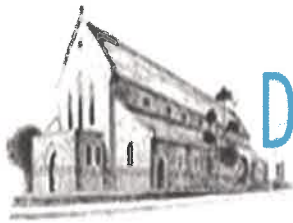


Fáilte- Bienvenue- Willkommen- Benvenuto- Bienvenido- Witajcie- Welcome –
Bemvindo- Welkom- Velkomin- Vitejte- Karibu- Croeso- Valkommen- Tervetuloa



Donore Avenue Parish

**ST. TERESA'S
PASTORAL PARCEL 13
MARCH 2021**

Saturday 13th March 2021

Dear Parishioners and Friends of St Teresa's,

The Level 5 restrictions continue, with little sign of any alteration to them before April 5th at least. All church services remain on line, with the church open for personal prayer. The vaccine is here and more and more people are getting it. We hear of one experience. Please God it won't be long before all of us have it. In the meantime, the virus numbers, the hospitalisations and the number in ICU and the 14day average and all the other indications are showing that we are making great progress in suppressing the virus in this third wave. But we are not quite there yet.

This Pastoral Parcel number 13 / Newsletter, covers the Sunday readings and reflections for the next two weekends, along with very important things like jokes and recipes. There is also information on parish life, some very important questions from Eden and Hiwat for Fr. John, and some information on St Pauls Senior Citizen Club. Following on from last month's item, we have some more exercises for minding our mental health from Geraldine. The year of St Joseph as designated by Pope Frances is well under way and visible in the parish church. Included here are some prayers for the March – the month of St Joseph. Fr Alois highlights how we don't need to look too far to see inspiration around us. Parish life is also highlighted with emphasis this time on all the various groups, volunteers and committees that contribute to the organisation and life of the parish.

Saint Paul's Senior Citizen Club

For the first time in 45 years Saint Paul's Senior Citizen Club had to close its doors three times in the past year owing to COVID-19 lockdowns. The members have missed so much during this time. The weekly meetings on Wednesday afternoons where they enjoy Bingo, Chair Aerobics and of course our Afternoon Teas and loads of chat. Our three holidays we enjoyed every year could not take place. Also Christmas Parties, Birthday Celebrations and other events such as fundraising for the Alzheimer's Society and the Simon Community all had to be cancelled.

During this time three of our loyal members died: Alice Kenny, Teresa Furlong and Lily Zambra, also a past member of our Committee, Pat Petherick. It was so sad not being allowed to attend their funerals. May they Rest in Peace.

The committee are often asked by members, will the club ever re-open. Well of course the club will reopen again, hopefully everyone will avail of the Covid-Vaccine and we will be able to meet again in Oscar Square Park when the weather gets nice and warm and sunny. And by the autumn, hopeful we will be back in Donore Community Centre. Until then keep well, stay safe and look forward to the good times to come.

Kind regards to all. Happy Easter!

The St. Paul's Committee

I GOT MY VACCINE!

This week, I received the Pfizer Covid-19 vaccine. As a frontline health care worker, I was one of the fortunate few in the first wave of eligibility.

I was so excited -- it was as if Christmas had come early. Right before I got the shot, I had a very sick patient come into the A&E severely dehydrated and with confusion caused by the virus. The day before my injection, I put another patient with Covid-19 on a ventilator as she gasped for breath. When the pandemic started, I faced it with nervous trepidation. Now, I view it with unfortunate familiarity.

I lost count of how many patients I have seen with the disease 12 months on.

There has been a lot of discussion within my own community about the vaccine. Relatives, colleagues and friends have all weighed in with different opinions. Some say they will never get it. Others want to wait, and have texted me asking for my thoughts and reactions to the initial dose. A few more have received it through their own work in the medical field. The mixed response is understandable. I posted a photo documenting the receipt of my vaccine on my

Facebook page. That post received some of the most likes and comments I have ever had since joining the social media platform many years ago. However, the comment that touched me the most was that of a classmate from my secondary school, which is located on the Northside of Dublin, an area with some of the worst Covid cases recorded in the city. Even though I have not seen my classmate in over 20 years, she remarked that because she trusted me, she too was now planning to get the vaccine. I have had no side effects from either my first or second dose and it has not affected my energy levels, which I had heard was sometimes the case.

