ST. COLMCILLE'S PARISH NEWSLETTER - JUNE 1986

PARISH WEEK '86





From left: Michael Coleman, Justin Lynch, Gerry Whyte, Liam Mongey, Con O'Grady and Fiona Lynch.

KNOCKLYON YOUTH CLUB **BUILDING PROJECT**

One year ago we set out to collect by voluntary contribution £40,000 towards the cost of building the first phase of the Knocklyon Community Youth Centre. We collected more than £42,000. This has enheartened us so much that we now intend to build the Community Youth Centre in its entirety. This project will cost at least £120,000.

In addition to the £42,000 already collected we have been advised by the County Council that a grant of £30,000 will be given to us. We hope also to obtain a further grant of £20,000 from the Council, but this has not as yet been confirmed.

Our spending capacity at the moment is therefore £72,000 and we intend to spend this on construction as soon as possible.

Arising from our intention to have the entire construction done as one unit it was necessary to obtain revised planning permission - this has been obtained. We now await bye-law approval and this we anticipate will be forthcoming within six to eight weeks. Construction should commence towards the end of August/ beginning of September 1986.

Meanwhile, further fund-raising is required. The Committee is spreading its activities in the area of raising money to include raffles, dances, cake sales, etc. However, our main hope of collection is a renewed household contribution. We are examining the possibility of setting up a Trust into which all contributions will be eligible for tax relief. We will advise further on this in the near future.

There are 1,800 houses in our parish. In our estimation, upwards of half of these houses made

- (1) The Knocklyon Youth Club is for the bene fit of all of the youth of Knocklyon.
- (2) The proposed centre will belong to the people of Knocklyon - it will be your centre.

"Men are sometimes masters of their fates; The fault is not in our stars but in ourselves, that we are underlings".

The quote may not be word perfect but the sentiment is perfect. This project is our self aid it is up to us to make it work.

Michael Coleman

GOING - GOING - GONE - FOR £66



The Auction of the night. Justin Lynch presents the autographed framed poster of Barry McGuigan to the highest bidder - Rose Sherwood, Glenvara.

The outgoing committee wish to express their sincere thanks to all who attended their recent Supper-Dance at the Spawell. The 230 strong attendance not only had a great night's entertainment, but also had a 1 in 4 chance of taking home a prize — there being an amazing 51 "spot" and 6 raffle prizes on offer, thanks to the generosity of many local and other traders. An autographed portrait of Barry McGuigan yielded £66 in an auction conducted by Con O'Grady which left Sotheby's in the "halfpenny slot". At the end of the night the Youth Club Building Fund was £1,400 the richer. Well done everyone.

SIZZLE SIZZLE IN CREMORNE



Liam Mongey presents Brian McCormick, Cremorne, with a beautiful barbecue which was first prize at the Youth Club Social evening. Liam's mother came along to help, and the prize was presented by Calor Gas.

DEBS – WEDDINGS – BRIDESMAIDS

A large selection of beautifully designed Frocks are available at keenest prices.

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DEPOSITS TAKEN

KIDDIES' PLAYTIME HIRE

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Young Residents help clear the open space at Knocklyon Avenue for holiday time.

Holiday time can be a very difficult time for parents. What to do with the children, now that the school is closed. It is not enough to tell them to go out and play; they will soon return — bored. Boredom seems to be a modern phenomenon which affects young people when they are left on their own for a while. They seem incapable of organising themselves to do interesting things. The trailer left on the green for Parish Week proved a great attraction. It seemed to attract young people like bees to a honey pot. But unlike the bees they seemed to just sit around and get bored.

The Summer Project is a God-send for many parents. Their children will be kept occupied for two weeks. They can just bundle them out in the morning and forget about them all day. To run a successful Summer Project we need the help and generosity of many people. We have excellent organisers and youth leaders but we need the help and co-operation of more parents. It is not enough just to pay the fee and expect someone else to do all the work. Your presence on the tours and for the various events would be very much appreciated.

Another aspect of the Summer holidays is the increase in vandalism. Boredom seems to breed vandalism. Last year there was an enormous amount of vandalism in the Senior and Junior schools during the summer period. It has been suggested that these vandals come from deprived areas outside our parish but this is not always the case. It is possible that it is one of your sons or daughters. This year we propose to form a watching committee to look after our schools during the holidays. We would welcome any parents who would like to help on this committee. Let's hope we all have a very enjoyable summer holiday and that the sun may shine on all our efforts!

Fr. Chris Conroy

The Neighbourhood Watch Scheme is a crime prevention programme, intended to enlist the active co-operation of the community in a neighbourhood by observing and reporting any suspicious activities. The aim of the Scheme is to increase awareness of crime and change community attitudes towards self-policing. It is in the interest of residents in each area to get involved in this worthwhile Scheme by calling a meeting and inviting a member of the local Gardai who will give the necessary information and guidelines. A co-ordinator is appointed for each area. I understand that only two estates in Knocklyon are actively involved — Glenvara and Lansdowne.

