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## JUNE 2024

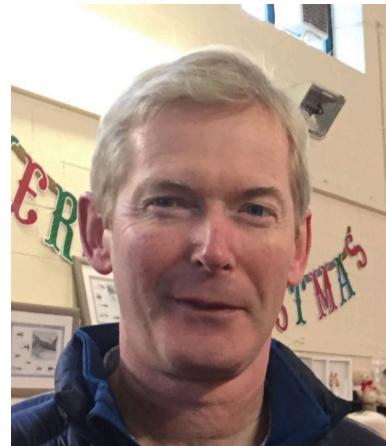
### In this Month's Newsletter:

- Summer Supper
- Gift Day
- Work Party

- Autumn Events
  - Job Vacancy with Diocese
  - Stress Management and Sleep Talks
  - Fun Day in Foxrock Village
  - Healthy Tips
  - Foxrock Station in 1959
  - Parish Organisations
  - ..and much more
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## The Rector Writes

The month of June can be extremely stressful time for families – especially the extended families of those undertaking state examinations. For those undertaking their Leaving Certificate, years of study and preparation are concentrated into a couple of weeks of tests that can have a major impact of the candidate's future. Many hopes and dreams ride on how many points can be achieved over these short weeks. It can be a time of uncertainty, anxiety, worry, self-doubt, nervousness and helplessness. It is a time which requires patient understanding and the ultimate in soul care. It is a time to ensure that every effort is made to strike a balance between rest and study. It is a time to seek calmness and peace – not only in physical surroundings, but the calmness and peace which the world can never hope to give, but only God. Therefore, it is a time to seek God's guidance and direction through prayer. To quote the author John Ortberg, 'If you don't come apart for a while, you will come apart in a while'.



The month of June can also see a time of change for those finishing their primary education as they anxiously await transition to their chosen secondary school. For some this is an adventure which is awaited with excitement, but for others it holds the dread of the unknown. Again, it is good for all concerned to commit the entire spectrum of feelings to God as they make that next step along the road of life.

We will be remembering all those who are preparing for State Examinations and their families during our Services over the coming weeks. We will also be remembering those who have undertaken third level examinations as they await results. We wish them all every blessing and may it be our prayer that for all concerned, their hard work will be justly rewarded.

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### **From the Registers:**

#### *Funeral*

21st May – Peter Cobbe – may Hylary, Nigel, Judy and their families know the comfort of the risen Christ in their loss.

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### **DATES FOR YOUR DIARY**





**Let's Celebrate Summer!**  
**Saturday 8th June Parish Hall 7.30pm for 8.00pm**

The Summer Supper is almost booked out but if you'd really like to go - contact one of us before Wednesday 5th June as we have to give the final number to the caterer.

Bring your own wine/beer. €35 per person for main course, dessert, tea/coffee

**If you haven't paid already we would be grateful if you would do so as soon as possible as the caterers have to be paid shortly.**

Payment may be made by cash or cheque (payable to Tullow Parish)

Jane Bowes [086 8418138](tel:0868418138) *You may also Revolut Jane if that's easier*

Sheila Meredith [086 2487433](tel:0862487433)

Alan Rhodes [086 2531880](tel:0862531880) (Alan is away until 3rd June) *You may also Revolut Alan if that's easier*

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# Gift Day

## Gift Day

In Tullow Parish the Gift Day is the largest single source of income in the year and has the added advantage of enabling us to claim tax back from the Revenue Commissioners. While the Select Vestry encourages people to give what they can, we are very grateful for the generosity shown by so many parishioners.

There is still time to place envelopes with your contribution in the special box at the back of the church, on the collection plate at any Service or give to the Rector or Treasurer Don Beck. The Select Vestry extends its deepest thanks and appreciation in advance for your support of this important fund-raising effort.



## Autumn in Tullow

Just to let you know that various events are planned for the autumn. These are in addition to Harvest, Remembrance Sunday, Service of Remembrance, Carols by Candlelight.

*September* - Letters for Life: a fundraiser in aid of the Irish Cancer Society (10th)

*October* - Bakes, Books and Bric à Brac (Date TBC). The Stedfast Band (Date TBC))

*November* - Christmas with Sounds Ensemble (30th)

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## NEWS

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### **Parish Work Party Saturday 18th May**

A lot of work was done at the Parish Work Party - we all worked so hard we forgot to take photos of the work! The church is (or was!) a cobweb-free zone, the brasses are sparkling but most of the work was carried out in the Remembrance Garden. The high water table meant that some of the headstones were sinking slightly and were rather mud stained. The headstones

were raised on sand and all were thoroughly washed and cleaned.

