the middle shelf for 50-60 minutes.

- It is done when it is a rich golden colour and if pierced with a metal skewer it should come out dry.

- Leave to cool in the tin for a few minutes, then transfer to a cooling rack.

- Enjoy!



Tell Us Your Good News!

There must be many good news stories in the parish so please tell us - we'd love to share them. They don't have to be sporting stories - any good news is welcome. Tel Jane Bowes 086 8418138 or bowesjane91@gmail.com

PARISH ORGANISATION

After Church Coffee

We need volunteers for the after church tea and coffee on Sunday mornings.

Please help by volunteering to join a panel of coffee/tea makers - it's very easy!

Each Sunday a team of two is required to bring some biscuits and milk, make the tea/coffee, load and unload the dishwasher and tidy up afterwards.

It's best if two people do it - just put your name down for whenever you're free. Someone else will volunteer to do it with you if needed.

Rota for March

Sunday 5th - Heather and Ken Gregory

Sunday 12th - Glynis McConnell and Jill Malcolm

Sunday 19th - Meta and Jonathan Morton

Sunday 26th - Hilary Cran, Barbara and David Cooper

Thanks so much to those who volunteered in March, now volunteers for April are needed please.

Please contact Barbara Cooper on 086 8446274 or email barcoop@gmail.com and let her know when you'd like to help



Badminton Club Thursdays 8pm Parish Hall

Tullow Badminton Club is a fun way to get some exercise. We are not (very) competitive, we do like to have a laugh but also test our muscles and stamina while doing so. Photos are of the recent annual dinner which this year was in Baan Thai in Leopardstown which we'd really recommend!

New members always welcome. If you'd like to join us come along any Thursday evening or phone Jane on 086 8418138

Tullow Book Club

Anything is Possible by Elizabeth Strout

Trying to connect the disconnected with some interesting opinions and thoughts. The reader had to stay alert to keep up with the connections between some very disconnected families. The book is set in a small town a few hours drive south of Chicago. The characters have one thing in common – they all lived in this town at some stage.

There will be no Book Club meeting in March, but the book choice for the April meeting is, *The Echo Chamber* by John Boyne.

Vera Tanner

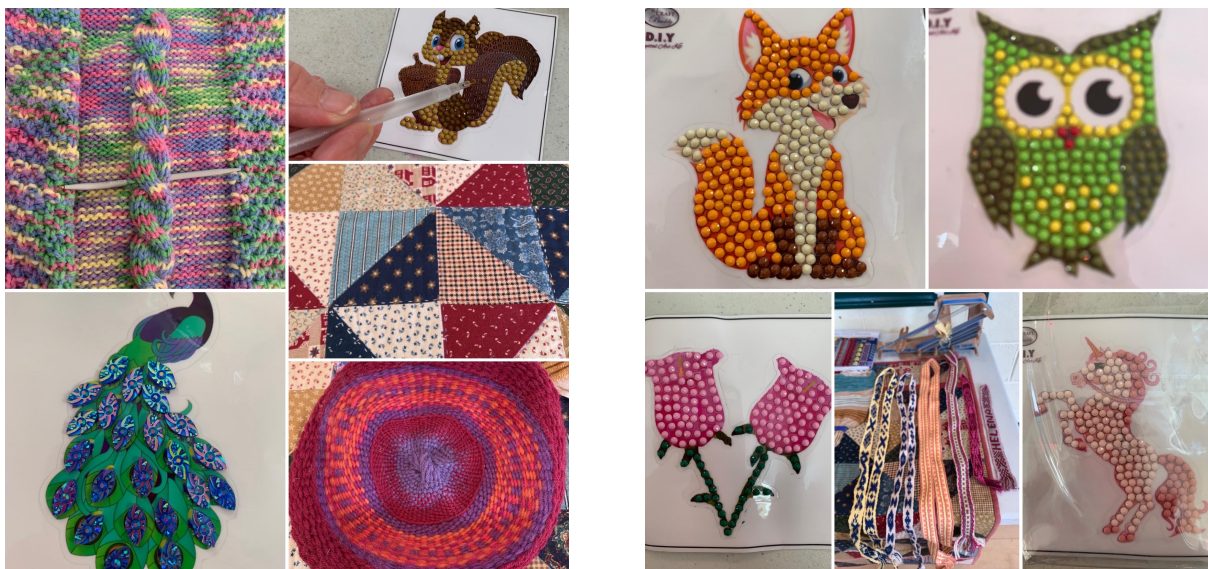
Tullow Bowls Club Tuesdays 7.30pm Parish Hall

Tullow Indoor Bowls meet in the Parish Hall every Tuesday at 7.30. So far this season the bowling has been good and the socialising has been most enjoyable.

