

## **MENTAL HEALTH AND WELL BEING**

Covid19 has had dramatic effects on all our lives. We currently live in a world of divides: healthy vs sick; working vs not working leading to those with no spare time vs those with time on their hands; apartment dwellers vs those with gardens; those with desperate financial worries vs those still being paid. No matter which bracket we are in, we all need to mind our mental health. The numbers of people walking and enjoying fresh air have soared. The importance of family has been thrown into sharp focus, with frantic attempts to bring far-flung loved ones home; family members are now spending more time together than they normally ever do, often reverting to pastimes of a bygone age (colouring books, jigsaw puzzles, board games, walking). Maybe we can learn to live a less materialistic life? Meanwhile mobile phones and social media are playing a crucial role in connecting people. Now is a good time for people at home to grow vegetables (even in pots indoors) and take solace from nature as they have the time to appreciate the joys spring can bring us. A slower life style may reboot our souls.

### **A PRAYER OF TRUST**

*The Lord sits enthroned over the flood; the Lord sits enthroned as king forever.  
Psalm 29:10*

God, our God,  
King over all, including this chaos.  
You are always enthroned on high; You are always king.  
You alone are sovereign over this world you have made.  
In a time when we groan with uncertainty,  
when we are overwhelmed by the invisible flood of pandemic and panic,  
Be king.  
Be king over nations, and governments.  
Be king over sickness and death.  
Be king over communities and families.  
Be king over me.  
Be king over the floods around me and the floods in me.  
For Jesus' sake. Amen.

*Esther Simpson, Down & Dromore Diocesan Reader*

### **PARISH ADMINISTRATOR**

If your postal, email or phone number has changed please let us know. Also to promote events or post information in the parish newsletter or on the website, please contact our Parish Administrator Sinead Todd by email on: [wicklowandkilliskeycoi@outlook.com](mailto:wicklowandkilliskeycoi@outlook.com)

### **YOUTUBE CHANNEL**

The parish has recently established a YouTube channel which may be accessed at: [https://www.youtube.com/channel/UCpQzU9Ldt\\_uxDIUZt7Mv3gQ](https://www.youtube.com/channel/UCpQzU9Ldt_uxDIUZt7Mv3gQ)

### **FACEBOOK**

You may find the latest parish news and some great photographs on the Nun's Cross Facebook page at: <https://www.facebook.com/KilliskeyParish>

### **WEBSITE**

You may access the parish website at: [www.nuncrosschurch.ie](http://www.nuncrosschurch.ie)

### **CLERGY CONTACT DETAILS**

Rev Jack Kinkead — mobile: 086-1727654; e-mail: [kinkeadj@gmail.com](mailto:kinkeadj@gmail.com)  
Rev Ken Rue — mobile: 087-2766590; e-mail: [kenrue@gmail.com](mailto:kenrue@gmail.com)

## **Killiskey Parish**

**May 2020**



## **Announcements**

**Date of Issue: 26th April 2020**

***The Lord has risen indeed. Alleluia! (Luke 24: 34)***

### **ONLINE SERVICES VIA ZOOM**

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|-----------------|--|
| <b>Sun 3rd</b>  | <b>11.00am Service of the Word</b><br><b>Bible Readings: Acts 2: 42-47; Psalm 23;</b><br><b>1 Peter 2: 19-25; John 10: 1-10</b>                                    |
| <b>Wed 6th</b>  | <b>07.30pm Compline/Late Evening Office</b>  |
| <b>Sun 10th</b> | <b>11.00am Morning Prayer 1</b><br><b>Bible Readings: Acts 7: 55-60; Psalm 31: 1-5, 15-16;</b><br><b>1 Peter 2: 2-10; John 14: 1-14</b>                            |
| <b>Wed 13th</b> | <b>07.30pm Compline/Late Evening Office</b>  |
| <b>Sun 17th</b> | <b>11.00am Morning Prayer 2</b><br><b>Bible Readings: Acts 17: 22-31; Psalm 66: 7-18;</b><br><b>1 Peter 3: 13-22; John 14: 15-21</b>                               |
| <b>Wed 20th</b> | <b>07.30pm Compline/Late Evening Office</b>  |
| <b>Sun 24th</b> | <b>09.00am Morning Prayer for use on Sundays</b><br><b>Bible Readings: Acts 1: 6-14; Psalm 68: 1-10, 32-35;</b><br><b>1 Peter 4: 12-14; 5: 6-11; John 17: 1-11</b> |
| <b>Wed 27th</b> | <b>07.30pm Compline/Late Evening Office</b>  |
| <b>Sun 29th</b> | <b>11.00am Pentecost Sunday Holy Communion</b><br><b>Bible Readings: Acts 2: 1-21; Psalm 104: 26-36, 37b;</b><br><b>1 Corinthians 12: 3b-13; John 20: 19-23</b>    |

### **APRIL ANNOUNCEMENT SHEET**

At the end of last month, things were in a state of flux. It was becoming clear that services would not be possible in Nun's Cross church for a period and plans were being made on an ad hoc basis for Holy Week and Easter. Subsequently, it was decided to hold online services and to make postings on YouTube.