Thanks to all who worked hard and to Vera who provided the tasty rewards afterwards.

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***THE  
UNITED DIOCESES  
OF DUBLIN AND GLENDALOUGH***

**JOB VACANCY – ACCOUNTS & ADMINISTRATIVE  
ASSISTANT**

**(FULL TIME)**

The Church of Ireland Dioceses of Dublin & Glendalough wishes to recruit a full time Accounts & Administrative Assistant based in the **Diocesan Office**, Church of Ireland House, Rathmines.

**Key Requirements:**

- Having bookkeeping/accounting experience.
- Good communication, written and verbal skills.
- A good knowledge in Microsoft Office / Excel.
- Ability to work on own initiative.
- A general knowledge of Charity Compliance and G.D.P.R.
- Must be flexible.

Applications can be submitted to Email. [dgsecretary@dublinchurchofireland.org](mailto:dgsecretary@dublinchurchofireland.org)

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### **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 - any good news is welcome. Tel Jane Bowes [086 8418138](tel:0868418138) or [bowesjane91@gmail.com](mailto:bowesjane91@gmail.com)

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### **Do You Have Any Useful Contacts?**

Have you found yourself needing help with something or need a particular service? Do you have something you're finished with but which might be useful to someone? Have you found a useful service which others might need?

By special request and suggestions from parishioners we are compiling a list of things and services which others may find useful. For the moment the intention is to list things and services in the newsletter each month.

### **Useful information we have:**

- A builder who will speedily install extra stair banisters and similar
- Walker and crutches available to borrow or keep
- Gutter and chimney cleaning

If you can add to this or are interested in anything listed please contact Jane

## PARISH ORGANISATION

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### 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!

### Rota for June

Sunday 2nd - Valeria Domaskina and Barbara Cooper

Sunday 9th - Jennifer and Frank Sowman

Sunday 16th - Patricia Stuart and Hilary Cran

Sunday 23rd - Heather and Ken Gregory

Sunday 30th - Barbara and David Cooper

Thanks so much to those who volunteered for June now volunteers for July are needed please.

**Please contact Barbara Cooper on [086 8446274](tel:0868446274) or email [barcoop@gmail.com](mailto:barcoop@gmail.com) and let her know when you'd like to help**

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### **Badminton Club**

The end of season badminton session was suitably marked - yes we did play but somehow didn't get home until late 🤔. Just a few days later we had a wonderful BBQ at the home of two of the members - the food and company was second to none so huge thanks to our hosts.

Badminton will start again in September and there's talk of trying out pickle ball - no we don't know much about it either but research will be done over the summer.

[086 8418138](tel:0868418138) if you'd like to know more.

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### **Outreach - Bray Women's Refuge**

New underwear and nightclothes for women and children are always needed - please leave in basket in the Outreach area at the back of the church.

Thank you

Hilary Cran

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### **Outreach - Down Syndrome India**

To help us continue to fund life-saving surgery for little children please take a collection box from the Outreach area at the back of the church and pop your spare coins and notes into it.

Contact Joyce Buckley if you would like to know more.

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### **Tulow Book Club**

*Rules of Civility* by Amor Towles.

It was not an easy task for a male writer to develop the main character as a female one. Towles did well but was inclined to drift to the male perspective on a couple of occasions. Also, he wrote a number of paragraphs where the reader had to read again, to clarify what was actually happening.

Despite the above comments, the book proved to be a popular choice.

Next month's choice of book is *The Dictionary of Lost Words* by Pip Williams.

Vera Tanner

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### **Tulow Bowls Club Parish Hall**

Tulow Indoor Bowls club is having a summer break. It will be back in September. New members are always welcome.

For further information contact

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

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### Tullow Crafty Crew Parish Hall Thursday 23rd May

Tullow Crafty Crew met on Thursday 23rd May for our last meeting this season.

We will recommence in September when we have an interesting session planned. In the meantime enjoy the summer break & happy crafting. 🧶 🧵 ✂️

Margaret Breadon [087 2941078](tel:0872941078)

### 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

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### **Support Tullow Parish Hall Tenants**

The Parish Hall has a wide range of groups and organisations using it. Please support them.

### **Little Star Preschool**

Continues until end of June and opens again at the end of August.

[www.littlestarpreschoolfoxrock.ie](http://www.littlestarpreschoolfoxrock.ie)

### **Irish Dancing Classes for Children**

With the renowned Chaney Farrell Academy. Mondays at 4.30pm. New pupils are welcome. Online registration at [www.irishdancingclasses.ie](http://www.irishdancingclasses.ie) Classes continue until 14th June.