Anybody who would like to come along and have a go would be very welcome. Flat shoes are essential.

For further information contact

Jonathan Morton 01 2894121 085 7793250 or Hazel Alexander 087 9719836



Tullow Crafty Crew Parish Hall

Tullow Crafty Crew met on Thursday 23rd February in the parish hall where attendees worked on a selection of crystal art projects.

The next session will be on Thursday, 30th March. If you are a crafter come

and join us!

Margaret Breadon 087 2941078

Wednesday Coffee and Service 10.30am

Do you like tea/coffee and a chat? Come along any Wednesday morning to a short Service in the church at 10.30am; coffee and chat afterwards in the Coffee Room in the Parish Hall.

All welcome.



Special Request

A lot of us use the hall for various purposes - please ensure that it is left clean and tidy, lights and heaters off and everywhere is properly locked up. Barbara and Jennifer show the way after badminton.

Extract from Select Vestry Meeting of 13th February

- it was agreed to seek quotes for painting the interior of the church
 - to seek architectural advice on installing a toilet for the disabled in the parish hall
 - a new dishwasher will be installed in the kitchen asap
- Other items discussed are reported in elsewhere in this newsletter.
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Bray Women's Refuge

Thanks as always to those who leave non-perishable items at the back of the church. A special request for new sleepwear for women and children and also Easter eggs as the next visit will be the week before Easter.

Hilary Cran

Teen Scene



If we want to make a difference

IF WE WANT TO MAKE A DIFFERENCE

In other people's lives
Let's be thoughtful and considerate
Let's be slow to criticise.

Let's be helpful when we're needed
Let others know we care,
Let's be patient and forgiving
When hurts are hard to bear.

Let's do always unto others
As we would have them do to us
For we will surely have God's blessings,
When we think of others first.

Support Tullow Parish Hall Tenants

The Parish Hall has a wide range of groups and organisations using it. Among those are:

Fitness League Exercise Classes for the Active Retired

Effective and beneficial low impact standing and chair-based exercises particularly suitable for Seniors who don't want to exercise on the floor. Improve posture, balance and coordination encouraging a greater range of movement, fewer aches and pains.

Mondays 2.15 - 3pm

Contact: Yvonne 086 3900223

Irish Dancing Classes

Mondays at 5pm. Beginner Level. Register online at irishdancingclasses.ie or contact Deirdre at 086 2438118

Yoga Classes

Feel stretched, not stressed. Suitable for all levels. Mondays 8.15pm - 9.15pm.

New session starting Monday 6th March.

Contact: Catherine 087 7864853

Little Star Preschool

Early education 2.5 years - 5 years. Mon - Fri 9am - 12.30pm

Contact: Lynda 087 2252201 www.littlestarpreschoolfoxrock.ie

Take 2 Performing Arts School (Estab 1988)

Drama Classes Mon - Thurs afternoons 5 - 18 year olds

Musical Theatre Classes - Sing, Dance, Act! Sat 3 - 12 year olds; Thurs evenings. 12 - 18 year olds

All children take part in end of year performance in Pavilion Theatre.

Contact: pamela@take2.ie or www.take2.ie



**JUST A
THOUGHT**

A Lenten Prayer

Almighty and ever living God,
you invite us deeper into your world, your people, your Lent.
May this time of reflection be one of outward focus,
leading to rededication and renewal;
seeking you in those we often ignore.
Help us live a Lent focused on freedom, generosity, and encounter.
Give us hearts hungry to serve you

and those who need what we have to give.

This we pray through Jesus Christ our Lord.

Amen



Photographic Archive and Local History

Please have a look in albums, boxes etc and see if you have any photos of people or places of interest to the Parish or the wider Foxrock area.

Jane Bowes bowesjane91@gmail.com or 086 8418138 if you find any.

The above photo is of Dalkey in the 1860s (National Library of Ireland Collections)

Foxrock Local History Club

Tuesday March 14th 8pm via Zoom ONLY - *Weaving in the Liberties* by Cathy Scuffl (Dublin City Council Historian in Residence for Dublin South Central and South East areas) who will highlight the evidence of this booming industry in The Liberties which stretches back to Viking times
Non-members send an email requesting a password this meeting to info@foxrocklocalhistory.ie

Tuesday March 21st 8pm in Foxrock Church Parish Hall ONLY - *St. Michael's Hospital and Dún Laoghaire County Hall - conjoined beginnings* - a talk by Donal O'Sullivan.
Admission free for members, €5.00 for non-members.
Annual membership €20. Check membership page on www.foxrocklocalhistory.ie



“It’s been very helpful talking
to you. Thank you for
listening to me”

Sentiments from the
Bereavement Support Line

 Irish Hospice Foundation
**Bereavement
Support Line**
1800 80 70 77
Freephone

1800 807077 Mon – Fri 10am – 1pm

Email: bereavementsupport@hospicefoundation.ie with queries.