Neighbourhood Watch creates a system in which the Gardai and the community establish a partnership, the aim of which is to prevent crime and create a better environment in which we live. Many people turn a blind eye to suspicious and criminal activity, believing that such activity is the sole responsibility of the Gardai. The Scheme is intended to reduce the incidence of residential and street crime, in particular burglary and vandalism.

While we are on holidays it is important to make our homes less inviting as targets for burglars. Advise a neighbour of your absence, and make arrangements to have a light left on at night, to have visible post or circulars removed from letter-boxes, and generally to make the house look as if it is occupied. Nobody wants to return from holidays to find their home ransacked and their possessions stolen.

Perhaps the Residents' Associations will take note of the above, and do something positive to help make our homes more secure.



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PARENTS' ASSOCIATION QUIZ

Dear Editor,

What an enjoyable evening! I wasn't alone in feeling this on leaving the Parents' Association Quiz, held at the end of May. Teams of 6 from all parts of Knocklyon participated in a 12-round Quiz, which tested knowledge from the Ile d'Oleron to the Suez Canal, from Ramsay MacDonald to Winston Churchill, from Anna Pavlova to Claude Debussey, from Taxidermists to Numismatists. Not much fun, you might think — but it was! The fun was guaranteed by the format — the 6 team members conferred and wrote the answers. Thus the pressure was off the individual with this pooling of knowledge. The written answers were then collected, corrected and allotted marks by Committee members - very speedily and efficiently.

Cerainly this format, new to me, should find competitors more easily than the old. Well done, Parents' Association, for introducing it to Knocklyon.

Yours, Monica Nolan

THANKS

Dear Editor,

Through your letters page we would like to thank Tommy Ryan, Cyril Lynch, David Thorpe, Shane Lakes, Karl Allen, Dominic Donnelly, Conor Marron, Derek Allen & Seamus Ryan for all their help in preparing the hall for the concert and getting things back into ship-shape afterwards. Well done lads!

Yours,

The Ladies' Committee

MANY THANKS

Dear Editor,

As scouting enters its 11th year in Knocklyon, just a short note to keep your readers abreast of

our Unit's continued development.

With 3 Scout Troops, 2 Cub-Packs, and a Venturers' Section in our ranks, we hope to be in a position to expand our facilities to these boys and those on waiting lists when our new Scout Hall is complete. The site (near Delaford playing fields) has been acquired, and permission for building received from the Co. Council. Our plan is to use funds already in hand to commence building in the Autumn, and raise the necessary remaining finance through various on-going Fund Raising activities. Many thanks to all our regular supporters and happy holidays to all our young folk.

Yours,

Noel Geoghegan (Unit Leader)

SUPER THANKS

Dear Editor,

Through your column, we would like to take this opportunity to acknowledge the outstanding contribution made by Superquinn Knocklyon through the person of Mr. Peter Hughes to all activities organised by this and other groups in the Parish since last September. Most recently we express our sincere thanks for the assistance given during Parish Week, and especially for the donation of trophies for the Men's and Ladies' Soccer Finals.

We would also like to thank News Extra Knocklyon, Knocklyon Pharmacy, and The Rowantree for their generous support over the

same period.

Yours, Cyril Brennan, Chairman Parish Council.

... We welcome your views.



Enjoying themselves at the Scouts' Social Evening in Carrick Hall.

From left: Stephen and Claire McCormack, Bernadine and Edmund Selby, Noel and Anna Geoghegan.

NEEDED URGENTLY – PHOTOGRAPHER FOR THE KNOCKLYON NEWS!!! Other Help Also

If you are a "camera buff" and interested in putting your expertise to good use then our Editor would love to hear from you. We have an immediate vacancy for someone (or two) to take photos of major Parish events for publication in monthly issues of our Newsletter from September next.

Previous experience is not essential, just a little spare time, and a lot of enthusiasm.

If you don't have a particular flair for photography, but would be interested in getting involved with the Newsletter, in some capacity just give our Editor a ring at 941204, for further details.



