

CARRIGROHANE UNION OF PARISHES

St Peter's, Carrigrohane
St Senan's, Inniscarra
Church of the Resurrection, Blarney
The Carraig Centre, Ballincollig

www.cupcork.ie
021-4877260

October 2020



Youth at CUP...

After a frustrating summer where we were unable to run some planned activities, it has been great to be able to restart our regular groups, albeit with changed formats and COVID suitable set ups.

We are able to meet if we are moved to COVID levels 3 and 4, with strict protocols in place. The youth programme would need to stop face-to-face group meetings in level 5. *This is based on guidance from the Department of Children and Youth Affairs.*

You may already know Katie is taking parental leave this term, and after an advert and interviews, **Sarah Hockey** has been appointed, on a part-time basis in Katie's place to help run the various activities this term.



Sunday PM - Our *Youth Bible study* this half term is running a series called 'How's Your Heart?' where we are looking at some old testament characters and how they pursue God on a heart level.

Our group is small at the moment with 10-15 of us gathering, but remains an encouraging time of building faith.

Our Friday night youth cafe for secondary school age youth met

for the first time on Fri 25th Sep, which was good. This term the talks are based around 'the promises of Jesus'. Dates for the term ahead are: October 16th, November 13th, December 4th.



For kids in 4th-6th class, Glow is running 7-9pm, and meeting on Oct 2nd, Oct 23rd, Nov 20th and Dec 11th.

Excitingly, we are running a strong Growing Leaders cohort this year, with 11 young people signing up for the course. It will look quite different this year, without the usual weekend away residential, but we are looking forward to building the discipleship and leadership capacity of this group.



Mat

A Church Pastoral Aid Society prayer to use during a vacancy:

Heavenly Father, we thank you for the ministry of Ian, our previous Rector, and we pray your presence and blessing upon him.

We ask now that you will help us to share responsibility, grow in faith, love one another, care for those in need, reach out to others, and welcome newcomers.

Lord Jesus, guard and grow this church as we serve you together in this period of vacancy.

Please guide those who are seeking the right minister for us, and those who are seeking the right church for their ministry, that together we may discover your way for the future and see your kingdom grow. Amen.

From Ian: *Thank you!*

In fact, a month of thanks as each Sunday in July, farewells and gratitude were extended to myself and Gail on behalf of each congregation, culminating in my last Sunday with the United Celebration in the Carraig Centre on the 2nd August. Not to forget either, those who participated online and social media. And finally, with the picnic at St Peter's field when it was possible to see many of you in person.

From Gail and myself, thank you for being there and to those involved with making it all happen, including the joy of worship, even though gagged, which was so enriching. God's courts cannot be silenced!

We can only say we are humbled by the abundance of your kindness. We were blown away by your generous cheque. The thought and hard work that went into the presentation gifts of the photo album of the last 11 years in Carrigrohane Union. The volume called a "Snapshot of Ministry" from my college days, through the different places of service over a 40 year period. These and so many gifts we are truly grateful for.

It is invidious to single out one gift, but I do so because it was so surprising and yet so apt – the plaque "Garran Gail" affixed to the wall in St Peter's field where around the perimeter the eco group have planted tree saplings to grow into a grove – the Garran in Irish. While no doubt my name will be recorded for posterity in church records, Gail's name is recorded in celebration of the quiet maturity and warmth which she brings to everyone: steady, protecting, and nourishing.

We have both been carried on a tide of love into our new life. We cherish the many words of affirmation spoken, and the written cards and letters of good wishes and prayer for the future. It has been a wave of love, flowing from Carrigrohane Union to Kilgarriffe Union, the diocese of Cork, Cloyne and Ross, and other places near and far.

Since I have been penning these words, I see from my window the tide has turned in the estuary of Kenmare bay. The sea's relentless tides have receded to reveal muddy mounds and rivulets. The vista changes in minutes. In the ebb and flow of life we are privileged to have been enriched by so many people and places. It is still the same and we are enjoying our new life and being a blessing wherever and to whoever we can for Christ's glory.

Please be assured of our prayer for yourselves with thanksgiving for the community of individuals that you are. To God be glory in the Church and in Christ Jesus.

Love and prayers,

Ian and Gail.

PS:

we now live on the edge of Kenmare town and would love to see you if you are in the area. Our address can be obtained from the Carrigrohane Union office (Nb: allowing for Covid 19 guidelines).

“Alpha is a way to explore what we hunger after - meaning and intimacy and relationship... In a very non-pressed, non-judgemental environment.”
- Bear Grylls
host of “Man vs Wild”.

