



Our Lady's College Greenhills

eNewsletter December 2019

Coming to the end of this Christmas term brings with it lots of excitement. We are all looking forward to the holidays and having time to spend with family and friends. We are looking forward to having time – free time to do whatever it is that recharges the batteries.



We also take some time to look back over the past term and reflect on all that has happened since we came together in August. The teachers, students and parents have all been extremely busy. The school year started with the performance in the Dome during the Fleadh that was absolutely amazing. We then met the first years who were just starting and got the year going. All of us then got settled into the routine of the new school term and all the groups and teams got up and running. The training is in full swing and many teams are playing matches with great success. There is lots of information on all the events on the school website, Instagram, Twitter, Facebook and on the school App.

I want to particularly mention the Parents' Council 5k remembrance run/walk which took place on 10th November. The organisation and delivery of this event is wonderful every year as evidenced by the increasing numbers taking part. We have been blessed with good weather, thank God, and very generous sponsors who have made this event possible. For those who missed it this year there is plenty of time to prepare for next year!

I know the students and teachers have been working extremely hard as it is so important to make progress this term. Exam students are no doubt aware of the mock exams looming large in the new year and doing their best to be prepared. Evening study runs Monday to Thursday every week for those who want to avail of it. It just might help.

We are always trying to improve the facilities for our students, and we have a plan to develop the old outdoor basketball courts into an Astroturf pitch. This is a long-term project that we are working on. With that in mind we are holding a raffle for a car at the end of January.

Tickets are on sale through the school and we encourage everyone to support. It would be a great start to the new year to have a win and help a very good cause.



Finally, I want to wish you all a very happy and safe Christmas. Take time to rest and rejuvenate the heart and mind. May the new year bring lots of pleasant surprises and wonderful opportunities. Take care.



Head Girl

Joella Dhlamini



Being head girl so far has been amazing. I get to present student voices in the student council and have the opportunity to be on the green school committee, in an effort to tackle climate change.

I recently got elected to represent the school and region on the National Student Council which I'm really excited about.

Deputy Head Girl

Caoimhe Doherty



With first years settling in and everyone back to routine, it's been a busy start in Greenhills. Green Schools is back up and running along with the Student voice, where students get their say on school life.

It's been great helping out whenever I can and I look forward to what's to come in the new year.



The History department has been exceptionally busy recently and have enjoyed a high profile since September.

Teachers have been focusing on the New Junior Cycle syllabus and have attended a number of Department in-service conferences. The new course is now in its 2nd year and teachers continue to meet regularly to draw up plans, schemes of work and Units of Learning.



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Our Lady's College



SPORTS DEVELOPMENT FUND



Draw will take place on
Friday, January 31st 2020

GRAND RAFFLE



**1st prize is a
Toyota Yaris**
in conjunction with
**Malone's Toyota
of Drogheda**

Draw will take place
on **Friday**
January 31st 2020

2nd prize
50" LG TV from Michael Briscoe
Expert Electric

3rd prize
AMPT Fitness Voucher

Great additional prizes

- RawFit Gift Certificate
- West Court Hotel One Night B & B
- Coca Cola Hamper
- Seafeld Lodge Dental Clinic Voucher
- Conor Mc Manus M15 Sportswear Hamper
- Water Wipes Hamper
- Scholars Townhouse Afternoon Tea Voucher
- County Louth Golf Club Midweek Green Fees Voucher
- Integral 2 Months Membership Voucher
- Salthouse Voucher
- Snailbox Voucher
- Nguyen Dinh Nails Voucher
- Kirwan's Fish Cart Voucher
- Drogheda United Season Ticket

Please
Support Our
FUNDRAISER

Tickets
cost

€25

Permission granted by Dundalk Court and the permit is available to be viewed with all Terms & Conditions on our school website ourladys.ie



History tours have been central to our first term. TY students went to the Barbican in Drogheda to listen to a very moving presentation by Holocaust survivor Tomas Reichental.



As usual this wonderful man gave a powerful talk on his own personal history in the camps and a call for tolerance and peace for the future.