GOOD COUNCIL PITCH & PUTT

Ballyboden

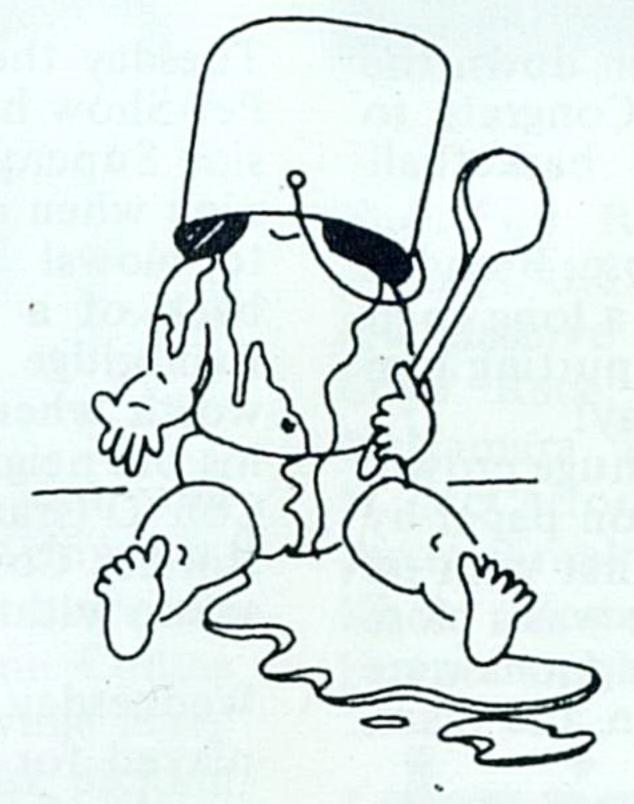
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PARISH WEEK PICTORIAL