We have been hit hard by Covid, and we must use every tool in our power to end this terrible pandemic.

We may not be able to reverse community mistrust in the vaccine overnight, but we can spread the word to one person at a time. And for me, that is a great start. When you get your vaccine, please be sure to tell a friend.

Dr. A. Kennedy MD

MONTH OF MARCH – MONTH OF SAINT JOSEPH

Traditionally, March is the month of the year to remember Saint Joseph, especially so now as Pope Francis declared this the Year of Saint Joseph. The 19th of March is his major feast day.

God, the Father of Heaven **Have mercy
on us**

God, the Son, Redeemer of the world

God, the Holy Spirit

Holy Trinity, One God

Holy Mary **Pray for us**

St. Joseph

Spouse of the Mother of God

Foster father of the Son of God

Head of the Holy Family

Joseph most just **Pray for us**

Joseph most chaste

Joseph most prudent

Joseph most strong

Joseph most obedient

Joseph most faithful

Mirror of patience

- By your life-style and poverty
guide us
- Through your hidden service
inspire us
- Protector of the Holy Family
protect us
- In responding quickly to what we are
asked **enable us**
- In following fully the will of God
enable us

THE PARISH TEAM:

Fr. David Corrigan SM, Fr. Alois Greiler SM, Ms. Sam Byrne Pastoral Assistant
St. Teresa's Parish House, 78A Donore Avenue, Dublin 8. Phone: 01- 4542425

WEBSITE ADDRESS: www.donoreavenueparish.ie **Email:** info@donoreavenueparish.ie;

Facebook: [Teresa Parish Donore Avenue Parish](#)

Twitter: [@donoreaveparish](#)

FOURTH SUNDAY OF LENT 14 MARCH

6.30 pm: Kathleen (6th A) & Michael Kelly (39th A), Seamus Kelly (45th A)

Other Anniv.:

10.00 am: Conny & Gerry Mooney (A)

11am: Bernard Carthy (1st A)

12.30pm: Margaret Rita Wilson (1st A)

Monday 15th

10.00 am: Stuart & Noel Lakes (A)

7.30pm: Special Intention (operation)

Tuesday 16th

10.00 am: Fran Lynch (1st A)

7.30pm: Billy Berkely (A)

Wednesday 17th St. PATRICK

10.00 am: Stella Furlong (16th A)

Thursday 18th St. Cyril of Jerusalem

10.00 am: Francis & Agnes Browne (A)

7.30pm: George Gibney (19th A)

Friday 19th St. Joseph Patron of the Church

10.00 am: Altar List of the Dead

Saturday 20th

10.00 am: Brian Maxwell RIP

FIFTH SUNDAY OF LENT 21 MARCH

6.30 pm: James Silke RIP

Other Anniv.:

10.00 am: Deceased Members of the Porter Family

11am: Maureen Joyce Rec.Dec.

12.30pm: Noel and Stuart Lakes (A)

Monday 22nd March

10.00 am: Thomas Byrne (A)

7.30pm: Altar List of the Dead

Tuesday 23rd

10.00 am: Mary Byrne (13th A)

Wednesday 24th

10.00 am: Mass for the sick

Thursday 25th Annunciation of the Lord

10.00 Altar List of the Dead

Friday 26th

10.00 am: Eileen Moynihan RIP

Saturday 27th

10am: Des McLoughlin RIP

PALM SUNDAY 28 MARCH 2021

6.30 pm: John Scott (A)

Other Anniv.:

10.00 am: Bridgie Ann Joyce (Rec.Dec).