History week was very popular this year. For first years, we invited a group of archaeologists to visit the school with a ready made 'dig', which ties in directly with their course. Students were invited to 'excavate' the site and to use all the equipment that's usually employed by professional archaeologists. We then went one step further by setting up a 'dig' in the History room for Open Night where parents and in-coming students could see first-hand the work involved in excavating.



2nd years enjoyed a comprehensive tour exploring the significance of the Irish Diaspora... We went to a brand-new Museum called EPIC, near the IFSC in Dublin. It was a fascinating journey into the lives of all those who left Ireland during the Famine and later.



Afterwards we went on a tour of Croke Park where students had a chance to view the dressing rooms and even hold the Liam McCarthy Cup and the Sam Maguire.

All in all, History is thriving in Greenhills...it's a brilliant subject and is getting even more exciting with all the new changes on the way. The History teachers are working hard to make sure that students will get the full benefit of the new course.



Geography

6th Year Geography Trip to the Giants Causeway



Many activities were organised for maths week such as Treasure Hunts and Maths Trails.



Manga High medals have just arrived for all the girls who excelled in the Manga High Maths Challenges and will be presented to the girls in the new year.



The students of our music department are delighted to announce they recorded an original Christmas Carol that will be released on Spotify and iTunes for Christmas. The recording took place over three days here in the school with performers from the Orchestra, Choir and solo singers.

The song also features the long time honorary member of the Greenhills music Department, Dónal Lunny.



The girls have worked very hard since mid August when they performed in the Fleadh Concert Dome at this years Fleadh Cheoil na hÉireann here in the town.

They are very excited to share their wonderful song with everyone and hope that it will help lift the spirits of all in the run up to Christmas.

Wishing you all a very Merry Christmas and a Happy New Year from all in the Music Department.

Happy Listening.





Orchestra and choir playing a few tunes in the convent garden for RTE Nationwide in preparation for their gig in the Fleadh Ceoil concert dome



Student Council

On Monday, September 23rd elections took place after an exciting campaign for the student council and after the first meeting the committee was created with President Joella Dhlamini and Vice President Grace McGarvey. They have been kept very busy as they headed into a new school year. Joella Dhlamini, Hafsa Moin, Rachael Bello & Elizabeth Odukoya headed for Navan to be representatives in the Irish Second-Level Student Union.

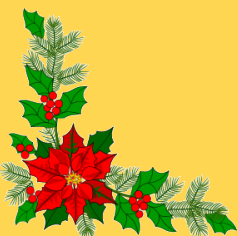
This is the first time that Our Lady's College is represented in the ISSU and our own Joella was elected as a Regional Council Officer. She is now part of the National Council of Schools. Erin Floyd, Victoria Reilly, Nikola Busa and Katie Whelan represented the school at Comhairle na nÓg along with Hannah Horan, Kiera Bickmore and Maia McVeigh.

Not only is the student council making a difference on a global level they are always on the ground listening out for the students' needs as they listen and put in a word here and there in order to improve facilities.

At present the council is busy with the gathering of food for the Christmas food appeal for St. Vincent de Paul. Thank you in advance for all the goods that will make such a difference for the local people who need it.



Once again Team Hope called out with their Shoebox Appeal and this Christmas is made happier for the 113 children who will receive shoeboxes from the students of Greenhills. They were collected and made their way to needy children in countries in Eastern Europe, the former Soviet Union and Africa.



1st Years First Day 2019



German Exchange



Debating

Senior and Junior speakers have been busy this term taking part in various debating competitions.

Julia Remenyuk and Abo Obhakhan are entered in the Matheson National Junior competition while Omnia Kharief, Victoria Reilly and Blaithin NiChiarain are through to the next round of the Senior Leinster Mace Debates.

Laoise McGuinness and Lois O'Hare are entered in to the Soroptimist public speaking competition while Caoimhe Leech, Blaithin NiChairain, Victoria Reilly and Omnia Kharief will represent the school in next term's Coca-Cola debates.

We also hope to run 'The Great Christmas Debate' next week in the Library when the juniors will take on the seniors.

Junior Drama is now running every Thursday in the Library. Join us any week for some fun!

Thanks to Ms. Aileen Hanratty for all her hard work with debating.