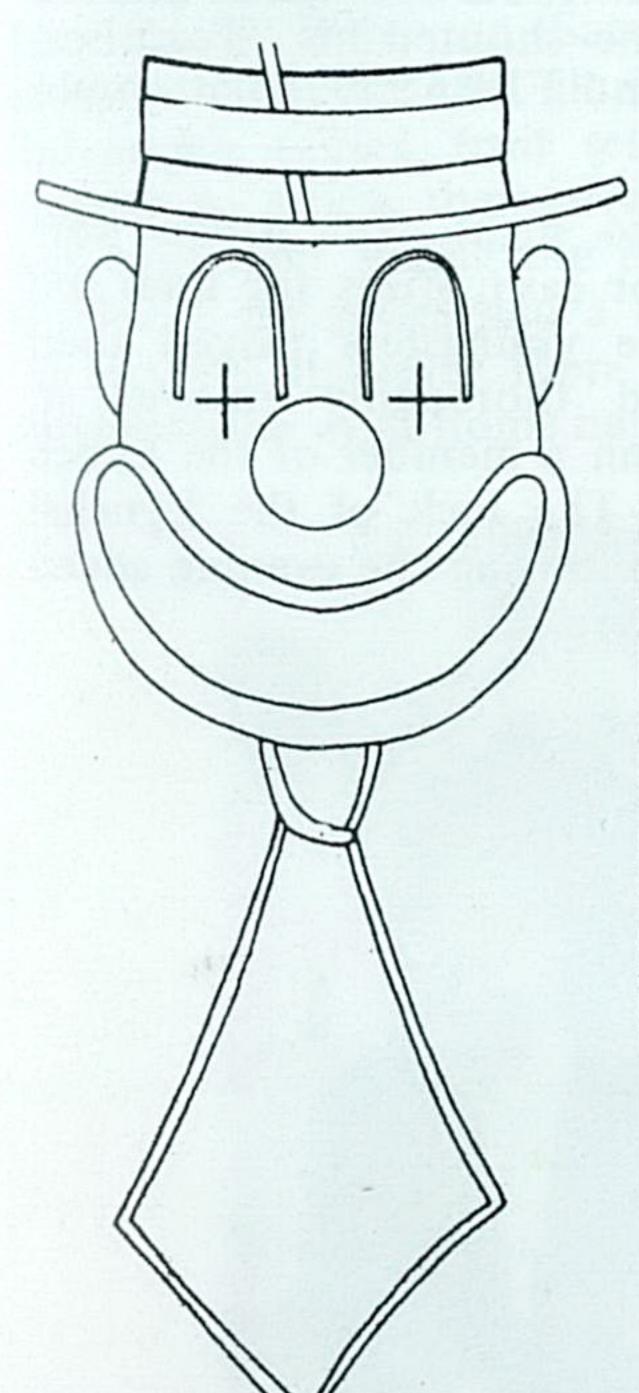


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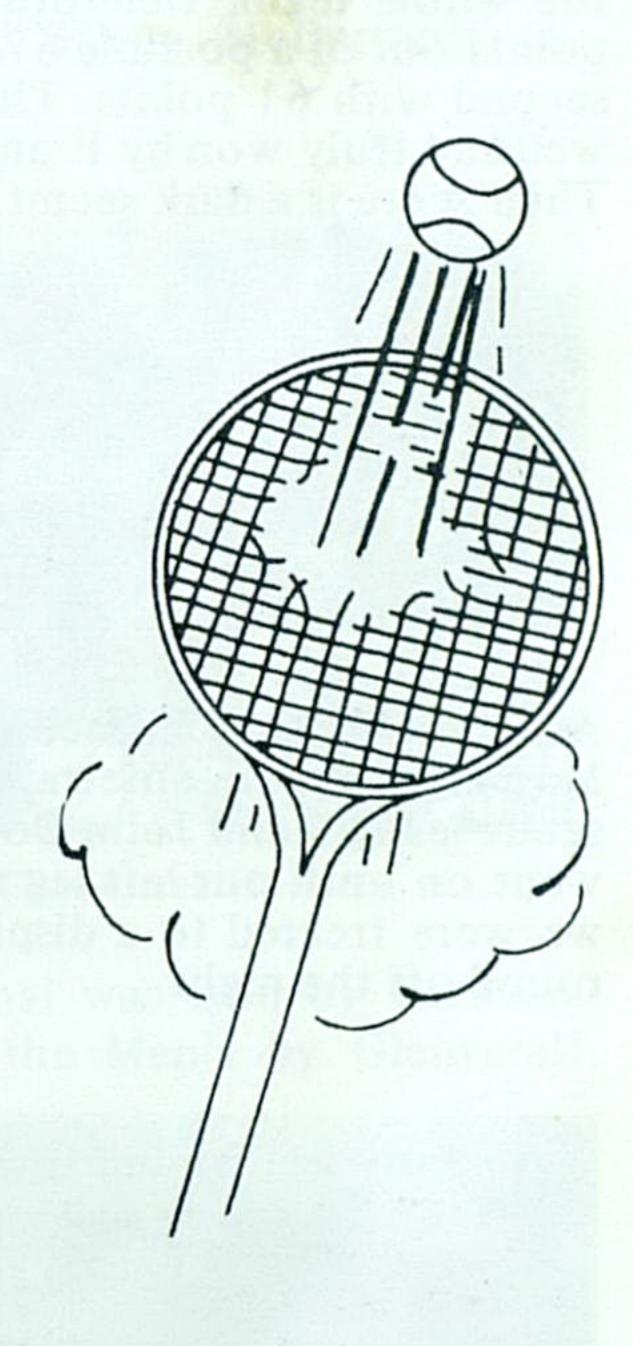


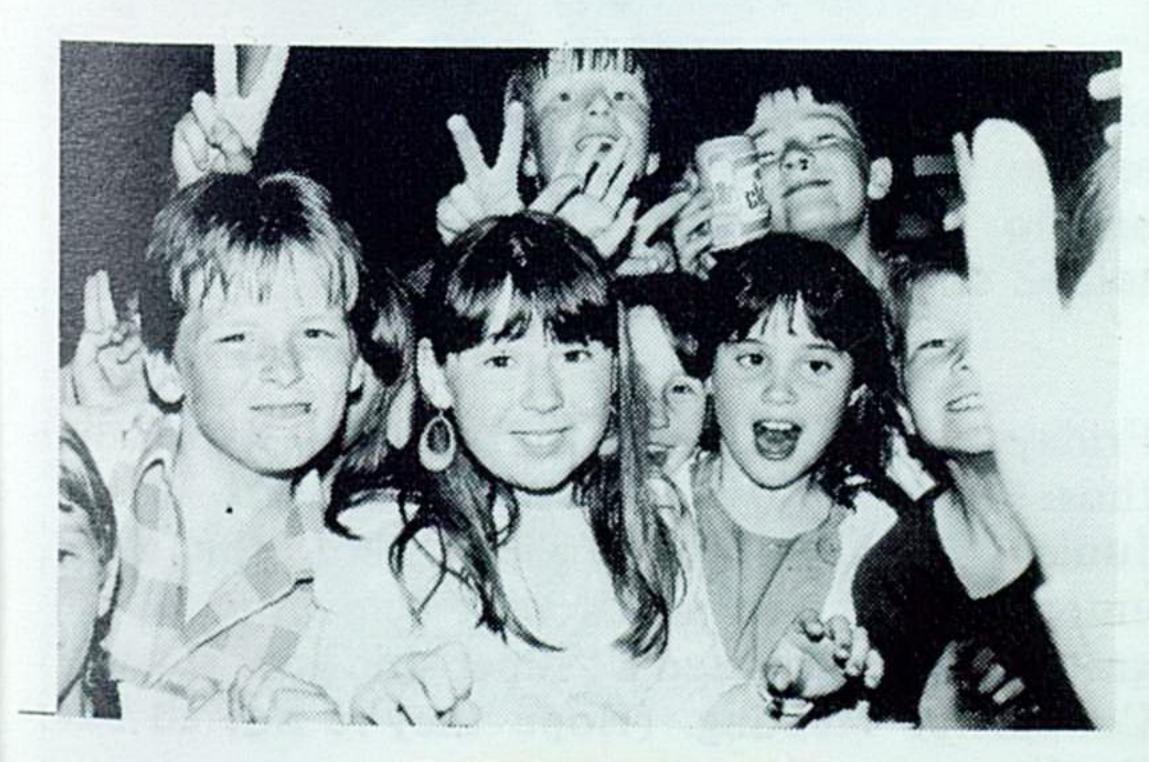
HANDS UP!





