



St Peter's, Carrigrohane

St Senan's, Inniscarra

The Church of the Resurrection, Blarney

The Carraig Centre, Ballincollig

www.cupcork.ie

christians
against
poverty

CAP

CAP Ireland is a Christian charity that believes no Irish person should live in financial distress. We're equipping a movement of churches to walk alongside those in financial distress whilst sharing about the fullness of life in Jesus. CAP Ireland provides the church with free practical financial tools, services, and money skills to enable financial wellbeing for their community, no matter their background or situation.

Their website is www.capireland.ie

NOVEMBER 2 023

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

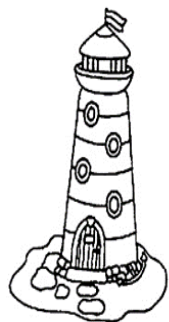
WEBSITE: www.cupcork.ie & find us on Facebook and YouTube!

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.



The Lighthouse Messy Church



The theme for October was Harvest Thanksgiving and we adapted a Messy Church session produced by Christian Aid. The session was based around the question: if God created earth with enough resources for everyone to live full and happy lives, why do so many people not have the resources to live full and happy lives? The bible story used in this session was from Luke

12: 15-24: the story of the rich farmer who built bigger barns when he produced a bumper crop.

The activities were: (1) Bigger barns junk modelling: great fun was had here with lots of barns of different sizes produced and used during the story telling. This proved to be the most popular activity. (2) We give thanks for...

collage: where a colourful collage was created of all the things for which we wanted to thank God. (3) Global connections: this looked at the idea of how everyone around the world is connected, and the choices we make are felt right around the world. (4)

Story corner: Frank and the pea stalk, an adaptation of the familiar story of Jack and the beanstalk, produced by Christian Aid, which is about climate change and its effects. Unfortunately, as we were short a leader, nobody was attracted to this activity. (5) Prayer people paper chain: here paper chains of people

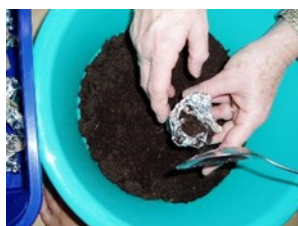
were made and decorated as we prayed for people who did not have enough food, having seen what was in a food pack for those who needed food. We used material

from the World Food programme for this. (6) Planting seeds: here a pea seed was planted to link in with the video of Esther, which we watched during story-time, who was helped by Christian Aid to grow and sell pigeon peas, which are drought resistant and so she was able to feed and educate her children and grandchildren.

After the activities we had our celebration, where we sang action songs, had our story and creative prayer times, where all fully participated. The afternoon ended with a meal for all where the menu was rice with beef stew or vegetable curry and finishing with apple-cake.

The next Lighthouse Messy Church takes place on Sunday 26th November 3.30-5.30pm in the Carraig Centre.

We are looking for more team members so if you think you might be interested, please contact April at lighthouse@cupcork.ie.



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

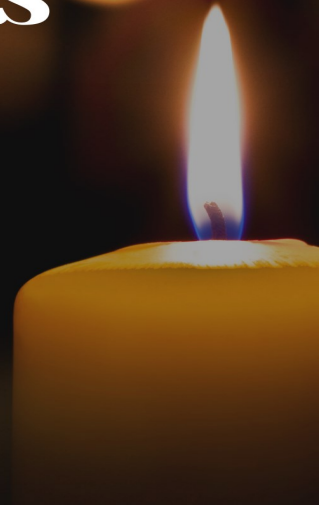
Quiet Hours
Church of the Resurrection, Blarney

Eve of All Saints' Holy Communion

**Tuesday, 31 October
8.00 PM**

**An alternative style Holy
Communion service with prayer
spaces, and prayers for
wholeness and healing**

All are welcome!



Can you help?

THE COMMUNITY TABLE

**Monday, 30 October
6:30 PM**

**Church of the Resurrection
Blarney**

**It's the season of
Harvest Thanksgiving!**

Our next Community Table is coming up!

If you can help with bringing food
to share, or as part of the
hospitality team on the night
please contact

Abigail (abigail@cupcork.ie)



**Carrigrohane
Union of Parishes**

YOUTH UPDATE



Lots of creativity this month at Glow and our youth space (yes we decorated toasters and CD's – paper is overrated!!)

It's such a joy to be able to offer our young people a space to gather, feel welcome and have a place to dig into some of the deeper questions of life. We were especially delighted to be able to invite the parents of our Glow families (4th-6th class) to drop in during our October session for tea/coffee and a chat and a chance to get to know more about what we do in CUP (Thanks Matt for hosting!).



