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JULY/AUGUST 2023

In this Month's Newsletter:

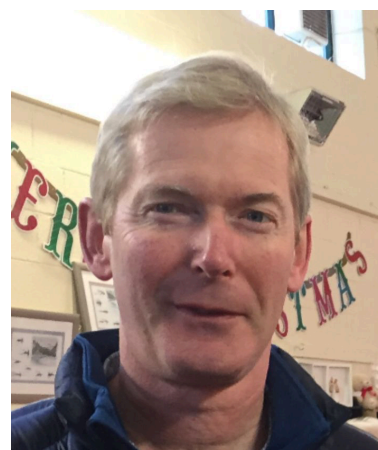
- Evergreens Walking Group Returns
- Beckett Walks Start Again
- Summer Church Services
- Parish Work Party

- Tullow Friends Lunch
 - Heritage Map
 - Dealing with Hayfever
 - Things to Look Forward To
- ...and much more
-

The Rector Writes

We are living in interesting times! Our international news is dominated by the failed coup in Russia and the consequences of this for President Putin and his war in Ukraine. As a footnote, there is also some reporting on the progress of Ukraine's counter-offensive in Russian occupied parts of their country. Our national news is dominated by RTE's under reporting of payments to Ryan Tubridy. It would appear to be going from the sublime to the ridiculous with no resolutions in sight.

Meanwhile, other newsworthy items such as rising mortgage payments, stubbornly high energy prices, lack of suitable affordable housing, homelessness crisis and antisocial and unprovoked assault in Dublin city centre are under reported. This may be largely due to the fact that these crises have been ongoing for so long – but the danger is that they get forgotten and accepted as the norm. This should not be allowed to happen. The Bible teaches us that all humanity is the body of Christ and 1 Corinthians 12: 26 tells us, 'If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it.'



As we now head into July and August, we also face into peak holiday season. Most mid-week parochial activities have been put on hold to resume again in the autumn. Families with school going children are enjoying a welcome break from the frantic round of school runs and after school activities. For some, thoughts have turned to sea-side visits, picnics and barbecues and for the luckier ones, a holiday further afield may be on the agenda. May this time of rest and relaxation help us to regenerate our batteries and may we return fully refreshed.

As I have mentioned on previous years, although we may be looking forward to taking a break this summer, God never does! If we could but remember this, we might not forget to attend Church Sunday by Sunday. And wherever we may find ourselves this summer, we can be assured of the warmest of welcomes if we join a local worshipping community for their Services.

In return, we here in Tullow look forward to welcoming visitors who may be passing or visiting friends or relatives in this area. May I take this opportunity to wish you all a safe, pleasant and restful summer, and let us hope we get plenty of seasonal weather.

Every blessing.

DATES FOR YOUR DIARY





Evergreen Walking Club Returns Sunday 9th July 12 noon at Parish Hall

Meet at 12.00 midday at Parish Hall after coffee. Cars will be shared. Starting at car park outside St Kevin's Church (RC), Laragh, Co Wicklow

By popular request I have agreed to lead an Evergreen Walk as above, despite rumours that the club has disbanded. Well, following Covid many of us were lying low and avoiding social contacts, and support for the club dwindled.

This walk in beautiful Wicklow wanders through woodlands and over the Glenmacnass River along a section of the Wicklow Way towards Paddock Hill. Yes there is some uphill but the paths and tracks are good! We walk at a gentle pace for 2 to 3 hours including a lunch stop.

Wear appropriate outdoor clothing and footwear

Bring a small rucksack and waterproof jacket

Pack a light lunch, drink/hot flask, sandwich, bar, fruit etc

Afterwards we may end up in a local hostelry!

Donald Gill

[087 1270592](tel:0871270592)



NO
BOOKING
REQUIRED

02 July - 03 Sept, Sunday

17

FOXROCK BECKETT WALK

Free Guided Walk

Bus Stop No. 3290
Brighton Road,
Mountsandel Park
Routes serving this stop:
63 Towards Dún Laoghaire

Bus Stop No. 3275
Brighton Road, Cnoc Ard
Routes serving this stop:
63 Towards Kiltarnan

Join Paul O'Hanrahan on a fascinating tour of writer and Nobel Laureate Samuel Beckett's biographical and literary associations with his native Foxrock. Meet at Tullow Church, Brighton Road, Foxrock. Please note the parking of cars is permitted on the left hand side of the church grounds only.

