



TULLOW PARISH CARRICKMINES NEWSLETTER

If you are reading this on the Gmail app make sure you click on VIEW ENTIRE MESSAGE at the end otherwise you'll miss half the newsletter!

As all church and parish activities are cancelled this newsletter will be rather different but there are some suggestions for passing the time as we all practise social distancing.

The Rector Writes

The Covid-19 pandemic crisis is leading to a surreal atmosphere as people grapple with the latest restrictions on movement to curb its spread. The simple things we took for granted are now but a fading memory – meeting friends, playing or watching sport, even going to Church. Perhaps for the first time ever there will not be any congregation attending Easter ceremonies. Instead, we will have to make do with recorded or streamed



Services which will hopefully keep people connected to their worshipping community in fellowship and prayer. It is my intention to provide a weekly recording for the duration of this crisis which may be found on the Parish Facebook page. Each post is 'public' and therefore does not require the viewer to be registered on Facebook itself. For me, the normal practice of ministry has changed beyond all recognition since face to face contact has been ordered to cease. And I know that this is difficult for all concerned. Let us pray that the sacrifices we are currently making will achieve the desired goal of reducing infection and allowing our health service cope. Our thanks goes to all front line workers who are helping us through at this time.



Dedicated community support helpline available

9.00 am to 5.00 pm

Phone: (01) 271 3199

Email: covidsupport@dlrcoco.ie

The helpline is focused primarily on ensuring that vulnerable members of the community or those living alone can access deliveries of groceries, medicine and fuels.

A new initiative between the Department of Housing, Planning and Local Government and Local Authorities across the country, Covid-19 Community Response Forums have been put in place for each county and are co-ordinated by the Local Authority in each case to assist vulnerable citizens.

Covid-19 Coronavirus

If you need assistance with practical matters such as shopping, or are feeling anxious and overwhelmed and would like to talk, please contact the Rector on 086 3021376.

While many of us are able to stay safe in our houses there are a lot of people out there working to make sure that life continues as much as possible. This is a good time to acknowledge the extraordinary effort being made by everyone involved in the health service at all levels, the emergency services, retail trade, post office and so many other sectors. We especially thank the parishioners involved – we're proud of you.

Have you received a message on WhatsApp or Facebook or Twitter about coronavirus that has upset you or you're not sure about? A lot of misinformation is being spread but thejournal.ie will check the facts. Message or email them at WhatsApp: 085 2214696 or email answers@thejournal.ie

For the latest information log on to www.gov.ie or hse.ie



Evergreens Walking Group at Trooperstown Hill

Well it finally happened! It rained on our walk on 8th March as we ascended Trooperstown Hill, or rather it lashed hailstones and icy rain much to the discomfort of our hardy walkers. Or as John said “my pants and boots are sodden and my waterproof trousers are back home”. This was the first rain we have had since I took over leadership of the group in 2014! The silver lining was that the sun came out as we reached the summit and all the mountains of East Wicklow came into view with a rainbow thrown in for luck. As the wind was stiff and chilly we descended to a sheltered spot for lunch, though some people

with wet pants had to stand up. Refreshments at the Roundwood Inn revived spirits even though we couldn't get near the log fire.

Donald Gill, walk leader 087 1270592

Sexton's House Refurbishment

Unfortunately due to the current situation, and in line with government instructions, the refurbishment work has been halted.



Parish Photographic Archive

Now would be the perfect time to sort those piles of photos which have been sitting in boxes. Thanks this month to Ken Gregory for an interesting photo of Carrickmines Castle dating from 1990. It's on Glenamuck Road just down from the Carrickmines Luas stop but there's very little left nowadays of

this fortified Norman castle which dates from 12th century.

Thanks also to Barbara Cooper for the photos of the demolition of the old parish hall and the official opening of the new hall on 12th October 1986. Please have a look in albums, boxes etc and see if you have any of people or places of interest to the parish. Jane Bowes bowesjane91@gmail.com or 086 8418138 if you find any.



