



News for You

November 2023

Dear Readers

The most frequently asked question when I mentioned that I was embarking on part of the Camino de Santiago was **“Where are you starting from?”**

Geographically, I replied, “Sarria” but it prompted me to consider where spiritually I was starting from and what my hoped-for spiritual destination would be. Maybe my starting point and destination was to complete one of the many spiritual ‘must read books’ that I had bought this year but never got too far into and see where it took me in interpreting the Christian faith today; or maybe my starting point would be to go from 0 to 100 (like the 100km distance I was to walk) with spiritual journalling recording my reflections on each new faith insight gained. Journalling because of the time commitment is something I have avoided - so far!



As we begin the count down to and time of preparation for Advent can I ask, have you considered where your spiritual starting point is for your Advent pilgrimage, and what or where spiritually is your destination? Let’s see where the Holy Spirit takes our minds, hearts and bodies.


Adrienne



Up for the challenge!

Parishioners Lorna and Rhea Moloney, along with a group of NCBI walkers, covered 60k in 3 days - no mean feat(!) given the heat. Well done to all.

Parish Diary for November

The 10.30am service every Sunday will continue to be live-streamed and will also be available on the Parish YouTube channel after 24 hours at www.youtube.com/channel/UCso-NPjtC4skX-mIKICJ-jA. 

Each Thursday

10.30am Holy Communion 2 service in the Millennium Side Chapel

Each Sunday

8am and 12 noon Holy Communion Form 1

Sunday 5th 10.30am Morning Prayer

Sunday 12th 10.30am Service of Remembrance and Holy Communion



Saturday 18th 4pm to 7pm in the Church grounds and Parish Centre

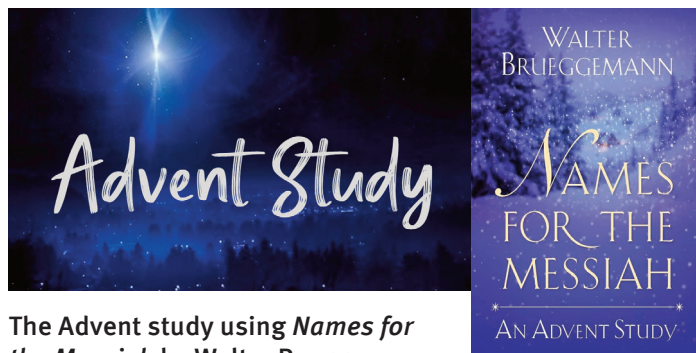
Winter Fair

Sunday 19th 10.30am Worshipping God Together Family Service. Guest speaker Deirdre Huddleston from Christian Aid. Refreshments after the service courtesy of the Senior Choir.



Sunday 26th 10.30am Holy Communion

www.rathfarnham.dublin.anglican.org



The Advent study using *Names for the Messiah* by Walter Bruggemann as our springboard text begins on Thursday November 23rd in the Millennium Side Chapel at 7.30pm.

Everyone is very welcome for this time of ‘encouraging one another in our faith.’

Parish News Round-up

Sunday Club

For the next few weeks in Sunday Club we'll be exploring the Fruits of the Spirit in our usual child-friendly style!

We also got involved in helping to make decorations for the Harvest Celebration.



If you're new to Sunday Club, please feel free to pop in with your little one to try us out. We welcome all children from pre-school (starting primary school in 2024) to 2nd class. We meet roughly twice a month in the Parish Centre during the 10.30am service, where we explore the bible in a fun, child-friendly, child-centred and interactive way. If you would like your child to join us, just get in touch with me (Linda 087 638 3844) or drop in to one of our sessions to see what we're up to.

Sunday Club Dates for your Diary:

Sunday November 12th: 10.30am in the Parish Centre.

Sunday November 19th: 10.30am All Age Service.

Sunday November 26th: .am in the Parish Centre.

Pop-In

Pop-In continues on Thursdays from 10.30-12 noon in the Parish Centre.

You are very welcome to join us for tea/coffee and biscuits - open to everyone!

Susan, Heather and the team.



Wednesday Club

By popular request our November 29th meeting will be in the form of an OUTING by coach to THE ARBORETUM Garden Centre, Leighlinbridge, Co. Carlow.

