

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

September 2021

From Robert's Desk

Dear Parishioners & Friends

*You're
Invited!!*

September is here ... and hopefully we're seeing a bit of easing in the restrictions - over the next few months we're going to be seeing the fulfilment of many months of hard work by many people within the parish.

Invitations! There are many invitations with this letter ...

The Garden is looking beautiful and bearing much fruit - if you would like to pop in and see it do give us a ring and we'll find a time for you to see it - I'd personally love to show you around if I'm around

Alpha Course - Bill has written a comprehensive article for this - please do read it - I'd love to see our Alpha Course bursting at the seams - If you've done an Alpha course before please do invite a friend to come along - this is going to be our major outreach venture this Autumn


Get Involved in Serving - I'd love to invite you to consider getting involved in the parish this new term - there are all sorts of things to get involved with - and many different ways to serve.

Praying - This is the most basic, profound invitation - please do pray for the work in the parish - at home.

Giving - Along with this magazine you'll receive an invitation from the Hon Secretary and Hon Treasurer of the Select Vestry and myself, asking if you would consider your giving and to partner with us as we look to sustain and grow ministry within the parish. Thank you for taking time to consider this very important aspect of our common life together. Thank you for your generous support. If you would like to discuss how to get involved you can speak to Patsy Devoy in the parish office, drop donations in at our Harvest Festival offering basket or at the Carraig Centre 9.30 - 5 any day of the week.

The thing about invitations is that they can be responded to or put on a shelf and ignored - I wonder which of these would you like to pick up and respond to?

Robert



A Quiet Day at St Senan's

I suspect your days are not that much different than mine. There are places to go, many things to do, people we need to see. From the

moment we wake

in the morning until we finally fall into bed at night our day has been filled with activity and conversations. Our life can be like a jar of river water with the sediment all in suspension hiding what is true about our inner life.

In the midst of our busy day it is easy to lose track of our soul. Friends ask how are you? Ah we're grand we reply. But are we really grand? During a recent day at St Senan's, a group from the parish entered into the quiet to ask that question. It was not a day for teaching. Nor a day for talking to one another. It was a day to being quiet and reflect on how we are, how we've experienced the pandemic, how we feel about re-emerging into something more familiar. It was a time of listening to ourselves and listening for the voice of God. For many it was a new experience. It was welcome and refreshing for some of us. It was uncomfortable for others. Being alone with ourselves can be hard. It can feel like we're doing nothing. Silence and solitude with inactivity is not our usual day.

At the end of the day each of us had our own unique experience. Being quiet allows the river water to settle out. The sediment falls to the bottom. We see something that might have been hidden before. For some it was a joyful realization of God's care and blessing during this pandemic. For others an awareness of hardship and pain came to their mind. For those willing to stop long enough and be quiet enough there is often new insight about ourselves, decisions to be made, relationships that need to be mended, changes to make in our lives. In the quiet we can hear better. The words of Psalm 46 come to mind. "Be still and know that God is God." Like Elijah in 1 Kings 19 we hear the gentle whisper of God.

It is our hope and plan to provide these quiet days on a regular rhythm. It's good for our soul. It's good for our life with God. It's good for our life with one another.

Chuck

New Holy Communion Table for the Carraig Centre - a work in progress

We are really excited about seeing the final product. As a parish we have commissioned a custom-made Holy Communion Table to be created by Anthony Aylward as the lead designer and craftsman. Tony Farrell did the turning. It is a thing of beauty here are some photos of the construction process so far!



Figure 1- The Prototype



Staffing update:

At time of press we are hopeful that we may be able to fill the vacancy of Curate / Associate minister – please continue to pray for God's guidance in this process. We are currently advertising for Church Army Lead Evangelist during September – we do hope to have more details in next Edition of Connect.

We are also working with SECAD to hopefully successfully employ a part-time Caretaker in the Carraig Centre on a community employment scheme who will also work in the Parish Centre on Church Hill

COVID GUIDANCE Reframing the Challenge, Continuing Our Recovery and Reconnecting

On Tuesday 31st August An taoiseach delivered a televised address to the nation outlining the next phase of easing restrictions around the country. This is very much welcomed and we look forward to implementing the recommendations in the coming weeks and months ahead.

