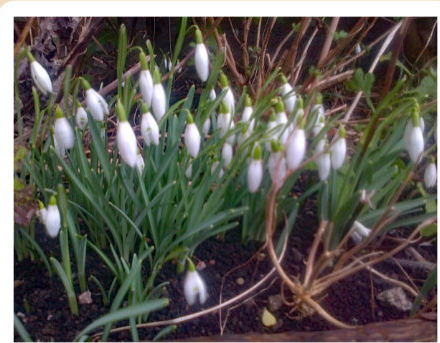




Parish of St. Vincent de Paul Marino

No 1 Volume 21 Spring Issue.



A Few Little Words

It is just one of those days, nothing seems to go right. There's little comfort in reminding oneself that other folk have similar grouses. The ill humour thrives and grows.

But sometimes, a few little words in a corner of a magazine, or even our Newsletter, leap out, and spark off a glimmer of hope in the darkness of a dreary day - a reminder that all is not lost. For an instant, inspired by the words of another, we are led on to see happiness through our own eyes, the peeping yellow heads of early daffodils in a neglected garden, the sight of fresh young growth on a barren tree, a heaven of starry daisies in an untended lawn, a smile, a hug.

Why not collect such thoughts? Pin your favourite one on the fridge, or on a door, so that it will catch your eye on one of those bad days. I remember, once, on one of my bad days, the little "Irish Messenger" was dropped through my hall door. As I picked it up, the words under the picture on the back cover leapt out at me; "Be not afraid". It was just what I needed!

(A contribution to an early newsletter)

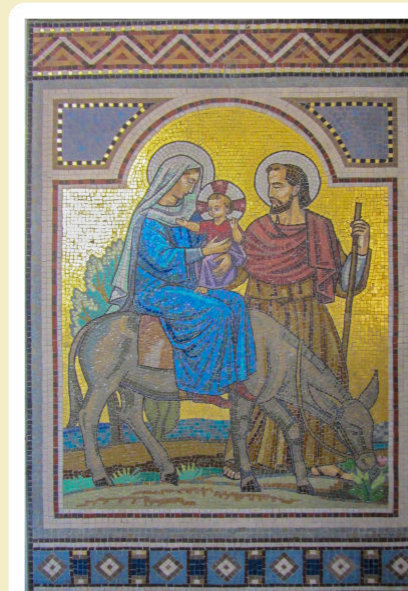
CHRISTMAS DUES

Offerings of Christmas Dues are being gratefully received – the Parish Team thank you most sincerely for your continued support during this difficult time for all of you.



A Quote by Bernard Häring, the German Redemptorist Priest and Theologian:

"The heart of moral life is charity to one's neighbour."



"If you can hang on to hope, the body can do miraculous things".

As the Church's year enters into a period called Ordinary time in the lead up to Lent, it is ironic that we are living through such a bleak unparalleled period between a pandemic and such a confrontation with our past.

The Corona virus has forced us to change our way of living and our Parish community may feel isolated and cut off from spiritual sustenance. The absence of the Eucharist in our lives is something which many people feel deeply about, but if it is the Sacrifice we are asked to make, then, we must place our trust in the Lord to see us through.

The great German philosopher and martyr, Dietrich Bonhoeffer, who was imprisoned for his opposition to

Hitler and Nazism has written,

"I'm still discovering, right up to this moment, that it is only by living completely in this world that one learns to have faith".

Thus, for all of us these moments and times of restriction are opportunities to strengthen our faith and to do so in the hope of once again being reunited with Christ and our fellow parishioners at the Eucharistic celebration.

It is also a time for us perhaps to remember the great theme of the Eucharistic Congress which was "Union with Christ and one another" and perhaps trying to remember that each encounter we have with our neighbour, be they known to us or a passing stranger, is a chance to encounter the Christ reflected in each one.

In a recent article a one hundred- and three-year-old German concentration camp survivor, who is known as Lenny Jaku, described himself as the happiest man on the planet. Having endured two occasions of imprisonment in Auschwitz for his Jewish faith, he eventually reached safety in Australia. There, after some turbulent years, he settled down. When his first child was born, he looked at his life and decided to seek out the good in everyone he met, to be open, friendly, kind. Doing that has made him eternally grateful and given him and his wife seventy or more years of happiness. Looking at why he survived he has written that by hanging on to hope his body and mind survived.