We will depart from Rathfarnham Castle carpark shortly after 10am and intend to arrive back to Rathfarnham by approximately 5pm. We hope that parking will be available for some cars in our Churchyard.

Please contact me if you wish to come with us.

The Wednesday Club is open to all parishioners. Looking forward to seeing you for what is usually a good day!

David Whyte 087 782 6054.



Toddlerzone

We've had great fun this month in Toddlerzone exploring transport through the use of sensory trays!

We gather Tuesday mornings from 10am until 11.30am. during term time. We always have story and singing time to finish our time together, so there is something for everyone. It is important that you contact one of the team as our spaces are limited and demand last season was back to pre-Covid times. So if you are in the parish and would like to come along to Toddlerzone please do let us know ASAP as we also have many from the local community interested in joining.

For more information contact Lynn Storey 087 695 7061, Linda O'Connor 087 638 3844, Susan Christie and Helen Sheridan.



Organ Restoration Update

Churchgoers will have seen that great things are happening in the Organ department!

The new console, which was painstakingly assembled offsite in Stephen Adams' workshop, has now been installed and 'voiced.' We are delighted to announce that for the second year in a row, we are in receipt of a Built Heritage Investment Fund grant for €15,000 and we thank South Dublin CoCo and Irenie McLoughlin in particular, for their kind assistance in making this happen. The end is in sight! GP

Harvest Thanks

Thank you to everyone who contributed to the Harvest non-perishable food collection - your generosity was hugely appreciated.

Thank you also to all who transformed the church into a blaze of colour and celebration in thanksgiving for God's goodness to us.

Good News Club

Good News Club gardeners are making great strides with planting and carpentry/assembly work as they transform the up-to-now dull boundary wall at the church into a riot of colour.

Linking in with the themes of God as creator of all things bright and beautiful and Jesus the carpenter, the club members also produced wonderful harvest herbal pew ends, eco-friendly window decorations and having foraged seeds and their casings and leaves they taught us all in preparation for the Uniform, Children's and Youth organisations Harvest service how to identify our local trees and the occasional earwig, grub, spider, and tree climber!

Good News Club is for 3-6th class children, Tuesdays 6.45pm-7.45pm, in the Parish Centre.

We'd love to see you there! AG



Ladybirds

Our new Rathfarnham Girl Guides Ladybird unit had a brilliant start and first term.

The ladybird's did a super job decorating a window for the harvest service and it was really great to see the Rathfarnham Boy Scouts and Girl Guides parade into church for the evening Harvest Service.

We finished the term with a Halloween party with the Brownies, which was great fun to come together for.

Some highlights for next term are a trip to the Gaiety panto and a visit to the DSPCA, plus we have our ceremony to prepare for to make our Promise. So another fun busy term ahead. Ladybirds guides is for girls between the ages of 5 to 7 and we meet every Saturday 10am to 11am in the War Memorial Hall, Terenure. If you would like your child to join us, please get in contact with Aisling O'Byrne on 089 6033859. Yours in guiding, Aisling



Never2Late and Wednesday Movers

Great moves are happening on Wednesday mornings in the Parish Centre!

Classes for adults of all ages are up and running again at 9.45am and 11.15am and attendance is at an all time high - no matter what the weather! You can't stop the music. You can't stop the dance! Contact Gillian Perdue for more info. gillperdue@gmail.com.

Rathfarnham Parish NS

As well as the school choir participating in the church services here are some more events coming up and the support of families and parishioners is very welcome.

Christmas Fair - Friday 8th December

Christmas Plays (Junior and Senior Infants

and Ranganna 1 & 2) - Wednesday 20th December

Christmas Service in the church - 10.30am on Thursday 21st December.

We thank the school choir for their wonderfully sung and thought provoking anthem 'I am the earth' at the parish Harvest Service on 8th Oct.



Shoebbox Appeal

Have you a few hours to spare this November for a fantastic cause?



This is the busiest time of year for Team Hope's Christmas Shoe Box Appeal as they gather in all the generously filled shoe boxes for distribution to children in Africa and Eastern Europe. They need volunteers to help check, pack and load the filled shoe boxes, ready for transport to their final destination. If you think you could help, give Linda a buzz on 087 638 3844 for more details.