Now it is clear that we will not be returning to a church setting for many months and a new pattern has emerged.

### **REGULAR SERVICES**

Services are now being held online on a consistent basis via a video conferencing program called zoom which may be downloaded from [www.zoom.us](http://www.zoom.us). A link is provided in advance on the parish website, together with the service leaflet.

If you would like service leaflets delivered to you either by email or to your home, please contact Rev Ken who is compiling a list of such requests.

During this Easter Season, there will be a Sunday service and a Wednesday evening service each week. The latter will take place on Wednesday evenings, last between 20 and 25 minutes and be held jointly with Wicklow parish.

### **COCOONED?**

If you are over 70 or otherwise required to stay indoors and if you need assistance with the likes of shopping and obtaining prescriptions, please contact Revd Ken who has a list of various people who are happy to assist. He can marry up the requests with the offers of assistance.

### **ASHFORD COUNTRY FAIR**

Ashford Country Fair was due to take place on May Bank Holiday Monday. It was postponed due to the Coronavirus emergency. At this point it is unclear whether it can take place later in the year or will need to be cancelled. Further information will be available next month.

### **THE HUB**

The Hub is closed until further notice. When government restrictions are eased, consideration will be given as to when to re-open and what precautions will need to be taken.

### **ROLAND EVANS**

Roland Evans was a highly rated and much respected teacher in Nun's Cross National School until about ten years ago. He has been suffering from an incurable disease and his wife, Annette, is also unwell.

Past pupils and parents of Nun's Cross school had organised a benefit evening of music and the spoken word in appreciation of Roland and Annette. However, this was cancelled due to current circumstances.

The organisers set up a Facebook page at: <https://www.facebook.com/Roland-Annette-Evans-Concert-of-Appreciation-101344324830814/>

and a Go Fund me fundraising page at: [https://www.gofundme.com/f/roland-and-annette-evans?utm\\_source=customer&utm\\_medium=copy\\_link&utm\\_campaign=m\\_pd+share-sheet&fbclid=IwAR03f2lbox4ILZAM-XtweFf8pvz2qMVISkN9wEs-i39MrTC\\_IcNo7gpjaC4](https://www.gofundme.com/f/roland-and-annette-evans?utm_source=customer&utm_medium=copy_link&utm_campaign=m_pd+share-sheet&fbclid=IwAR03f2lbox4ILZAM-XtweFf8pvz2qMVISkN9wEs-i39MrTC_IcNo7gpjaC4)

If you would like to donate, please go to the above Go Fund me page.

### **FINANCES**

The Parish is facing a significant drop in income levels this year due to the likely cancellation of its main fundraising event and the lack of monies from church collections.

One method of assisting parish finances would be to join in the Planned Giving arrangements which are set out below.

### **PLANNED GIVING**

Please consider renewing or beginning your financial commitment to Killiskey Parish by way of Planned Giving. By doing this you can maximise the amount of money received by the Parish and greatly assist the Parish to meet its financial commitments. Planned Giving is making a pledge to donate an amount of money regularly over the course of the year whether weekly, monthly, quarterly or by a single donation. Under the tax regulations, the Parish, as a registered charity, can obtain a tax refund from the government for recorded donations from tax payers (PAYE and Self-Assessment) who contribute a minimum of €250 in the tax year. This is the equivalent of €4.81 per week. The parish can claim a further approx. 45% of the amount donated from the government. Cash donations on the plate, while very gratefully received, are not eligible for a tax refund. If you are contributing more than €250 over the course of the year through this method, you might like to consider Planned Giving.

Planned Giving can be done in any one of the following ways:

\*The envelope system enables parishioners to donate regular cash amounts which can be recorded for tax refund purposes. Envelopes can be obtained from the churchwardens.

\*By setting up a standing order with your bank for a minimum donation of €5 per week (or monthly or quarterly equivalent).

\*A donation or donations totalling at least €250 can be made directly to the Parish Treasurer, Scott Golden, Malvern House, The Glebe, Wicklow Town.

### **EASTER GENERAL VESTRY**

In current circumstances, it is not possible to hold an Easter General Vestry. The existing Select Vestry, including churchwardens and glebewardens, will remain in place. As soon as circumstances permit, the General Vestry meeting will be held and a new Select Vestry elected.

### **CHURCH REVIEW**

The Church Review was published online in April and will be in May. Lesley Rue will organise to send these out by email. If you don't have email, please let her know (087-2810478) and she will organise a printed copy to be delivered to your home.

### **YOUTH CLUBS**

Revd Jack and our area youth worker, Stephen Byford, are continuing to keep in touch with Youth in national and secondary schools via Zoom. If you would like further information please contact Jack.

### **CONFIRMATION**

All but the last session, plus a refresher, for this year's Confirmation Group was completed before the lockdown. However, the confirmation service which was due to take place on 4th April had to be postponed.

### **FRIENDSHIP GROUP**

The friendship group which operates within the joint parishes has been suspended during the current emergency.