### **Yoga Classes**

Catherine has classes on Mondays. 8 weeks for €96. 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 - now enrolling for September term**

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. Exam and Feis preparation.

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

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

Contact: [pamela@take2.ie](mailto:pamela@take2.ie) or [www.take2.ie](http://www.take2.ie). Classes start September 7th.

### **The Fitness League**

Fitness League Classes for the Active Retired is finished for the summer but will be back in September.

Contact: Yvonne [086 3900 223](tel:0863900223)

[www.thefitnessleague.ie](http://www.thefitnessleague.ie)



## **Tullow Brownies and Girl Guides**

Brownies and Guides are finished for the summer but are going on a joint camp to Larch Hill the second week in June. They're all looking forward to the fun.

For more information please contact Alice on [086 3541195](tel:0863541195)

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### **A Prayer for Those Undertaking Examinations**

Dear Lord of body, mind and soul, we bring to you all those about to take state examinations, or who have undertaken, school and university exams. We ask you to give them your peace at this time. We also remember those who will invigilate and mark the exams and pray that you will give them wisdom and compassion.

Be with all teachers, parents, extended family, and care givers as they support the young people both through their exams and with the results. May they show love and understanding and give them insight in guiding the candidates forward with their lives. **Amen**

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## Talks on Nutrition, Stress Management and Sleep

Foxrock Golf Club, Torquay Road

Friday 31st May, Friday 7th June and Friday 28th June each at 10.30am

Dr Gillian Dagg will give three FREE talks - one on **Nutrition** on Friday 31st May, **Stress Management** on Friday 7th June and another on **Sleep** on Friday 28th in Foxrock Golf Club, Torquay Road. All welcome - no need to book.

Making sustainable lifestyle changes has the potential to prevent 80% of chronic diseases (e.g. cardiovascular disease, diabetes, cancers), increase longevity and improve the quality of life at all ages - most importantly, it gives individuals autonomy over their own health.

Dr Gillian Dagg is a qualified General Practitioner, Lifestyle Medicine Physician and Tiny Habits Coach, she is passionate about this area of medicine and is determined to empower people to change their own health trajectory.

A FACE Event

### Healthy Tips

Gillian's first talk earlier in May was about the importance of physical activity. Some of her tips are:

- being physically active is the single best intervention we can do for our health
- being physically active is reported to reduce all-cause mortality by 30%
- If you are currently inactive or spend a lot of time being sedentary, incorporating movement throughout the day must be a top priority

This link to the HSE website can be very useful for some basic muscle strengthening exercises

[www2.HSE.ie/living-well/exercise/l door-exercises](https://www2.HSE.ie/living-well/exercise/l-door-exercises)



