

Askea - Bennekerry - Monthly Newsletter
September 2014

The closing date for receipt of notices / message for the newsletter is 5pm on Wed by phone to 059 91 42565 by email to office@askeaparish.ie or in person to Askea Parish Community Centre.

Askea Country Market The Market takes place in Askea Parish Centre every Friday from 10am to 12 Noon. Fresh baking, vegetables, jams, chutneys, hand crafts, eggs, fruit juices etc.

Painter / Decorator available. Great prices. Phone Shea on 085 1235606.

Experienced Carpenter Available No job too big or small. Cheap rates. Plus fits carpets and all flooring work. Contact 086 1073720.

Driving Lessons Approved Driving Instructor and RSA Registered. Contact Peter Walsh 087 6158431 or email peterwalsh01@eircom.net. Gift vouchers available.

Joe's Heating & Plumbing Services Gas and Oil boilers serviced. Fully insured. RGI. Contact 087 9281267.

Home improvements, repairs and maintenance. 087 1230108.

Slimming World in Dr O'Brien Centre, Old Dublin Road every Tuesday at 3.30pm; 5.30pm & 7.30pm. Opposite Carlow Garda Station. Contact 085 1293842.

Christian Meditation Experience: Meditation Group meets every Thursday from 7.30 to 8.30 pm at the Carlow Day Care Centre in Askea. Why not come along and try it out? No experience necessary. No charge. Contact Noel on 087 2251183.

Unique Personalised Candles Confirmation, First Communion, Christening and Wedding Candles made to order. Ideal as a gift or keepsake. Contact Nicola on 085 7796359

Weight Watchers Meetings Tuesdays: 9am in Askea Parish Centre. Wednesdays 5.15pm & 6.30pm in Seven Oaks Hotel, Athy Road; Thursdays 9am, 10.15am & 12.30pm in Dr Donal O'Brien Centre, Dublin Road.

Do you play an Instrument? Do you want to play in an Orchestra? Join now! Carlow Junior & Youth Orchestra – Contact Majella Swan 059 91 40676 email info@carlowcollegeofmusic.ie

Federation for Victim Assistance provides emotional and practical assistance to all victims of crime and traumatic incidents. Contact: 083 1201553.

Aids Partnership Africa Pens for sale in Askea Parish Centre. Proceeds go to the Aids Partnership Africa fund raising project based in Hacketstown. 8 pens for €1.

TALK IT OVER CARLOW Suicide Bereavement Support Service- a confidential free non-judgemental service available at Castlehill House Castlehill, Carlow. One to One and group service available - contact 0863364961 for appointment.

One 2 One Counselling Psychotherapy Accredited C.B.T. Therapists. Private and Confidential therapy for Individual, Couples, Child and Adolescent Counselling. Ph: 059 91 71909 or 085 160 0999.

Service for Men. Men are you concerned about your behaviour? Does abusive behaviour cause difficulties in your relationship with your partner? MEND programme is a free service operating in Carlow offering a weekly programme for men. A new programme starts shortly for detail contact: 086-8751131. www.mend.ie

Sunday School for children will be held at 12 o'clock Mass for ages 4-8 years in The Holy Family Church Askea. It will be held on the first Sunday of each month. Parents welcome to come along if child needs a little extra support.

Carlow MABS Ltd (Money Advice & Budgeting Service), 72d Tullow Street, Carlow. Tel: 076 107 2070. Free and confidential, Money Management and Advice Service. Assisting people in dealing with their existing debts and helping them to begin to manage their own resources. Community Education Programmes provided.

Pregnancy Yoga on Wednesday evenings at 7pm. Classes are small and no previous yoga experience needed. Contact Mary on 086 8900191. Mats available to borrow.

Yoga classes For Beginners and improvers. For more details contact Mary on 086 8900191 Mama and Baby Yoga suitable from 6 weeks. Promoting gentle post natal exercises for both mothers and babies.

Moving On Overcoming Depression (MOOD) – A group for relatives of those experiencing depression takes place on the first Wed of every month at 8pm in Cathedral Parish Centre, College Street, Carlow.

Al-Anon Family Groups Carlow: Support for friends and relatives affected by someone else's drinking Mon - St. Catherine's Social Services 8pm; Thurs - Askea Parish Centre 8pm. Ph: 01 8732699 www.al-anonuk.org.uk

Low Cost Counselling Service in Carlow Area. Contact 087 3910411.