I'm especially grateful for all those who volunteer regularly and those who are willing to be called on when we're short of leaders! Your enthusiasm and interest in the lives of our young people is such a blessing to so many. If you'd like to be involved in the youth programme in any way please do get in touch at sarahlouise@cupcork.ie – we'd love to involve the wider church family more and more in supporting our young people.

Upcoming dates:

Glow Max : 10th Nov, 8th Dec

Glow: 24th Nov, No Glow in December (But lots happening for kids and families over the Christmas season!)

Alpha youth (Sunday PM on a Saturday): 11th, 25th Nov, 9th & 23rd Dec



Getting Involved in the Parish

Over the course of this year we have welcomed many new people into the parish.

If you are one of these people, you may have questions about how things are done around here. If you do please do speak to any of the team. We'd love to show you around and help you get a sense of who we are beyond a Sunday morning.

There are lots of ways to get involved and to contribute to the life of this Union of Parishes.



Volunteers – a great big THANK YOU!

You will see elsewhere in the newsletter that the Bishop is holding a service around the theme of Lay Ministry. I want to thank all those who volunteer their time and talents in the parish in many and varied ways.

We are a busy union of parishes and there are many things that are being done and things that could be done. If you would like to find out what opportunities exist for service please get in touch with the parish office. We'd love to have a chat with you to see if there might be some area which you could help out with.

The Staffing and Volunteer Committee are currently producing a guide and handbook for our volunteers as well as surveying our current volunteers about their roles and responsibilities.

AUTUMN SERENADE

in St Peter's Church, Wednesday November 15th 2023, 7pm

with

Cork ETB School of Music Students

All welcome



From Robert's Desk!

A poem or two

During October, myself and Revd Abigail had the privilege of attending "Clergy Away Days" held this year in Rosscarberry, at the Celtic Ross Hotel. This is an annual event for all clergy in the Diocese. Bishop Paul Colton invites a speaker to help us think on a particular theme. This year was to my mind a very helpful and timely reflective piece on how to lead in a world without maps. The Archbishop of York, Stephen Cottrell helpfully presented various images to help – Compass, River, Orchestra and Garden.



During the sessions we were reminded of our calling to the place of prayer and the centrality to space. We were also asked to take time to write some poetry. During his sessions, the Archbishop also shared some of his own writings.

*The river is not a straight line
It does not run from A to B
It finds the contours of the land
arriving in its own good time.*

*Crows do not fly as the Crow flies
They ride the thermals still and fast:
swooping to a destination,
waiting as the warm air rises.*

*Short cuts rarely save much time,
steps becoming functions starved of joy.
Walking is better than driving;
travelling well ,not just arriving.
Copyright: +SC*

The traversing contours of the land is something which is dear to my heart- as a Scout in my younger days – learning to read the land – yes there might look like there are quicker routes but actually journeying together is vitally important. This for me, as we think about all sorts of things in the parish & diocese at the moment, is important.

Robert

St Senan's Men's Prayer Group—an invitation for new members

The group meets on the 2nd & 4th Monday of the month at 7.30pm in the Prayer Room of the Carraig Centre. We have a time of meditative prayer and bible reading following in the tradition of the Northumbrian Community & Celtic pattern of prayer time. New members would be very welcome, just come along.

Celebration of Lay Ministry at St. Fin Barre's Cathedral

On **Sunday 19th November**, at a special Service at 7 p.m. in St Fin Barre's Cathedral, we will be having a Celebration of Lay Ministry in Cork, Cloyne and Ross.

This is for all those in the Diocese & Parish who are involved in Ministry in any form.

- Children, youth and family ministry
- Administration
- Vestry & Board
- Worship
- Technology

... anyone doing anything within the parish in a particular role.

As Archbishop Stephen Cottrell (Archbishop of York) said when speaking about lay ministry when he visited our Diocese last week, “lay ministry flows from our baptism and is intrinsic to the life and well-being of the Church; it is not simply an add-on or gap-filler. “

Please also put the date in your own diary and make every effort to be present.

On this occasion too the Bishop will be:

- licensing two new Readers
- commissioning five new Lay Local Ministers (Pastoral)
- giving thanks for 20 years of the current Cork Diocesan Youth Council and commissioning the new Council
- commissioning our new Diocesan Secretary, John de Montfort, and
- saying thank you and farewell to our former Diocesan Secretary, Billy Skuse.

There is no sign-up required simply turn up at the Cathedral on the day.