CHAMPIONS





DISCO MANIA



THE MOUNTAIN FOLK

PARISH WEEK '86

Sunday, and the Junior School Yard was packed for the Open Air Mass. Spick and span Brownies and Scouts were much in evidence — the three choirs were in splendid voice and there was not a drop of rain in sight as the priests of the Parish made their way to the altar to celebrate the Eucharist. Fr. Conroy was the main celebrant and when he spoke, he reminded us that we are never standing still but always striving and moving onwards. "In another year" he said "you will all be looking at the new Youth Club — just behind where I am standing now. Another achievement in the growth of this caring Christian Community." We warmed to the feeling of togetherness. It was going to be a good week.

In the afternoon the Family Fun got off to an energetic start with the obstacle race — the tiny tots limbered up for their short dash down the field, eyes fixed on the lollipops. Congrats to the Lynch family who won the basketball

shootout for the second year running.

The penalty shootout was very close. Brendan Dowling held the two-goal lead for a long spell until a youngster scored three goals putting him

into second place. The Youth of Today!

The adult quiz on Sunday drew a huge crowd. Sixty questions had to be answered on paper by the whole team. Delaford B came first with 63 points out of a possible 67. Cremorne was a close second with 61 points. The wooden spoons were well and truly won by Francis Brennan, and team. Their score is a dark secret.



The heat is on

As the Bonfire burned fierce and bright on Monday we were entertained by Ruth Kelly, the scout leaders and John Doyle. The Hokey Kokey went on until our left leg nearly dropped off and we were treated to a display of Irish dancing to round off the night.



Quiz Kids

The Junior Quiz took place on Thursday night. "Bright sparks" those young ones!



One Girl and her Dog!

Tuesday the rain came down in buckets and the Pet Show had to be held under the canopy outside Superquinn. The evening had a lively beginning when a St. Bernard and a Rothweiller came to blows! The St. Bernard was banned to the back of a car and the Show proceeded. John Bainbridge had made the journey from Kenilworth where he now lives, to judge the pets in his old neighbourhood. Hoots of laughter greeted Con O'Grady when he shouted his "Tortoises, Horses, Cows, Pigs and FLEAS'!" What would we do without him?

Wednesday was Bingo night. Ten games were played for on-the-spot cash prizes for lines and panels. Some of the youngsters played their very first game and thoroughly enjoyed it. Patricia Lynch — again a member of the Lynch family won £12.50. The luck of the Lynchs! A short ballad session during the evening added to the happy atmosphere.



Top Hat and Tails

Friday 13th — Lucky for some — Especially those who attended the Gala Concert in the Junior School. Packed with talent, the show entertained the audience with acts from all age groups. We witnessed a "super skit" on a Ladies' Committee Meeting. (Hope they're not all like that!).

Ladies from the adult choir sang songs from "Oklahoma", complete with blonde pigtails that curled up from their ears in a U-shape. Some Mousse! The show-stopper this year was Niall Toner and his backing group. Verdict: a good laugh — and a good £1.50's worth.



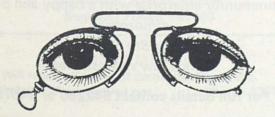
Oklahoma Gals

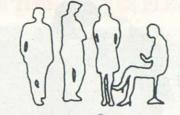
The Fancy Dress on Saturday was not well attended despite the glorious day. However, the punks, fairies, fruit sellers, and tramps all seemed to enjoy themselves. Catherine Collins was kept busy selling the icecream, while Mary Muldoon, the judge had a difficult task picking the winners. However, there were prizes all round and everyone went home happy.



Making his Mark in a green silk shirt, white trousers & white shoes — What will he wear next year?

The Disco that night was better than any fashion parade. The IN Colours, yellow and orange predominated. STYLE was the name of the game! A great turnout especially for the Senior Disco. Fantastic Night!







Fancy That!

The Fun Run was very poorly attended — perhaps the day was too hot. The dedicated few deserve great credit and the winners were Boys' Race: Peter Garvey, Rory Moore, David McNamara and Ciaran Brenna. Men's Race: M. McCarton, D. Walsh, P. Kavanagh. Veteran's Race: Frank Crummey, N. Murphy and Frank Khan. Women's Race: Eileen McDermott, A. Foynes and Muriel Walls.



Our Ladies Committee

The Ladies' Soccer Final was won by Glenvara – and guess what – the Men's by Glenvara!! Mexico here they come.