In an email to us on this topic Bishop Paul reminds all parishes

“It is important, I believe, from that speech, to emphasise:

- ***that the pandemic is not over;***
- *that restrictions are being eased from 6th September;*
- *that we are moving '...to an approach primarily defined by public health advice, personal behaviour, judgement and responsibility';*
- *that 'With this Delta variant in particular, great uncertainties remain and we need to continue to be careful';*
- *that 'We will need to stick to the basics of hand hygiene, cough etiquette and keeping our distance';*
- *that 'We need to be stringent in making sure that if we have any symptoms, we self isolate and get tested'; and*
- *that our healthcare settings face a difficult winter.”*

The document which is available on gov.ie – Speaks about religious Services which can proceed with up to 50% capacity whilst other safeguards remain in place – Physical Distancing, Face Covering, Contact Tracing, Hand Sanitisation etc.

So... What this means for us in practice at Sunday Services is that nothing much will change in the short term.

We will continue to take advice about singing, music etc and will update you in due course.

20th September will hopefully see **groups** beginning to use our indoor spaces again – I will be speaking to group leaders individually about this as the document outlines 2 options dependant upon vaccination status or mixed status which will involve pods. Group / activity leaders will communicate this to members in due course.

I will be looking at the possibilities of Outdoor Refreshments after 6th September with church wardens and the Sunday AM team – Under strict guidelines to reduce risk etc

Sectoral Guidance is coming – for Youth & Kids ministry groups - We will keep everyone informed as we go.

Regards Robert

Worship in Carrigrohane Union of Parishes

For links to online services – check out www.cupcork.ie/hall

Date	St Peter's, Carrigrohane (also on-line)	The Carraig Centre, Ballincollig (also on-line)	St Senan's, Inniscarra	The Church of the Resurrection, Blarney
5 September	9.30 am Holy Communion	11 am United Celebration		7.00 pm – re:fresh service
12 September	9.30 am Morning Prayer	11 am (Holy Communion) with Adventurers	11 am Holy Communion	11 am <i>A Service of the Word</i>
19 September	9.30 am Holy Communion with baptism	11 am Sunday AM with Adventurers		11 am Holy Communion
26 September	9.30 am Morning Prayer	11 am Sunday AM (Holy Communion) with Adventurers	11 am Morning Prayer	11 am <i>A Service of the Word</i>
3 October			9.30 am, 11 am 2.30 pm, 7.30 pm UNITED HARVEST CELEBRATION & PARISH GIFT DAY	

The **United Harvest Celebration** will be in St Senan's, Inniscarra on 3 October. This is also our **Parish Gift Day**. Because of Covid restrictions still in place – there will be four different opportunities to book into a service (the same service will be at four times during the day!)

There will be a booking system through our website: www.cupcork.ie/harvest.

We also hope and plan to record one of the services to upload later to YouTube and Facebook, so everyone can join with us in the thanksgiving – even if they can't attend a service in person.

If you don't attend a service but would like to enjoy the decoration of the church and bring gifts or donations, Robert will be there all day to welcome you!

The prayer stations are still in the grounds, and everyone is welcome to enjoy them during the day or before or after attending a service.

People news...

We wish Nzube Mekah every blessing for his visit home to Nigeria and his new start in Dublin! See you back in Cork some-time we hope! We prayed for Nzube at Sunday AM in July before he left Cork.

Congratulations to Abigail Watson and Ian....on their engagement!



We wish Helen, James, Riadh and baby Fleury to come, many happy years in their new home in Inniscarra!



We're very glad we were able to deliver a window box to Betty Marples when she still lived in Westgate...and it went with her to St Luke's Home. We are so sorry Betty only had a month in her new home, before she died, peacefully, with her family

by her side. Her funeral was Saturday 4 September in St Peter's, Carrigrohane. We will miss Betty very much – but know she's gone to be with 'my friend, the Lord'. Our prayers are with Betty's sons, Kevin & Michael and all their families – and with all Betty's many friends.



Robert F, with Kathy and Patsy from the Adventurers team have been delivering more lovely window boxes/pots of flowers – so it's a big thank you to the **Adventurers children** for the lovely cards they made for all of us who are on the senior end of the parish, and to the Cork Council for the grant that has paid for the lovely gifts to keep us all connected in these days when we continue to see less of each other!

And **THANK YOU** for all the lovely cards and notes that have come back to the Adventurers!



