

## Faith is the one constant

I love this time of year. The days are getting longer and there is much more light. All that light does the soul good. The darkness of the Winter has passed and nature is waking from slumber.

It would be easy to despair about the current state of our world. One would expect better progress in the year 2019. But if anything we are regressing rather than progressing. In an age of uncertainty, we see a move to the extreme right and countries follow isolationist policies which fail to see that we all occupy the small rock we call Earth. The truth is that no one owns the Earth. We just all share it and some have a bigger share than others. Our Christian faith is the one constant that offers hope and a vision in an age of uncertainty. It reminds us and challenges us to see that we are all created equal before God. It is a vision that helps us to see that what we have we only administer. We are one family, brothers and sisters in Christ. Such a vision has consequences for the way we live and govern.

God loved us so much that he became human and embraced the human condition with all its joys and sorrows. He let himself be unjustly judged and condemned and put to death in order to reveal the depth of his love for us. He embraced the cross to awaken our hearts to the reality of God's love. And in his resurrection, he showed us that there is life after death. That changes everything about the way we live and why we live.

I invite you to take part in our Holy Week ceremonies and to be open to what the Lord wants to reveal to you. May the Lord fill your heart and your soul with Easter Joy and help you to rediscover his profound love for you. Happy Easter!

Fr. Aquinas T Duffy



Picture by John Hickey

## Easter Services 2019

### Holy Week and Easter Celebrations in St. Brigid's, Cabinteely



#### Penitential Services

Monday 15th April – Johnstown Church 7.30 pm

Tuesday 16th April – Foxrock Church  
(Cabinteely/Foxrock Parishes) 7.30 pm

#### Holy Thursday, 18th April

Mass of the Lord's Supper, 7.30 pm  
followed by 'Watch and Pray',  
a period of quiet, prayer and reflection

#### Good Friday, 19th April

Children's' Stations of the Cross (Mass  
Centre in The Park) Noon  
Celebration of the Lord's Passion 3.00 pm  
Stations of the Cross 8.00 pm

#### Easter Saturday, 20th April

Swieconka – Polish Blessing of the Baskets 10.00 am  
Easter Vigil Mass 8.00 pm  
**There is no 6.30 pm Vigil Mass on Easter Saturday**

#### Easter Sunday, 21st April

Mass with Parish(Choir) 10.00 am  
Mass with (Gospel Group) 12.30 pm

#### On Monday 22nd April,

Morning mass will be celebrated at 11.00 am  
**Mass on Tuesday, Thursday and Friday 10.00 am**

Services are broadcast live at [www.cabinteelyparish.ie](http://www.cabinteelyparish.ie)

The Parish Office is open Monday to Friday from 9 am to 4 pm.  
However, it will be closed from 22nd to 26th April and reopen on Monday 29th April.

## Refurbishment of our church

As most parishioners know, Cabinteely Church celebrated the one hundred and fiftieth anniversary of its construction in 1986. The building is essentially unchanged from the initial construction when it served as the mother church for Cabinteely and the surrounding parishes of Foxrock, Ballybrack and Johnstown/Killiney. The church has remained a constant centre of faith during turbulent periods in our history, and during the transformation of Cabinteely from a rural location to its current suburban status. However, like all historic buildings, the church requires ongoing maintenance and refurbishment to meet the needs of parishioners and to adhere to current building and health and safety regulations.

An architectural report was commissioned in mid-2018 on the general condition of the church and on essential repairs and refurbishment requirements. This report identified a series of problems, some of which needed immediate attention, and some which can be addressed over the short- to medium-term. The most serious shortcomings related to electrical installations which had been installed at different times, and which were deemed unsafe and in need of immediate attention. Remedial work was undertaken in the latter half of 2018.

An extensive list of other problems

was also identified in the report. These are wide-ranging covering structural building work, internal refurbishment and health and safety deficits. The key recommendations are listed below.

Necessary structural work includes repairs to the flashing and roof tiles, dampness on internal and external walls and buckling of the windows (including the historic Joshua Clarke window). Internal repairs and redecoration are required for the main church area. In addition, specific recommendations in the report include enhancing lighting in the altar area, installing a proper platform for the historical baptismal font and reconfiguring the Shrine to Our Lady at the rear of the church.