11.00 am: Ned Slattery (1st A)

12.30pm:

Monday 29th

10.00 am: Altar List of the Dead

7.30pm: Bridie Fitzpatrick (Spec. Int.)

Tuesday 30th

10.00 am: Kathleen Clifford RIP

Wednesday 31st Spy Wednesday

10.00 am: Mass for the Sick

Thursday 1st HOLY THURSDAY

7.30pm: Mass of the Last Supper

Friday 2nd GOOD FRIDAY

10.00 am: Morning Prayer

12.00pm: Stations for Children (Zoom)

3.00pm: Liturgy

7.00pm: Stations of the Cross

Saturday 3rd HOLY SATURDAY

10.00 am: Morning Prayer

9.00pm: EASTER VIGIL

EASTER SUNDAY 4 APRIL

10.00 am: Joe McGinty Rec.Dec.

11.00 am:

12.30pm:

COLLECTIONS 21 February 2021

First Collection 130 €

SHARE 110 €

ENVELOPES 1270 €

COLLECTIONS 28 February 2021

First Collection 55 €

SHARE 50 €

ENVELOPES 1175 €

COLLECTIONS 7 March 2021

First Collection 115 €

ACCORD 125 €

ENVELOPES 1230 €

LENT IN ST. TERESA'S in 2021

There will be **no public mass until Easter!**

This is very hard on all of us. As faith community we continue using the means available to us.

Mass: All masses will be celebrated online.

Stations of the Cross: We will pray the Stations via webcam on Fridays, 9.40am and will upload the short videos from last year on the *facebook* and website page.

Holy Hour (3-4pm) will continue as long as the church is closed. Readings: Pope Francis, *Patris Corde* (With the Heart of a Father), 2020.

Trocaire: Boxes and envelopes are available at the back of the church.

Displays: We continually to try to highlight the different liturgical days.

Adult Faith Formation Talk on Tuesday the 23rd March at 3pm: Fr. Alois will give a presentation on the year of St Joseph.

BAPTISMS, WEDDINGS, and FUNERALS: Please contact the parish house for questions.

SACRAMENTAL PROGRAM

The children in Scoil Treasa and the children in the parish based program continue preparation for First Holy Communion and Confirmation.

Celebration of these sacraments will hopefully be during the school year or the summer months.

CHURCH BUILDING: Recently a **radiator** and many of the **pews** have been fixed. We had the exit-area and some of the **shrines painted**. The remainder will be finished this week.

Thank you to the **cleaners** for your work! And thank you to all the **donors** who support this parish so generously!

RECENTLY DECEASED

- + Julia Maddison, Kells/Gilbert Road
- + Ellen McCallion, Mother of Fr Edwin McCallion
- + Nancy Donoghue, SCR
- + Ann Sunderland, Maryland
- + Barbara (Babs) Breen, Maryland

CHILDREN'S CORNER: Please feel free to hand in questions for the next pastoral parcel!

CHILDREN – welcome back to school life!

PARISH WEBCAM

There is live streaming of church services in this church. It can be accessed on our website: www.donoreavenueparish.ie or through <https://www.mcnmedia.tv>

DATES FOR THE DIARY

- **April – date yet undecided** – meeting on Zoom of parish Finance Committee.
- **5 April PPC Meeting on Zoom**
- **6 April Liturgy Committee on Zoom**

17 MARCH ST PATRICKS DAY

We are delighted to celebrate our national feastday with a mass in Irish with Fr. Martin Daly SM and with music. The Scouts assist with shamrocks.

19 MARCH FEAST OF ST. JOSEPH / 2020-2021
Year of St. Joseph – Patron of the Universal Church Prayers and reflections near his shrine

25 MARCH ANNUNCIATION OF THE LORD – and first anniversary of the first lockdown. It was this day last year when churches were closed for public mass. Congratulations on all who already have received the vaccine as safety. We created a special memorial for all deceased since that time.