Congratulations to all and to everyone who worked so hard to make this year's Parish Week such a success.



Gorgeous Glenvara Girls.



NIGHTTIME PARENTING

"If only I could just get one full night's sleep . . ."

If your baby or toddler wakes crying at night, should you go to him or will that spoil him? Perhaps you should let him 'cry it out'? There is something very lonely about sitting in your child's bedroom while he cries with no sign of sleep. It's 3 a.m. and the lights are out all over

Knocklyon. What do you do?

'Let him cry it out' is the most common advice given to parents of wakeful children. Yet, in a recent survey in the U.S.A., 95% of mothers said that this advice 'did not feel right'. Not responding to a baby's cries seems to go against most mothers' intuitive feelings. Yet what is the alternative? Difficult sleepers can exhaust the whole family and put a strain on their parents' marriage.

In our society, where the majority of women having their first babies have little or not adult experience of living with a baby, perhaps part of the problem stems from our own unrealistic expectations of

a baby's sleep needs.

The 'model baby' who sleeps through the night at six weeks is very rare. Most parents are faced with a real baby that wakes several times a night and seems to need to spend a lot of time in his parents' arms. Perhaps this is the beginning of trust. Your baby learns that if he cries you will come, that his distress will be followed by comfort. He learns that his actions affect others, that he has a value; maybe this is the beginning of self-esteem.

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A crying baby is a person, and deserves a response. Who would say of an old person: "Oh let her cry it out"; "She'll cry for a week and then not bother us at

night anymore"?

The ultimate in night-time parenting is a sleeping arrangement in which baby doesn't have to cry to get his needs met. Until Victorian times, most babies slept with their parents and suckled during the night. Toddlers gradually weaned from the breast and then moved into their own or siblings' beds.

But the Victorians had new ideas about hygiene and prudery, which affected most of the Western World, and led to separate bedrooms and early weaning. Even today, societies in which children sleep with their parents have far fewer sleep problems. The mother responds to her stirring infant and can often nurse him back to sleep before either of them is fully awake.

Accepting your child's night-time needs for closeness may mean you all get more sleep. This may come as a surprise, but not only do most babies sleep better in the family bed, most parents do too!

Just as the parents of teenagers sleep better when they know that their children have returned home at night, so a new mother often sleeps better when she knows her baby is close by. The Family Bed may not appeal to everyone but it's worth considering after a few cold nights walking the floor.

Mary Bird

"HANDS UP FOR THE COMMUNITY PLAYGROUP"



Little Doireann Ni Mhurchu seen at the fund raising Coffee Morning.

KNOCKLYON COMMUNITY PLAYGROUP

If you are thinking of sending your child to a Playgroup — why not consider this one — a community enterprise with a happy and playful atmosphere.

Opening 8th September. Only a few vacancies left!

For full details contact 942260 or 946795

F'S O.K. TO SAY NO! BUT THIS TIME IT'S YES PI

A book that has recently come to my attention might be of interest to parents. Entitled 'IT'S O.K. TO SAY NO! — a parent/child manual for the Protection of Children', it aims to facilitate discussion on all sorts of situations where the child may be threatened, and sections can be read together as stories.

The authors urge us to go beyond the simple advice to beware of the stranger in the car and the person who offers sweets. For instance, they stress the importance of 'house rules' which lift a burden of responsibility and a decision-making dilemma from the child. A house rule which obliges the child to get permission before going into any one's home or vehicle prevents casual habits forming that can lead to trouble. Similar rules are suggested for taking children to and from school.

A child should be taught to inform a parent any time an adult offers presents, asks him/her to keep a secret,

attempts to take his/her photograph.

A child should be permitted to follow his/her own instincts regarding the physical expression of affection, which should not be demanded by adults simply by virtue of their relationship or authority. In this, as in other situations, a child should be taught that he or she has the right to say NO, that NO is enough—no explanation is necessary—a child can sometimes fall victim to his/her inability to articulate a good reason for not doing what is suggested by an adult or teenager.

Steps which a parent can take to establish a more protective environment and to create an atmosphere in which a child will be willing — and unafraid — to talk

are outlined.

An interesting book about tackling situations dreaded by many parents — it's certainly worth a look.

Monica Nolan.

IT'S O.K. TO SAY NO! — by Robin Lenett with Bob Crane, published by Thorsons Publishing Group. Price: c.£2.29

There are workbooks/colouring books available under the same title — probably worth a look, but to my mind more alarming for children.

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Mark Coyle from Scholarstown Road tries to play a tune at The National Children's Day Parade. The boys in blue were only too glad to oblige!

KNOCKLYON POST-PRIMARY COMMITTEE GOOD NEWS

On 11th June, a delegation from the Committee met with representatives of the Planning Section of the Dept. of Education. They were advised that the final stages of planning will be completed in August of this year, after which time the building of the school will be offered for tender.