Alpha



The new roadmap for COVID-19 recovery in Ireland has been released, and while it does give us some sense of where we are going with the autumn upon us, for many

challenges remain. Schools are back with all the hopes and worries that entails for so many. How are you coping with all the stresses and strains of the uncertain times? Maybe now is a good time as the evenings draw in to see if you can make sense of things with us in a safe place using the Alpha Course?

We offer a place of trust and respect for differing views, a place of conversation about the big questions of life, a place to explore the role of faith and find hope through it all. The Alpha course (www.Alphaireland.ie) has been run millions of times throughout the world, including here in Ireland, and millions have found it a great starting point to find some answers to those big questions. How much more is it needed now! While Alpha suggests a framework based on the Christian perspective, any and all opinions are welcome!

We will be hosting an on-line version using Zoom for those who prefer to stay isolated due to the prevailing COVID challenges. This has proved very successful and fulfilling for those who have already tried it.

A typical evening starts with a welcome to all, followed by a 25-30 minute video exploring in dynamic, globally orientated fashion the basics of Christian faith, and then we break into small groups on-line for discussion of any issues that arise from the video or anything else that is relevant to you in these times we live in.

The course is free, starts Thursday October 8th at 7.30 PM and is open to adults of all faiths and none. Further info and book a place from Theresa at 087 221 2551 or theresacurrancronin@gmail.com or The Carraig Centre 021 487 7260. Please register on: www.cupcork.ie/alphacourse.

A link will be sent to you for the Zoom sessions.

Online via zoom
Register now!
www.cupcork.ie/alphacourse

My “new normal” is I’m stressed out worrying - how do I find some peace?

If there is a God, why did he allow COVID to happen?

Honest conversations for uncertain times

Try Alpha – Starts online on Thursday October 8th at 7.30 for 10 weeks
www.cupcork.ie/alphacourse

Alpha

Everything is changing all the time, what can I rely on anymore?

I’m not sure what I believe anymore, but I feel like something is missing?

The Carraig Centre – Lights, Camera, Action!

With the autumn getting well underway now The Carraig Centre is a hive of activity. During late August we had a big flurry of activity as word got around that while schools and other public meeting spaces were closing to all but their primary focus activities, we were still open to new rentals. The activities now booked in offer comfort and hope to a wide section of Ballincollig.

The current round of COVID-19 restrictions recognises that social interactions are essential for us all and must be balanced against COVID risk and economic activity. Here in The Carraig Centre we are delighted to see activities starting up to address the social interaction people desperately need while strictly adhering to COVID-19 regulations in the newly fitted out, spacious, well ventilated building on Old Fort Road in Ballincollig.

In addition to the regular restricted access playground offering which was very popular all summer, we now welcome Baby Sensory Cork, Toddler Sense Cork, Little Fine Artists, Buzzi BounceBox, Mini Musicians, YMCA Ballincollig, Konfident Kidz Ltd, Together-Razem Centre and music lessons from Lydia Thorpe as regular weekly groups in The Carraig Centre, all of whom provide a range of services to meet children's social and cultural needs. Bricks 4 Kidz and Nutty Scientists Kerry Cork Limerick will be with us as well over the school break, God willing!

We are also delighted to host Enable Ireland as they develop their Ballincollig community hub with up to six of their service users at a time coming in with their staff, Slimming World Ballincollig with Sandy Vaughan, the Cork Education and Training Board providing adult education services and an interdenominational Alpha Course, all available for the adults among us. Safety first for all our guests is of first importance, but within the constraints, activities promoting mental health for ourselves and our families are important too!

The construction snag list is 99% complete and the kitchen is finally complete in its equipment and though current COVID restrictions do not permit us to use it for wider hospitality, it is serving its purpose for our regular clients. The garden is also taking shape with great work being done on the raised beds.

A great part of having this lovely space to use is the ability to bring more of the CUP community together for Sunday worship. We are of course restricted to 50 in the main Hall but with judicious overflow arrangements we have accommodated up to 70 in a combination of Hall, Playroom and Lobby, demonstrating the flexibility of the spaces.