Religion Reflection

By Laoise McGuinness and
Niamh McCormack

On the 27th November, the 5th and 6th year religion classes took part in a trip to Kildare, to learn about Saint Brigid, otherwise known as the 'Saint of the People'.

Not only was this trip brilliant and fascinating, it also gave us a real-life view on religion and society today, which is a huge part of our course.

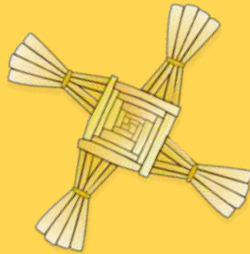
Firstly, we visited the Sisters of Solas Bhríde in County Kildare. Solas Bhíde, "**Light of Brigid**", is a convent that is dedicated to the legacy of Saint Brigid, and her impact on the world today.

We could see vividly how St. Brigid's influence greatly affected the lives of all around her, including the four women we met on the day. They discussed the story of St. Brigid, and the truth of her message and morals on society today. They discussed symbolism, and the symbols were laid out on the floor. They briefly talked about each symbol individually, and the image that struck my class and I the most was the jar of apples. The myth goes that St. Brigid was given a jar of apples by a woman as a gift, as apples at the time were considered a delicacy. However, St. Brigid gave the apples to the poor, which infuriated the woman. When the woman asked St. Brigid why she gave the apples to the poor, St. Brigid replied, "**What's mine is theirs**".



This quote clearly greatly impacts society today, as nowadays people are always trying to help the poor in our country in whichever way possible, which reflects the teaching of St. Brigid. This

impact Brigid had on society is still evident today and in the lives of the Sisters at Solas Bhríde. After having visited the convent, we got to learn more about Kildare itself. We went sight-seeing; we got the opportunity to explore the sights around one of the earliest castles built around the time of St. Brigid and gained a fantastic insight into the folklore and legend surrounding the Kildare area. We did this through a simulation, which made the experience much more vivid and life-like, as well as being overall enjoyable. This was a fabulous way for us to experience the true impact of St. Brigid and the role of gender in religion outside the classroom walls.



The Sisters of Solas Bhríde were a true inspiration to us all as we would recommend it to all. It was a bonding experience for us and our class, as well as being educational. We are very grateful for this opportunity the Sisters gave us.

Greenhills Student wins Rotary Youth Leadership Development Competition

Katie McArdle, a student of Our Lady's College, Greenhills will travel to Strasbourg on a six day team-building trip sponsored by Rotary In Ireland.

Katie and a student from Loreto Grammar were joint winners in the regional finals of Rotary Youth Leadership Development Competition 2019 that was held in Drogheda recently.

This exciting six day team building trip begins in Belfast where they have a visit to The Titanic Centre, a tour of Stormont and meet with local politicians and business leaders. They then travel to Dublin where they are invited to an information seminar and lunch hosted by the staff of the European Parliament offices. This is followed by a tour of Dail Eireann and further meetings with politicians. Next they fly to Strasbourg and prepare for the highlight of the trip which is a full day of debating a variety of motions at Euroscola at the European Parliament in Strasbourg along with about five hundred other students from all over Europe. On the last day they have some time out for a sightseeing trip around Strasbourg before they fly back to Dublin.



Chess

The chess club is open to all students every lunch time in Rang de Sales, upstairs in the first year area. Here you will meet students from all years playing and learning how to play this amazing game. All students who want to, get a chance at some stage to play for the school chess team.

Here they meet with and play against students from other schools in Drogheda and its environs. We also run internal competitions with prizes and medals on prize giving day. Chess is a great game for helping you to develop your spatial awareness, logical thinking, strategy and planning, as well as helping develop realistic attitudes and social skills. Its also great fun so if you are a student or a teacher





who feels like learning or knows how to play then come up any lunchtime and join in.

Thanks to Mr. Loughran for all his work with the chess club.

6th Year Business



LCA students were delighted to welcome back past pupil Dawn Finnegan. The LCA Hair and Beauty pupils got the chance to see Dawn apply make-up and she spoke about her career path. She was a great inspiration to all.