Like Nancy Stuart in our last issue, all of us can be inspired by these two people to keep going and have faith that all will be well.

We also have in the lovely mosaic at St. Joseph's altar, the image of Joseph leading Mary and the Child Jesus to safety in Egypt. Perhaps in this a year dedicated to him we could place ourselves under his protection.



New Archbishop for Dublin

Most Reverend Dermot Farrell, Bishop of Ossory, was formally announced as the new Archbishop of Dublin following on the resignation of Most Reverend Diarmuid Martin, who tendered his resignation last April, upon reaching the age of seventy-five.

On behalf of the Parish of Marino, Father Noone at our weekday Mass welcomed his appointment and prayed that God would bless his ministry at this most difficult time. He also paid tribute to the sterling work of Most Reverend Dr. Martin and prayed that he would continue as a faithful servant of the Church and that his retirement would be blessed and well merited. It is hoped that, current restrictions allowing, he will be

installed on February 2nd next, Candlemas Day. Until then he continues as Administrator of Ossory Diocese and Dr. Martin will continue as Administrator to the Dublin Archdiocese.

Archbishop Designate, Doctor Farrell is a native of Westmeath, and was ordained in 1980 serving as a curate in Mullingar, prior to going to Rome in 1985 to pursue a Doctorate on Christian Morality as a Sacramental way of life which he was awarded in 1988. On his return he served as a curate in Tullamore Parish and also served as Parish priest in Dunboyne between his roles as Lecturer, Vice President and President in Maynooth Pontifical University. In a humorous vein he has said that of course he would take up the Blue instead of the Maroon of Westmeath on his appointment.

As Bishop of Ossory, Doctor Farrell also had the role of Finance Secretary to the Bishops conference and would have attended various meetings of the four Archbishops in that context. He is a man of wide experience and was recognized as a competent administrator when serving as Vice-President and President of Maynooth. He has also served on various Boards and Committees and is currently Chairman of Veritas Communications. In a wide-ranging interview in the Irish Times, he was asked his opinion on many things such as the role of celibacy and the role of women. His answers were measured and looked at all the aspects and spoke about how Pope Francis had initiated debate on a variety of these topics and how the universal Church could come to address them. He felt that many major decisions had to be made in relation to the Archdiocese, given the declining income due to the Pandemic, and in relation to serving the large number of parishes. With half of his priests over the age of seventy and with almost two hundred parishes and declining Mass attendance he faces a daunting task. We can only pray that his time here will be blessed and that with all our prayers and support he will bring the Archdiocese into a new beginning.

Volunteers

A big thank you from all in the Parish for the great work being done on our behalf to keep the Church open for funerals and private prayer. They have ensured that the Church at all times is as safe a place as they can make it.

Pat on taP



Hi everyone, the last time I was talking to you I related my experience with the ATM (awful, terrible, monstrosity) I would love to hear from you as to your version of what ATM stands for.

This time I share with you my painting “Waiting for The Dart” acrylic on board. We are all in a time of waiting at the moment. Waiting for an end to the lockdown, waiting for a time when we can return to Mass and the sacraments. Waiting to be able to visit our friends and relations and to have them visit us. Waiting to have the vaccine and return to some form of normality and to travel.

We are entering into a lovely time of the year when the days are starting to be brighter and longer. Everything is at the beginning of growth in the garden and we are starting to see a bit of colour. It is that time of the year when we start to venture out into the garden again and start to tidy it up a bit. When you get a nice hour or two make use of it and get out and do a little bit in the garden; you are guaranteed to enjoy it and you will certainly be pleased with the results, as even a little bit of tidying up will make an enormous difference to the appearance of your garden.

I hope you are not staying within your house. If you can please get out and take a walk every day if you can. I know that we have to avoid close contact with others as much as possible, but it is possible to go for a nice walk within our area without being too near others.

Stick to the wider footpaths as much as possible. The narrower roads within Marino have cars parked on the footpaths which, I notice lately, results in people walking on the roads. This practice is dangerous as some people drive through the estate at higher speed than safely recommended. If you are driving through our narrow roads, please do not exceed 30kph. If possible, please park in your driveway or on one side of the road leaving the footpath on the other side free for pedestrians. Let us make Marino safe for walking.

