



CARRIGROHANE UNION OF PARISHES

St Peter's, Carrigrohane

St Senan's, Inniscarra

The Church of the Resurrection, Blarney

The Carraig Centre, Ballincollig

www.cupcork.ie



NOVEMBER 2022

PARISH CONTACTS AND OFFICE HOURS

Rector: Rev Robert Ferris 085 1800720 Robert@cupcork.ie

Associate Minister: Rev Abigail Sines Abigail@cupcork.ie

Community leader & Lead Evangelist: Matt Gould 085 1080067
matt@carraigcentre.ie

Pioneer Evangelist & Youth Worker: Sarah Louise Hockey 085 2774346
sarahlouise@cupcork.ie

TCC Bookings Manager: Bill Lane bill@carraigcentre.ie

The Carraig Centre reception: Monday to Friday 9am—5pm

The Parish Office: Monday to Friday 9.30am—1.30pm

Phone: 4877260 office@cupcork.ie

Parish Administrator: Deirdre@cupcork.ie

Parish Secretary: Jaki@cupcork.ie

Finance Officer: Mary@cupcork.ie

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

New to the parish ?

If you are new to the Parish or if any of your details have changed (e.g address, phone Number etc. please let the parish office know. Contact details are above.

Parishioners in Hospital ?

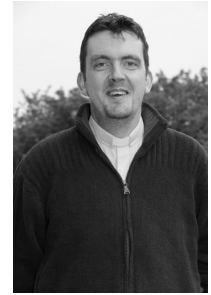
We can no longer be certain hospitals will provide us with notifications of parishioners who have been admitted to hospital. If you or any parishioner you may know is in hospital, please let the office know and a visit by the relevant chaplain will be arranged..

Email Update ?

Each Friday we send out a message to all parishioners who have signed up—if you would like to get this please sign up on our website homepage or contact the office.

From Robert's Desk!

Dear Friends



As the nights close in and the leaves fall from the trees it is clear that the seasons are a-changing. This Autumn and winter are clearly going to be difficult for many as the **cost of living** continues to rise with fuel prices and electric bills on the way up.

As a Church we are very aware of the pressures on people and want wherever possible to be able to help out where we can. We do have access to various grant bodies which might be able to help—so please if we can point people to help and assistance we're very happy to do that.

This past few months we have seen the **staff team grow** and I want to welcome **Viktor** to the team—She comes to the team to help us work alongside Ukrainian refugees. I commend her work to the parish for prayer and also practical support.

We also welcome **Aidan Kenning** who will be working in the Carraig Centre as part of his work experience for his studies – Aidan will be working on IT solutions for a number of projects in the parish.

As a parish we also want to express our sympathy to George Quinn and his family on the death of Olive whose funeral was held in St Peters on 19th October.

Robert

MELTING POT

MEET, EAT, LAUGH, TALK

IN THE CARRAIG CENTRE

WILL BE ON

THURS 15 DECEMBER AT 1PM

Christmas Festival 2022

This is our third Christmas Festival—and each one has been a little different!

WHAT'S HAPPENING THIS YEAR

A **Musical Launch** will open the Festival in The Carraig Centre on **Thursday 8 December at 8pm.**



Christmas Trees, decorated by local businesses, schools and groups, telling the Christmas Story (with a sheep hunt!) - can be explored and enjoyed on:

Fri 9 December: 10am-8pm

Sat 10 December: 10am-3pm

Sun 11 December: 1-5 pm in:

- *St Peter's Church & St Peter's Field*
- *The West Wing of the Carraig Centre*
- *The Church of the Resurrection, Blarney*



Other events in the Festival are:

Friday 9 December:

3.15pm-4.15pm All-age **Christmas Craft** session in the Church of the Resurrection, Blarney

7.30-9.30pm teenage **Glow Max** event in the Carraig Centre

Saturday 10 December

10.30am-2pm **Christmas Craft Market** in the West Wing of the Carraig Centre

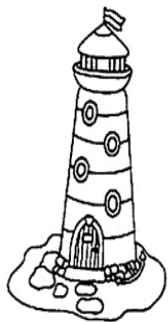
4pm & 4.30pm Live Crib in St Peter's Field, Carrigrohane