The Committee are currently planning an "Information Day" at which plans and maps will be available for inspection by the Public. This day is expected to take place in the next 2-3 weeks.

KNOCKLYON YOUTH CLUB

NEW COMMITTEE ELECTED AT A.G.M.-

Michael Coleman (Chairman)
Paddy Ryan (Secretary),
Cormac Nagle (Treasurer)
Con O'Grady (P.R.O.)
Liam Mongey (Chairman, Building SubCommittee)



SALE

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Divorce? Yes/No World Cup? Yes/No

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YES/YES

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BEFORE THE FUN RUN



"Watch out for Farinella – he's already beaten us to the front page" Frank Khan to Mick O'Doberty.

QUELLE HEURE EST-IL?

We all know what time is or do we? The following is by way of posing questions, rather than providing answers. The concept of time is one of the deepest mysteries known to man. It measures the duration of events and the periods that separate them. It provides a scale of measurement, enabling events that have occurred to be distinguished from those that are occurring and those that will occur. Time and change are related – the passing of time depends on changes taking place. Some changes happen only once, like the falling of a particular leaf. Other changes are regular - light, darkness. Early man counted such events, and used this as a basis to keep track of events that did not repeat. See, I warned you this could get complicated!

And then enter Einstein with his Theory of Relativity. We know how time is bound up with motion. How long does it take to get from A to B, what speed was he doing? We should know too from experience, that all motion is relative. For example, you're sitting in a railroad train, and you look out the window. As you see things moving by quickly, you know you're in motion. But there's a 'guy' or a 'one' sitting opposite to you, and relative to these you're not moving at all!

Einstein's theory is based on:

(a) The motion of a body travelling at uniform speed through space cannot be detected by observation on that body alone.

(b) The only absolute unchanging quantity in the universe, is the speed of light, 186,000 miles per second, and this cannot change — fascinating!

You see, if a car is going at 60 m.p.h., we mean that its speed, measured by someone standing still, is 60 m.p.h. If it passes a car travelling in the same direction at 40 m.p.h., it passes at 20 m.p.h. And if the second car, instead of travelling in the same direction, were coming to meet it, they would pass each other at a speed of 100 m.p.h. Now according to our friend Einstein, if the speed of a ray of

light were measured in the same way (e.g. if we were racing in one direction, and it was going the opposite way), it wouldn't make any difference. That ray of light would still pass at 186,000 miles per second!

Inevitably when one applies ones mind to the intricacies of the universe, with its well-nigh infinite depth and grandeur, our mind is raised to the Creator. If we can wonder and gaze in awe at the physical mysteries of the universe, there are n limits to our hopes and aspirations, as these same mysteries bring the ultimate, the infinite — God himself — ever closer, in a joyous excitement a..d anticipation. It renders for us more a reality such claims that "in his eyes, a thousand years are but a watch in the night".

But meanwhile we are in this world of space, motion and time. If the Lord has given us a wonderful universe, he means us to enjoy it to the full — not simply to endure it by killing time and being bored with endless doses of T.V., newspapers and the like.

O Lord, open our eyes, please, evermore to the wonder of You and your creation. If we are too busy for this, then to paraphrase a saying of St. Augustine, in a different context — we are simply too busy!

Pat Fitz.

112th DUBLIN SCOUT UNIT, KNOCKLYON

May Prize Winners

£100 - Clifford, 22, Idrone Close £50 - Boyle, 159, Glenvara Park £25 - McAllister, 23, Knocklyon Avenue

NEW PARISHIONERS

Stephen Anthony Whelan, 6 Beverly Downs Olga Mary Harrington, 5 Delaford Drive. Lindsay Elizabeth Moynagh, 85 Glenvara Park Mark John Doyle, 31 Beverly Drive Kerrie Louise Williamson, 83 Coolamber Park

CRUISING HOME



David McNamara and Ciaran Brennan – 2 bodies travelling at uniform speed through Knocklyon – Einstein should find this relatively interesting.

THINGS CULINARY

On reading Margaret McStay's book "Colin", we were delighted to note that little Colin McStay was baptised here in St. Colmcille's, by our own Fr. Alan. The book speaks very highly of Fr. Alan's support to them, (which is of no surprise to us). The friendship with the McStays goes back years to his time spent in Kildare. Colin's Great Grandmother was a great acquaintance, in fact. Fr. Alan married Margaret and Leonard — would you like to know more? Let us know.

Congratulations to all the marvellous runners from Idrone Close who collected approx. £50 for Sport Aid. After months of exhaustive training and exercises they completed their run in style all the way from Idrone Close to Superquinn! Well done to you all, and enjoy your well deserved rest and your celebration barbecue!!!