The Leaving Cert Applied Hotel, Catering and Tourism pupils visited The D Hotel. As part of their course the pupils had to interview a receptionist. The pupils got the opportunity to ask the ladies about the roles and responsibilities of a receptionist.



The girls gained an insight into the many different areas within the hospitality sector.

The girls thoroughly enjoyed the experience and they were treated to a lovely scone.

Cash for Clobber raised **€400** for our Sports Development Fund. Big thanks to all who contributed.

There will be another Cash for Clobber in April 2020.



Open Night



Our Lady's College held its Open Night on Wednesday October 2nd which was a resounding success. The principal, staff and students welcomed prospective students and parents who were given an extensive tour of the school

facilities. Activities on the night included, scifest displays, experiments, demonstrations by the science department, seafood spectacle by the home economics department, I.T. demonstrations, choir, orchestra, trad group, ukulele, orchestra, drama, interactive sporting activities in the school gym and displays in all subject areas.

We would like to thank all the staff and students who helped with our information evening which provided an insight into life at Our Lady's College for prospective students and their parents.



Green School Committee



The student council representatives along with members of staff have come together to tackle the issue of climate change, which lead to the formation of the green school committee. We

collectively came up with ideas on reducing school waste and being more sustainable as a school community.

To make these ideas a reality, we are currently trying to obtain a green flag award within the next 12 months. Thanks to Ms. Ni Dhonnabhain for all her work with the Green School Team.



Winter Wonderland

Greenhills students raise **€2,500** for **SVP** at the annual Winter Wonderland event. Well done to all involved. Thanks to Ms. Eileen O'Sullivan for all her work with organising this event





Hell & Back

"Three Events but One Team"

The first event took place on the 2nd October when 75 Students and 4 Teachers went to Hell & Back. After a week of extremely wet weather, we were blessed with a beautiful (cold) sunny day. Full of excitement and nervous anticipation our bright orange team entered the warmup zone standing out from the crowd. The first obstacle, a little wall into the warm up area, was a challenge. But then came the ice baths.... easy.

There were plenty of challenging moments over the following 3.5hrs but lots of smiles, laughs and fun. The swamp probably being one of the toughest areas to conquer. Walking on water to get to the giant water slide was great fun.



All the students and staff showed amazing team spirit. We are very proud of you all ladies.

Congratulations to all involved.

Thanks to Ms. Ann Marie Nolan for organising Hell & Back.

The total raised for the Bathroom Revamp Fund was €1500.

**WILL YOU MAKE IT
THROUGH**



Parents Council 5k Run

Our school hosted its annual 5k remembrance run on Sunday 10th November. It is still a relatively new phenomenon on the school calendar as it entered its third year. We were blessed with the weather for the third time as sunshine and calm conditions prevailed throughout the morning. Over 600 participants, many of whom were students either ran, walked or jogged the event.



The event is a fundraiser for the school and it is a chance for participants to remember loved ones, who are either unwell or who have passed on.

The start and finish were located at the school gates. Participants made their way down the steep hill towards Greenhills village, turned left to proceed out the Baltray road, turning around at the halfway mark and returning this time to go up the hill towards the school! Many thanks to Drogheda Samba Band, who encouraged us up and down the hill!

We also had numerous teachers and parents take part in the event, who were doing their part for advocating a healthy lifestyle for younger people. As well as the excellent showing from the school's own students, there was strong support from local athletic clubs including Drogheda District, Ace AC, North East Runners AC, Togher Runners and Dunleer AC.

Many thanks to the Parents council, teachers, students and parents for supporting the event. A special thanks must also go to Ms. Nolan for her hard work in organising and promoting the event in the school.



Badminton Marathon

The Badminton Marathon will be on the 17th January. Sponsorship cards will be given to students before the Christmas holidays and are to be returned on the 7th January.

The total raised to date is €125,000 and we have set €140,000 as our next goal.

All money raised will be divided between Nagle House School Zimbabwe, Boomerang Youth Services and our Bathroom Renovation Fund.

This year all students who raise over €100 will be entered into The School Car Draw. We will also have lots of prizes in Our raffle for students who raise over €50.

Thanks to Ann Marie Nolan for organising all the above events.