Please note the tour is 1.5 hours long and takes a linear route 1.5 km in length from beginning to end. Tour ends in Foxrock Village.

This is an outdoor event.

3.15pm (Sun)
1 tour per day

Partly wheelchair accessible.
Not suitable for Children under 12.

Beckett Walks Sundays 3.15 Tullow Church

The very popular Beckett Walks return this summer. They are very interesting and informative and you'll look at the church and surrounding area with fresh eyes afterwards.

The Beckett Walks are part of DLRCoCo's Summer of Heritage series of events

across the county. Google Summer of Heritage to see the full programme.

Summer Church Services

Church Services change slightly over the summer:

Wednesday Morning Service and Coffee - there will not be any Wednesday morning Service or coffee afterwards for July and August.

Sunday 8.30am Holy Communion Service - there will not be any 8.30am Service during August.

Things to Look Forward to in Autumn

A lot of Parish activities ease off or stop for July and August but here are some events to look forward to later in the year:

Tullow Crafty Crew Open Evening - 29th September

Songs of Praise with the Steadfast Band on Sunday 1st October.

Sale of Pre-loved Clothes - no date yet but start gathering items from your wardrobe which might merit a second owner.

Start Christmas at Tullow on Friday 1st December.

NEWS





Parish Work Party Saturday 17th June

20 tonnes of gravel were delivered and had to be spread around the car park and in front of the Rectory. Quite a few of the volunteers drew the short straw and had to work in heavy rain shovelling gravel and sprucing up the Remembrance Garden. Others were luckier and were nice and dry in the church as they dealt with cobwebs, candle grease, dust and tarnished brass.

The rewards came in the shape of tea, coffee, gorgeous sandwiches and cakes (thanks Vera) and an enormous bowl of strawberries and cream (thanks Alan).

Thanks so much to all who came along and worked hard in horrible weather.



Gift Day

You will have recently received the Gift Day Appeal letter. May I encourage all parishioners to participate in this important fund raising effort. Many thanks to the many contributors who have already done so.

You may place an envelope marked 'Gift Day' in the box at the back of the church near the font or hand to the Rector or Treasurer.

Don Beck
Honorary Treasurer



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](tel:0868418138) or bowesjane91@gmail.com

PARISH ORGANISATION

After Church Coffee

We need volunteers for the after church tea and coffee on Sunday mornings. **Note that there will not be any after church coffee in August.**

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 July - No Coffee after Church in August

Sunday 2nd - Sue and Terry Forsyth

Sunday 9th - Hilary Cran and Lucinda Goodbody

Sunday 16th - Barbara and David Cooper

Sunday 23rd - The Ruttle Family

Sunday 30th - Barbara and David Cooper

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

Please contact Barbara Cooper on [086 8446274](tel:0868446274) 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 exercise - unfortunately the end of season tournament and party fell victim to various injuries and illnesses but we plan to start again in September with a flourish i.e. tournament and party.

Enjoy the summer

Outreach - Bray Women's Refuge

A reminder to everyone of the needs of people in Bray Women's Refuge - coffee, tea, biscuits, and toiletries are all very welcome.

Please leave in the basket at the back of the church. It would be great to gather together a really good donation.

Thanks in advance.

Hilary Cran



Outreach - Down Syndrome India

Thanks to the generosity of parishioners who fill their collection boxes we are able to fund a life-saving heart operation for three month old Dhanyasri. We will let you know how she gets on but please keep her and her parents in your prayers.

In the meantime please take a collection box from the Outreach area at the back of the church and pop your spare coins into it so that we can continue to fund life-saving operations for children in need.

Contact Joyce Buckley if you would like to know more.

Select Vestry - extract from meeting of 19th June

- it is hoped that the interior of the church will be painted over the summer
- planning permission has been granted to remove four pews from the church to enable provision of wheelchair spaces.

Other agenda items are reported elsewhere in the newsletter.

Tullow Book Club

Summer often provides a great opportunity to relax and read in the sunshine. Tullow Book Club members recommend these books:

Apeirogan by Colum McCann

The Survivors by Jane Harper

My Father's House by Joseph O'Connor

Queen Bee by Ciara Geraghty

You also might enjoy *The Colony* by Audrey Magee and *The Queen of Dirt Island* by Donal Ryan.