Sunday 18 December

7.30pm Community Carol Service in St Senan's Inniscarra



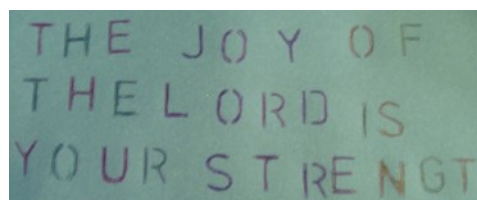
And **'pop up'** LOCAL CHOIRS



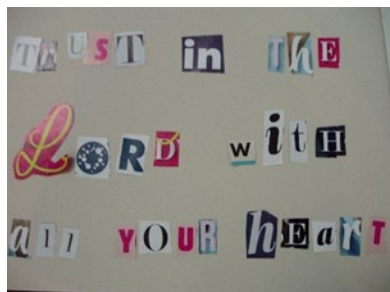
The Lighthouse—Messy Church in Blarney



On Sunday 23rd October our theme was Light. To begin there were 6 activities: icing and decorating sun, moon and star shaped biscuits as we thought about how God created light; tealight holders where glass jars were decorated with designs to remind us of how Jesus' light is with us always; science – lighting a bulb where circuits were built to light a bulb to remind us how we are to shine our light out into the world; stars where glow-in-the-dark stars were displayed to look at and to think about how we reflect God light; stained-glass window decorations were created while thinking about the beauty of the colours God created; and the Bible as Light where bible verse pictures were created using letter cut from magazines or a stencil.



During the Celebration there was time to sing, listen to the story and pray. During the prayer-time we thought of places in the world where God's light needs to shine and we lit candles. The families were then encouraged to bring the candle home and to continue to pray.



The afternoon finished with time to chat as we ate curry and cake and saw the photos that had been taken during the activities.

The dates for the 'The Lighthouse' for the rest of this term are:
Sunday 27th November and **18th December 3.30-5.30pm**
when our themes will be Advent and Christmas
Do come along and join in the fun and learning, while we praise and worship God. All are welcome.

The Lighthouse team are looking for new members. Do you enjoy being with children and their families? If so, then this may be an area where you might like to serve. If anyone is interested, please contact April at lighthouse@cupcork.ie.

YO CUPDATE TH

Glow:

We were delighted to get back to Glow with our 4th-6th Class group! An evening of excitement and activity with 'people bingo,' baking, crafts, a lot of running around and time to discuss "Who is Jesus?"



Glow Max:

We began the Glow Max term with an extremely messy treat! It was wonderful to welcome some of our new first years to the group and spend time catching up with each other as well as having time to think about the Character of Jesus as we continue our "Nua" Series. (Nua is a video resource from Scripture Union that encourages questions, acknowledges doubt and offers an engaging perspective on the Christian faith).



Sunday PM:

We've returned to our Sunday PM rhythm as well, meeting 2 Sunday afternoons a month. This term we're thinking about Biblical Justice in relation to Climate Change. We spent time cooking together using (as) local (as possible) and seasonal produce and thinking about other ways we as a group can respond- watch this space!



Youth Dates for November:

-Annual CDYC (Cork Diocesan Youth Council) Table Quiz on **Sat 5th** at 7.30pm (Secondary school aged)

-**Glow** (4th-6th Class): 7-9 TCC, Friday 18th Nov

-**Glow Max** (Secondary School aged) TCC, Overnighter at TCC for the Toyshow! Starting 7:30pm, Friday 25th November
Finishing up Saturday 26th morning with pick up at McDonald's Carpark from 10:30am.

-**Sunday PM** (Secondary School aged) Bible discussion



Confirmation



Over the Autumn Robert will be compiling a list of those wishing to be confirmed—both adults and young people. If you would like to be confirmed, please let Deirdre in the office know and we will be in touch about classes in due course.

Welcome To Viktoria Tymoshchuk, our new Ukrainian Network and Activity Facilitator!

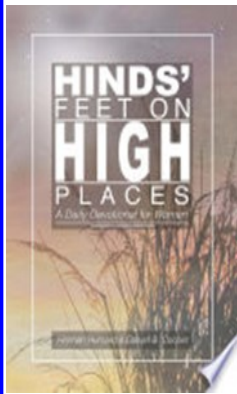
With thanks to the Community Foundation for Ireland, we have been able to appoint Vika to this important part time role in helping the Ukrainian community around Cork city to settle well here in Ireland, as the war in Ukraine continues.



Viktoria will be spending 15 hour per week liaising with the Ukraine community here to help facilitate activities that help towards their social needs. This could be helping with housing matching, offering English classes, linking with parents in toddler groups, and other activities along the way. Watch out for a new choir in the coming weeks!

Please do pray for her work in the coming months, helping to find suitable accommodation for those who need it, and helping others settle into Cork life, in and beyond the Carraig Centre, and CUP Cork more generally...

"Hinds' Feet in High Places" by Hannah Hurnard.