Christmas Dates for your diary:

Christmas Market (20 Arts & Crafts Stalls) West Wing: Sat 02 December

St Peter's Carol Service: Friday 15 December at 7.30pm

Inniscarra Carol Service: Sunday 17 December at 7.30pm

Blarney Carol Service: Monday 18 December at 7pm



Addictions

Did you know that nearly a third of adults have relapsed into addiction through the pressures of the pandemic and recent cost of living crisis?

But the need to withdraw and deal with it alone leaves people feeling trapped with little hope of recovery.

There is hope and there is support available. In the parish we have links to various groups to help addicts and also their families. Do chat to the Rector or staff members and we can put you in contact with various local groups who can help.



Taking care of you

Despite how important it is, self-care is one of the most overlooked aspects of recovery. Yet often self-care is confused with selfishness. But it is just making sure you get what you need.

So, as the nights draw in and the plans for the festive season ramp up, here's a helpful acronym for anyone who is struggling: **HALT**.

Are you **Hungry**, **Angry**, **Lonely** or **Tired**?

Taking care of you is vitally important before helping anyone else.

The above article is based upon an email from Church Army (The organisation which funds part of Matt & Sarah Louise's salary)

New Wine Women unCORKed



We had a great evening on Saturday 21 October in the Carraig Centre. A team of New Wine leaders and musicians led an uplifting and inspiring event. We had 68 guests for dinner from as far as Tralee and Youghal! Our guest speakers were Rev Ali Calvin from Christchurch, Kilkeel and Theresa Cronin from Rathpeacon. The general consensus was that there should be more events like this.



Theresa Cronin

Select Vestry News

The Select Vestry, for anyone who doesn't know, is the elected committee of our union of parishes who are responsible for Furnishing, Fabric, Finance and Compliance.

We meet every month and examine reports from every area of the parish – with a diverse remit of ministry and admin.

At the moment we are preparing for the eventual submission of our application to the Charities Commission for our parish, and looking at our properties entrusted to our care to see what might be needed to safeguard them for the future.



Can you help?

COFFEE MORNING AND FAMILY FUN

**Monday, 30 October
10.00 AM - 1.00 PM**

**Church of the Resurrection
Blarney**

It's the season of Harvest Thanksgiving!

We're hosting a coffee morning and family activities during the half-term!

If you can help with home baking or being part of the hospitality team on the day please contact Abigail (abigail@cupcork.ie)

**Please bring along
donations of non-perishable
food, toiletry and hygiene
items for SVP!**

**Carrigrohane
Union of Parishes**

Mothers' Union RISE UP

In September Robert (Devoy) and I headed up to Dublin (with Bishop Richard Clarke) to the 2nd of the two day-long conferences, 'Changing the Story' – launching the on-line course 'Equipping the Church to Take Action and End Domestic Abuse'. Robert had been part of the original pilot for this course, and really recommends it to us all.

The next three opportunities for any of our parish groups (or a specific group of interested people) to take the course are: Wednesday mornings from 10.30 am to 12 noon from 10th January to 7th February 2024 and Wednesday evenings from 7.30-9 pm from 10th April to 8th May and 25th September to 23rd October 2024.

The conference days also highlighted the on-line Changing the Story Wellbeing Group – which runs over 12 weekly sessions and is based on the vision of Kintsugi Hope – 'to discover treasures in life's scars.' For further information or to book a place on the next course, please contact Jacqui at muchangingthestory@gmail.com

The conference days were organised and facilitated by Mothers' Union here in Ireland, along with Bishops Appeal, Tearfund Ireland and the Church's Ministry for Healing – and we were delighted to welcome people from across the Church of Ireland (a good few Bishops were able to attend), and other denominations and churches – as well as other interested and involved charities and professionals. We had two wonderful key-note speakers: Bekah Legg, the CEO of Restored and Rev Dr Helen Paynter, theologian and author from Bristol. To quote one participant, 'I have seldom heard scripture expounded with such authority and impact – I wish I could bottle their message and have it shared in every church in Ireland!'. It would be fabulous to welcome either, or both of them, to Cork someday!

Respond

Inform

Support

Empower

Unite

Pray



Mothers' Union has now begun it's RISE UP against domestic abuse campaign.

Parishes are challenged to consider working towards the Bronze, Silver or Gold awards. To achieve the Bronze award your branch or church should:

1. Put a RISE UP poster raising awareness about domestic abuse in an appropriate public place such as in churches, toilets, community centres, village halls etc.
2. Commit to pray for those affected by domestic abuse, including the victims, survivors, perpetrators, and those who work in the field of domestic abuse.
3. Make a connection with your local domestic abuse support organisation to see how you can support them. You could offer moving in and moving on packages.