PASTORAL PARCEL 13 covers the time up to **28 March**, Palm Sunday and includes the mass leaflets, readings and reflections, so please keep the respective pages for the two weeks.

WEEKLY ENVELOPES are the **main source of income** for the parish. The boxes of envelopes for 2021 are available. Please consider taking a box if you have not done so already. We recognise that it is more difficult this year to notify people of the new boxes and also to arrange for their distribution. However it is vital for the running of the parish, so if you are in a position to take a box or know of someone else who may take them, please let us know.

WHO CELEBRATES LITURGY?

The entire Body of Christ, animated by the Holy Spirit, celebrates the liturgy. Liturgy is not a matter of private prayer, but a public act of worship by the faithful gathered together by the power of the Spirit under the authority of the bishop. The Church desires that all the faithful should be led to that full, conscious and active participation in liturgical celebrations which is demanded by the very nature of the liturgy, and to which the Christian people have a right and an obligation by reason of their Baptism. Within the assembly, the ordained have a unique function for service.

EASTER CARDS – are available from the parish at the same cost as last year. €3 for packet of 5.

Coping with Covid Move to improve your mood!

by Geraldine Conlon, Psychotherapist MIACP

As living with Covid reaches a year long, many of us are feeling fed up, mentally fatigued and despondent. Life as we knew and loved it, seems such a distant memory. For this reason, it is essential that we give **MORE** focus than ever to our mental health, and not **LESS**.

Many of us think of our mind as disconnected to our bodies. Contrary to this belief, our mind and body is very connected, in a reciprocal manner. That is, if one's body is relaxed so too is one's mind.

E. Jacobson, (1888 – 1983) a psychologist and pioneer in the study of the fascinating relationship between mind and body, formulated how *'an anxious mind cannot exist in a relaxed body'*.

In this present time of living with a health pandemic, the body is often tense, shoulders hunched, a frown takes permanent residence on our foreheads and our fingers/toes clenched. Consequently, the mind reciprocates, experiencing anxiety, depression and often overwhelmed with unhelpful thoughts.

The **good news** is that everybody has the power and ability to enable the mind to work in more helpful ways. Science has showed how with movement and physical exercise, the body produces feel good hormones namely, endorphins. Endorphins ease physical and psychological pain, relieves depression and anxiety, lifting our mood and *turning that frown upside down and into a smile!*

Even better news is that we do not need to move excessively or exercise until we are very sweaty and out of breath. If when you move or exercise, you notice these three things; 1) Your body feels warmer. 2). You are slightly more aware of your heart beating 3). Your breathing is deeper, then *Congratulations* your body is producing endorphins.... *Happiness, here I come.....*

So what are you waiting for? I hear a song coming on ... ♪ *Walking back to happiness ..♪*

The following are some suggestions, to help you find your groove!

- 1) **Rainbow Walking** As you take a walk, challenge yourself to see something for each colour of the rainbow. This is called mindful walking, bringing the attention to the 'here and now' instead of focusing on what has happened or what might happen in the future.
- 2) **Dance like nobody is watching!** Raise your mood and spirits with a little dance. Pop on a CD or radio station and dance for happiness. Even better, take a household member by the hand, and have a good old style boogie around the kitchen!
- 3) **Gardening.** Ground yourself and dig up happiness! Working with nature is a wonderful tonic. Smell, touch and see the wonder of flowers, greenery, shrubs and trees.
- 4) **Sing.** When we sing, we automatically breath deeply, allowing for the perfect balance of emotions. I truly believe there is a song for every occasion. One of my favourites is one I learned from my Dad ...
♪ *Pack up your troubles in an ole kit bag and smile, smile, smile!* ♪ Go on, give it a go!
- 5) **Housework.** Tidying the room you spend most of your time, leaves the mind feeling refreshed and more spacious! Don't forget to applaud yourself afterwards for a job well done ... satisfaction generates happiness!

However you move to improve your mood, the most important aspect is to **ENJOY** yourself.

