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**JULY/AUGUST 2024**

**In this Month's Newsletter:**

- Summer Supper
- Autumn Events
- Beckett Walks

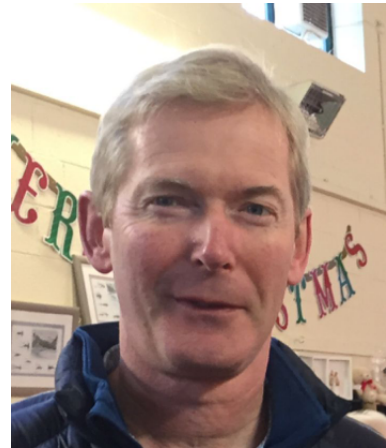
- UCLA and Tullow
  - Sleep Tips
  - Parish Organisations
  - ..and much more
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## The Rector Writes

As another school year draws to a close, long summer holidays now lie ahead for all those concerned. For those who have just completed their Leaving Certificate Examinations, the seemingly endless anxious wait ahead of results in mid-August begins. Hopefully this will bring clarity to candidates' future direction and enable them to realise their hopes and dreams. As our Primary Schools close for the summer, those in sixth class will now be looking forward to moving to their Secondary school of choice in late August. It can be both an anxious and exciting time for students and families alike.

However, for most, summer is a time when they look forward to being able to take things a little easier and plan a holiday – a break away from routine. Whilst that is both welcome and necessary, it can be a difficult time for those who depend on routine - especially those elderly depending on home care packages, those in Nursing Homes and those needing hospital care. It can also be difficult for those awaiting consultant's appointments as many such services operate on an emergency basis only.

Nevertheless, taking time out from the daily grind



is necessary for all of us. It gives an opportunity to recharge energy levels and get a renewed perspective on life. It also helps families to bond a little better as in today's lifestyle individual family members seem to be constantly 'doing' and find little time for just 'being'. However, as a caveat, psychologists warn that making that transition from 'doing' to 'being' is often not without its own problems which can lead to many family holidays being fraught with tensions and conflicts.

But despite this, or perhaps because of this, taking time out is essentially beneficial

It is my hope that this summer will prove to be all that you wish for. If it proves to be so, let us be extremely thankful. However, if our hopes are not realised, let us still be thankful for all the other blessing which come our way. Let us learn to accept those things over which we have no control. To quote Reinhold Neibuhr's Serenity Prayer: 'God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His Will; that I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.'

Let all of us who may be planning a break/change of scene over these coming months be thankful that we have the opportunity to do so. In closing, may I wish all parishioners

and their families and friends an enjoyable and safe summer. May those awaiting exam results receive a just reward for their efforts.

DATES FOR YOUR DIARY



Comhairle Contae County Council



ONLINE BOOKING  
[webcloudone.com/dlrheritageevents](http://webcloudone.com/dlrheritageevents)

# SUMMER OF HERITAGE 2024

01 July - 01 September



## Foxrock Beckett Walk

### Free Guided Walk

Join Paul O’Hanrahan on a fascinating tour of writer and Nobel Laureate Samuel Beckett’s biographical and literary associations with his native Foxrock.

Date	Sunday July 7th, 14th, 21st, 28th August 4th, 11th, 18th, 25th, September 1st
Times	3.15pm
Duration	90 minutes
Maximum Capacity	20 people Partly wheelchair accessible. Not suitable for Children under 12.
Meeting Point	Meet at Tullow Church, Brighton Road, Foxrock. Please note the parking of cars is permitted on the left hand side

Beckett in Foxrock



If you haven't been on this walk before then don't miss it this year. Paul O'Hanrahan talks about how Tullow and other places in Foxrock influenced the works of one of the greatest writers in the English language. Numbers are restricted so book on <https://www.dlrcoco.ie/dlr-events/event/summer-heritage-2024>

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**Bakes, Books and Bric à Brac Saturday 28th September.**

Please have a look around over the summer and see if you have any books or things suitable for the Bric à Brac stall. More information will be emailed over the summer.

**Letters for Life Tuesday 10th September**

This unusual event, which will be held in the church, is a fundraiser in aid of the Irish Cancer Society. More information and the booking link will be emailed over the summer but the participation list so far includes Andrew Porter, Stephen Collins (*The Irish Times*), author Sinead Moriarty, Peter Collins (*RTÉ*), our organist Nathan Whitely and the Wesley Trad Group. Additional names are being added.

Other events include

*October* - The Stedfast Band at Harvest Thanksgiving (20th)

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

as well as Harvest, Remembrance Sunday and Service of Remembrance.

## NEWS



### Summer Supper Saturday 8th June

The Summer Supper on 8th June was one of the most enjoyable events in the last few years - that was the consensus of those who were there. The buzz in the beautifully decorated Parish Hall and the happy smiles of parishioners and their neighbours and friends said it all. The food by Naomi's Kitchen was both tasty and plentiful and over 85 people went away happy and well fed after a



memorable evening.

A small but efficient team under the direction of Alan Rhodes organised everything so huge thanks to Alan, Sheila Meredith, Jane Bowes, Sandra Rhodes, Mandy Swanwick and Nigel Swanwick.

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### **UCLA, Tullow and Beckett**

Tullow's connection with Nobel Laureate Samuel Beckett is getting known far and wide. A group of post-grad English Literature students from UCLA, the prestigious US university, came to Tullow in mid-June as part of a study trip which centred on Beckett. Many of you will recognise Dr Feargal Whelan who took part in *Beckett in Foxrock* events.

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## Church Services during the Summer

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.

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### Coffee After 10.30am Service on Sundays

A very big 'thank you' to everyone who volunteered over the past year, to make the coffee/tea after the 10.30 am Service each Sunday.

