



NEWSLETTER FOR THE  
BALLYDEHOB UNION OF PARISHES  
NOVEMBER 2011



## **A Note from the Editor**

Steve McCann asked me if I would produce a monthly Newsletter for distribution to Parishoners, non-Parishioners and anyone who may be interested to know what is going on.

The aim is to have the Newsletter available on the first Sunday after the 15th of each month and will include details of forthcoming events, snippets of this and that and a list of the Services for the following 6 weeks.

### ***To that end I need your help!***

If you are organising anything or have some information or news that you think would be of interest to others please let me know.

As well as having this in paper format, it would be extremely good to be able to circulate the Newsletter electronically. So if you have an email address and are happy to receive it in this format, please let me know.

This is the first attempt. If you have any comments (negative, but hopefully positive) please do get in touch. I won't be offended, just grateful!

*My contact details are:*

### **Diana Pitcher**

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Church Cross  
Skibbereen

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## **The Rector's Page**

*November 2011*

### **Making space for Christ**

Why is it that when Advent gets here I am always feeling like it is time for me to go away? I do not mean to be negative, but why is it that life seems to fall apart just about the time we are to prepare for Jesus' coming? Why can't Jesus come when it is comfortable and convenient for me, like when I am less busy?...and I know I am not alone, every year, just about this time, people's lives get so busy that the world feels like it is spinning about too fast and you might wonder how will it be possible to make room for Jesus?

Perhaps that is what Advent and Christmas are all about, a period of invitation; inviting us to make the space for peace in our lives; the same peace Christ so often spoke about. What a perfect time it is too, just when the hustle-bustle of life (even out in west Cork) can feel like it has got the better of your time and energy. Advent, the coming of Christ, is a wonderful time to create space for Christ where there once was no space, just as Mary did, just as his disciples did, and so too with us.

During this season, please take that time to find the peace that Christ brings, invite him in, and let his love be yours. You are welcome to join me on the four Wednesdays during Advent (30 November, 7, 14, 21 December) at 11 AM for a morning Communion service in Saint Matthias Church, Ballydehob, and/or you may wish to join me in the Rectory on the four Thursday evenings during Advent (1, 8, 15, 22 Dec.) at 8 PM for an informal Scripture study on the coming of the Messiah.

Have a wonderful Advent, and every blessing to you and yours.

***Rev Stephen McCann***

The Rectory  
Church Road  
Ballydehob  
Co. Cork

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## **ANNUAL CHRISTMAS CONCERT**

### **Monday 20 December, St Matthew's Aughadown – 8.00 PM**

A concert of seasonal performances by local musicians, singers, dancers and actors. Mulled wine and mince pies will be served, in the Church, after the finale.

The evening does have a serious side in. Any proceeds are to be given to the Multiple Dystrophy Support Group. This Group gives aid, support and respite care to families who have a member with this dreadful, incurable disease.

All are welcome, there is no admission fee, and a smashing evening is guaranteed. Please bring your friends and neighbours and make sure you arrive early to get a good seat!

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### **Parish Service times**

#### **The First Sunday of Advent; 27 November 2011**

Saint Matthias, Ballydehob: Holy Communion, 8:00 am

Saint Matthew, Aughadown: Advent Carol Service, 10:15 am

Saint Matthias, Ballydehob: Advent Carol Service, 11:30 am

#### **The Second Sunday of Advent; 4 December 2011**

Saint Matthew, Aughadown: Holy Communion, 10:15 am

Saint Matthias, Ballydehob: Morning Prayer, 11:30 am, followed by refreshments

#### **The Third Sunday of Advent; 11 December 2011**

Saint Matthew, Aughadown: Morning Prayer, 10:15 am, followed by refreshments

Saint Matthias, Ballydehob: Holy Communion, 11:30 am

#### **The Fourth Sunday of Advent; 18 December 2011**

Saint Matthias, Ballydehob, Holy Communion Service, 9:00 am

Saint Matthew, Aughadown, United Service of Nine Lessons and Carols, 11:00

followed by refreshments and mince pies.

Blessing of the Crib in Ballydehob, 7:00 pm. followed by refreshments and mince pies.

Saint Matthias, Ballydehob, the Community Carol Service at 8:00 pm.

#### **Christmas Eve; 24 December**

United Service of Holy Communion, Saint Matthias, Ballydehob, 11:30 pm

#### **Christmas Day; Sunday 25 December**

Saint Matthew, Aughadown: Holy Communion, 10:15 am

Saint Matthias, Ballydehob: Holy Communion, 11:30 am

#### **The Second Sunday of Christmas; 1 January 2012**

Saint Matthew, Aughadown: Holy Communion, 10:15am

Saint Matthias, Ballydehob: Morning Prayer, 11:30 am, followed by refreshments

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| Please submit announcements for Sunday Services, preferably by email, to Rev. Steve by noon on Saturday. |
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## Thoughts on Diabetes

The number of people with **Diabetes in Ireland** is growing. There are an estimated 190,000 people with the condition with a further 30,000 as yet undiagnosed. The good news is that diabetes is preventable in 58% of cases! With a little exercise such as walking and a reduction of fat in the diet it is possible to halt progress into diabetes.