It was lovely to welcome the **Mothers' Union** All Ireland President, June Butler, to St Peter's in Carrigrohane for a time of prayer before her 7 km walk to St Fin Barre's Cathedral. June, along with Hilary Dring, the Diocesan President, Deirdre Whitley, Pamela Wood and Patsy Devoy walked via the Straight Road, Lee Fields, Shakey Bridge, Fitzgerald's Park and UCC to the Cathedral for lovely cool refreshments provided by the MU of the Cathedral and midday prayers led by Rev Ted Ardis – followed by a tour of the Cathedral.

June is walking (with her little mascot!) 7 km x 3 in each of the 12 Irish Dioceses, so she called it 21 in 21 - raising money for Mums in May – the triennial fund-raising for MU in Ireland. This fund provides grant aid for MU projects across Ireland. She also



visited The Carraig Centre because of the link with Mothers' Union and Criticall – as The Carraig Centre is a collection point for gifts to be distributed to womens' refuges.

Hilary, our Cork President has already begun similar walks in the 16 parishes that have MU branches throughout Cork, Cloyne & Ross, and a few more to make 21! – also supporting the MIM fund-raising. We look forward to welcoming her to Carrigrohane Union.

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.*

Jaki & Patsy are working from home until restrictions allow a return to The Carraig Centre office.

Phone: 4877260 - office@cupcork.ie

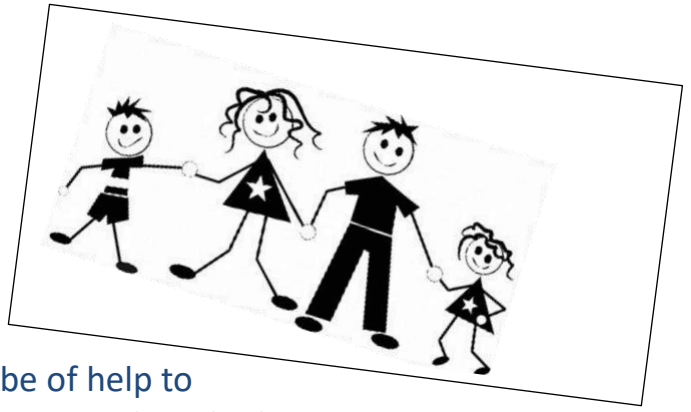
Rector: Robert Ferris – 085 1800720 - robert@cupcork.ie

Youth Workers: Matt Gould matt@cupcork.ie – 085-1080067 & Sarah hockey - sarah@cupcork.ie

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

Family Ministry

Have you ever wondered how you might help your children, pre-teens or teens, or those known to you, to connect more deeply with God?



I have just finished a course called **Parenting for Faith** which shared some tools which may be of help to you, as parents, grandparents, godparents or anyone else who has connections with children and would like to help them connect with God. These tools are not added activities but ones that are being used generally and so it is just about intentionally extending their use.

This month's tool is **creating windows**, which means creating opportunities for children to see glimpses of what your life of faith with God looks like.



So what might this be like!?

Perhaps instead of closing the door when you have your quiet time with God that you leave the door open or take your Bible to a room where your children are and let them see what you are doing.

Perhaps it is sharing how God has helped you through a difficult situation when your child is going through a tough time. It might be that you find journaling particularly helpful and ask your child if they would like to try that for themselves.

It might also be sometimes sharing how you are feeling and how you ask God to help you. It is not about sharing everything, about your life with God, with your child; some parts of that will always be private just as it will be for your child. It's about giving glimpses into your life with God which you think will most help your child deepen their relationship with him, at that particular time.

You might also like to check out

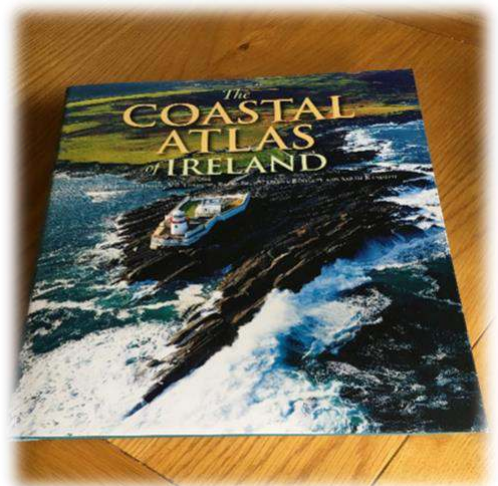
<https://parentingforfaith.org/search?keywords=creating+windows>

April Gunn

CONGRATULATIONS to Robert Devoy and Barry Brunt from the parish and to Darius Bartlett, Sarah Kandrot and Val Cummins – the editorial team for a wonderful new book about to hit the shops:

The Coastal Atlas of Ireland

The results of many years of devotion & labour!