BODYWHYS – 2 SUPPORT GROUPS 1st. for people with eating disorders. 2nd. for family and friends of same at 7.30 pm on Wed 1st of each month in the Cathedral Parish Centre, College St.

Senior Help Line Senior Help Line is a confidential listening service for older people provided by trained older volunteers for the price of a local call anywhere in Ireland, **LoCall 1850 440 444.**

Carlow Women's Aid 7 Old Dublin Road Carlow. Freephone 1800 444944.

Counselling Service Affordable individual counselling in Carlow. Contact Dr Ivan Kennedy 085 1473040.

Alcoholics' Anonymous Meetings take place in St Catherine's Centre, St Joseph's Road nightly on Friday, Saturday, Sunday Monday and Tuesday at 8.30pm and also on Wednesday at 1pm. Contact 087 9106179. The 'Keep it Simple' Alcoholics' Anonymous meetings take place on Wednesdays at 8.30pm and Saturdays at 11am in 46 Idrone Park, Carlow.

Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. Meetings every Mon at 7pm in Aislinn Centre, Ballyraggett Co Kilkenny. Phone 085 2191031.

Co Carlow Drugs Initiative Would you like to talk to somebody about a drug or alcohol problem? either your own or someone close to you. Contact 059 9140616 or 085 7176423.

"You are not alone" – Family Support Group for families living with drug abuse. Meetings in Askea Parish Centre on Wednesday from 5.30pm to 7.15pm. New Men's group every second Thursday of the month for those who are affected by alcohol or drugs use within the family unit. Contact 085 7872730.

Asca GFC New members of all ages welcome. Ring 0876182061

Cherish Childcare & Early Learning Centre located in Friars Green, Tullow Road are now taking bookings for Free Pre School, starting September 2014, for children aged between 3yrs 4mths & 4yrs 6mths. 059 9140886.

Candy Tours Candy Tours are a family-run company formed in 2010 providing value for money holidays and personal service from start to finish. Each Tour is personally guided by historical expert John Candy. Contact John Candy 059 91 40771 or 087 2632324. Email info@candytours.ie www.Candytours.ie

Stained Glass panels made to order for Hall doors or internal doors, lamps, mirrors etc. Enquiries to Michael at 087 6968900.

Suantraí Montessori School, Tinryland is now enrolling for September 2014. We have ECCE (free) and private places available. Suantraí takes part in the Music Generation Ireland 'Little people, Big Voices' Programme and runs weekly drama classes at no extra charge, as well as spoken Irish. We have many years' experience teaching children with Special Needs. Contact Frances on 087 9079331.

Free ECCE preschool places at Naíonra Cheatharlach Enrolment for September 2014 is underway in Carlow's Naíonra preschool through Irish. In the Naíonra a group of children come together daily for three hours of preschool activities through the medium of Irish in a pleasant, cheerful and safe environment under the guidance of qualified supervisors. Based in Graiguecullen Swimming complex. A number of free places under the ECCE Scheme are available. For full details and to register phone Lorraine on 085 7377041 or Glór Cheatharlach on 087 2857048.

Overeaters Anonymous If you have a problem with Overeating, Bulimia, Anorexia or Undereating, Overeaters Anonymous can help. OA meeting in St. Catherine's Community Center 6.30pm Thurs. More info at www.oahope.com

Baby Massage suitable from new born. Baby massage has many benefits including: · Helping to calm and soothe babies and help them to sleep better · Aid digestion and help relieve colic, wind and constipation You may also be able to claim €100 from your health insurance provider. Cost of the 5 week course is €100. For more information and bookings please contact Mary on 086 8900191

PRE-MARRIAGE COURSES The following are the dates for the Autumn Courses: Sept 12th & 13th; October 10th & 11th; November 14th & 15th

Kloyda Montessori School, Urglin Centre, Rutland, Bennekerry, now taking enrolments for September 2014. Marie O'Connor 059 91 37708. Also participating for ECCE Scheme with Free Montessori places for One year.

Chiropodist Patricia Hannon, 50 Burrin Street, Carlow. Special OAP's rates. For appointments phone 059 9143473 or 086 3648264.

Flicks Hair Stuido re opened under Jackie – Hair Stylist. Great special summer offers. Indian Head Massage & Hair treatment for only €20. For appointment phone 059 9143473.