KARATE

LILY SHEERAN 1st Year Student

1st Year, Lily Sheeran competes at Karate, and since entering Our Lady's College in September has competed at the following competitions:

8th SEPTEMBER: *Irish International Open
Blanchardstown, Dublin, Ireland.*
IRISH INTERNATIONAL OPEN CHAMPION 2019
IRISH INTERNATIONAL OPEN TEAM CHAMPIONS 2019

14th SEPTEMBER: *British Karate Federation
International Open.*
CHAMPION 2019.

6th OCTOBER: *German Banzi Cup Open
Championships 2019.*
BRONZE MEDAL WINNER.

19th OCTOBER: *Vienna International Open 2019,
Austria.*
VIENNA INTL. OPEN CHAMPION 2019
VIENNA INTL. OPEN TEAM CHAMPIONS 2019

9th NOVEMBER: *Belgium International Open 2019*
CHAMPION 2019

23rd NOVEMBER: *All Ireland National Kumite
Championships 2019, Dublin,
Ireland.*

CHAMPION 2019.

In October, Lily secured a sponsorship deal with Adidas.



LGFA
LADIES GAELIC FOOTBALL

Under 16 and Under 18 Gaelic Football

LGFA – Cumann Lúthchleas Gael



As Christmas draws near, the Gaelic footballers in Greenhills have made great progress yet again in their hunt for a Leinster crown. The senior team is set to face St Louis, Dundalk for a quarter final berth having topped their group.

The highlight of their season so far was a hard fought victory over local rivals Sacred Heart to maintain bragging rights for yet another year. Having gone out at the semi final stage last time round, there is optimism that they can go one better this year.



Louth Ladies visit Greenhills after winning the All Ireland Ladies Title

The U16s have joined their senior counterparts at the quarter final stage with comprehensive victories against Ballymakenny and Bush PPS. They also will battle against opposition from north Louth, having to play Coláiste Rís again. This mimics their journey last year when they almost picked up silverware, narrowly losing out in the Leinster decider. It will take a top team to stop them going all the way this season.



Thanks to Mr. Hill & Mr. Kane for all their hard work this year.

Gaelic Football U14 Gaelic Football

Well done to the under 14 Gaelic team who travelled to Dublin to play Cormac Costello's school Mercy Convent Coolock and scored an impressive 7-23 to 1-3. Well done girls keep up the good work.



Thanks to Mr Fennelly, Ms Flynn and Ms Ryan for their training and preparation. Also thanks to the TY mentors who put the girls through their paces Ava Carolan, Ava Briscoe and Sophie O Hanlon.

1st Year Gaelic Football

Well done to the first-year football team who won the all-county blitz in Darver on 27th of November. Well done to all the girls.





Thanks to all involved and especially to Shane Lennon LGFA for organising and planning a great day. Hopefully there will be another one in February 2020. New players always welcome.

Tag Rugby Teams



The tag rugby year has finally taken off with both our Senior and our Junior team being in action at the recent Blitz in Navan.



Training takes place every Friday lunchtime out on the grass pitch. The girls even play on the rainy days when most other activities have to be cancelled.



This year we started off with eight very talented first years and two second years on the Junior team. Their skill and enthusiasm, together with excellent coaching by Erin Floyd and Ellen Tester, really showed at the Blitz with the girls being undaunted by Junior teams with older girls.



Plenty of tries and super teamwork made playing the 3 matches very enjoyable.

Our Senior team, made up completely of 5th years, was a bit slower out of the blocks this year, but now that they are competing and playing competitive matches they are awesome.



A late test match the Thursday before Christmas should set the scene for a fun tag rugby year 2020.

New players are always welcome.

Thanks to Ms. O Hare for all her work with the Tag Rugby team this year.

Camogie

We welcomed many new members to Greenhills Camogie team this year as well as many of our existing members that have



experienced playing Camogie the previous year.



We were delighted to see such an interest in the sport and such talent and potential.

We have had a really enjoyable season so far this year! We train every Tuesday at lunch out on the green where we learn many skills such as pucking and picking the sliotar as well as playing a short game at the end.



Lots of fun and victories were had against many schools in the league competitions.