Garda Older Persons Association (GOPA)

Safety & Security Seminar 2023

Date Friday 3rd March 2023 | 11a.m - 2p.m

Venue Carysfort Suite, Talbot Hotel, Stillorgan

Fraud is Everywhere - Know how to protect yourself

Speakers & Q+A with: Niamh Davenport, Head of Financial Crime,
Banking & Payments Federation, Ireland.

Sergeant James Malone, An Garda Síochána, DMR East

The Assisted Decision-Making Act 2022

- Having control of our own decision-making as we age

Presentation & Q+A with Áine Flynn, Director Decision Support Service

All welcome! – Fáilte mhór roimh chách!

Free event, light lunch provided.

Spaces limited and to book your place,
contact the Community Section, dlr County Council at

01 205 4893 or email community@dlrcoco.ie



Remember the Parish

Over the years legacies from parishioners have made a huge difference and the Parish is most appreciative. May I, once again, ask parishioners to please consider Tullow Parish in their wills?

Don Beck
Hon Treasurer

Remembrance Garden

Don't forget that the right to burial in our peaceful Remembrance Garden is available to parishioners for €1,500 and a limited number of spaces for non-parishioners are available at €2,500. Please consider telling your friends and family about this oasis of peace. Contact the Rector if you're interested.

Parish Online Services and Parish Newsletter

The church is open for the 8.30am and 10.30am Sunday Services. The 10.30am Service is live-streamed every Sunday so you can watch it wherever you are - just log into the Parish website www.tullowdublin.org. It's also available to view on the website afterwards and on Facebook at Tullow Parish whenever you wish.

If you know of anyone who is not on the Parish email list and would like to receive the newsletter and other communications from the Parish please contact

tullowdublinnewsletter@gmail.com or Jane Bowes 086 8418138.

Under GDPR regulations someone has to request to be put on the email list. If someone is on the Parish List and we have their email address then we are permitted to add them to the email list but we do need their email address so don't assume we already have it!

Website, Facebook & Instagram

The Parish website www.tullowdublin.org and our Facebook page (search for Tullow Parish) are kept up to date by Alan R and, thanks to Samm, they are widely promoted - the effectiveness of this is illustrated by the very impressive viewing figures for the online Services.

Thanks are due to all these people who help to keep Tullow an active, vibrant parish. Let the Rector know if you would like to contact any of

them.

Rector: Rev John Tanner 086 3021376
Lay Ministers: Alan Rhodes and Mandy Swanwick
Rector's Church Warden: Leslie Ruttle
People's Church Warden: Torren Gale
Rector's Glebe Warden: Ernie Porter
People's Glebe Warden: Chris Wojnar
Pastoral Assistant: Patricia Stewart
Organist: Dr Paul McNulty
Parish Treasurer: Don Beck
Select Vestry Secretary: Jane Bowes
Envelope Scheme: Torren Gale
Sustentation Fund: Owen Driver
Readers & Coffee Rota: Barbara Cooper
Connect Group & Clevis Drivers Rota: Jennifer Sowman
Wednesday Coffee: June Hayes
Parish Newsletter: Jane Bowes
Parish Hall Bookings: Jennifer Sowman
Parish Hall Committee: Rev John Tanner, Margaret Breadon, Barbara Cooper, Jonathan Morton, Ernie Porter, Chris Wojnar
Flower Rota: Sandra Ruttle
Bell Ringer: David Cooper
Church of Ireland Review: Jill Malcolm
Badminton:
Bowls Club: Jonathan Morton
Tullow Friends: Cleo Ellis
Tullow Book Club: Vera Tanner
Altar Linens: Vera Tanner

Members of the Select Vestry:

Rev John Tanner (chair) Don Beck, Jane Bowes, Margaret Breadon, Ashlyn Casey, Hilary Cran, Torren Gale, Ken Gregory, Ernie Porter, Alan Rhodes, Leslie Ruttle, Sandra Ruttle, Patricia Stewart, Nigel Swanwick, Bob Willis, Chris Wojnar

Welcome to the Tullow Parish newsletter. This is a very active parish so there's lots to report each month. We appreciate feedback - both critical and otherwise.

Email tullowdublinnewsletter@gmail.com

Please forward to other members of your family



Copyright Tullow Parish

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Tullow Church, Brighton Road, Carrickmines, Dublin 18 RF79

tulowdublinnewsletter@gmail.com

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