Caroline's Corner

Now, more than ever it is heart-warming to see seeds sprouting on windowsills and in greenhouses. If you have never grown your own vegetables - this is a good time to start. Children will enjoy planting peas and the shoots can be eaten in sandwiches. Herbs are expensive to buy but very easy to grow. One packet of sweet basil will keep a succession crop going throughout the year. Start a bird feeder near a kitchen or bedroom window - you will get endless entertainment. See how many birds you can identify!

Webcams



Watch the Dublin Zoo animals live, wherever you are.

Catch a glimpse of the giraffes, zebras and rhinos on the African Savanna, get a birds-eye view of the penguins or watch the wondrous herd of Asian elephants bathe and chomp on their lunch with our live animal cams.

Teen Corner

This is an anxious time for many young people, particularly those who are wondering what is going to happen about their exams. Just remember – you are not alone. There are nearly 60,000 due to sit the Leaving Cert exams; a solution will be found. If you find yourself worried or overwhelmed talk to your parents or a trusted adult and get your information from gov.ie or hse.ie rather than social media.

If you want light relief go to dublinozoo.ie and look at the webcams of penguins, elephants and the animals on the African Savannah. They are more active at some times more than others so be patient.



Remembrance Garden

The Remembrance Garden is looking very peaceful and is enhanced by the magnolia tree in full bloom. Don't forget that the right to burial there is available to parishioners for €1,500 and a limited number of spaces for non-parishioners at €2,500. Contact the Rector if you're interested.

Website, Facebook & Instagram

Thanks to Alan Rhodes and Samm, both of whom, despite being very busy, still find time to update the parish website www.tullowdublin.org and the parish Facebook page – Tullow Parish. This is where you will find the online Sunday Service.

As it is most important now to support local businesses please keep an eye on www.foxrock.ie, Foxrock Village on Facebook and foxrock_village on Instagram. You'll find special offers and information about opening times, takeaway food, pharmacy deliveries and much more.

Senior Times

Seniortimes.ie bills itself as Ireland's website for people who don't act their age. They have just added the first of a series of podcasts by veteran broadcaster Mike Murphy in which he chats to President Michael D. Higgins. Log onto www.seniortimes.ie and follow the link to the podcast.

Shopping

As of 28th March many local shops have designated certain times for over 65s

Centra, Johnstown Road, Cabinteely. Elderly or vulnerable. Phone or leave in order before 12 noon and it will be delivered free of charge. Tel: 01 2025430