Fear stops us from being all that we can be and doing all that we're called to do. It's easier to sit tight and hope for the best than to learn the secret of victorious living. When we accept that our loving Shepherd is in control and we are not, we can learn to accept the daily circumstances of our lives that are permitted by God by laying down our own will and accepting His as is presented in the form of the people and events of our everyday lives. Every acceptance and every surrender of ourselves to His will takes us further to the High Places of love, joy and victory. This is where our Chief Shepherd wants to bring each of us in every age and stage of life. This beautiful allegorical story inspired me to trust Him with the twists and turns of everyday life.

Hinds' Feet on High Places is based on Habakkuk 3:19 and traces the journey of the orphan girl Much-Afraid, who escapes from the clutches of her relatives and ventures out with the Chief Shepherd of the Village up to the High Places, where she is healed by love. Born into distressing circumstances and forced to live with two physical disabilities that hinder her ability to walk and to speak clearly or smile, Much-Afraid wants nothing more than to be physically healed and to be given "hinds' feet" in order to venture into the mountains and follow the Shepherd during his journeys up to the High Places, far above the troubles and strife found in the Valley of Humiliation.

She encounters the Shepherd, who leads her to the foot of the nearby mountains to begin her journey. Provided with two traveling companions, Sorrow and Suffering, Much-Afraid starts off on the path that will lead her up to the High Places and, so she hopes, to the fulfilment of her heart's desire. Along the way she must overcome natural disasters, geographical and circumstantial hardships, and worst of all, the attacks of various relatives – Self-pity, Resentment, Bitterness and Pride, who attempt to knock her off the Shepherd's path and bring her back to the Valley with them for good.

Learning to embrace Sorrow and Suffering, who never leave her side, Much-Afraid comes to a deep maturity during her travels, continuously learning how to submit her own will to that of the Shepherd, and even comes to embrace Sorrow and Suffering as friends as they prove to be most reliable and comforting guides. The tests and trials she experiences along the way, the pain she endures and her interactions with Sorrow and Suffering are the reason she is able to persevere and ultimately gain mastery of the fears that have continued to trouble her. She discovers that the long and arduous path she was given to walk was all in preparation for her new life of healing and transformation and was necessary for her to gain a renewed sense of self. Given the gift of a new life, Much-Afraid is also given a new name by the Shepherd: Grace and Glory. Along with her companions, Joy and Peace - formerly Sorrow and Suffering, she determines to set out for the Valley of Humiliation to draw others to the High Places and into the love of the Shepherd within the Kingdom of Love.

This book helped me to understand that Jesus, our Chief Shepherd wants us to live in joy and peace despite the sorrow and suffering of life. We don't have to be afraid, just trust him and keep pushing through the trouble and we will see his grace and glory to such an extent, we might even identify ourselves by it.

Deirdre Lightbody

Monday Moments and Tuesday Toddlers in Blarney

Time has flown very quickly since arriving in September! It has been great getting to know so many new people (the repetition of names is still much appreciated!) and to get a sense of the life in the parish community. It's also been great to be here when there is such a sense of re-building (from the effects of the pandemic) and looking ahead to discern God's direction in mission and ministry.

At the Church of the Resurrection in Blarney this has been unfolding in two ways: with the re-starting of one well-loved and in-demand activity, and with plans to experiment with something new. There has been much excitement as we have re-engaged with the **Blarney Toddlers** team and look ahead to re-starting that group on **Tuesday, 8 November**, 10.00-Noon. Moving with the times (and to manage numbers), pre-registration via Eventbrite will be required: <https://www.eventbrite.com/o/blarney-toddlers-54748615273>, with registration for each session opening on the Thursday prior. We are looking forward to once again offering a warm welcome and friendship to young children and their carers week by week.

We're also going to be trying something new in the months of November and December. From **Monday, 7 November**, the Church of the Resurrection will be open for prayer and as a drop-in between 9.00 AM and 12:15 PM. We're calling it **Monday Moments** and it will include a short morning prayer from 9-9:15 am, an open time from 9:15 - 11:45 am to drop-in for a quiet moment, for curious visitors, for prayer, or for a chat and a cuppa (we may even be able to manage a few biscuits!). At the conclusion of the drop-in time there will be a short mid-day prayer service, around the themes of peace and healing. If you are coming and going through Blarney on a Monday feel free to stop by! If you know someone in Blarney who could use a quiet moment or a bit of chat on a Monday, send them our way! If you would like to be part of this ministry of offering a prayerful presence in the church at the centre of the village—then do get in touch (abigail@cupcork.ie)! If there is interest we can extend the day, or consider other days or times during the week in which to have the church open in this way.