Have you noticed the fashion trend among youths and men of all ages to always wear shorts? This fashion started quite a few years ago. At that time, it was either because the individual had returned from a holiday in warmer climates and wanted to show off their tan or try to maintain it. Then I started to notice that most dedicated followers of the fashion were sporting a tattoo. I can understand that, as what is the point in going through the pain and expense of getting yourself disfigured if nobody could see and admire your piece of living art. Have you seen them on a freezing cold day with their heavy overcoat, woolly hat pulled down over their ears, gloves and flashing their legs, sporting a pair of shorts? What a lovely sight. To each their own but I do not understand it.

Hoping no dedicated follower of fashion takes offence at my observations. Keep safe get out there, exercise and smile. Would love to hear your observations on my ramblings. Happy Easter to you all

Pat

Editor's Note: We will be getting more out of Pat before Easter!

Spring Gardening

The past year has forced many of us to see our garden as a refuge. In the early days of the pandemic, we may have marched up and down and around countless times.

Now as we seek to exit Winter and are on the cusp of Spring it is time to take stock of our poor old garden, regretting that we had allowed the winter blues to keep us from doing much.

Now that daffodils are in bloom and Snowdrops and crocuses are rearing their heads it is time to start work whether it is a postage stamp or an eight of an acre.

A good cleanup of the hard surfaces with the power wash is recommended making sure not to go hard on some of your slabs since it might loosen the joints. Use one of the newer weed burners, especially for paths and paving, if you have weeds between slabs or along verges when the weather is dry. Use a moss killer on paving and patios if they are in a shaded area or prone to moss following the directions closely for safety. If you have trellising or other structures perhaps you could look at any areas needing repair, conscious that it can be difficult at this time to get about to a timber outlet.

Check around the garden for places where snails might have grown comfortable, under pots or old timber to save a problem later on.

If you have flower beds or a vegetable patch, do some intense weeding and some deep digging with a good fork. It will aerate the soil and give better drainage. If you are weeding and digging in flower beds make sure not to disturb any bulbs that are on their way. Plan your approach to the digging and don't do too much at the start. Build up your fitness.

Prune standing fruit trees now if you wish, to shape, or to remove dead or diseased branches. If they are already in bud you may need to think twice, especially for your shrubs which flower early. Bad pruning may leave you with no flowerers later. One could plant new shrubs or young trees now if the garden centres are open. If you buy online make sure to consider size when fully grown for young trees and spread and height for shrubs. Also perhaps think of shrubs and trees for colour as well. Draw a small sketch to give some idea of spread, and colour, especially if you are planting for colour.

Check also if any shrubs or trees that you are contemplating have any allergic potential or have berries or seeds that might be harmful. If planting near a wall think twice about the type of root system, the shrub or tree will develop.

If you still have a nice lawn try to keep it untrafficked and feed where necessary.

For any one lucky enough to have their greenhouse, get to disinfecting and cleaning as usual at this time. Of course, make sure to order your seeds and bulbs early because nothing is guaranteed due to Brexit and the pandemic. Don't get caught for seeds or bedding plants like someone not too far from this column.

Enjoy your Spring gardening and make yourself a cosy corner remembering the lines,

"One is nearer God's Heart in a garden than anywhere else on Earth."



Our Urban Foxes



Since the pandemic has changed so much of our lifestyles, the nature of city wildlife has also changed. The seagulls which persecuted centre city dwellers, especially those taking their lunch on the streets, have gone back more to their own water environment. Around Marino we still have seagulls nesting on chimneys, but they are more timid than before. Many of them miss all the activity due to building sites and schools where discarded food may be available. Another of our local wildlife club are the urban foxes, still holding on to those parts of the parish where they once held sway.

They have become more visible in recent months in their search for food. Foxes are carnivore or even omnivores since they eat berries and slugs and worms. They are also capable of taking ground nesting birds.



However, they also take rats, so they provide us with some sort of rodent control as well.

Generally, they have been known to scavenge at night but as they become more used to this new regime they are often to be seen during the day. Walls and shed roofs are no barrier either when one looks out an upper window and sees Reynard trotting along a nearby shed roof.

Foxes are sometimes the source of odd noises at night, especially when the cubs come out to play when our estates are silent. One often hears the particular bark of the fox as they call to each other when on mission.

The wildlife of our city and our locality is a source of interest and amusement and in these strange times let us enjoy the sight of Freddie fox and his brood, since they teach that adapting to life changes is something that all creatures can do.

Our first photo shows a daring fox having robbed the cat's dish eating away unconcernedly in the garden.