Dunnes Stores, Cornelscourt 11 – 1pm

Lidl, all branches 9-11am

SuperValu, Deansgrange 9am-10am 60+

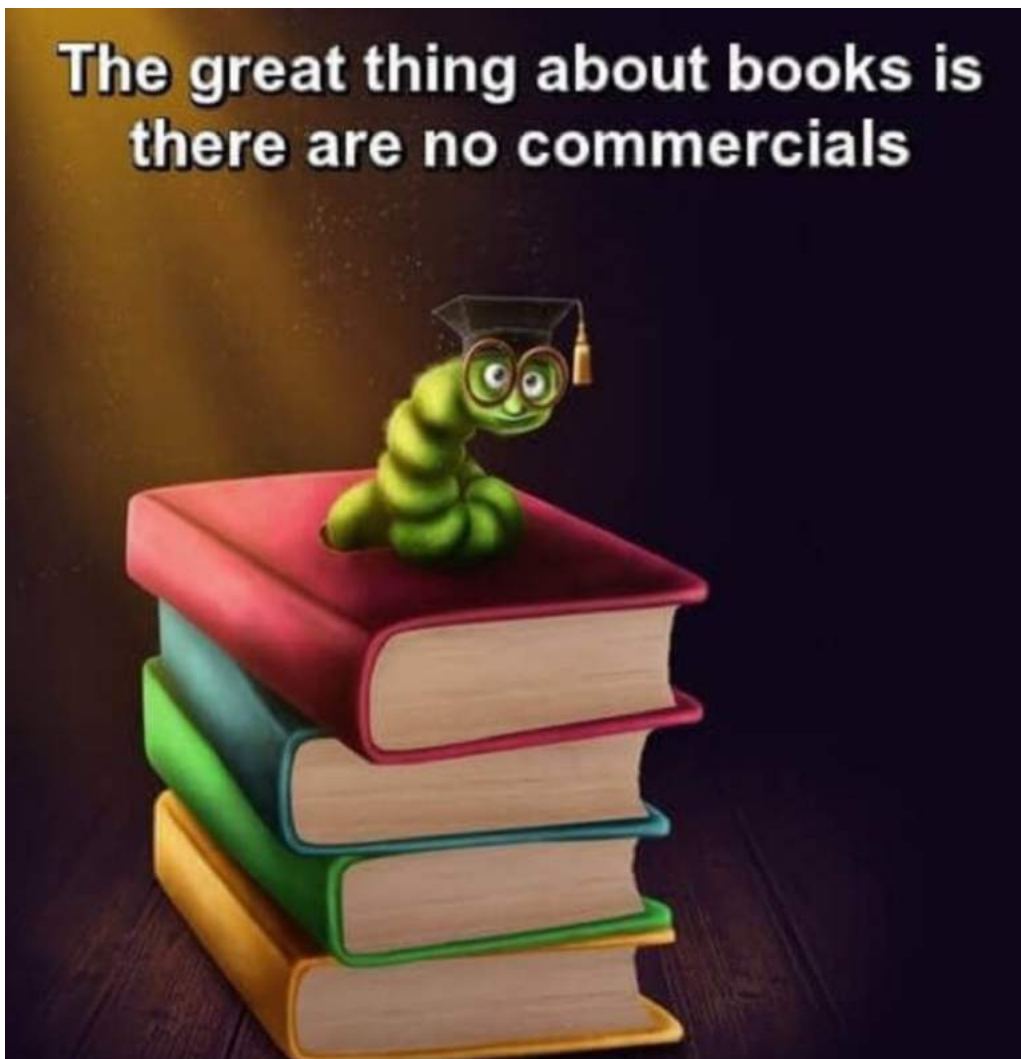
The Catch, fish shop, Cornelscourt. Phone ahead on 01 2892111 and they'll put the food into the boot of your car, no contact necessary.

Tesco – every Monday, Wednesday, Friday over 65s and home carers dedicated access 8am – 9am

Thomas's in Foxrock Village. Will deliver if you can't get out.. Phone 01 2894101

If you are cocooning and don't have family or anyone to get shopping for you a dedicated community support helpline has been set up and is being organised in this area by Dún Laoghaire-Rathdown Co. Council. Phone 01 2713199 or email covidsupport@dlrcoco.ie and they will organise any assistance you may need.

The great thing about books is there are no commercials



Join the Library

Public libraries have a huge range of material online. Your membership will give you access to free books, audio and ebooks, comics, newspapers, magazines and music online. You will need your ticket number and PIN.

If you're not a member of a public library already log onto libraries.dlrcoco.ie and follow links to Using Your Library – Join Here

Free music – download Freegal App. (When it asks for your zip code initially enter Ireland) Gives access to over 15 million songs!

Free ebooks and audio books for adults and children - download the Borrow Box app.