Thanks to Ms. McKeon and Ms. Smith for all their work with the team this year.

Athletics



The return to the school year is synonymous with the start of the cross-country season.

Arguably though, more importantly, this year has seen the rise of students, who have started to run with our ever-growing Thursday lunch running classes with Mr. Carroll and Ms. Olohan. This weekly training session has seen a considerable increase in numbers this year.



As always everyone is welcome to join! We also cannot forget the huge success of our third running of the annual school 5K, which saw a massive number of the school community participate.



Competition wise, our school began by participating in the Brothers Cross Country, held by Clonliffe Harriers AC in Dublin. A number of runners put in super displays including Eilí Ryan, Liana Karkle, Meadhbh Nolan, Roisin Kennedy, Lily Cummins, Clíodhna Nolan, Siobhan Markey and Bláithín Ní Chiaráin.



Our first cross country outing of the year laid the foundations for huge success at St. Joseph's CBS annual cross country, where nearly 40 athletes participated and represented the school.



Quite literally, we returned to school with a rake of gold medals!! In the U14 race, Eili Ryan led from start to finish and led the team to gold. In the U15 race, Saran Meite put in a gutsy display to finish second overall. In the over 15s race, the team again took gold with Roisin Kennedy finishing first, followed by Clíodhna Nolan with Lily Cummins and Meadhbh Nolan also pushing their team mates hard to the finish line.

We look forward to the beginning of 2020, where our school in conjunction with Drogheda District AC will host a cross-country event for all ages in January.

As always, new members are always welcome to join in. Running has continued every Thurs lunchtime. First event was Brothers Cross Country in Santry.

Drogheda Schools Cross Country held in St Joseph's on 18th October.

Over 15s took Gold team medal with Roisin Kennedy 1st & Clíodhna Nolan 2nd overall

U15 1500m Saran Meite 2nd place

Greenhills take 1st, 2nd & 3rd in U14 1000m



Basketball

The Basketball program at Our Lady's College bounced into action this season with 9 teams competing in the Secondary Schools Association Leagues at all level.

There are three (3) U19 Teams, one each in Premier Division, Division 1 and Division 2.

The two (2) U16 teams compete in the Premier Division and Division 2, while the 2nd Years, who have two (2) teams, compete in Division 1 & 2. Trials for the 1st Year

teams took place throughout September and October, with the usual competition



for places. Two (2) teams were eventually selected and they will both compete in Division 2 (different sections).

At time of going to press we have played 20 games, winning 16. The U19A, U19B & U16A teams top their league sections at the Christmas Break, all finishing unbeaten. The U16B side lie in 2nd position, having dropped just one game. All these teams will now compete in the semi-finals after Christmas.

The 1st and 2nd Year leagues will get going in earnest in January 2020.



U19A, Premier Division: Captain, Oyin Adelegan; Ava Briscoe; Nikola Busa; Zoe Gardiner; Gretta McEvoy; Ciara NicCríosta; Ava Prendergast; Abby Rice; Ellie Riggs; Ava Russell and Abby Strutt.

U19B, Division 2: Captain, Shona Bradley; Benita Assoua; Rachel Beirth; Eimear Clarke; Niamh Cullen; Caoimhe Doherty; Chantelle Gallagher; Catherine Grey; Katie McCabe; Josephine Ogbanga; Keelin O'Reilly and Lynn Victory.

U19C, Division 2: Captain, Rachel Woods; Leah Bastianelli; Niamh Burke; Martyna Chomiak; Ellen Donnelly; Aisling Doran; Holly Garry; Niamh Gumba; Omnia Kharief; Monica Kunnathuparambil; Lois O'Hare; Ronke Olatinwo; Deirdre Russell and Abigail Woods.

U16A, Premier Division: Captain, Loveth Edomwande; Niamh Byrne; Subomi Dele; Jessica Duggan; Ella Flanagan; Keelin Foley; Sarah Jane Hughes; Kate McGuigan; Cliona McKernan; Neda Totilaite; Nicole Tully; Rebecca Tully and Jowita Wyka.