More information is available on www.mothersunion.org

The RISE UP prayer:

God of justice, peace, and compassion – Heavenly Father – creator and sustainer of all, we thank you that you gave yourself, your Son, to give every person the opportunity to turn from darkness to the light of your presence and love.

*We know that all who endure cruelty and abuse are precious in your sight,
that no tear falls without your knowledge and care,
and we ask that they would all know your presence, strength, comfort, and wisdom – even in their fear, confusion, and pain.
We commit ourselves, all who have experience of abuse,
all whose loved ones have experience of abuse
and all of us who enjoy safety and peace in our relationships
– to **RISE UP** against domestic abuse in all its forms.*

*We pray for your compassion as we seek to **RESPOND**,
for your wisdom as we become better **INFORMED**,
for your gentleness as we try to **SUPPORT**,
for your strength as we hope to **EMPOWER**,
and the mark of your Holy Spirit that **UNITES** us to work, and to **PRAY**,
unceasingly until situations change and freedom, life and love is restored to all.*

*In your dear and powerful name, we cry out to you together. **Amen.***



The campaign was launched in York in September 2023 with the Archbishop of York, Stephen Cottrell – who was recently in Cork at the Clergy conference, and Sheran Harper the Worldwide President of MU.

Patsy Devoy

Diocesan News

New Rural Dean for Cork City



The Bishop of Cork, Cloyne and Ross, the Right Reverend Dr Paul Colton, is pleased to announce that he has appointed the Reverend Meghan Farr to be the Rural Dean of Cork City. Meghan is priest-in-charge of Saint Anne's Parish, Shandon in Cork and also chaplain to Saint Luke's Home. Her ministry as rural dean will be in addition to these ministries and she succeeds Canon Daniel Nuzum who was rural dean of Cork City for many years.

Each Diocese of the Church of Ireland is divided into archdeaconries which, in turn, are divided into rural deaneries. The entire United Dioceses of Cork, Cloyne and Ross is organised also as one archdeaconry, but it, in turn, is divided into four rural deaneries: Cork City, North East Cork, Mid-West Cork and West Cork.

Rural Deans are appointed by the Bishop from among the clergy of the diocese. While rural deans have a particular role supervising the care of church property within their rural deanery area, they may also be assigned other duties by the Bishop.

Archbishop of York Visits the Diocese

From Wednesday, 11th October until Friday 13th October, the Archbishop of York, the Most Rev. Stephen Cottrell visited Cork, principally, to speak at the Cork, Cloyne and Ross Clergy Away Days at the Celtic Ross Hotel in Rosscarbery.



Every year, the Bishop of Cork, Cloyne and Ross, the Right Rev. Dr Paul Colton invites all the clergy of the Diocese to spend time together to reflect on ministry and to engage with a guest speaker. Archbishop Cottrell's talks throughout the two-day event centred around the theme of 'How to lead in a world without maps: four images that may help.'

On Friday, before returning to the UK, the Archbishop attended a lunch for lay ministers in the Diocese, which was hosted by the Bishop and Mrs Susan Colton at their home. Matt & Sarah Louise attended this event.





SATURDAY 28 OCTOBER 10 AM - 2 PM

The busy pace of our daily lives squeezes out our ability to draw near to God, enjoy his presence and listen to him. Through the ages Christians have experienced the Lord presence in the midst of silence, solitude and reflection.

Come to the Quiet Day, focused on prayer, reflective meditation on Scripture, time alone, and group conversation. Return home with a greater sense of God's presence and his direction for your life.



Mindful Makers

Sharing in the creative joy of making!

**8 and 22
November**

10.00 AM - Noon

Church of the Resurrection, Blarney

Bring along your own project.

Share your work, get new ideas, or just enjoy some extra space to work. Feel free to share the invitation with anyone who might be interested! All welcome!

For information email: Abigail@cupcork.ie





November 2023 Sunday Worship

In Carrigrohane Union of Parishes
For links to online services—check out
www.cupcork.ie/hall

Calendar for November

Date	St Peter's Carrigrohane	The Carraig Centre, Ballincollig	St Senan's, Inniscarra	The Church of the Resurrection, Blarney
5.11.23	10 am Morning Prayer	11 am Sunday AM		11.30 am Morning Prayer
12.11.23	10 am Family Service	11 am Sunday AM with HC	11.30 am Holy Communion	
19.11.23	10 am HC	11 am Sunday AM		11.30 am HC
26.11.23	10 am HC with Ministry of healing	11 am Sunday AM 3.30 pm Messy Church	1.30 am Morning Prayer	