Where would we be with a terrific number of volunteers doing reception duty, odd jobs around the place, sorting out the kitchen, gardening and grass cutting, cleaning, making signs, welcoming the strangers, showing people around, youth activities, audio-visual setup, setting up governance, organisation and legal documentation, and much more! The Carraig Centre could not function without you! You are too many to name, but I am so grateful for your support and help over the last months. The same goes, of course, for the staff too, who have given well beyond the call of duty, ensuring that everything happens and covering for each other in times of absence or stress! If



the
carraig
centre
building hope together

anyone would like to join the volunteer receptionist rota...please get in touch! **Bill Lane**

CALENDAR

Sunday 4 October

9.30 am - St Peter's, Carrigrohane – Morning Prayer (and on-line)

11 am – The Carraig Centre, Ballincollig – Harvest United Celebration (and on-line)

Sunday 11 October

9.30 am - St Peter's, Carrigrohane (and on-line)

11 am – The Carraig Centre – Sunday AM (and on-line)

11 am – St. Senan's, Inniscarra

Sunday 18 October

9.30 am - St Peter's, Carrigrohane (and on-line)

11 am – The Carraig Centre, Ballincollig – Sunday AM (and on-line)

11 am – The Church of the Resurrection, Blarney

Sunday 25 October

9.30 am - St Peter's, Carrigrohane (and on-line)

11 am – The Carraig Centre, Ballincollig – Sunday AM (and on-line)

11 am – St. Senan's, Inniscarra

Sunday 1 November

9.30 am - St Peter's, Carrigrohane – Morning Prayer (and on-line)

11 am – The Carraig Centre, Ballincollig – United Celebration (and on-line)

Monday 2 November

8 pm – Select Vestry meeting in The Carraig Centre, Ballincollig

- For the Inniscarra services – please let Andrew know by email inniscarra@cupcork.ie if you plan to attend.
- For Sunday AM services in The Carraig Centre book 'tickets' online- www.cupcork.ie/hall
- Blarney & St Peter's will simply be a first come, first served basis, with approximately 20-30 people allowed in Blarney and 38 in St Peter's.

Thanks to everyone volunteering to serve as Wardens and on Select Vestry for this year, and as our parish reps on Diocesan Synod and as Parochial Nominators for the next three years:

Wardens: St Peter's: Rector's – Laurel Watts; People's – Jane Moffatt
Blarney: Rector's – April Gunn; People's – Richard Bolster
St Senan's: Rector's – Andrew Watson; People's – Richard Wood
Glebe Wardens: Robert Devoy & Paddy Heron

Select Vestry Members: Sylvia Bolster, Christopher Hockey, Cian Jenkinson, Janice Healy Bird (Treasurer), Doug Venn, Bill Lane, Ivan McMahan, Marion Murphy, Liz Kenning, Michael Kenning, Daniel Wardle, Jessie Kindler

Diocesan Synod (8 places): Cian Jenkinson, Robert Devoy, Richard Wood, Mary Venables, Matt Gould, Jane Moffatt, Laurel Watts, Ted Rea

Supplementals: Mel Harris, Cian McKeown, Andrew Watson

Parochial Nominators: Bill Lane, Ivan McMahan, Sarah Hockey, Mel Harris,

St. Peter's

Congregation meeting

On Wednesday 14th October we're inviting all those who regularly worship in St. Peter's Church to come along to a meeting 7.30-8.30pm in St. Peter's, in person if possible but if restrictions do not allow, we may find an on-line alternative. At this meeting Robert Ferris will be updating the congregation on parish work at the moment, Chuck and Ivan will update the meeting about the St. Peter's Vision & working group. Robert will set the context of a conversation about Sunday Mornings and Christmas ideas.

Certainly there are uncertainties! - Monthly Update from Robert

Well October is here, with all of its uncertainties.

I find myself writing two versions of this month's letter with two separate monthly schedules of services because I'm waiting to hear from the government if there will be a shut down of Church services. And now I've just heard the great news that...

Cork hasn't been upgraded to level 3 this week, so therefore we can meet as usual.

Now that we know that we're able to open – the Harvest Service will be able to take place in the Carraig centre at 11 am.

With the government's plan for living with COVID-19 on the wall in the office in Carraig Centre we're abiding by all restrictions - if we get to level 3 at some point in the future some activities will still be able to take place.

- The Prayer space in the Carraig Centre will still be open for private prayer - please do let us know if you would like to come around via phone 021 4877260
- The playground will still be open & bookable via phone 021 4877260
- Some of this groups that use the building will still be able to operate whilst others will not
- Our youth group will be able to work under the strict guidelines contained the government department of Children and Youth Affairs guidance (see front page)
- The office will still be open
- I'm around for conversations via phone / video call 085 1800720
- Funeral numbers will be reduced to 25 people
- The Alpha Course will take place on-line

Whilst others will not be able to take place

- Most notably our Sunday morning services - these will revert to online
- Bible study groups in person

In all of this we are working hard to maintain pastoral care, preaching and prayer.

I have recently come across this rainbow graphic - a great reminder when we are making decisions and communicating that we're wanting to keep everyone safe and also being kind with our words and actions in these times This is going to be vital - no matter what lies ahead.

The next months, whilst we go through this strange time, are going to be testing but as we've been reminded so many times - together we will come through and there are brighter days ahead.