If you're not sure what books to choose for your children log onto www.childrensbooksireland.ie → Recommended Reads

5 Feel Good Books

The Little Paris Bookshop Nina George

A Gentleman from Moscow Amor Towles

The Guernsey Literary and Potato Peel Pie Society Mary Ann Schaffer & Annie Barrows

Iris and Ruby Rosie Thomas

Almost French Sarah Turnbull

5 Feel Good Films

The Two Popes – Anthony Hopkins & Jonathan Pryce

It's Complicated – Meryl Streep & Steve Martin

Kominsky Method (series) – Michael Douglas

Something's Gotta Give – Diane Keaton & Jack Nicholson

Grace & Frankie (series) – Jane Fonda & Lily Tomlin

All available on Netflix

Thanks to Eileen Adams and Barbara Cooper for contributing to the above lists. We need more suggestions for the May newsletter - crime, thrillers, personal favourites. Any books or films you think others may enjoy but they do need to be available.



Nightly Met Opera Streams

During this extraordinary and difficult time, the Met hopes to brighten the lives of our audience members even while our stage is dark. Each day, a different encore presentation from the company's *Live in HD* series is being made available for free streaming.

Opera Performances

If you're an opera fan you may be interested to know that the Metropolitan Opera in New York is streaming encores of their Live in HD series. A different opera is streamed every day at 11.30pm (Irish time) but remains available on www.metopera.org for 23 hours afterwards. These are a real treat.



Plan a Trip

We can't physically go anywhere at the moment but planning trips is nearly as good as actually going. The Irish Road Trip website and Facebook page has a quirky style but the information and ideas are really useful and interesting. Unique and off the beaten track places to visit and 113 things to do in Ireland are just two of the lists on offer. www.theirishroadtrip.com or find it on Facebook.

Alan Keane Art

If you are on Facebook local artist Alan Keane is running a free Family Art Class every Saturday at 10am. It lasts for 30 minutes and is full of interesting ideas. Search for Alan Keane Art.

Truths to Remember

1. Faith is the ability not to panic.
2. If you worry, you didn't pray. If you pray, don't worry.
3. As a child of God, prayer is kind of like calling home every day.
4. Blessed are the flexible, for they shall not be bent out of shape.
5. Do the maths. Count your blessings.
6. God want spiritual fruit, not religious nuts.
7. Dear God: I have a problem. It's me.
8. Silence is often misinterpreted, but never misquoted.
9. Laugh every day. It's like inner jogging.
10. The most precious and important things in your home are the people.
11. Growing old in inevitable; growing up is optional.

12. There is no key to happiness. The door is always open.
 13. A grudge is a heavy thing to carry.
 14. They who die with the most toys are still dead.
 15. We do not remember days, but moments. Life moves too fast, so enjoy the moments.
 16. Nothing is real to you until you experience it; otherwise it's just hearsay.
 17. Surviving and living your life successfully requires courage. The goals and dreams you're seeking require courage and risk-taking. Learn from the turtle – it only makes progress when it sticks out its neck.
 18. Be more concerned with your character than your reputation. Your character is who and what you really are while your reputation is merely what others think you are.
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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 Minister: Alan Rhodes
Rector's Church Warden:
People's Church Warden: Ken Gregory
Rector's Glebe Warden: Ernie Porter
People's Glebe Warden: Nigel Swanwick
Heating, Lighting, Electrics Project: Paddy Bowes & Nigel Swanwick
Sexton's House Refurbishment Project: Paddy Bowes, Ken Gregory, Nigel Swanwick, Chris Wojnar
Pastoral Assistant: Patricia Stewart
Parish Development Worker: Caroline Jolley
Organist: Dr Paul McNulty
Parish Treasurer: Don Beck
Select Vestry Secretary: 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: Paul Hayes
Parish Hall Committee: Rev John Tanner, Barbara Cooper, Bob Willis, Paddy Bowes
Flower Rota: Sandra Ruttle
Badminton: Paddy Bowes
Bowls Club: Jonathan Morton
Tullow Friends: Cleo Ellis
Tullow Book Club: Vera Tanner
Altar Linens: Vera Tanner

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

Email tulowdublinnewsletter@gmail.com

Please forward to other members of your family



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Tullow Church, Brighton Road, Carrickmines, Dublin 18 RF79
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