It is possible to screen people to see if they are at risk of diabetes. The risk factors associated with diabetes are; over 45 years, family history of diabetes, overweight, high blood pressure or cholesterol, gestational diabetes (or a baby over 9 pounds) sedentary life style or poor diet.

The screening consists of answering some questions and having your weight and waist measured. If you would like an appointment to be screened contact Ber O’Riordan who is based in Ballydehob and holds clinics throughout West Cork on 087 6566346 for an appointment.

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**The Church Hall:** If you know of anyone who is having a party, family gathering, wedding reception, children’s party, and are looking for a venue, please suggest the Church Hall at Church Cross. It comes with a well equipped kitchen; good parking; lots of space outside if you have youngsters wanting to run about and let off steam, and is very reasonable to hire.

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| <b>Telephone numbers</b>       |                  |              |
|--------------------------------|------------------|--------------|
| <b><i>Rector</i></b>           | Steve McCann     | 028 37117    |
| <b><i>Lay Minister</i></b>     | Ann Hunt         | 028 37204    |
| <b><i>Glebe Wardens</i></b>    | Bobby Draper     | 028 38422    |
|                                | Richard Willis   | 028 28310    |
| <b><i>Rector’s Wardens</i></b> | Willie John Love | 028 38422    |
|                                | Annie Barry      | 086 053 0430 |
| <b><i>People’s Wardens</i></b> | Richard Sweetnam | 087 934 7210 |
|                                | Ben Dean         | 028 37487    |
| <b><i>Sunday School</i></b>    | David Hayward    | 028 37555    |
|                                | Sharon Wolfe     | 028 37277    |
| <b><i>Mother’s Union</i></b>   | Maria Swanton    | 028 37137    |
| <b><i>Foroige</i></b>          | Helena Hickey    | 087 233 3184 |
| <b><i>Church Hall</i></b>      | Diana Pitcher    | 028 38483    |

**The Aughadown Walking Group** meets every Monday and Thursday at 10am at the GAA Community Hall at Church Cross. All are welcome to join the Group for a walk. The walk lasts about 40 minutes along local lanes, all of which are fairly flat and sheltered. It is not a route march, a race or over-strenuous, but an opportunity to get fit and socialise. There is no charge and for further information please call Brigid O'Brien on 38132.

**Sheila Mitchell** is one of our organists. She and her husband retired to Toormore in March this year, and attended Altar Church. When it became known that Sheila had been a Music Teacher and was a Grade V111 on the piano she was persuaded to play the organ for the summer services in Crookhaven. Having never played the organ before she was at first reluctant, but nevertheless undertook the task and enjoyed it. She is now one of the team of organists in Aughadown. The Rector chooses the hymns and Sheila has the list well in advance of the service. She practices at home and then has more time on the organ, where she experiments with the stops, how loud to play and so on. She writes the words under the music so can sing at the same time as playing. We welcome Sheila to our Parish.

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During 1937-1938, a national project gathering local folklore existed throughout Ireland. In most cases, the school children spoke with their grandparents and older neighbours of that time to learn some of the stories or piseogs for their town land and then recorded those stories in essay form. The ***Irish Schools Folklore Manuscripts***, held in the Department of Irish Folklore, University College, Dublin and now available to read in part, is a fascinating collection of ways to predict the weather, supernatural happenings, descriptions of meals, the old houses, funerals, cures, holy wells and natural ways to prepare day-to-day necessities. Did you know that the sap of the pennywort cured bee stings, but apparently it was common practice in the old days? The use of sphagnum moss as a baby's nappy is certainly questionable. But when used in bandages to dress wounds the nutrients would be most beneficial. Mothers beating moth-eaten beams in rafters to collect the dry powder to replace baby powder is also not very common these days. None the less these essays are definitely worth a look to see the practical methods used in days gone by.

**Rector's Schedule**

| MON.                                 | TUE.    | WED.  | THU.                                       | FRI.   | SAT.         |
|--------------------------------------|---------|---|--|--|--------------|
| Office -<br>Open Door<br>10:00-12:30 | DAY OFF | Midweek<br>Service  | School                                     | Office please<br>ring for appointment  |              |
| Office -<br>Open Door<br>2:00-5:00   | DAY OFF | Home Visits<br>please ring if<br>you or someone<br>you know would<br>like a visit | Office<br>please ring for<br>appointment   | Hospital Visits<br>please ring if you<br>or someone you know<br>would like a visit | Liturgy Prep |
|                                      | DAY OFF |   | Evening Class<br><i>The Coming Messiah</i> |  | Liturgy Prep |

Submissions for the Parish Newsletter should be sent to Di Pitcher (dianapitcher@O2.ie) no later than 10<sup>th</sup> of every month