Chiropodist Patricia Hannon attends 50 Burrin Street, Carlow – Ingrown toenails, corns, callouses, verruca etc. Phone 059 9143473 or 086 3648264.

Wedding/Funeral Music Pianist Gillian Daly available for weddings, funerals and functions. Can also provide a choice of singer, violin, flute and other instrumentalists. Contact 0851662465 gilliandaly@live.ie

Lady available to do light house work. Good reference also available. Part time. Carlow town only. Phone 083 1507550.

Fun Table Quiz in aid of Setanta Ceatharlach GAA on Friday, 19th September at 8.30pm in the Seven Oaks Hotel. Team of 4 €40.

Bespoke Fitted Kitchens & Wardrobes available from Diamond Woodcraft, Kernanstown Industrial Estate, Hacketstown Road. 059 9176873. Come visit our Showroom and discuss your requirements. Open Tuesday - Friday 9.30 am to 5pm and Saturday 9.30am to 2 pm

MEANEY CARPENTRY & HOME MAINTENANCE All jobs considered no job too big or too small all job finished to high standard. Call 086 1860809.

Study skills Talk for Parents, Presentation College Askea, Carlow, Monday 8th September 2014 at 7.30pm.

McNally Denture Clinic 4 Old Dublin Road, Carlow.

McNally Denture Clinic are now accepting Medical Card Patients. Did you know if you are in possession of a valid medical card you may be entitled to the following services - New Dentures, Denture Relines (loose dentures), Denture Repairs and Tooth Additions. If you have any queries please contact the clinic on 059 9137880.

Pregnancy Yoga on Wednesday evenings. Classes are small and no previous yoga experience needed. For queries and bookings contact Mary on 086 8900191. Mats available to borrow.

Open Door CCDP 165 The Laurels, Tullow Road invites you to join our Knitting Club. The Club is for knitters of all ages – beginners to advanced. Free of charge. Join us on Wednesdays from 10am to 12 noon in Open Door CCDP. We have wool, needles, patterns, competitions and a lot of fun! For more information and to book your place please contact Ana at 086 8249195.

CARLOW PIONEER Family Fun Table Quiz will be held at 8pm on Friday 12 September, 2014 in Askea Parish Community Centre, Carlow. Valuable trophies and raffle prizes. All are welcome. Tables of 4 €10.

Fusion F1 Festival of Fun

Come join and support local boy Jordan Hennessy and his fellow teammates of Fusion F1 Matt Cullen and Tadhg Downey, an F1 in Schools team hailing from Presentation College, Carlow, for a Weekend Festival of Fun, Saturday Sept 13th / Sunday 14th Sept. The boys recently won the National Junior F1 in Schools title (involving Business, IT, Project Management and Engineering) and will now be competing at the World championships in Abu Dhabi this November, representing Carlow on the World Stage. They are fundraising for project costs including materials for car and pit display, team merchandise, competition fees and travel & accommodation costs. The fun will begin on Saturday 13th September with a Coffee Morning, kindly hosted at Siopa Glás, Ballon from 10am to 3pm and will be followed that night at 8pm by a Massive Variety Concert in the Presentation College, Carlow which will feature a host of local talent and special guest appearances throughout the night. Tickets can be purchased from the School office in Presentation College or Post Office Hacketstown (adults €10 children €5). The weekend of fun will be rounded off the next day with the "Big Bounce". This event, sponsored kindly by Scats Bouncing Castles, will also be held in Presentation College Carlow from 1pm to 6pm with a huge variety of bouncing castles / obstacle courses and slides and will feature Ireland's tallest bouncing slide and the latest craze "Bubble Football". So come join these 3 budding engineers and help support them on their journey to the F1 in Schools World Finals.

Used Clothing Collection

– Fusion F1 Team - Presentation College Carlow are collecting used clothing, shoes, belts, handbags, linens and household textiles etc. (No duvets or pillows), Soft toys e.g. Teddys, Books are accepted but no schoolbooks (text or copy) magazines or diaries and no household bric a brac. Bags of clothing can be left into the school between Monday 15th and Thursday 18th September during school hours and up until 4.00 pm on Friday 19th September. WHERE POSSIBLE PLEASE DONATE AT LEAST 3+ BAGS – THIS REALLY DOES RAISE MUCH NEEDED FUNDS FOR OUR TEAM. Please keep mobile phones and laptops (must be intact with power lead) in a separate bag. Further details contact 086 055365.