*Starting Monday, 7 November,
feel free to drop in!*

MONDAY MOMENTS

Church of the Resurrection

9.00-9.15 am
Morning Prayer

9.30-11.45 am
Drop in for a quiet moment to
yourself, to write down a prayer
request in our prayer diary,
or a cup of tea and a chat

12.00-12.15
Prayers for peace and healing

All welcome!

Diocesan News

There has been a lot of news from the diocese this month with many events taking place— <https://churchofirelandcork.com/>

Saint Mary's Collegiate Church celebrates 800 years



St. Mary's Collegiate Church, in the heart of Youghal, is one of the oldest parish churches still in use in Ireland. This year its parishioners, as well as the Diocese of Cork, Cloyne and Ross and the wider Church of Ireland are celebrating 802 years of continuous worship at the church, stretching right back to its foundation in 1220.

Celebrating 150 Years Saint Luke's Home, Cork

On Tuesday, 18th October, The Feast of St Luke, a Diocesan Service of Thanksgiving to mark the Sesquicentenary of the Foundation of Saint Luke's Home, Cork in 1872 was held at Saint Fin Barre's Cathedral, Cork. Saint Luke's is a voluntary organisation under the patronage of the Church of Ireland in Cork, Cloyne and Ross, and the Right Rev. Dr Paul Colton, Bishop of Cork, Cloyne and Ross serves as President. The Home provides residential, respite and day care services for older people, with an emphasis on Alzheimer care and other forms of Dementia.



300 years St. Annes Shandon

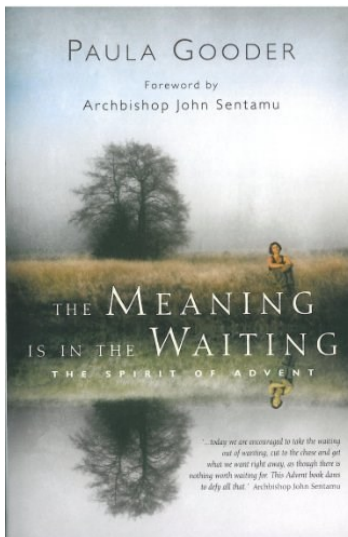
The Tercentenary Celebrations of the Parish Church of Saint Anne, Shandon culminated in a Service of Thanksgiving on Sunday, 2nd October 2022. The Bishop of Cork, Cloyne and Ross, the Right Rev. Dr Paul Colton presided over the service, which was led by the Priest-in-Charge, the Rev. Meghan Farr. Dr Paula Gooder, Canon Chancellor of Saint Paul's

Cathedral, London and renowned preacher and New Testament Scholar, preached at the service.

Advent

The last Sunday of November sees the beginning of Advent—the season in the Church’s year when we make preparatiuons for the coming of Christ. This year there are a couple of things which we will be doing.

Some of us will be gathering in St. Finbarre’s Cathedral for the Advent procession on Monday 28 November at 3.30pm. This service is a lovely way to begin the season.



A while back as a parish we had the opportunity to read various books together as a parish. I am hoping to re-start this. This Advent season I hope that some of us will be able to read **Paula Gooder’s book The Meaning is In the Waiting**

Its theme is overtly an Advent one, yet subsequent books will range over other biblical and seasonal topics. Paula Gooder provides a profoundly biblical guide to the season of Advent and we explore its central theme of waiting (something we are not good at in our modern culture) in the company of the biblical characters who feature prominently in the lectionary readings for the season: Abraham and Sarah who waited for a child, Isaiah and the prophets who waited for judgement and redemption, John the Baptist whose role was to wait in the wilderness until the prophecies he foretold were realised, Mary whose waiting began in pregnancy and continued as she stood at the foot of the cross. Arranged for daily reading, this offers an exquisite meditation on the spirituality of waiting - the active doing of nothing - as a way of enhancing our lives and bringing us closer to God.

Copies can be found on Kindle or via Carraig Centre for €10

From the Registers

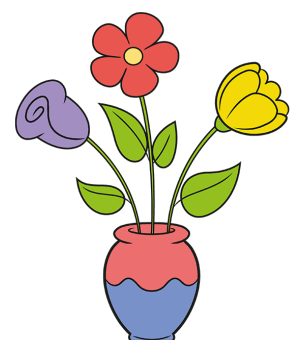
Deaths

15th October 2022 Olive Quinn



Flower Rota

Volunteers are always welcome to be added to the flower rota’s in our churches and also at the Carraig Centre. If you are able to help please let the office / wardens know. Parishioners may wish to mark a birthday or anniversary by placing flowers in the churches. Do let us know.



