#RealChristmas: Samaritans responds to more than 5.4 million calls for help every year and these don't stop over the festive season. So this December, the suicide prevention charity is urging us all to stop striving for a "perfect Christmas" and have a #RealChristmas instead. The campaign aims to show people that it's okay not to feel merry over the holidays and to encourage us all to be honest about our feelings and listen to one another. According to Samaritans, thousands of us will find it hard to have a happy Christmas. Log on to the Samaritans website to avail of a free guide to having a #RealChristmas. The guide gives tips on how to be a good listener, what to do when someone doesn't want to talk and how to look after yourself as well as supporting others this Christmas. Samaritans isn't saying don't have a good Christmas this year, but try to put aside the demands of the season and focus on the support you may need or can give. By giving the gift of listening and taking time to understand what's really going on in our own and others' lives, more people will open up this Christmas and ask for the support they need. Difficult feelings don't discriminate. They don't care if it's December or June. So, away from the idvllic images and all the hype around the season's celebrations, let's get real about how we can save lives, not just at Christmas but all year round. And that's by listening to how a person who may be having a tough time really thinks and feels.

Glounthaune Community Association & Tidy Towns invite you to the unveiling & blessing of a commemorative "Centenary Garden 1916 Stone" in Ashbourne Garden on Wednesday evening, 7th December at 7.30pm. Refreshments afterwards at the Great O'Neill. All welcome

Cóisir na Nollag, Luan 12 Nollaig 7.30pm - 11.00pm; Ionad an Phobail, An Gleanntán.; Soláisti Nollag, Amhránaíocht, Rinnce, Spot duaiseanna. Táille: €10.00 ag an doras (crannchur san áireamh) Bígí linn agus fáilte. Eolas: Sean 4353344

Erin's Own Lotto; 30th **November**. Numbers drawn: 17,19,25,27. No Winner €30: Alsin Asim, Ann & Margaret, Tony Kiely. €25 Supervalu voucher to Marie Murphy & Maire Twohig. Next week's jackpot: €1,520.

Glounthaune Tidy Towns Calendar 2017 These are now available in the Post Office, Fitzpatrick's Shop and the Amber Filling Station, €5 each, 6 for €25. An ideal gift to send to your loved ones abroad. All proceeds go towards Glounthaune Tidy Towns local projects.

Local History Lecture 'Guerrilla Warfare in Ireland and the Munster Vanguard, 1917-1921' Dr John Borgonov, School of History UCC; Monday 5th December 2016, 7pm; Midleton GAA Club; Free Admission, all welcome. Following the lecture there will be an information session on UCC's Diploma in Local & Regional Studies

Offertory Collections for last week: Knockraha: €385, Little Island: €540. Glounthaune: €1548

Glounthaune Parish Newsletter - 4th December 2016

Thursday December 8th – Feast of the Immaculate Conception of the Blessed Virgin Mary and a Holy Day of Obligation. Mass in Knockraha at 10am, Glounthaune at 12 noon and Little Island at 7.30pm.

Youth 2000 Christmas Retreat - 16th to 18th December 2016

The Youth 2000 Christmas retreat will be taking place in the Newbridge College, Newbridge, Co. Kildare from 16th - 18th December 2016.

Cost: <u>Donation only</u> (The retreat costs Youth 2000 €50 per person. If you genuinely cannot afford this, we ask that you donate what you can afford. Do not let money be an obstacle for you attending this retreat). Ages: 16 - 35 year olds.

This promises to be a special retreat!! Great CRAIC!!, Excellent Speakers, Inspiring Talks & Workshops, Fantastic music, Group activities, Youth Masses, Adoration, Reconciliation, prayer, Healing service, Drama, Games & plenty of time to chill out, meet new people and find out what it means to be young & Catholic today!! Meals WILL be provided for. Beds WILL be provided for, BUT everyone MUST bring their own pillow and sleeping bag/quilt.

NOTE: Please bring suitable clothing for the December weather including: Warm coat, hoodies, hats, gloves, scarves, thick socks, warm PJ's, hot water bottle etc. Free Buses. Book essential, www.youth2000.ie. Youth 2000 Ireland on Facebook. Tel: 01 675 3690.

Christmas Jumpers Welcome!!

MEDJUGORJE 2017



€619 fully inclusive for 7 nights if booked before 1st Feb. After 1st Feb €669 applies



Christmas
Cuppa with our
neighbours
You are invited
to meet with our
neighbours from
Ashbourne
House & enjoy a
cuppa &
Christmas treats
in the church
centre at

10.30am on Tuesday 13th December.
Our last meet and greet was a great success with stories shared, lots of laughs, phone numbers exchanged & friendships formed.

We remember in our prayers

Ciara Casey, Pepperell, M.A., USA whose funeral took place on Thursday. We extend our sympathy to her husband Donal, daughters Treasa, Gráinne & Roisín, her mother & father in law Donal & Peg Casey & family, Thornberry & Fr Paddy.

May she rest in peace.