CUP and Alpha 2020/21/22

*When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to cure diseases, ² and he sent them out to proclaim the kingdom of God and to heal the sick.
(Luke 9:1,2)*

Carrigrohane Union has had a long and fruitful relationship with the Alpha Course and Marriage Course, both from Holy Trinity Brompton in London. Over nearly 30 years, in their different ways these courses have provided refreshment of faith and relationships and have helped us engage with the wider community in a very positive manner.



Before the pandemic we were exploring ways with Alpha Ireland of growing and supporting Alpha, Alpha Youth and the related courses. We were beginning to help encourage their use throughout the country and support the energetic leadership of Theresa Cronin, Deirdre Lightbody and Miriam Lightbody, as well as seeing the development of a dedicated core of leaders and helpers.

Then the pandemic struck, and we moved Alpha on-line which proved remarkably successful, despite our many initial qualms. Perhaps relationships take longer to develop, but God is always at work, and we have been very encouraged by the faith development, interest, and commitment of our 25 participants, both in the Alpha on-line course and in our on-line follow up Post-Alpha/Growth Group with 35 members. We have seen great growth in faith in Jesus Christ and discipleship as the Holy Spirit works through the worship, teaching, prayer and discussions. We as leaders have grown and developed in numerous ways as well, not least in increasing familiarity with Zoom, but also with on-line structures and formats, and speaking styles and technique.

As we gradually emerge from many of the pandemic restrictions it seems clear that we need to also begin to move from the pandemic isolation mindset back towards the missional mindset that has always characterised Carrigrohane Union. This will be a challenging process for many as we overcome fears and hopefully develop increasing confidence in our safety. There are lots of ways that people reach out naturally themselves, but as autumn is rapidly approaching, we have formed a small group of Robert Ferris, Matt Gould, Theresa Cronin, Chuck Hohnbaum, Deirdre Lightbody and me, to look at how to expand our integration of Alpha, the related Marriage and Parenting courses and any other appropriate methods and materials into the life and mission of the Union. Theresa and Deirdre have enrolled on George Newell's Evangelist training course, and it is great to have their energy and enthusiasm to



help in this way. It is my belief that Carrigrohane Union has mission and outreach as a core part of its communal DNA and as such there will be many ways for each of us to express this as we move out of isolation. We are hoping and praying that by using the Alpha materials we can focus and sharpen the great energy and resourcefulness of CUP towards this missional field we have around us, so that CUP as a whole sees this as a cornerstone of its presence in the wider community

As part of this increased focus, we will be working more closely with Alpha Ireland and have been asked to act as a mentoring resource for groups in the wider community exploring Alpha, though in a very “light touch” manner as we learn what this means! As time goes on, we will be looking for volunteers to lead and help with CUP Alpha, Marriage and Parenting Courses which will serve in some way as examples for other churches to see so they can understand more of what is involved. Carrigrohane Union and friends are a fruitful and plentiful resource for the Kingdom of God in our day and place.

In the first week in October on Thursday 7th at 730PM, we aim to start our next Alpha at the Carraig Centre, which will most likely be a hybrid of on-line and in-person activity. The whole group will be welcomed at the beginning and then all will view the video material at the same time. The in-person groups will get a cup of tea and chat (restrictions permitting of course!) and then go to small group discussions while the on-line guests will go straight into breakout rooms for their discussion time. That is a possible scenario anyway! No doubt we will learn as we go, and the Holy Spirit will guide and direct we pray! We are hoping that several of the people who found their faith coming alive last autumn and winter will come along as helpers on this next course, perhaps bringing their friends and family as well.

We encourage everyone to start thinking of all those who might be persuaded or be interested in an Alpha course and pray for opportunities to invite them. You may find it helpful to use the Alpha prayer and invitation cards that will be available in each church.