U16B, Division 2: Captain, Uyi Aghavbere; Success Agbonifo; Grace Awe; Molly Durnin; Lily Mae Harmon; Alma Harrak; Teigan Kavanagh; Stephanie Obisan; Desiree Ofodile; Gabriella Orackova; Katie Ryan and Grace Woods.



2nd Year A, Division 1: Captain, Jessica Carron; Jessica Carr; Sadhbh Clinton; Katie Dawson; Erin Kearney; Evie Kirwan; Amelia Lawrence; Kate McDermott; Kiera McWilliams; Joy Mooney; Sheila Whyte and Eabha Woods.

2nd Year B, Division 2: Captain, Leisha Archbold; Queen Agunloye; Katie Connolly (withdrew); Emily Fitzpatrick; Liana Karkle; Aine Marron; Abbey McDonnell; Sarah McGrath; Sophie McNally 4 and Kuhle Mdlalo and Jayne Smyth (withdrew).

1st Year A, Division 2: Sarah Bäck-Herke; Ella Carter; Aisling Crinion; Nicole Flynn; Madison Gaffney; Ali Gardiner; Rama Harrak; Yasmin Ibrahim; Aoife Kane; Anitah Kembo; Isabelle Matthews; Leah McElearney; Catherine Moore; Sarah Red; Eili Ryan and Lily Sheeran.

1st Year B, Division 2: Joy Chuks; Kathlyn Conroy; Arianne Flynn; Eva Fox; Elsa Goodwin; Emma Gorman; Lana Hanratty; Alex Healy; Kelly-Anne Kinsella; Karina Lygmalyte; Abi McCarthan-Smith; Ashleigh McCartan-Smith; Laura McGinnity; Emma McGrane; Aoibheann Steenson; Hollie Stone and Erika Villaverde.



Some thoughts taken mainly from Irish Catholic Bishops Advent Calendar & Liturgy: that might help us

Find a spare moment to be mindful and quiet and ask ourselves what is Christmas all about. Yes we know we are celebrating the **BIRTHDAY of JESUS**...but does He really feature? With all the rushing around buying presents instead of **BEING PRESENT** to those around us. **Let's Stop, Reflect and Listen.**

*In the First reading of today Thursday, 12.12 .’19 Isaiah, the Prophet told the people of his time: “ I the Lord, your God, I am holding you by the right hand: I tell you. **DO NOT BE AFRAID, I WILL HELP YOU.**” So the help is there waiting for us if we will only **STOP** and **THINK** for a moment or more.*

*The response in the Responsorial Psalm tells us: “The lord is **KIND** and **FULL of COMPASSION**, slow to anger , abounding in love :” so **GIVE HIM a MINUTE.***

Jesus arise with me in the morning.
Eirigh liom a hia.

Travel with me all through the day,
Fan liom I rith an lae.

Welcome me on my arrival,
Sa bhaile ar gach turas.

God be with me all the way.
Na lig dom du lar strae.

EMMANUEL : God is with us: When can we find time to be with Him?

Some Thoughts from the Advent Calendar: Check in on an elderly neighbour and see if they need help with Christmas shopping, cleaning, decorating, putting up the crib.

Welcome any Migrants / Strangers into your neighbourhood as Jesus too was welcomed into our world and while still a baby into Egypt.

Share a smile with someone today . Donate to some charity looking for food.

Offer to do an extra chore around the house today.

Limit the use of energy resources by turning OFF lights when not needed.

Save all the used stamps on cards coming in to our houses by post to help the Medical Missionary Sisters work abroad.

Take a mindful moment with Jesus. Jesus remember me at this time.... I have questions and concerns, I am worried.... As you journey with me today, Jesus in your promise of everlasting friendship; help me to place myself in your care as you lead me by your hand through the care of others... Help us Jesus to allow God's light through our hopes and concerns....

Thank you Jesus for coming into our world and bringing us back to your home in Heaven ... Have a **HAPPY BIRTHDAY** and let me invite you to be born into my Life and Spirit at a deeper level this Christmas... Help me to give you time in my day to get to know you and help me be your eyes, your ears, your hands, your feet as I tread your world.

Merry
Christmas
& **HAPPY NEW YEAR**