Tullow Bowls Club

Tullow Indoor Bowls club is taking a break until September. The starting date will be in the September newsletter and we look forward to welcoming new members.

For further information contact

Jonathan Morton [01 2894121](tel:012894121) [085 7793250](tel:0857793250) or Hazel Alexander [087 9719836](tel:0879719836)

Tullow Crafty Crew Parish Hall

Tullow Crafty Crew will meet again the autumn. In the meantime “happy crafting”.

Margaret [087 2941078](tel:0872941078)



Tullow Friends 23rd June

Tullow Friends were delighted to have their first get together since Covid. They were treated to a lovely lunch in the home of Cleo, Les and Rebecca Ellis and

thanks so much to all who helped and contributed.

Wednesday Coffee and Service 10.30am

The Wednesday Service and coffee will return in September.

Teen Scene

Enjoy your summer and if you are waiting for the Leaving Cert results on 25th August - good luck, so many people are thinking of you and praying for you. Remember though that exam results do not define you, there are many many opportunities out there.

Support Tullow Parish Hall Tenants

The Parish Hall has a wide range of groups and organisations using it. Most are taking a break now and we wish them a restful summer and look forward to welcoming them back in September.

Yoga Classes

Catherine will be continuing yoga classes - ideal summer exercise. Contact her if you'd like to join.

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

Contact: Catherine [087 7864853](tel:0877864853)

Take 2

Take 2 Performing Arts School is proud to be south Dublin's longest running stage school, established in 1988.

Drama Classes Mon - Thurs afternoons for 5 - 18 year olds.

Musical Theatre Classes - Sing, Dance, Act! Saturdays 3 - 12 year olds;

Thursdays 5.30 - 7.30pm for 13 - 18 year olds.

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

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

The Fitness League

Thank you to all who attended the Fitness League Active Retired classes in

Tullow each Monday at 2.15pm during the last year.

I look forward to welcoming you, and anyone who would like to try the class, when we resume in September.

In the meantime, take care and enjoy the summer.

Yvonne [086 3900 223](tel:0863900223)

www.thefitnessleague.ie



A Summer Prayer

O Lord, the creator of all things we give you thanks for the beauty of your entire creation which is often at its best at this time of year. We pray that during this time of summer holiday, you will help us to appreciate all you have given us and guide us so that each day we may demonstrate your love, joy, peace, goodness, gentleness and kindness. Teach us self-control, so that we can say no to all temptations that may come our way. We pray that during this summer period, any spirit of frustration, anger and argument will be destroyed in Jesus Name. We also pray that we may find the renewal and refreshment which will enable us to face any challenges the latter part of this year may bring. This we

ask through Jesus Christ our Lord.



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](tel:0868418138) if you find any.

The above photo is of the new heritage map which has been erected on Beckett Green in Foxrock Village. A collaboration between FACE (Foxrock Area Community and Enterprise) and Foxrock Local History Club, it was funded by a heritage grant from Dún Laoghaire Rathdown County Council. Tullow Church features among other notable local buildings.

There is also a new map of the area and a list of businesses in the village as you exit the car park.



HOW CAN I CONTROL MY BLOOD PRESSURE

- 01 Diet**
Eating a diet high in fruit and vegetables and low in processed foods. Cutting down on salt.
- 02 Cholesterol**
When cholesterol is high, the heart is forced to work harder causing blood pressure to increase. By monitoring your cholesterol you can reduce your risk of high blood pressure
- 03 Alcohol**
Drinking too much alcohol can raise blood pressure to unhealthy levels. The recommended weekly intake of alcohol for a man is 14 units and 11 units for a female.
- 04 Weight**
Being overweight or obese increases your risk of developing high blood pressure. By maintaining a healthy weight your heart health will improve.
- 05 Exercise**
Exercise benefits your overall health including you blood pressure. Adults are recommended to exercise for 30 minutes five times per week.

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. No 8.30am Service during August. 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](tel:0868418138).

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](tel:0863021376)
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, Hilary Cran, Torren Gale, Sheila Meredith, Ernie Porter, Alan Rhodes, Leslie Ruttle, Sandra Ruttle, Patricia Stewart, Mandy Swanwick, 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



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