"Exercise yields endorphins Endorphins yield a settled mind,"

the fourth sunday in lent
again & again, god loves first

John 3:14-21 | Ephesians 2:1-10

After inviting Nicodemus to be born anew, Jesus tells him in John 3 that God so loved the world that God sent his son to restore it. Therefore, when we read John 3:16, we remember that Jesus is speaking in metaphor and poetry. Ultimately, love is where God begins and ends. This love, like grace, is a gift we do nothing to deserve. Again and again, love is our refrain. Before we act, think, or believe, can love be first for us too?



the fifth sunday in lent
again & again, we are reformed



John 12:20-33 | Jeremiah 31:31-34

We desire for God to write on our hearts so that God's law can re-shape and re-form us from the inside out. Reformation is a journey of letting the old fall away for something new to emerge, of returning to God's words over and over, of being drawn into the heart of God. This is the process of justification and sanctification; transformation must be internal and communal.

palm/passion sunday
again & again, we draw on courage

John 12:1-19²

On Palm Sunday, we remember that Jesus' entry into Jerusalem was not a risk free, palm party. It was a protest parade—a protest against those in power, a parade to prepare the way for a different kind of king. And this was all happening with plots to kill Lazarus (and Jesus) building in the background. We're reminded that the crowds were brave to show up that day, and that Jesus drew on courage to face his journey to the cross. The root of courage is cour, meaning "heart." Courage is deep within us; we often find it when we most need it, when everything else has been stripped away.



INSPIRATIONAL STORY

I was asked to find an inspirational story, an inspirational life. I turned to the book shelf and thought, which one. Then I turned around and paused. Do I need to go to people I never met? Whom did I meet who inspired me? Is that a direction for finding inspiration?

One of my very first burials here in Ireland was a baby. They directed me to a hospital room and said in there you will find the mother and her deceased child. I expected a small coffin or at least a bed in which the baby would rest but saw on entering a young woman cuddling a new born baby in her arms. I thought: Wrong room? It turns out it was the correct room but my fear of how I would encounter the Mother had given me wrong ideas. She cuddled with her child as long as she could. It was, is and always will be – her beloved child.

Another burial was a man who lost most of his years to addiction. What to say to his family? I contacted them and we prepared the funeral via phone as is the practice in these Covid-Times. The mother insisted on interrupting the conversation, which was being led by one of the deceased mans brothers, to speak to me directly. She told me what a nice and lovely person her son was, all he meant to her and what a sad ending for a life lived hard. What to say? After the funeral I said to her: You spoke very well about your son, showed the love that will always be there, as only a mother can. Four weeks later I buried his mother. At school I was good in few subjects and very weak in others, especially science. The best grades ever I had as a doctoral student was at Leuven University. Thanks to my professor. He understood how to work with me, relate to me, so that I could bring out my best. Not many did. Only then did I start achieving top grades. I dedicated my doctoral dissertation to two twin girls, both with severe Intellectual disabilities. They will never make a scientific contribution. But they always have a smile on their face for everyone! I only sometimes.

During Covid-Times I hear of grandchildren standing in front of the window with the grandparents behind and showing them pictures and giving them a wave. And of children who do this for people who do not have grandchildren.

Paul, a man from Turkey, wrote, when I am weak then I am strong. It also works the other way round. This often helps me to be patient with myself and with others.

I was asked to look for an inspirational story, an inspirational life. Well, look around you, I'm sure you have many inspirational stories of your own.

Fr Alois

JOKES

From the golf course

"I'd move heaven and earth to break 100", puffed the rookie golfer as he thrashed away at the ball in deep rough. "Try heaven", advised his playing partner. "I think you've already moved enough earth."

The other day I broke 70. That's a lot of clubs.

From the Bible

Who was the greatest financier that ever lived? – Noah, because he was able to float a company when the whole world was in liquidation.

From the Scouts

Three Boy Scouts told their scoutmaster that they had done their good deed for the day.