The other shows one on a shed roof in broad daylight.





Mary's Kitchen

Lamb Stew *(Serves two generously)*

Ingredients Needed

- 2 Tablespoons rapeseed oil
- 600 gms (1lb.5ozs) Lamb Shoulder (trimmed and diced)
- 2 onions (diced)
- Salt and freshly ground black pepper
- Fresh parsley, chopped.
- 150gms(5ozs.) soft prunes
- 400 ml (3/4 pint) red wine. You can use a lamb stock cube instead.
- The juice and Zest of one orange
- Mashed potato, to serve.

Method

Heat the rapeseed oil over a medium heat in a large pot and add the diced lamb. Season it with a little salt and black pepper and brown it all over. Transfer the browned lamb to a dish and set aside. Add the diced onions to the pot and cook them in the remaining oil and lamb juices until they are soft.

Return the browned meat to the pot and add the soft prunes, the red wine or stock, the orange juice and the orange zest and give it all a good stir. Increase the heat and bring the stew to the boil. Cover the pot and allow the stew to simmer for the next couple of hours, stirring it occasionally to prevent it from sticking. The stew is ready when the lamb is tender, and the sauce has thickened.

Taste to check the seasoning, adding more salt and the freshly ground black pepper if necessary. Serve with the creamy mashed potato and a sprinkling of the chopped parsley (optional given that you may not have it handy).

Enjoy on these cold days.



Cherry and Almond loaf cake *A Sweet treat:*

This is an old-fashioned favourite that is very welcome if one can have a visitor or as a gift to someone who is staying in during this time. There is nothing better with a cup of tea given its crunchy outside and melted buttery inside and its cherries.

Ingredients

- 6ozs. (190g) butter
- 5ozs. (175g) golden caster sugar
- 7ozs. (200g) red glace cherries
- 3 medium eggs
- 1 tbsp lemon zest (about 1 medium lemon)
- 1 tsp almond extract
- 7ozs. (200g) self-raising flour + 1 tbsp of flour (for the cherries)
- 1 tsp baking powder
- 3ozs. (75g) ground almonds
- 2 tbsp milk
- Flaked almonds for the top (optional)

Method

Preheat the oven to 180°C/160°Fan/Gas mark 4. Grease and line a 900g/2 lb loaf tin.

This also works well in a square or round tin if you prefer.

Prepare the cherries by first quartering them and then rinsing them in a sieve to remove any excess syrup. Using a paper towel pat them dry as best as possible. Toss them in 1tbsp of flour.

This will help prevent them from sinking too much during baking. No need to panic if this happens. It will still be nice.

Using an electric whisk, beat the butter and sugar together on high for about two minutes until pale and creamy. Reduce speed to medium and beat in the eggs one at a time. Then add the almond extract and lemon zest. Working in parts, sieve and then fold in the flour gently until it is fully combined.

Toss about two-thirds of the prepared cherries in the ground almonds and then fold these along with the milk into the mixture.

Pour this into the prepared tin. Use the back of a spoon to smooth the level the loaf. Lay the remaining cherries on top and gently poke them just under the surface. This should ensure you will have some fruit near the top of your loaf.

Sprinkle the flaked almonds on top at this point if you are using them.

Bake in the oven for about 30 mins until golden brown on top, then cover with foil to stop it browning too much and bake for a further 30-40 mins until springy to the touch and a skewer inserted into the middle of the cake comes out clean. T

The cooking time will vary depending on what shape tin you use. Leave to cool in the tin for about 15 mins before transferring onto a wire rack to cool fully. This cake freezes well so it is a good recipe to double up and make two at a time. It will last for a week if kept in an airtight container.

Congratulations to the Shelmartin Terrace Carollers

On the 17th December last the residents of Shelmartin Terrace came together on the terrace to celebrate Christmas in song. Despite the cold night there was a great turnout of people, socially distant, who heard over an hour of Christmas music.

Well done to Lorraine and to Jude and to all who entertained us and who inspired in us the true spirit of Christmas in these dark days. On the night and through the generosity of the wider parish of Marino and beyond, the magnificent sum of €5625 was gathered for Brother Kevin's Homeless Charity.



Despite all the gloom and doom of this pandemic, Lorraine and her team of marathon runners and Jude and the musicians and the residents of the Terrace have gathered in excess of €11,000 for Brother Kevin during the year.