Silver Surfer Awards 2014 – Closing Date 5th October!

Google and Age Action have joined forces once again to search for Ireland's top Silver Surfers. The Awards celebrate and showcase older peoples' use of the internet and technology. We would be delighted if you would consider putting this notification in your next newsletter or indeed forward it to any groups in your parish including The Active Retirement Group that train older people how to use computers and technology. This year we are looking for enthusiastic people over the age of 50 who have an interesting story to share about how they use their computer and the internet and who will become a role model to inspire more older people to embrace technology. We are calling on people across Ireland to nominate a friend, neighbour or relative who uses technology for pleasure or as a way to enhance the quality of their life. This is the sixth year of the awards and there are five award categories as follows: The public can nominate someone for an award by filling in a form online at www.ageaction.ie/silversurfer or by phoning Anne-Marie on 01 475 6989. I have also attached a nomination form that can be printed off. The closing date for nominations is Sunday 5th October 2014. The five award categories are: Google Silver Surfer Award An older person who embraces the Internet or technology with a sense of fun and adventure; New to IT Award A person over the age of 50 who is new to technology and has overcome challenges to become an IT user; Hobbies on the Net Award An older person who uses the Internet to pursue their passion or hobby or who uses IT for communication and social networking; IT Tutor(s) of the Year An individual or group of any age who provides voluntary support to older learners; Golden IT Award An individual over the age of 80 who uses technology to enhance their life. Great Prizes! Winners of each award will receive a Chrome Book. Contact: Anne Marie Walsh, Silver Surfer Event Manager Age Action Ireland Ltd | 30 Lr Camden Street | Dublin 2. Tel: 01 4756989 | Fax: 01 4756011 | Email: silversurfer@ageaction.ie | Website: www.ageaction.ie.

ÉIRE ÓG LOTTO WINNING NO's Mon Sept 1st ...13 18 21 29... No Jackpot Winner...3 x Match 3s...R. Bradley c/o P. Horohan, Jim Slattery c/o Hugh Kelly, Jimmy Slattery c/o Joe Doyle...Next week's Match 3 win or share...€150 Tickets may be purchased from the Club and Riverside Stores in Hanover. NEXT WEEK'S JACKPOT €6,650. Draw takes place every Monday night in Teach Asca at 9.00pm. Éire Óg presents 'Strictly Fun Dancing' in the Woodford Dolmen Hotel, Carlow on Saturday Sept 27th 2014. Doors open @ 6.30pm and the show starts at 8pm sharp. Door Prize and Raffle. Tickets €20 contact club office @ 9143951 BINGO every Thursday night starting at 8.30pm with our Jackpot standing at €500 this week and also starting a new one... Live band music every Sat night with no cover charge.

Aspiro – Ireland's leading choir for children & young people – classes resume Tuesday 9th September. Limited number of places available in all groups for interested new members. New Aspiro initiative for Pre-School age 3+ starting in September - contact info@aspirochoir.ie

Talk It Over hosts "Participate in Life ~ Try it out day" Sunday 7th September Eire og 2-5pm FREE admission. A day of activities and information stands for everyone young and old, Live demonstrations, Zumba karate, Irish dancing. Weaving, spinning wood turning, Photography nail painting Reiki. Bouncy slide for the kids. Please help us to raise awareness and help prevent Suicide for more information. Please contact Noelle 086 3554684.

Tracey Holmes Benefit Night supporting suicide awareness, Sept 19th, Carpenters Lounge, Carlow Town, 8pm - late. Big John's 90's/00's karaoke & disco with raffle, door prize & 90's dress up! Tickets €5, contact: 0857070009 or Facebook page: Tracey Holmes memorial fund.

Carlow Active Retirement next monthly meeting on September 10th in Cathedral Parish Centre, Carlow at 2.30pm. new members always welcome .

Memorial Mass
The Memorial Mass in remembrance of all patients who have passed away in St. Luke's General Hospital in the year September 1st 2013 to 30th August 2014 will take place in St. Canice's Church, Kilkenny on Tuesday 14th October at 7.30 pm. Refreshments will be served after Mass.

House to let in Tinryland area. Phone 085- 7373212

SEAN-NÓS DANCING CLASSES: A course of 8 lessons in Sean-Nós Dancing will be held in Carlow Town Hurling Club on Tuesdays commencing 16th September. Class for children at 5pm, adult beginners at 6pm and intermediate level at 7pm. Teacher is champion dancer Irene Cunningham. Course fee is €40 for adults and €20 for children/students. Enquiries to 087 2857048, 085 1340047.