# EXPERIENCE Foxrock Village

**SATURDAY 1ST JUNE**

**2.30pm to 5.30pm on Beckett Green**

**Music and entertainment  
for all the family**

*Don't forget to visit all our locals shops,  
restaurants and cafés!*

***Date for your diary: Another family fun  
day on Saturday 3rd August!***



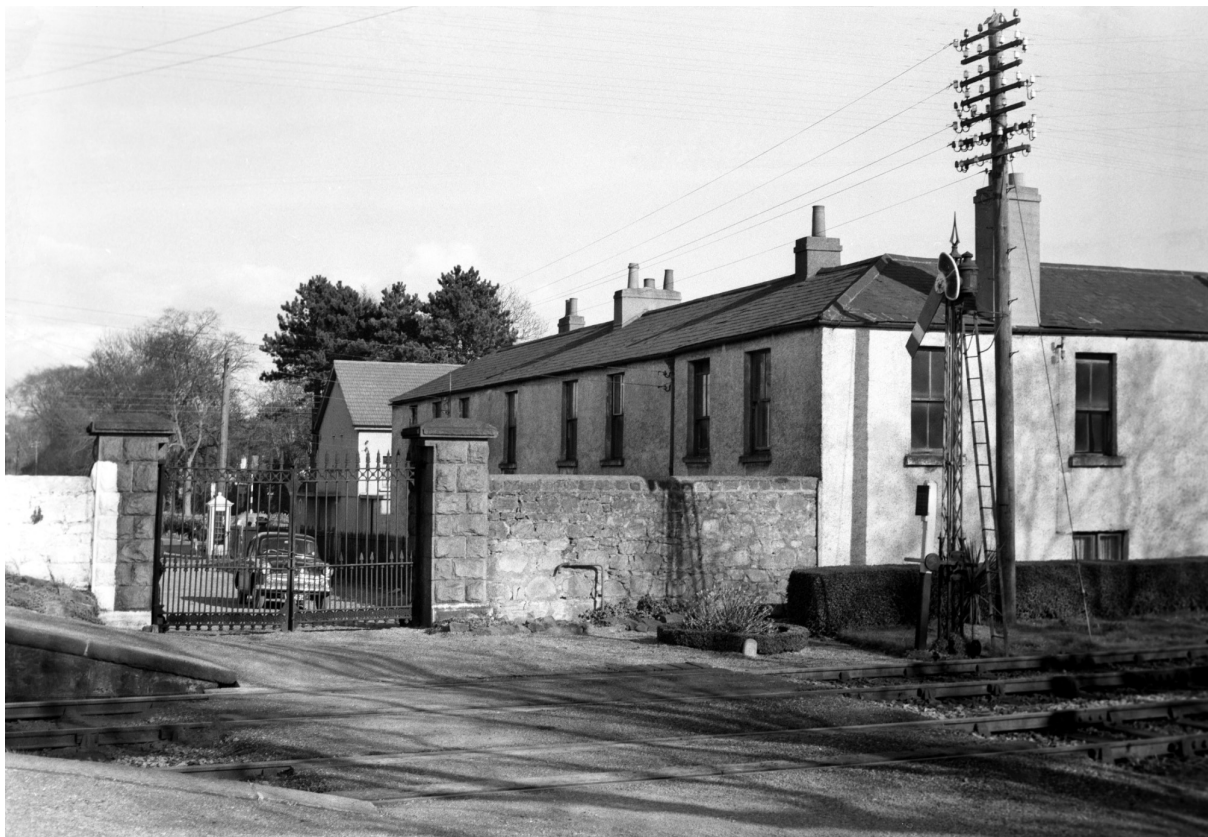
**Clean Up Days -  
Saturdays 1st June and 3rd August  
8.30am to 11.30am – all children who help  
receive a voucher for a Grumps ice-cream!**

**Foxrock Tidy Towns**

Judging in the SuperValu Tidy Towns competition and the DLRCoCo Tidy

Districts competition will take place in June and July. Foxrock won the 2023 Tidy Districts competition and we're very close to the medals in the Tidy Towns competition so please help by trimming your hedges and keeping outside your house litter and weed free.

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### **Foxrock Station on the Harcourt Street Line 1959**

There's so much of interest in this photo - see the gate pillars which are still in place at the entrance to the Foxrock Village car park, the phone box which is the oldest in the country and has been recently refurbished by FACE. The main building is the 'hotel', demolished in the 1970s and replaced by three red brick houses opposite The Gables. Built in the mid 19th century, it only functioned for a short time as a hotel but then became home to 13 families. The present Sherry Fitzgerald office can be seen as well.

The Harcourt Street Line closed in December 1958.

This photo is a taster for a photographic exhibition about the Harcourt Street Line which FACE, in association with the Foxrock Local History Club, will place

in Foxrock Village car park later in the summer.

The photo has been donated by the Railway Preservation Society of Ireland, as have many in the exhibition.

### **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](mailto:bowesjane91@gmail.com) or [086 8418138](tel:0868418138) if you find any.

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### **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

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### **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.

If you have a loved one in the Garden of Remembrance please take away flower pots and planters when they've gone past their best. At the moment, Ross, the gardener, removes them and puts them on the gravel strip near the back wall but they are very unsightly there. Thank you.

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### **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](http://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](mailto: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](http://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.

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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](tel:0863021376)

Lay Ministers: Alan Rhodes and Mandy Swanwick

Rector's Church Warden: Nigel Swanwick

People's Church Warden: Torren Gale

Rector's Glebe Warden: Ernie Porter

People's Glebe Warden: Chris Wojnar

Pastoral Assistant: Patricia Stewart

Organist: Nathan Whitely  
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 (secretary), Margaret Breadon, Hilary Cran, Donald Gill, Torren Gale, Sheila Meredith, Ernie Porter, Alan Rhodes, Sandra Ruttle, Patricia Stewart, Mandy Swanwick, Nigel Swanwick, Chris Wojnar.

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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](mailto:tullowdublinnewsletter@gmail.com)

Please forward to other members of your family



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**Our mailing address is:**

Tullow Church, Brighton Road, Carrickmines, Dublin 18 RF79

[tullowdublinnewsletter@gmail.com](mailto:tullowdublinnewsletter@gmail.com)

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