May we wish Miss Carr, St. Colmcille's Junior School, good luck on her year's leave of absence. Suzanna is off to Australia — but where did she learn to teach upside down?

Another teacher from our Junior School, Mrs. Mullan, is off to Saudi Arabia for her leave of absence. Every best wish goes with you — and hurry back!

Get Well wishes to Miss Mullany who suffered a bad ankle injury recently. Hope to see you back on your two feet soon!

Fr. Conroy is off to Peru in August. His little Indian Godchild Geovanna is ix this year. Her sister Marisol will make her First Holy Communion. We are sure this will be a memorable trip for them both.

Bye Bye to Fr. McLoughlin. He is getting ready to leave us for Missionary work in Zimbabwe. We hear that his stay in this parish was greatly appreciated and he'll be sadly missed. Our best wishes go with you and be sure to tell Fr. O'Loan we are asking for him, and that all is well here in Knocklyon.

All this talk about holidays and travel brings to mind the gentleman who enjoyed sitting at his doorstep bidding passers-by the time of day, more than any holiday. One such passer-by asked "where are you going on holidays this year?" "Stepadoora" was the reply . . . needless to add he was from Coasta del Corka!

Congratulations to the Residents of Knockcullen estate for having collected the sum of £73.82 for Sport Aid. Well done!

GOLF SOCIETY

The Knocklyon Golf Society's President's (Fr. A. Fitzpatrick) Prize was won this year at Grange by Eddie Kellett (37), Runner up was Noel Hughes (34) and L. Mullin was third (33). And the President himself took gross prize.

President himself took gross prize.
Other results: C1. 1 C. O'Brien (32); C1. 2.
S. O'Connell (33); C1. 3. T. Murphy (32). Nines:
M. Carroll, 18 and B. Fleet, 17. Visitors: J.

Kelly 38.

The next outing is to Slade Valley on Friday, June 27 from 3.00 to 5.00. Time sheet in church entrance.

Rather than tempt fate and offer some fresh Summer salads and open air barbecue recipes, I thought it would be wiser to stick to the late Spring fare.

I was a little surprised some weeks ago to hear that the Swedes were very disappointed when they had to forego their highly-prized and traditional Spring nettle broth because of the Chernobyl disaster. I thought the Irish were the only ones to have eaten nettles. Our own Parish Patron Saint, St. Colmcille, with his very fashionable vegetarian diet, was said to be very fond of stewed nettles. Those were the days when monks were monks! He did recommend, however, that only the young Spring nettles should be used. Young Spring nettles are "pringing up all over his parish at the moment!!

Stewed nettles would be a bit difficult and strong-tasting for today's tastes but a few well-washed boiled nettle leaves add an earthy taste to soups, stews, sauces or even some mashed potato. Try them in small amounts just in case you don't like them or they don't agree with you.

A few golden rules — never pick nettles where there has been weed killer, pesticides, garden sprays, car exhausts, fall-out, road dust, cattle or excessive dirt — a bit of a tall order — but just in case!

Paddy the Chef.

KNOCKLYON I.C.A.

Again the local group entered the Naobh Eanna competition (song and dance) held this year under the auspices of the Tallaght I.C.A. The standard as usual was high, and though we were unsuccessful, a good night with enjoyable supper was had by all. However, Sheila Glynn, Marian McCormack and Betty McLoughlin did manage to win raffle prizes!

Enquiries: Contact Jacqui Donnelly 942260

NEWSLETTER INFORMATION

Please note that the newsletter will not be published again until September. If you would like to contribute an article for publication, the deadline for acceptance will be published on the Notice Board in the Church porch in late August. For information on advertising in the newsletter, contact Pat at 947493 or the Presbytery 941204.

In the meantime, we would like to thank you all for your support over the past 10 issues. A very special word of thanks must go to our hard-working delivery team from St. Colmcille's Senior School. Happy holidays!!

DRAMA & MUSIC COURSE

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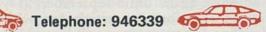
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WORKSHOP ON: MID-LIFE DIRECTIONS: Friday 5th - Sunday 7th September, 1986

Personal & Spiritual Growth in Mid-Life:

"We cannot live the afternoon of life according to the values of life's morning."

A time to look at Mid-Life as a crisis, transition and renaissance.

A time to ask anew the ultimate question: What is the purpose of my life?

A time to unleash the dynamism of the second half of life.

A time to allow my past, present and future to come together in a glorious, whole, anticipating my coming integration.

A time to learn how to relax, how to contemplate.

A time to reflect on the gospel of Jesus as it illumines my life.

Facilitators: Srs. Anne Brennan & Janice Brewi, Co-authors of: 'Mid-Life Directions -Playing & Praying'; 'Mid-Life - Psychological & Spiritual Perspectives'. Assisted by: Fr. Ciaran Quirke, S.J.

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