Home Instead Senior Care provides care for Individual's in your community to help them live Independently at home. We are also running a FREE Dementia workshop for your community. These workshops offer families practical advice on caring for a loved one with Alzheimer's or other dementia. 087-6615400 to book a place.

Fun Table Quiz in aid of Setanta Ceatharlach GAA on Friday, 19th September at 8.30pm in the Seven Oaks Hotel. Team of 4 €40.

ORAL IRISH FOR JUNIOR AND LEAVING CERTS

Afterschool Oral Irish Circles for Junior and Leaving Cert students will be held in the New Oak Community Centre from 4.30-5.30pm. The junior group for students in 1st - 3rd year will meet on Tuesdays commencing 23rd Sept while the senior group for 4th - 6th years will meet on Wednesdays commencing 24th Sept. Fee for the term until Christmas is €20. For full details and to register contact Glór Cheatharlach, Sráid an Choláiste, Ceatharlach. 059/9158105, 085/1340047 or email

emma@glorcheatharlach.ie

Carlow Library: Schools are back and Autumn beckons! Your library has lots of books to help with a new course, a new project or just a little unwinding time; come in and have a look around.

Carlow PPN Information

Evening; Calling all Community groups to hear about a new approach to ensure that they have their say in Local Government
· Carlow, Wednesday 17th September – 7.30pm, St. Catherine's Community Services Centre; Bagenalstown, 18th September- 7.30pm, Bagenalstown Family Resource Centre. For further information please contact: Margaret Moore, Carlow County Council at mmoore@carlowcoco.ie and 059-9136201

Welcome to September on Lough Derg

Lough Derg continues to offer a sacred space during September – an oasis of calm from the pressures & challenges of life. One Day Retreats are available on September 2, 6, 9, 10, 13, 14, 15, 16, 20 & 21 (Fasting or walking bare-footed is not required). Booking Essential. For further information contact Maureen or Sharon Tel: 071 9861518
Email:info@loughderg.org

Rotary Club Fashion

Show in aid of local Charities on Wednesday 24th September in Seven Oaks Hotel at 8pm. Interval Act: Moments performed by Delta Players. Subscription €15. Tickets available from Carlow Day Care Centre or on the door on the night.

Carlow Regional Youth

Services in partnership with Music Generation Carlow are running lessons in guitar and drums for young people aged 8 -18 at the Vault, Burrin St., Carlow. Lessons are affordable and taught on a small group basis by qualified music tutors. There is a registration day at the Vault, Burrin St. on Saturday 13th September from 12-1pm. For more details contact Paul at 085 7897279 or 059 9164757

The '83 Bridge Club will resume on Wednesday 10th September in Reddy's Hotel at 7.30pm. New members welcome.

Carlow County Museum

Carlow's oldest working building, St Laserian's Cathedral in Old Leighlin is hosting a Festival Weekend from Fri 12th – Sun 14th September. The Lady Chapel in St Laserian's Cathedral was recently restored. The building is a medieval gem with construction beginning in the 12th century and in 1111AD Leighlin was constituted a diocese. There are many great events organised for the weekend for all ages and interests. Of particular interest to is the Sat 13th Sept from 2pm - 5pm when an afternoon of the history, archaeology and conservation will take place. 'St Laserian's Cathedral - history, restoration & renewal' will feature a range of speakers including Margaret Quinlan, Canon Patrick Harvey, Dave Pollack & Dr. Linda Doran. Adm€10. Bookings and info from the Dean, 087 – 2767562 or dean.leighlin@gmail.com.

Chess Sessions for Junior players will start on Tuesday 9th September in Askea Parish Centre at 6.45pm and will continue throughout the Autumn and Winter. Sessions will last one hour. Beginners will be very welcome.

For Sale: Electric Stair Lift – 14 step (straight) as new. With remote control. Price on request. Very reasonable. Phone 086 8101701.

Balloon Release for “Suicide Prevention”

Balloon release in Carlow Town Park on 10th September at 8pm. Balloons on sale in News World, Dublin Street (Opposite Supermacs). Balloons cost €1 each.

Pianist / Organist

available for Weddings, Funerals, Masses, Receptions. Contact 085 1796713.