"What did you do, boys?" asked the scoutmaster.

"We helped an elderly neighbour across the street," they chimed in unison.

The scoutmaster looked mystified. "Did it take all three of you to do that?"

"Yes, it did," said the boys. "She didn't want to go!"

THE VALUE OF A SMILE

A smile cost nothing, but gives much.
It enriches those who receive,
Without making poorer those who give.
It takes but a moment,
But the memory of it sometimes lasts forever.
None is so rich or mighty that he can get along
without it,
And none is so poor but that he can be made rich
by it.
A smile creates happiness in the home,
Fosters good will in business,
And is the countersign of friendship.

It brings rest to the weary,
Cheer to the discouraged,
Sunshine to the sad,
And is nature's best antidote for trouble.
Yet it cannot be bought, begged, borrowed, or
stolen,
For it is something that is of no value to anyone
Until it is given away.
Some people are too tired to give you a smile.
Give them one of yours, as none needs a smile so
much as
He who has no more to give.

THOUGHT FOR THE DAY

Everything is further away than it used to be.
It is twice as far to the corner- and they have added a hill, I've noticed.
I have given up running for the bus – it leaves faster than before.
It seems to me they are making steps steeper than in the old days.
And have you noticed the smaller print they use in the newspaper and telephone books?
There is no sense in asking anyone to read aloud – everyone speaks in such a low voice that I can hardly
hear them.
The material in clothes is getting so skimpy, especially around the waist and hips.
Even people are changing, they are much younger than they used to be when I was their age.
On the other hand, people my own age are so much older than I am.
I ran into an old friend the other day and she had aged so much that she didn't recognise me.
I got thinking about the poor thing while I was combing my hair this morning and in doing so I glanced at
my reflection and would you believe, they don't make mirrors like they used to.

And one for the kids – **HEALTHY GREEN PANCAKES**

Ingredients

4 cups of spinach
2 large eggs
1 tbsp coconut oil
1 tsp vanilla extract
2 tbsp honey
½ cup of natural yoghurt
¼ cup of milk
1 ½ cups of plain flour
1 ½ tsp baking powder
½ tsp salt

Method

- Blend the first seven ingredients together in a
- blender until smooth and frothy.
- In another bowl combine flour, baking powder, and salt.
- Mix dry ingredients with green mixture until combined. Add more milk if the consistency is too thick to pour into a pancake.
- Pour batter in 1/4 cup portions onto a hot greased griddle or pan. Cook until golden on both sides.
- Serve warm with toppings of choice.

QUESTIONS FOR FR JOHN.

Dear Hiwot and Eden, thank you for your questions. I'll do my best to answer them!

Hiwot's questions:

Where did you study to become a priest?

At Mount St. Mary's, the training place for Marist priests and brothers in Hawkes Bay, New Zealand when I joined in 1974.

How long did it take you to finish your studies?

Seven years, including a year living in a community of Marists and working in a Marist secondary school in Timaru, in the South Island of NZ.

Have you lived in other countries, and if so, which was your favourite?

Now there's a story: I was born in London, England. We moved to Canada when I was 7, with my parents and two brothers and two sisters, travelling by ocean liner and train. We lived in a very small village on the prairies in Saskatchewan, where my father was the Headmaster of the school. Some children came to school on horseback from the farms around us. In the winter it was very cold. One day it was minus 40 degrees centigrade! When my brother and I carried fresh drinking water from the well if we spilt any on our leggings it froze immediately. I loved playing ice hockey and I was disappointed at first when we returned to London after four years, but soon enjoyed playing football and rugby at school.