'A Christmas Chorus' City Hall Wed 7th December at 7.30pm

Enable Ireland present "A Christmas Chorus" in the City Hall on Wed 7th December at 7.30pm. Six Primary School choirs and 1 adult choir will perform in what promises to be a wonderful evening of Christmas Carols and Songs. The Monophonics Children's choir and The Sonatinas adult choir, both local to the Glounthaune/Glanmire area will be 2 of the participating choirs. Tickets available in the Enable Ireland Shops on Oliver Plunkett St. and North Main St. and in the Lavanagh Centre, Ballintemple (021-4294423). Compere on the night is Red FM's KC. All proceeds go to Enable Ireland Children's Services in Cork.

Southern Steam 2017 Calendar on sale in the parish office. €10 each. All proceeds to Pieta House. A stunning piece, beautifully photographed and for an excellent cause.

Society of St. Vincent de Paul

Christmas would be a non-event in many homes in this parish without the help of St. Vincent de Paul. We cannot give this help without the support of the generous people of Glounthaune parish. You allow us to assist with grocery vouchers, fuel and education expenses throughout the year. For this we are so thankful.

Our Christmas collection this year will take place on December 10th and 11th. On behalf of the families you help we thank you most sincerely.

St Vincent de Paul Helpline 021 4270444 or 087 1520360

Christmas Mass Bouquets

We have beautiful Christmas Mass Bouquets available in the parish office and in the church sacristies. €2 each with proceeds going towards the work of Aid to the Church in Need in Syria and Bishop John Ryan's charity in Malawi. The front of the cards feature pictures of our three parish churches with a nativity scene and "Christmas greetings from Glounthaune". The inside of the cards tell recipients that their intentions will be remembered in a Triduum of Masses in our parish on Christmas day.

Nelson Mandela gave an interview in 1990, shortly after his release from prison on Robben Island. Twenty seven vears in difficult prison conditions had made him a wiser man. When the interviewer asked him if he hated those who had deprived him of his freedom for twenty seven years, he said, 'if I hated them, I would still be in prison.' He allowed no one to take away his freedom to forgive and seek peace. In his book, which he called The Long Walk to Freedom, he relates how he made good use of his time in prison. During his years in jail he studied with great care the prison guards and all those

who operated the prison system. He learned their way of looking at life, their interests, their passionate love for rugby and their strong political convictions. So, when the time came to negotiate for peace and an end to the era of apartheid, he had a strong negotiating hand. He had gained insight into those whom many of his people regarded as 'the enemy'. he understood their strengths and their fears, he knew how to respect them and how to challenge them. Eventually he persuaded them to become part of the long walk to freedom. The journey towards greater freedom to understand, freedom to forgive and be reconciled, freedom to have profound respect for others, is a journey that will continue long after his passing. The season of Advent is a timely reminder that the long walk to freedom is our journey too.

What's on in the Church Centre

- 1st Monday of the month: Tea & scones after morning Mass
- Monday Mornings: Christian
 Meditation from 10.30am to 11am.
- 1st & 3rd Monday: Preparation for Baptism at 7.30pm.
- 2nd Tuesday: Seanoirí get together.
- Tuesday mornings @ 10.45am: Seniors Yoga
- Tuesday evenings from 7pm to
 9pm Adoration of the Blessed
 Sacrament.
- Every second Wednesday evening at 8pm – Glounthaune Church Choir practice – new members always welcome.

- Wednesday from 10.30am to 6pm –
 Adoration of the Blessed Sacrament.
- 1st & 3rd Thursday Active Retirement meet
- Thursday evenings 6.30pm to 7.15pm Bible Study.
- 2nd Thursday: Gramaphone Circle at 8pm

Please contact the parish office if you would like to use the church centre for an event, especially one that could benefit others.

Masses for the week ahead

Monday 5th Glounthaune @ 10am:
Jack, Elizabeth & Vincent Dillon Anniv
Mary Hegarty Anniversary

Tuesday 6th Glounthaune @ 10am: Jimmy & Sheila McCarthy Anniversary

Wednesday 7th Glounthaune @ 10am: Jack Harrington Jnr R.I.P.

Thurs 8th Feast of the Immaculate Conception Knockraha @ 10am ------

Glounthaune @ 12 noon:

Timothy Twomey Jnr & Timothy Twomey Snr & Pat Kendrick Anniversaries Little Island @ 7.30pm

Patrick & Ellen Kenefick Anniversary
Jim Carry Anniversary

Friday 9th <u>Little Island</u> @ 10am: Mass for the people of the parish

Mass Intentions 10th/11th

Saturday, Glounthaune @ 6pm:

Noreen Fitzgerald Months Mind Timothy & Kathleen Murphy R.I.P.

Seán Horgan Anniversary

Sunday, Glounthaune @ 9am:

Isa O'Mahony Anniversary

Sunday, Knockraha @ 10am: ------

Sunday, Little Island @ 11am:

Tadhg Hayes Anniversary

Sunday, Glounthaune @ 12 noon:

William & Margaret Healy Anniversary