Parish Organisations / Events

You will see below the list of our parish organisations and their various details. For further information and contact details please contact the parish office—0214877260

Children/Young People

National School Age

Adventurers—Sunday AM @ the Carraig Centre

Secondary School Age

Glow Max

Sunday PM

Adults

Bible Studies

Alpha Course

Ladies Guild / Mothers Union

Quiet Days

St Senan's Community



Getting involved

We want to highlight many opportunities for service and engagement in the parish.

- Welcome Teams at Sunday AM (Tea/Coffee, Welcome)
- Prayer & Reader Rota in Blarney, Inniscarra & St. Peter's
- Helping with Holy Communion in all of our worship Spaces
- Volunteer opportunities at the Carraig Centre & Youth work
- Toddler Teams in Blarney & Carraig Centre
- Lighthouse / Messy Church Teams
- Practical work around the Carraig Centre & various venues

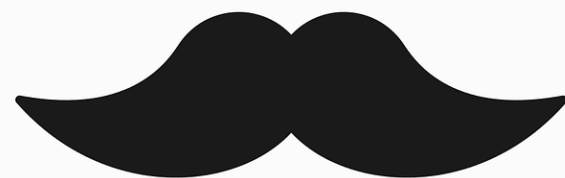
If you would like to find out any more information please let Deirdre at office@cupcork.ie know and she can point you in the right direction.

Any of the teams above which are working with children have an application process which will require Garda Vetting, Training, references and Interview with our safeguarding panel.

The first port of call for anyone interested is to contact the office and we can have an initial chat with a member of the team.

Movember Appeal

Men's Health does matter
by Ted Rea (Parishioner &
Diocesan Reader)



MOVEMBER

At the end of November I am going to have a hair cut,- some would say I should have done a long time since!

My friend Tom and myself will face the dreaded event towards the end of November. I'll get a No 2 cut and he is going for a head shave.

I intended to support the 'Movember appeal' which is promoting men's health particularly during the month of November, the work in mental health, suicide prevention, prostate cancer, and testicular cancer, has never been more important, and they are never needed more.

I have been fortunate to have come through life relatively unscathed other than isome minor bruises and scratches, so now If I can help my fellow Brother, I will gladly do so.

'Movember' fundraisers are a global community of fired up Mo Bros and Mo Sisters – aka rock stars making a difference in mental health and suicide prevention, prostate cancer and testicular cancer.

Women have been very successful in their approach to health care issues yet we men have a long way to catch up.

I would appeal for support, both monetary and morally.

Thank you and it is important to continue to promote the message share the message with all the men in your life not only in November but throughout the whole year. Visit the Website Movember.ie.

'MEN's HEALTH DOES MATTER'

Ted Rea.

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 – 085 1800720; Jane Moffatt – 086 8935866;

Ivan McMahon – 086 8125792

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 Deirdre know who you are, we can do the necessary work to substantially increase the value of your gifts.

Connecting With Us via Social Media

We're on Facebook—facebook.com/cupcork

We're also on Youtube—youtube.com/cupcork

Pastoral Visiting

It is always a great privilege for the clergy to visit parishioners in their homes. If you would like to request a clergy visit, please telephone the Rector (085 1800720) or Parish Office on 0214877260

Don't Forget—The Deadline for Connect Newsletter is the 15th of the month—Please leave any articles in the Parish Office post-box or send them to the Connect Newsletter email
connect@cupcork.ie

Calendar for November



November 2022 Sunday Worship

in

Carrigrohane Union of Parishes

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

Date	St Peter's Carrigrohane	The Carraig Centre, Ballincollig	St Senan's, Inniscarra	The Church of the Resurrection,
6.11.22	9.30am Morning Prayer	11 am United Celebration		
13.11.22	9.30am Holy Communion	11am Sunday AM Holy Communion	11am Morning Prayer	11am A Service of the Word
20.11.22	9.30am Family Service	11am Sunday Am		11am Holy Communion
27.11.22	9.30am Holy Communion	11am Sunday AM	11am Holy Communion	3.30pm LIGHTHOUSE

Other Important Dates for the Diary

Monday Moments in Blarney Church starts 7th November from
9am—12.30pm

Blarney Toddlers starts back 8th November from 10am—12 noon

Sunday PM 6th November 5.30pm– 7.30pm in The Carraig Centre

Glow 18th November 7.00—9.00pm in The Carraig Centre

Glow Max 25th November 7.30-9.30pm in The Carraig Centre