Due to the pandemic the regular mini marathon was not held but Lorraine and her team remained true to their sponsors and completed the journey on the longest day of the year. It was also most successful event raising over €5,000 and combined with the summer musical events it came to €5,685.

Brother Kevin and his team continue to provide much needed assistance and each euro is used wisely to help all who seek help. The support of all those who helped during the past year allows him to continue his work.

In the height of this current pandemic crisis the goodness of people shines out like a beacon of hope for a better future when all the dust settles.

Well done, to all!

Exercise and the Vaccine



In a recent report from Trinity College which has for quite a number of years conducted many studies on ageing under the Tilda programme, evidence was found which suggests strongly that regular exercise boosts the immune system.

As we get older our bodies' capacity to fight infection lessens as our immune system declines. The study shows that those who exercise regularly have a stronger immune system than those who take little.

The authors are of the opinion that for elderly people who will be getting the Covid Vaccine that a history of exercise will help in allowing the immune system to better benefit from the vaccine since a stronger response will be made by the body. It is even suggested that where people are able, they should even increase their exercise, within reason of course, and that even those who exercise little would benefit from some increases.

Sport Ireland has produced a range of videos that demonstrate beneficial exercises for older people and some of these can be done in house, even while sitting on a chair. Remember even short walks in and out to the front gate or about the garden counts. The videos are available to view on sportireland.ie. Exercise booklets are available to download as well.

Anois teacht an Earraigh

*“Anois teacht an Earraigh
bheidh an lá dúl chun shínadh,
Is tar eis na féil Bríde
ardóigh mé mo sheol”.*



The opening of the poem Cill Aodain, by the eighteenth-Century poet, Antoine O Raiferti are well known to most of us. They express our desire for Spring and traditionally we have celebrated its arrival on the Feast of St. Brigid, the 1st of February.

In this time of climate change and pandemic there are so many aspects of Saint Brigid's life which are relevant to our lives today, especially her concern for the earth and its produce and for the poor, the sick and the lonely.

Lately there has been a move to view her as part of the Druidic tradition and as a form of earth mother. We however recognise her as one of the Patron saints of Ireland along with Saint Patrick and Saint Columba.

Brigid was a woman of many gifts and talents. She was a woman of great compassion and kindness. She provided hospitality to all at her monastery in Kildare which she founded in 480 A.D. In her time, she presided over the Church and monastery which was a double monastery of women and men, in co-operation with Conleth, who was a hermit, living near Newbridge. Conleth is a name found very widely in Kildare and Offaly to this day.

Her biographer, Cogitosus, says that “they governed their Church by means of a mutually happy alliance”.

She was clearly a wise and strong woman who brought many gifts to her people as healer, spiritual guide, and a powerful symbol of Christianity, presenting to us the feminine side of God.

There are many legends and stories about Brigid, but it can be said that her word held sway as peacemaker amongst warring factions.

Her belief in God was the source of all her work and her gifts. She is reputed to have said to St. Brendan that from the moment she first knew God, she had never let him out of her mind and never would.

In these times as we await the first burst of Spring let us heed her example and keep God in our minds always, as we navigate through this pandemic.

(Based on an article in The Messenger by a Brigidine Sister, Sister Rita Minehan in 2002)

The 80-day virtual pandemic pilgrimage

(Sunday January 10th – Sunday March 28th)

We are a bit late bringing this initiative to you, but it can be something that you could consider for the beginning of Lent on the 17th of February. Just because we are a bit late coming to it the model may work for those who walk a lot during this time. More information can be had from the relevant parish web site below.



The Parishes of Celbridge and Straffan are holding a virtual pandemic pilgrimage. There are a number of ways to get involved:

Prayer Walking: mulling over piece of scripture/ carrying in your heart an intention as you walk.

New series of talks on Jesus: – 10 weeks, Wednesday 8 pm beginning Weds January 13th

Friday Fasting: one light meal/Spiritual Reading (particularly on Friday)

Celebration of the Eucharist: Sacred Silence – 30 mins daily – perhaps two 15 minute periods.

Guided Meditations: Morning Prayer/Night Prayer and Scripture Rosary.

For more information and to access resources for the Pandemic Pilgrimage please visit Celbridge and Straffan Parish | [Dublin Diocese \(celstra.ie\)](http://Dublin Diocese (celstra.ie))

Candlemas Day

In the press release announcing the appointment of our new Archbishop, Doctor Dermot Farrell, his installation was to be held on the 2nd of February next, Candlemas Day. Candlemas is not now a feast day which is as important as it once was in many Irish homes.