Food, Glorious Food!

Food plays such a central role in our lives. Of course we need it to live, but it means far more to us than that. It is at the centre of our social interactions whether they be with our family at home, with friends in a restaurant or as part of celebrations and events.

Eating too much, too little or the wrong foods can have an effect on our health, but something that is not always considered is the effect on our both our environment and those who are less fortunate.

Food Waste

It is shocking to think that almost 700 million people worldwide suffer from hunger while almost 3 billion can't afford to be well nourished. This might lead one to conclude that we are not producing enough food to feed the world's population. In fact, we have the capacity to feed all of humankind with nutritious, environmentally friendly food. A little-known statistic is that around one third of all



So what can you do?

There are some simple things you can do to reduce the amount of food you waste which will not only help the environment but your pocket too.

- Keep track of the food you waste and why, so that you can avoid buying unnecessarily.
- Avoid bulk packaged food or multi-unit offers unless you are certain of using them. Remember that paying for 3 at a slightly reduced price is still more expensive than buying two at full price if you waste the third item!
- Know how to store the food you buy. For example, potatoes should not be stored near onions. Bananas, apples and pears quicken the ripening of other fruits so be careful with the fruit bowl!
- Visit www.stopfoodwaste.ie which contains a wealth of information on how to reduce food waste.



Your Diet

Meat makes up such a huge part of our diet, however it has a disproportionate effect on our eco system. We know that animal products, especially red meat, have a significant impact on the environment. Livestock and its feed take up nearly 80% of global agricultural land although it produces less than 20% of the world's supply of calories. Meat and dairy farming is the main cause of deforestation in the world and contribute almost half of all food related greenhouse gas emissions.

Research has shown that the over consumption of meats, particularly red meats and processed meats, is detrimental to your health and is linked to increase incidents of heart disease, colorectal cancer and type 2 diabetes. While meat is a source of protein, there are many plant-based foods that provide ample quantities of protein necessary for a healthy human diet.

Your Actions

There are numerous actions you can take to eat healthier and reduce your carbon footprint. The biggest impact you can make, however, is to reduce your consumption of meat and dairy products. If you can start by swapping one meat based meal to a plant based and dairy free meal, you will make a difference. Eating more vegetables, fruits, whole grains, legumes, nuts, and seeds not only will provide you with all the protein you will need but can significantly lower your environmental impact.

Other actions you can take include:

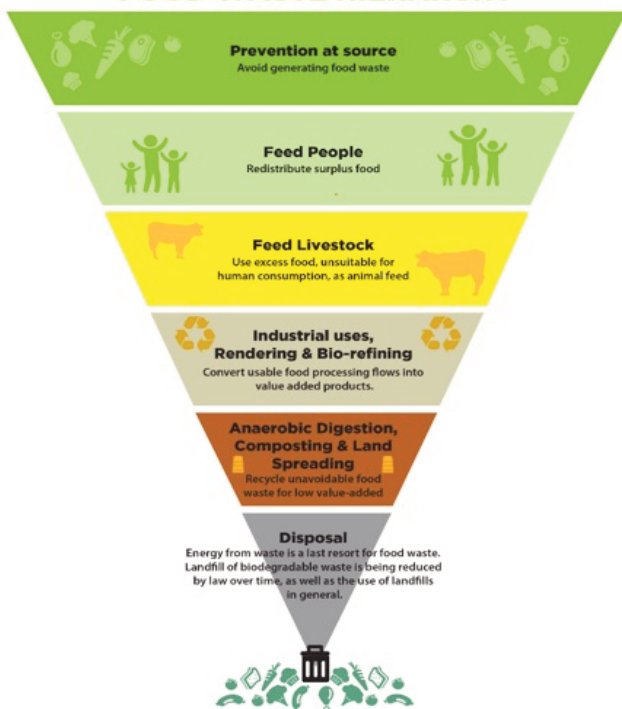
- Eating seasonal, locally produced food to lower the environmental impact from transporting food.
- Buy loose fruit and vegetables where possible to reduce plastic waste.
- Buy organic foods which avoid the use of harmful synthetic fertilisers and pesticides.
- Try growing some of your own. Even a balcony can provide enough space to grow some of your own fruit and vegetables.
- Drink tap water avoiding bottled water.