Being able to sit (or mingle!) in a relaxed atmosphere, enjoying the chat, the cuppa, the catching up with friends, making new friends and welcoming visitors after the Service is really so appreciated by everyone attending.

The bad news .....there will be NO coffee after church during AUGUST,

The good news.....we will be back in September, so volunteers please!

### **Gift Day**

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.

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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 July

Sunday 7th Hilary Cran and Patricia Stuart

Sunday 14th Meta and Jonathan Morton

Sunday 21st Joan and Don Beck

Sunday 28th Barbara and David Cooper

***Remember there will not be any coffee after church in August.***

Thanks so much to those who volunteered for July - please think about volunteering for September.

**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

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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### **Tullow Book Club**

*The Dictionary of Lost Words* by Pip Williams.

Based loosely on fact, the story opens the reader's eyes to the work that went into putting together and publishing the Oxford English Dictionary, with very little credit given to the women that contributed and worked on it. This book was well received.

The book for September's Club meeting is – *No One Saw A Thing* by Andrea Mara.

Some Summer reading:-

*A Nuclear Family* by Kate Davies

*A Stranger In The Family* by Jane Casey

*The Play Date* by Clara Dillon

*Body Of Truth* by Marie Cassidy

*The Heart's Invisible Furies* John Boyne.

*A Year At The Chateau* by Angel Strawbridge

*We Begin at The End* by Chris Whitaker

*The Burning* by Judy Casey

*The Bookbinder of Jericho* by Pip Williams

*The Housemaid* by Freida McFadden

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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### **Tulow Crafty Crew**

Tulow Crafty Crew, who meet in the Parish Hall generally on the last Thursday of the month, are having a summer break and 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)

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### **Wednesday Coffee and Service 10.30am**

There will not be any Wednesday morning coffee and Service for July and August but see you in September.

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### **Support Tulow Parish Hall Tenants**

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

### **Little Star Preschool**

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. Starts again in September. New pupils are welcome. Online registration at [www.irishdancingclasses.ie](http://www.irishdancingclasses.ie)

### **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.

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

# JUST A THOUGHT

## **Blessings before the Summer Holidays**

Take time to claim your strength; this is a gift from God.

Take time to have fun; it is God's way of teaching you your strengths.

Take time to grow yourself; only you can grow you.

Take time to trust yourself; God trusts you.

Take time to be self-reliant; it is better than being dependent.

Take time to share with others; they will bless you and you will bless them.

Take time to have hope; you are a child of God.

Amen.

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## **Lifestyle Medicine**

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.

Organised by FACE, Gillian has given a very interesting series of talks in Foxrock Golf Club. Those talks will be repeated in the evenings in the autumn.

### **Tips about Sleep**

Gillian's most recent talk was at the end of June and was about the importance of sleep. She gave a lot of information and advice about how to get a good night's sleep. Here are just some of her tips:

#### *Enhance Your Body Clock*

- have a consistent wake up time
- take exercise in the morning, avoid evening exercise
- don't eat too late
- avoid screens before bed

#### *Get Yourself Feeling Sleepy*

- avoid long naps, caffeine after lunch, alcohol

#### *Bring Calmness to Your Body and Mind*

- try meditation, deep breathing and a wind down routine
- have a 'Done' list rather than a to do list
- avoid working at night, screens, watching the news, checking phone in bed, noise

#### *Alcohol Affects Sleep*

High amounts of alcohol decrease sleep quality by nearly 40%

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### **Race Day at Foxrock Station on the Harcourt Street Line 1959**

For many years the train was the main transport for people to go to the races in Leopardstown. In this photo you can see the ticket office which still exists inside the gates to the golf centre. The building which is now The Gables is visible on the left.

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.



# FOXROCK LOCAL HISTORY CLUB

## TALKS PROGRAMME 2024-2025

DATES OF 3 <sup>rd</sup> TUESDAYS	SHORT TALKS (Occasional)	MAIN TALKS
Sept 17 <sup>th</sup> 2024	-	Cathy Scuffil <i>Rabbit Holes—Local 1916 Stories and the Foxrock Connection with the Property Losses Committee</i>
Oct 15 <sup>th</sup>	Liam Clare - <i>Memories of Lehaunstown Races</i>	Michael Fewer - <i>Tales from a Wicklow Tea Room 1898-1960</i>
Nov 19 <sup>th</sup>	A.G.M	Chris Lennon- <i>Rathdown Poor Law Union</i>
Dec 10 <sup>th</sup>		Padraig Laffan - <i>An Xmas item</i>
Jan 21 <sup>st</sup> 2025	Peadar McGing - <i>Death of a Servant - The Blackrock Tragedy.</i>	Donal Donnelly: <i>Prisoner 1082: Escape from Crumlin Road, Europe's Alcatraz</i>
Feb 18 <sup>th</sup>	Martin McCarthy - <i>The Lindsay family and their connection with Deansgrange.</i>	Lindie Naughton – <i>Herbert Simms – An Architect for the People</i>
Mar 18 <sup>th</sup>	-	Christiaan Corlett: <i>New Thoughts on St. Kevin and Glendalough</i>
Apr 15 <sup>th</sup>	-	Philip Lecane - <i>A Forgotten Irish Author: Cornelius Ryan, 'The longest Day' and 'A Bridge Too Far'</i>
May 20 <sup>th</sup>	Padraig Laffan – <i>Iveagh Baths</i>	<i>To be announced</i>

## 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.

## 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.

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. (No 8.30am Service in 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](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 [tulowdublinnewsletter@gmail.com](mailto:tulowdublinnewsletter@gmail.com)

Please forward to other members of your family



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**Our mailing address is:**

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

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