Candlemas is the commemoration of The Presentation of Jesus at the Temple when he was a baby. It occurs 40 days (inclusively) after Christmas Day. In some churches it is celebrated on a nearby Sunday.

It is somewhat symbolic that in these dark days our new Archbishop will be installed on a day that symbolises the Light of Christ made known to the world, and perhaps it signifies for all in our Archdiocese the light of hope in this coming year.

The term "Candlemas" (meaning Candle Mass) refers to the practice of the blessing of candles by the priest during Mass on that day, candles which would be used during the year in Church. Parishioners would also bring candles to be blessed, candles traditionally made from bees' wax, and these would be used in the home if a sick call was made to an ill or dying member of the family. Despite the huge popularity of candles for every event in large numbers of homes throughout the country, blessed candles in the home are no longer sought after as often.

Also many countries traditionally remove their Christmas decorations on Twelfth Night (January 5, also known as Epiphany Eve), for other countries it is customary to remove them on Candlemas.

ACCORD DUBLIN'S ANNUAL COLLECTION



Accord Dublin's Annual Collection will take place on the weekend of 13th & 14th February. We realise that it will be much more difficult for parishes to support us this year – although the demand for services is greater than ever.

With counselling agencies of all sorts anticipating a "tsunami of demand" and Garda sources reporting a large increase in domestic violence ("violence has gone home"), it is clear that there is a great need for Accord's services in our communities.

Counselling continues by phone, and contact can be made via our centres or on our helpline at 01 9059555. Marriage preparation courses have continued, with smaller courses via zoom, and can be booked on our website. You can donate Online at www.accorddublin.ie.

Soul breaths

Recently at Mass on the web Father Paul reminded us of how we can say short prayers, Aspirations they are known as, and they have come into our prayer life from the early Christian times. These short prayers can be said in a breath. They are a recognition of the life of the soul within us, since we know that God has breathed life into us. We speak of God as the breath of life, and we are told, "In Him we live and move and have our being".

During this terrible time when the effects of the virus seem to hit most directly on our ability to breathe, aspirations seem to us to be a way of praying for all who are afflicted and indeed as a prayer system for ourselves as we walk or go about our daily tasks.

Many of these short prayers are ones that come from our childhood or our life experience.

Father Paul referenced one which is a most efficacious prayer "O Mary conceived without sin, pray for us who have recourse to thee". We also have the short prayer to the Sacred Heart, "O Sacred Heart of Jesus, I place all my trust in you".

Perhaps, the worthiest prayer of all is the word of greeting to a neighbour or a kind action that we can take during the day. Pope Francis reminds us that "An exchange of glance, of smiles, has the power to open those closed in sadness. By looking someone in the eyes, we can open the doors of someone's heart".

Each one of us has perhaps our own favourite prayer. It can be said anywhere at any time requiring nothing only the air that we breathe. Thomas Merton has said, "My God, I **pray** better to you by **breathing**. I **pray** better to you by walking than by talking."

Ash Wednesday

Lent begins on Ash Wednesday, 17th February next. As we are in a fluid situation please be alert for announcements at Mass on the web or in the Parish Bulletin on the Sunday, 14th February. Details about the usual blessing and distribution of ashes



Spring Colouring Competition

Welcome to all our young readers who have loyally entered for the Art competition in our normal Newsletter. To enter this competition, you must print off this page and colour in as usual.

You can either print it directly to your printer or download the page and then print it. The pages are in PDF format and if you can't manage it ask someone in the family to do it for you.

Just colour in the drawing, write your name and address on the back of the page and drop your entries into the parish office at Marino Church, before the 12th. March 2021.

Please do keep entering as it a great encouragement to our judges and our editorial team, when we see so much young talent and interest, especially as our newsletter is on the web for the time being.

Gift tokens for the winning entries. The upper age limit is 12 years.

Results published in the next newsletter, and the judges' decision is final.

In line with Child Protection Policy please do not give children's mobile phone numbers.

We also leave out house numbers in the publication to maintain. anonymity

Christmas Competition Winners

1st prize: **Sadbh Breen.**

Joint 2nd.prize: **Millie Geraghty, Saoirse Breen.**

3rd. Prize: **Emma Fitzpatrick**