• STAY SAFE • BE KIND •

This theme of Hope is going to be important now more than ever. That hope is something which is expressed not simply through 'nice thoughts' but is actually also very practical - through our actions and our words as we share hope with each other.

I am delighted that as a parish we have the Carraig parish and Community Centre at this time to enable the community to come together at such a time as this. **Robert**

COVID Preventative Measures – Update from Robert

One of my many hats during these days have been co-ordinator of the Covid preventative measures - this is one I take extremely seriously and I want to thank everyone for their co-operation on all of this.

*Firstly I want to say a great big thank you - to the church wardens & Bill Lane for all of the work they have done to ensure compliance in so many different ways - many parishioners have been remarking to me that coming to church not only is safe but feels safe - this is also a great credit to every single person who has helped with marking out the churches, pavements, worn the masks, abided by the 2m markings, sanitised their hands, cleaned and put up with the strangeness in the not singing etc - **THANK YOU ALL!***

We cannot and will not be letting down our guard, and there will always be more to do - This is going to be a strange winter, but we need to keep going and staying safe and being kind to each other.

Singing in church services:

*One of the things which is striking at the moment is the pressure on each of us to keep each other safe – and one of my priorities in this regard is figuring out what is allowed and not allowed. One of the areas where we have been treading gently has been the issue of **singing in church**. This is not a decision which has been made lightly - it is a difficult one and I'm very happy to chat through this with anyone in the parish about a particular service. Could I please ask that people who would like to talk about this issue - come to me individually rather than speak to the musicians / wardens - as this is a COVID preventative matter rather than a personal choice.*

Personally, I'm soooo looking forward to a time when we can sing again - but at present we're having to make these difficult decisions which I'm making to ensure everyone's safety as singing is a particular risk factor.

Congregational singing is not allowed at present in this diocese.

The decision which we have made in this regard is a risk preventative measure and has been made to safeguard us all. In many Church of Ireland churches there is no music whatsoever at this time. The decisions in regard to music in services in each of our buildings are being made in regard to space, instruments used, building layout, airflow as well as particular personal issues which I am privy to, as well as many other factors.



CRITiCALL Cork is a new initiative to support people emerging from domestic violence circumstances, many of which have been compounded by the Covid-19 pandemic. The initiative was launched in Dublin and is now being replicated in Cork City & County.

Domestic violence services are always running on a shoestring budget. We want to ensure that when people are ready to make the courageous step to leave an abusive situation that we have every resource at hand to support them in their recovery and pathway to a new, safe life.

You can help by purchasing needed items and delivering them to the designated drop-off point (***in Ballincollig this is The Carraig Centre – organised through the Mothers' Union in Cork, Cloyne & Ross!***).

Donations will then go directly to one of the domestic abuse support services in Cork.

CRITiCALL Cork is a collaboration between Cork Volunteer Centre and Safe Ireland (which has 6 members: Good Shepherd Cork – Edel House, Cuanlee Refuge, OSS Cork, Mná Feasa, West Cork Women Against Violence & Y.A.N.A. (You are not alone)).

The Carraig Centre has opened a donations box and would be happy to take:

- Personal hygiene kits including items like shampoo, conditioner, soap, toothbrush etc; as well as sanitary wear, toilet rolls etc
- Home hygiene kits including cleaning products, laundry products, and accompanying brushes, sponges, etc
- Sets of new towels
- PPE - reusable/washable facemasks, disposable facemasks, plastic aprons, disposable gloves, hand sanitiser for families, keyworkers and child support workers.

These items may be included in the donations to the United Harvest Celebration in The Carraig Centre on Sunday 4 October at 11 am – and at any time later!

PARKING AT THE CARRAIG CENTRE!

Please note...When the regular car park is full, we may still use our own spaces on the vacant 'tenant' end of the building. We may also use any parking that's free on the street along the side of TCC – 'our' side of the road. The opposite side of the road is parking that's just for residents of the flats (clamping in operation!). We have also committed NOT to park in the housing estate beside us – but at the weekends and evenings there's plenty of parking on the roadside and down the side streets.

PARISH CONTACTS AND OFFICE HOURS:

The Parish Office is closed Mondays and open on: Tuesdays, Thursdays & Fridays from 9.30 am – 12.30 pm; and Wednesdays 9.30 am – 5.30 pm. Phone: 4877260 - office@cupcork.ie

Associate Minister: Robert Ferris – 4516620 - robert@cupcork.ie

Youth Worker: Matt Gould – 085-1080067 - youth@cupcork.ie

WEBSITE: www.cupcork.ie & find us on Facebook!