In my last year at St. Ignatius College the Headmaster, who was a Jesuit priest, asked me what I thought I might like to do. I was very keen on soccer and we lived very close to Tottenham Hotspur's ground (in the 1960's they had a great team), so I told him I'd like to be a professional footballer! After three years at University, I knew I wasn't good enough to play professional football and volunteered to live and teach in the Solomon Islands for two years. I was sent to a small volcanic island - Uki ni Masi - that you could easily walk around in a day. There were 2 schools on the Island with children coming from many different islands and with their own languages. There were only a few secondary schools in the Solomons and some children stayed until they were 18 or 20 years old, trying to get into senior schools. The students cooked all the meals and I enjoyed working with 'the baker boys', who cooked big loaves of delicious bread every day for the 130 students, on an oven in the open air, made from an old water tank.

The Headmaster was an Anglican priest came from a farming family in New Zealand. He taught the boys how to farm the land and how to keep cattle, so that there was plenty of food - enough so that we shared the kumara (sweet potato) and meat with the other school. After just over two years on the Island, with the encouragement of some New Zealanders, I decided to visit NZ for a holiday ... well, after a year teaching in a Marist secondary school in Wellington, I applied to become a Marist and during the years of preparation that decision became stronger and more certain.

Following making my Final Vows (promises to God) and then Ordination as a priest back in England with my family and relations & friends, I taught at St. Patrick's Marist College near Wellington for 8 years, including a year of study in Boston, USA. Following those years, I was invited to join a team of 4 Marists exploring the possibility of working in the East End of London, near the first parish of the Marist Fathers in Europe outside France. This proved to be a 'step too far' for us - even though I was born only 10km. from this area, it was like another world, with the local slang, different traditions and a multi-cultural population. My

next appointment was to a parish in Sheffield in the north of England for eight years, until 1998, after which I was asked to join a team of 4 Marists to investigate work among the Lakota people in South Dakota, USA for one year.

Returning to England I spent two years in our Sidcup parish in South London and then eleven years in Hull as Parish Priest of Our Lady of Lourdes and St. Peter Chanel Church. Then the invitation came to join the community and parish at Donore Avenue - saving the best until last!! And that last sentence is my answer to your question Hiwot

Eden's questions:

What is your favourite thing about being a priest?

It's a very precious gift, as a priest, to be chosen to serve as a channel of God's love and grace - this happens through the Sacraments, prayer and being with people in all the various situations of life - the highs and the lows - of all our lives together. As a Marist I belong to a group of brothers and priests, sisters and all people who try to live like we understand Mary, the Mother of Jesus lived: we think of her as someone who was ready to do whatever God asked & who cared for others. We live & pray & share our lives together. This support is very helpful, especially in the kind of times we are living through just now.

If you were not a priest, what would you like to have been?

Maybe I answered that talking to my headmaster at school, as I wrote above!! Probably I would have liked to be a teacher and also be able to coach sport. Yet I have been able to do those things as a priest. I feel really privileged to have lived among all the people and the many different cultures to whom I have been sent.

I was in the audience when you were dancing for the Scouts fundraiser three years ago. I thought you were a great dancer, where did you learn to dance?

Ha Ha! That was a great event - all the practises and then the night with all the snow - 18th March 2018. Where did I learn to dance? At school I was a member of the "Morris Dancing group", with bells on our legs and sticks to click & clack. But the 60's were the days of the Fab4, Beatles, The Who, and the Animals: 'The House of the Rising Sun'. And of course, we had to dance when Spurs won the Double. My real teacher was my partner Nuala and the inspiration was her daughter Katie, who told us we were too serious and to have fun.

John O'Gara s.m.

RECIPES

CELEBRATE ST. PATRICK'S DAY WITH SODA FARLS!