A number of health and safety issues were also listed. These include the installation of emergency lighting and exit signs and equipping the church with appropriate fire and security alarms.

The overall cost of all refurbishment work will be in the region of €500,000. The Parish Finance Committee has now been re-established and is examining the report to determine how to proceed. However, options for external funding are very limited, so the onus will be on the parish community to generate the necessary finance. A fund-raising committee will be established shortly, and we will be seeking support from parishioners – particularly those with experience in this field.



## Who is the person who has most influenced your life?

Who is the person who has most influenced your life?

Until a few years ago, I always found it difficult to answer this question. I can now say with certainty, however, that it was Fr Thomas Keating, a Trappist monk from Snowmass, Colorado, who died last year at the age of 95.

In 2008 I enrolled for a course in Centering Prayer at the Sion Hill Adult Education Centre. I had never heard of this form of prayer, but from the description in the brochure – a movement in prayer beyond conversation with Christ, to communion with God – I felt drawn to it. Even after the first session I knew this form of prayer was what I had been searching for.

Centering Prayer is a form of prayer developed in the 1970s by three Trappist monks, Fathers Basil Pennington, William Menninger and Thomas Keating. They, seeing the hunger in people for a more meditative form of prayer, took the writing of such

experts as John of the Cross and Teresa of Avila and presented their teachings in an updated format. Thomas Keating went on to set up Contemplative Outreach to teach this form of prayer to all.

Thomas Keating said: “Only in silence can we come to know the Silence that is God and rest in it”. Centering Prayer is not meant to replace other kinds of prayer. Rather it adds depth of meaning to all prayer and facilitates a movement from the more active modes of prayer, verbal or mental, to a receptive prayer of resting in God. Centering prayer emphasises prayer as a relationship with God.

During the prayer time we go, as Jesus instructed in Matt 6:6 when asked how to pray, to the “inner room” of our heart, we open ourselves to the Divine Indwelling and we consent to God’s Presence within. As thoughts arise, we gently let them go.

I have been practicing this prayer for 10 years now and very slowly it is turning my

life around. I have come to realise that I am loved by God exactly as I am, and that, like the prodigal son in Luke’s gospel, the Father longs for me to come home to Him no matter what state I am in. The gentle letting go of thoughts, during prayer time, gradually begins to spill over into your everyday life. And you find yourself letting go of, for example, grudges from the past, old arguments and resentments that have built up over years. You learn to accept what is, rather than wish things were different. It’s not that life’s problems disappear, but you begin to see the bigger picture and to view your problems through a softer lens.

There is a Centering Prayer group in the parish. We meet in the Icon Chapel on Wednesday evening from 7.00-8.00p.m. Feel free to join us – no experience required. For more information on Fr Thomas and Centering Prayer see the Contemplative Outreach Ireland website: [www.coi.ie](http://www.coi.ie)

**Siobhan Semple**



## Confirmations 2019



Ethan Trainor and Alex Kiersley



Cillian Carey and Sean Colbert



Arianne Walsh and Ella Doody



Tom O'Shaughnessy and Ciarán Tyrrell



Lucy Kelly and Sophie Stokes



Ava Buckley, Abigail McCartan, Alex O'Mongain and Aoife Collier



Joe Meehan and James Noble



Lucy McDonagh and Isobel Solan



Sadbh Byrne and Jessie Hamrol



# Cabinteely Gospel Group

*Raising the Roof to Celebrate 20 Years of Singing.*

2019 will be a very special year for the Cabinteely Gospel Group as they celebrate 20 years of singing.

The group was formed in 1999 under the Musical Directorship of Tony Burke, their task being to provide contemporary Gospel music that would speak to a wide audience. By singing Gospel songs from different backgrounds, traditional Soul and Blues through to Country Gospel and Urban Gospel, the hope was to enhance the celebration of Mass in a way that would touch people and change them for the better.