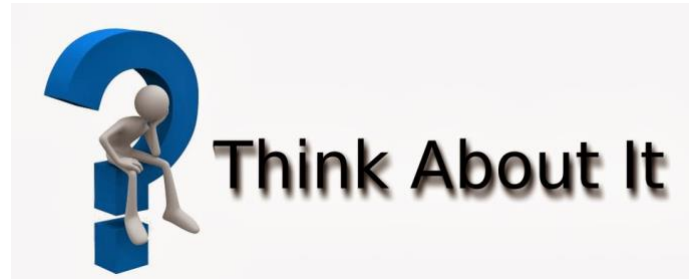
Please also pray for all involved in this initiative as well, and consider how you might find the time to be involved in a way that suits you! Places on the Alpha course need to be booked **here**, especially for the on-line version. If you would like to help in any way, please contact any of the people on the team, in person or via the office at:



021 487 7260, office@cupcork.ie.
Bill Lane

Thinking about...

- ...Baptism?
- ...Thanksgiving?
- ...Confirmation ?
- ...Renewal of Baptismal Vows?



The Church of Ireland has various ways which we mark milestones, turning points of our faith journey. In Carrigrohane Union we're delighted when such events are marked within the regular run of services.

If you are interested in finding out more about any of the above, please do get in touch with the Parish Office or the Rector.

Thinking about getting involved in the parish / wider ministry opportunities – “Jumping on-board”

September is a great time to take stock, to consider what we're doing. It is a time when many courses start, and various groups are recruiting members. It's a great 'jumping on' point for mission and ministry opportunities. In the parish there are many tasks needing done - if you are interested in finding out what opportunities exist, please do get in touch with:

- Robert Devoy - Property Maintenance
- Parish Office - Bible Study Groups
- Youth Workers - Youth Work
- April Gunn - Messy Church Team
- Bill Lane - Carraig Centre Volunteer Team
- Kathy Hohnbaum - TCC Garden
- Robert Ferris - Pastoral Opportunities / Diocesan Opportunities (Reader) / Ordination possibilities / Toddler teams / Adventurers / Other Opportunities depending upon what you would be interested in.

***If you need contact details for any of the above, please contact the
Parish Office: office@cupcork.ie or 021 4877260***

Safeguarding Trust

The Rector, Select Vestry and parish leaders are committed to upholding good practice in the Parish's ministry with children, young people and vulnerable adults. Should you have a concern or suspicion regarding child welfare in the parish please contact a member of the parish panel below or any of the statutory agencies:

Robert Ferris – 0851800720; Jane Moffatt – 0868935866; Ivan McMahon - 0868125792

Retirement in a Pandemic

July 2019: I stopped working and planned to take few months off before embarking on retirement.

I went to Africa. I spent a month almost entirely alone with only wild animals for company. It was a time of walking in the bushveld, reading, swimming, doing jigsaw puzzles and things I had never had the time for, like hot air ballooning. At night I marvelled at the moon waxing and waning, and the brightness of the stars. I awoke to African bird song at dawn. I walked the remote windy paths watching nature awake. Even in the dryness of a rainless spring, I observed the rebirth of nature as flowers blossomed and new leaves popped out on seemingly dead dry bushes. I reconnected with nature, and I experienced my God in a quiet, peaceful way.

I spent a month travelling the country seeing family and visiting friends I not seen in decades. I reconnected with those that had been so much a part of the younger African me. I was contented and at peace.

Then I came home. Home to Ballincollig, to Carrigrohane Union of Parishes and to COVID19. These forced months of isolation have allowed me to become more comfortable with my retired self and given me time to reflect on my faith and to meet daily with God.

I have been kept busy with parish activities and creative projects in the company of a succession of guide dogs in training. I have experienced a caring parish community whether it was cards and gifts from Adventurers, shared jigsaw puzzles, online and in person church services and exercise classes, numerous Zoom meetings, walks and talks and outside BBQs, garden tea parties and virtual graduations. I have had much laughter and friendship.

I give thanks that the Lord has brought me to a place where I feel safe, to a community that is caring and supportive, introduced me to people who are His people and given me time to spend with Him, to learn and to share.

I feel very blessed.

Jane Moffatt

CUP Bank Details for Standing Orders or direct lodgements:

Carrigrohane Union Select Vestry Current Account, AIB, South Mall, Cork.

Account: 21109077

IBAN: IE89 AIBK 9342 8321 1090 77

BIC: AIBKIE2D

Continued grateful thanks to everyone for generous giving to the life & work of the Parish.