Visit www.eufic.org/en/food-production/article/practical-tips-for-a-healthy-and-sustainable-diet for more information on how you can eat healthier with a lower impact on the environment.

Next month I will examine the way we live in our homes and what we can do to make them more sustainable.

Mark Lynch is a Green Party Councillor representing Rathfarnham/Temploeque in South Dublin County Council.

FOOD WASTE HIERARCHY



food produced is wasted and of this figure, around 31% is wasted by households. So why is this such an issue and why care?

- Growing, transporting and processing food uses significant resources which have an environmental impact. One third of all human greenhouse gas emissions emanate from food systems.
- Food waste is unethical – throwing away food when so many can't afford to eat.
- It costs you money. On average, Irish households throw out an estimated €700 of food each year.



Winter Fair

in the Church grounds

**Saturday November 18th
from 4pm to 7pm.**

Seasonal Music ☆ Mulled Wine ☆ Popcorn
Hot Dogs ☆ Café Treats ☆ Gifts ☆ Crafts
Preserves ☆ Sweet Stall ☆ Art Fun for Kids
Clothes ☆ Curios ☆ Baked Goods



**Rathfarnham Village Christmas Lights
Switch-On at 4pm**



Come and join us!



From The Registers

Interments

On the 7th October the family of **Ann Harris** gathered at St John's Graveyard, Clondalkin for Ann's service of interment. Please continue to remember Ann's family: **Sandra, Mark, Jean** with **David, Margaret** and **Christy** and Ann's grandchildren, extended family and friends in their continuing grief.

In this month of **All Saints and Remembrance** we continue to thank God for all who have blessed our lives in past years, however short their lives, and who are now in glory.

Our annual Remembering Loved Ones Service will be held nearer Christmas, on Tuesday December 19th at 7.30pm



Wedding

Congratulations to **Karen Pickett** and **Martin Grenham** who were married in Rathfarnham Parish Church on Saturday 16th September. Witnessing their marriage are **Amy** and **Mícheál**. We wish Karen and Martin every possible happiness in their marriage.



This issue of NFY is sponsored by



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Rathfarnham Village and Grange Road
 Open Sundays 12-2pm. Open late until 7pm weekdays



Need some help with your children's school fees?

The Secondary Education Committee (SEC) grant is available to help Protestant families attend Protestant Secondary schools. We can help with tuition and boarding fees.

**Register for the
 2024/25 grant application process
 by 30th October 2023
 For eligibility and how to apply see
www.secgrant.ie**

info@secgrant.ie

01 5514693

Parish Contacts

Rector: Canon Adrienne Galligan, 41 Rathfarnham Road, Terenure, Dublin D6W XV62. Tel: 01 490 5543. Mobile: 086 039 0866.

Email: adriennegalligan@gmail.com

Organist & Choir Director Jacqueline Mullen, Paul Mullen

Email: music.rathfarnhamparish@gmail.com

Diocesan Reader Joan Forsdyke 087 947 5548

Sunday Service

Streaming: Gerry Wilson, Joan Carty, David Howe, Josh Farrell

Parish Secretary Kim Bardon 01 490 5543

Monday - Friday mornings 9.30am-12.30pm

Email: rathfarnhamparish@gmail.com

Hon Secretary Leslie Deacon 087 815 8221

Hon Treasurer Jonathan Mills 01 494 3605

Churchwardens (Rector's) George Kennington 086 836 6637
 (People's) Andrew Shorten 087 774 8208

Glebe wardens (Rector's) George James 087 988 8754
 (People's) Alan McMillan 087 260 1799

Stewardship Beryl Dawson 01 493 3203

Crèche Kim Bardon 085 147 3112

Toddlerzone Lynn Storey 087 695 7061

Sunday Club Linda O'Connor 087 638 3844

Good News Club Corinna O'Dwyer 087 666 3594

WLTD0? Lynn Storey 087 695 7061

Robert Hilliard 087 618 7058

National School Principal Joyce Perdue 01 494 3470

Church Review Pam Shorten 01 493 7179

News For You and Website Joan Carty rathfarnhamparish@gmail.com