Mick Byrne Landscaping –

Garden Design, Lawns Laid and General Garden Maintenance Contact 086 3994185.

Asca GFC Juvenile training continues every Wednesday at 7pm in the Presentation College - ring 0876182061. Win tickets to the All Ireland Hurling final by guessing the score of Dublin V Donegal - contact anyone in Asca GFC.

Aspiro – Ireland’s leading choir for children & young people – classes resume Tuesday 9th September. Limited number of places available in all groups for interested new members. New Aspiro initiative for Pre-School age 3+ starting in September - contact info@aspirochoir.ie.

CHILDMINDER Needing caring, reliable Childminder in the Palatine Area to collect school aged child from school 2 days a week and mind in child’s own home. Driving ability is essential. Contact:-087 7784541

Carer of The Year and & Young Carer of the Year nominations are closing 19th September so if you know of any local Carers who you’d like to nominate get in touch with us at our centre: The Carers Association, Unit 1, Springhill Clinic, Waterford Road, Kilkenny or call 056 7721424

The Marie Cashin School Of Dance Classes every Saturday in Eire Og Club House. New term starts on Sat 13th Sept. Various dance styles, singing and lots of fun! Ages 5-19yrs. For more information ring Marie Cashin on: 086-1654740 or www.facebook.com/Groups/MarieCashinDance

County Carlow Women's Network with the Support of the Carlow Local Sports Partnership are offering a 6 week cycling programme for Women of all ages around Carlow starting on Monday Sept 15th at 10am – cost €35 which includes bike hire and instruction. No experience necessary. Contact Olive on 087 6165690 to reserve your place as limited numbers available.

Carlow Choral Society

Rehearsals resuming Monday 8th of September at 7.45pm in Carlow Cathedral Parish Centre. New members are most welcome. Only a love of singing is required. Come along and try it out. Contact us on 0879422608, by email: carlowchoralsociety@gmail.com. Find us on Facebook and at www.carlowchoralsociety.com

Autism Partnership – Share Your Voice

Are you a parent, sibling or a supporter of a teenager or adult with an Autism Spectrum Disorder? If so please come to our meeting in Bagenalstown Family Resource Centre, Moneybeg, Royal Oak Road, Bagenalstown, Co. Carlow at 11am Thursday, 11th September 2014. The aim of the meeting is to establish an Autism forum for parents, families & supporters with representation on the Autism Partnership for Carlow, Kilkenny & South Tipperary; to influence person-centred and family-focused initiatives for school leavers and adults with Autism Spectrum Disorder. If you wish to get further details please contact:- Mary Mulrooney, H.S.E. & Autism Partnership at P:056-7712883 e: mary.mulrooney@hse.ie; Gina Delaney, The Carers Association P:056.7721424 e; gdelaney@carersireland.com

For Sale – big bags of fire kindling. Contact 059 91 32405.

CARLOW SPEECH AND

DRAMA STUDIO CELEBRATES
25 YEARS IN BUSINESS 1989-2014.
Mary Doyle L.G.S.M. L.L.C.M. "The
Crossings", Quinagh, Carlow.
ORAL COMMUNICATIONS, PUBLIC
SPEAKING, INTERVIEW
TECHNIQUES AND PRESENTATION
SKILLS. Reminder to all students
of Speech and Drama 2014. NEW
TERM RESUMES: Sept 22nd Mon,
23rd Tues & 24th Thurs Times are
3:15 (junior) 4:15(Intermediate) &
5:15(seniors) Please confirm re-
enrolment. Adult voice coaching
classes are available privately

"A good speaking voice is a very
light rucksack to carry on life's
journey"

Enquiries to PH: 059 9142338
MOB: 087 6821295
EMAIL: marydixer@yahoo.co.uk

Catherine's Motivation Club

with Catherine Coady starts on
Tuesday 9th September in New
Oak Community Centre at 7.30pm.
Cost of 8 week sessions paid on
registration. For further info: 085
2868661 or email
cathcoady50@gmail.com Find me
on Facebook.

Dance Classes: Social Beginners –
6 week dance course commencing
Thursday 18th September from
8pm to 9pm and Dance Fit
"Operation Danceformation"
Latin, Salsa, Jive, Mix Course 9pm
to 10pm at the Academy of Dance,
Carlow. Quick Step, Old Time
Waltz, Jive, etc. Registration and
course payment on the night. No
Partner required. Get fit and learn
to dance for that special occasion.
Absolute Beginner. Great fun for
all. For information phone Fiona
087 2727315.