Please note that any lodgements and Standing Orders that are anonymous means your generous giving can't be included in the annual Tax Reclaim that is such a great help in our annual finances. If you prefer your name not to be on the bank statements, but you are willing to let Patsy know who you are, we can do the necessary work to substantially increase the value of your gifts.



October Magazine

Please note that any articles or photographs for the September edition of Connect need to be emailed to patsy@cupcork.ie or left in the Parish office by 13th September 2021.

It is hoped that we might be able to have Connect Newsletters available on the First Sunday of each Month – hard copy and email/website.

Youth Update

We've had a great time over the the past few months gathering for our "Summer Glow" (4th-6th class) and "Summer Glow MAX" (secondary school every Friday for outdoor activities. These guys stuck it out in all weathers- showing up clad in rain gear one week and slathered in sunscreen ready for a water fight the next! Thank you so much to Conor, Charlotte, Cian, April, Grace and Chris for helping throughout the summer -Matt and Sarah Louise



We're looking forward to this new term of activities for the youth programme- With current restrictions changing so frequently we're not planning too far in advance but for September we'll be having:

4th -6th Class Primary School Glow 7-9pm Friday 17th September

1st-6th Years (Teens) Glow MAX 7:30-9:30pm

Friday 3rd September Friday 24th September MOVE AT Event
Friday 10th September 7:30-9:30 and Sunday 12th September
Afternoon and evening (exact time TBC)

Some may remember the MOVE conference that a number of our young people attended in Kildare a few years ago. While the large scale in-person conference couldn't go ahead at the moment, MOVE AT is an experience created by CIY (Christ in Youth), Scripture Union and NUA designed for youth groups to run 'AT' whatever place works for them.



This year we'll be looking at some accounts from the Gospel of John, exploring how Jesus is for ALL, for YOU, for US and FOREVER! For more information please do contact Sarah Louise (sarah@cupcork.ie) or Matt (matt@cupcork.ie)



For any newcomers!

We have lots of things about to happen!

The way we keep in touch is via our website www.cupcork.ie

Via the magazine – if you would like to register to get our magazine simply let the office know – office@cupcork.ie or ring 021 4877260

Via email update – you can register for our email update – www.cupcork.ie and there is a registration box on the home page!

We have various **whatsapp groups** – please do let us know if you would like to be part of those!

If you would like to join a **home bible study group** – please let the office know

If you would like to join our forthcoming alpha course – register via website www.cupcork.ie/alpha-course

If you are **recently arrived** in the parish – Robert our Rector would love to welcome you & have a cuppa & chat – please do get in touch with him 0851800720 or email robert@cupcork.ie

If you need any information whatsoever please do get in touch with us.



Church Army Centre of Mission – Cork, Ireland

The Carraig Parish & Community Centre CLG in partnership with the Church Army is seeking to appoint a Community Leader/Lead Evangelist to help develop The Carraig Centre (TCC) in Ballincollig Cork.

TCC is a new initiative by Carrigrohane Union of Parishes in the United Dioceses of Cork, Cloyne and Ross which, while providing a base for existing parish activities, new community groups, it will also provide a space for developing fresh expressions of church in the local community.

The person will work closely with a team of volunteers, staff and the Clergy team. As this post is partly funded by the Church Army, applicants must either be a commissioned Church Army Evangelist or have completed their Church Army Evangelist training.

We hope that the successful applicant will take up this role as soon as possible. For more details or to request an application pack, please contact Bill Lane.

Email: bill@carraigcentre.ie

Informal exploratory conversations & arranged visits are welcome & actively encouraged.

Closing date for receipt of applications: 12 Noon Friday 17th Sept 2021.
Interviews: Late September.
Carraig Centre

UNITED HARVEST CELEBRATION & PARISH GIFT DAY

ST SENAN'S CHURCH INNISCARRA

Sunday 3rd October

9.30 am, 11 am, 2.30 pm, 7.30 pm

**Booking will be required – www.cupcork.ie/harvest
open from mid September**

You're invited to explore life's big questions

Alpha is a place to explore
the Christian faith with others.

Alpha is a series of interactive sessions
exploring life, faith and meaning.

No pressure. No charge. No follow up

The course will run both online and in person
at the Carriag Centre, Ballincollig

Register and more info at
www.cupcork.ie/alpha-course

Begins thurs October 7th at 7.30pm

Try Alpha



**Why am I here?
Does God exist?
What's my purpose?**