Ingredients:

250g plain flour plus extra for dusting
½ tsp salt
1 tsp sugar
1 heaped tsp bicarbonate of soda
225ml buttermilk

Method:

- Tip flour into a large bowl and stir in salt, sugar & bicarbonate of soda.
- Make a well in the centre and pour in buttermilk. Stir to combine.
- Tip onto lightly floured surface & knead briefly.
- Roll into a roughly 20cm circle & cut into quarters.
- Heat a skillet or heavy based frying pan over a low-medium heat.
- Add the farls and cook for 8-10 minutes on each side or until golden brown & cooked through.
- Remove from heat and leave to cool in the pan for 10 minutes.
- Split open and eat warm with butter

Invitation To Become Involved In Parish Life

The St Teresa's Parish faith community is alive and active, whether in lockdown restrictions level five or back to normal parish public celebrations. Many groups and committees contribute to the organisation and continued smooth running of parish life. Below is an outline of the various groups and committees.

THE PARISH TEAM

Fr. David Corrigan SM, Fr. Alois Greiler SM, Ms. Sam Byrne Pastoral Assistant
Contact Info: Parish House 78A Donore Avenue Dublin 8. Phone 01-4542425
Website: www.donoreavenueparish.ie **Email:** info@donoreavenueparish.ie;
Facebook: Teresa Parish Donore Avenue **Twitter:** @donoreaveparish

Parish webcam:

www.donoreavenueparish.ie or through
www.mcnmedia.tv/camera/st-therese-of-the-child-Jesus.

It is also possible to access it through the link on the parish Facebook page or the parish Twitter account.

Mass schedules and the parish newsletter are also available on the parish webcam.

Sacramental Programme:

A preparation programme for First Holy Communion and Confirmation is run the parish each year.

Parish Groups

Altar Society

Parish volunteers who look after the cleaning and upkeep of the Church and Grounds, and the fresh flower arrangements that adorn the Altar and Shrines. Once a week for an hour or two.

Church Maintenance

A number of volunteers who look after the upkeep and maintenance of the physical fabric of the church and grounds.

Church Stewards assist at Masses or other events.

(Formed in response to COVID 19 to ensure a safe return to public Masses.)

Finance Committee:

Meet a number of times each year to review income over expenditure.

Produce an annual budget to take into account the projected running costs of the parish.

Set aside funds to cover maintenance issues that may arise.

Produce a balance sheet at years end.

Church Collectors / Counters:

Take up collections at weekend Masses / count record and prepare bank lodgements.

Parish Pastoral Council:

The PPC take an overview of the pastoral needs of the parish by developing a mission statement, setting out policies, goals, objectives and actions that address the Parish needs.

Parish Liturgy Committee:

Planning for the celebration of liturgy's as appropriate, and evaluate post event with a view to improving if required.

Safeguarding Committee:

Established in all Parishes to protect the interests of Children and Vulnerable Adults. This passage is taken from the Diocesan safeguarding Policy: "Changing the way we think about safeguarding. We want our diocesan and parish workers (cleric and lay) to move from thinking about safeguarding as something we have to do to something we want to do because we see it as an integral part of ministry." Information on Parish Safeguarding can be found on the safeguarding notice board at the church door

Ministers of the Word:

Read at all Masses. This is covered by a rota with a commitment of 1 weekend in 5.

Ministers of the Eucharist:

Ministers of the Eucharist assist the Priest in the distribution of Holy Communion at all Masses, they may also bring Holy Communion to those who are unable to attend Mass. This is covered by a rota with a commitment of 1 weekend in 4

Music Ministries:

Adult Choir Sunday 11am. Junior Choir Saturday 6.30pm

Musicians, along with the Liturgy committee and Parish team, plan, organise and lead music, for the celebrating of a personal event, wedding, or funeral, and to enhance the liturgies.

Baptism Team:

Support parents and God parents in their preparation for the celebration of Sacrament of Baptism, and provide support on the day.

Funeral Team:

To provide assistance along with the parish team, to the bereaved in the preparation of the funeral Mass and at the funeral itself.

Bereavement Team:

To provide after care assistance to the bereaved at any time of personal loss.

Open call:

If anyone would like to become involved with any of these groups, or would like to make a suggestion or comment we would be delighted to hear from you.

Contact Parish House:

By Phone: 01-4542425 or by Email: info@donoreavenueparish.ie;