Chris O'Sullivan later took over as Musical Director and brought his own brand of musical talent for many years. Leslie Dowdall also took the helm for a year bringing her beautiful dulcet tones to the group. In addition to participating in the celebration of the Liturgy at 12:30 Mass every Sunday over the last twenty years, the group has also performed concerts at the Pavilion, Vicar St, Button Factory and Dolman

theatres, produced their own CD, sang at the Papal Mass, and at RTÉ televised Masses. They love to bring their music to the wider community – carol singing at Christmas, concerts at local nursing homes, to name but a few.

Many of those who joined in 1999 are still active members of the Group. Kate Fahy, the current Musical Director, joined at the tender age of seventeen. She now leads the group and is responsible for the choice of songs and the arrangement of the beautiful harmonies they sing

"The Cabinteely Gospel Group feels very much like a family to me now. We meet every Wednesday to practice, and the sense of fun and friendship there is wonderful", one member said. "I love singing songs that are inspirational and the feedback from the congregation at Mass is brilliant. It's very valuable and important to us", said another. The group are always

looking for new members and musicians to join, there is no audition process and everyone is welcome.

On 15th. June this year the Cabinteely Gospel Group will perform a special celebratory concert in St Brigid's church to mark their 20-year anniversary. The concert will contain all their favourite hymns and spiritual songs, along with current popular songs. Special guests and some old friends will be there to join in the celebrations, and it promises to be a very special night. Former members are invited to join in the singing and should contact;

**[cabinteelygospelgroupcommittee@gmail.com](mailto:cabinteelygospelgroupcommittee@gmail.com)**

All proceeds will go to the church refurbishment fund. So mark the date in your diary – 15th. June – and come along to sing, clap and stamp your feet with the Cabinteely Gospel Group celebrating 20 years of service to Cabinteely parish.

**Karen McDonnell**







Baptism of **Maximilian Cuchulainn Joseph Doyle** in St. Brigid's Church on 9th December 2018 from left **Pat Delaney, Sinead Delaney, Geraldine Doyle** with **Max's** sister **Addison, Aoife Doyle** with baby **Max**, **Ciaran Delaney, Alex Doyle, Mary Delaney, Fr Aquinas**.



Baptism of Baby **Teddy Hanlon** on 9th February 2019. From left to right Mum **Emma**, Big Brother **Alex**, Dad **Marc** with **Teddy** and **Fr Michael Farrell** (from Orlando, Florida).



Shamrock on St Patrick's Day, photo by **Tomás Murphy**.

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### MAKE CONTACT

Like to get involved or have a story? We'd love to hear from you. Please make contact through the

Parish office at (01) **2858835** or email

**[contact@cabinteelyparish.ie](mailto:contact@cabinteelyparish.ie)**.

### Disclaimer

This Newsletter is published by the Newsletter Team of St. Brigid's Parish, Cabinteely, Dublin 18. Unless specifically stated, views expressed herein are not necessarily those of the

Parish Clergy or the Newsletter Team. Items accepted for inclusion are subject to normal editorial discretion.

Errors and omissions will be corrected in subsequent issues.





At the Mass of Thanksgiving in the Park Mass Centre on Sunday, 9th December 2018 (from left): **Deacon Jeremy Seligman, Brian Moore, Fr Aquinas Duffy, Fr Tom O'Keeffe, Mary Delaney**. During the Mass a presentation was made to **Brian Moore** who has been sacristan in the Park for over 25 years and also to **Niamh Down** and **Liz Murphy** who have coordinated the "Do This in Memory of Me" programme for the past number of years.



**Fr Aquinas** with **Fr Alan Hilliard**, who gave the first of our three Lenten Talks in Cabinteely Parish Pastoral Centre. His theme was "Happy to be Holy" - the title of his recent book, published by Messenger Publications.



The artist **PJ Lynch**, pictured here with **Fr Aquinas** and **Mary Delaney**. He gave one of three Lenten Talks on successive Monday evenings in Cabinteely Parish Pastoral Centre. His talk was about the Mosaic at Knock Basilica depicting the Apparition in 1879 which he designed. The other speakers in the series were **Fr Alan Hilliard** and **Fr Patrick Claffey**.