Adult Session Group

beings in Bolton School of Music
on Wed 10th Sept form 8pm to
9pm. All welcome. Contact
Yvonne 087 2623613.

New Oak Boys FC Lotto
Results from draw dated 31st
August 2014. No Jackpot Winner
Numbers drawn were 08,18,19,21
Lucky Dip winner was Lexi Doyle
and Sellers Prize was won by
Darren Cooney - they both win
€25. Next week's Lotto Jackpot is
€2400. Draw takes place every
Sunday at 4.00pm in New Oak
Boys FC Clubhouse. Tickets are on
sale from all players and
committee members and also at
the club on match days.

PALATINE GAA FUN RUN / WALK

A lot of planning has gone in to the preparations for Pal
10K/ 5K/ races plus 5K walk which will take place on next
Sunday 14th September. We hope that there will be
good support from the parish – especially from the
casual walkers who can set their own pace. The Garda
Traffic Corps will be in attendance to control traffic and
the Order of Malta will be present with their ambulance
just in case someone trips and gets a scratch! We hope
everyone has a pleasant day and refreshments will be
available afterwards in the clubhouse as well as a supply
of water at the start and again on the Link Road during
the exercise.

We appeal to everyone taking part to be careful on the
road – especially on the Hacketstown Rd stretch - so
walking in twos is recommended for safety sake. All the
junctions will be manned by stewards in high viz jackets
The subscription for walkers is €10,(€20 for a family),
€20 for 10K (€15 early bird rate), €15 for 5K (€12.50 early
bird rate). Entries will be accepted in the Clubhouse after
Mass on the Sunday to ensure so that the events can
start on time at 2-30 pm as arranged. Please take part
and feel much better afterwards - even if your energy
levels have dropped!

CALENDAR

Monday 8th:-**The Birthday of the Virgin Mary**

Tuesday 9th:-**St. Ciaran** was born in Roscommon around 512. He came to Clonmacnois in January 545 where he founded a monastery which was to become one of the most renowned in Europe. He died at the age of 33 while the monastery was still been built.

Friday 12th:-**St Ailbe** is sometimes claimed as one of the pre-Patrician saints but the annals note his death as 528. A tradition held that he went to Rome and was ordained bishop by the Pope. He founded the monastery of Emly which became very important in Munster. A 9th century Rule bears his name.

Saturday 13th:-**St John Chrysostom** 347-407, one of the four great Greek Doctors. The 'Golden Mouthed' preacher, was Archbishop of Constantinople. He incurred much opposition and died in exile. Patron saint of preachers.

My Parents kept me from children who were rough

My parents kept me from children who were rough
and who threw words like stones and who wore torn clothes.
Their thighs showed through rags. They ran in the street
And climbed cliffs and stripped by the country streams.
I feared more than tigers their muscles like iron
And their jerking hands and their knees tight on my arms.
I feared the salt coarse pointing of those boys
Who copied my lisp behind me on the road.
They were lithe, they sprang out behind hedges
Like dogs to bark at our world. They threw mud
And I looked another way, pretending to smile,
I longed to forgive them, yet they never smiled.

Stephen Spender

Blackberry Picking

Late August, given heavy rain and sun
For a full week, the blackberries would ripen.
At first, just one, a glossy purple clot
Among others, red, green, hard as a knot.
You ate that first one and its flesh was sweet
Like thickened wine: summer's blood was in it
Leaving stains upon the tongue and lust for
Picking. Then red ones inked up and that hunger
Sent us out with milk cans, pea tins, jam-pots
Where briars scratched and wet grass bleached our boots.
Round hayfields, cornfields and potato-drills
We trekked and picked until the cans were full
Until the tinkling bottom had been covered
With green ones, and on top big dark blobs burned
Like a plate of eyes. Our hands were peppered
With thorn pricks, our palms sticky as Bluebeard's.
We hoarded the fresh berries in the byre.
But when the bath was filled we found a fur,
A rat-grey fungus, glutting on our cache.
The juice was stinking too. Once off the bush
The fruit fermented, the sweet flesh would turn sour.
I always felt like crying. It wasn't fair
That all the lovely canfuls smelt of rot.
Each year I hoped they'd keep, knew they would not.

Seamus Heaney

