

WICKLOW & KILLISKEY PARISH

Monthly Newsletter

Follow us on: www.wicklowchurchofireland.com / www.facebook.com/WicklowParishChurch and
www.nuncrosschurch.ie / <https://www.facebook.com/KilliskeyParish>

Thoughts for February



5 February. Isaiah 58:1-9; 1 Corinthians 2:1-7; St Matthew 5:13-20

This week's readings call us to consider the nature of our motivation in worship. We must seek God on God's terms, not ours. Jesus emphasises the continuity of his ministry, that he has not come to destroy what went before, but to enhance and bring new life to principles and practices that are already in existence.

12 February. Deuteronomy 3:15-20; 1 Corinthians 4:1-5; St Matthew 5:21-37

We gain a great insight into Jesus' view of the Hebrew Scriptures, as he quotes various laws, but then gives a broader insight into how our attitudes might be shaped through following God's Word.

19 February. Leviticus 19:1-2, 9-18; 1 Peter 1:16-21; St Matthew 5:38-48

Today, we are reminded to take a 'long view' of life. In a modern world that values productivity over all else, we might learn a lesson today. We cannot expect the land to keep producing if we exhaust its nutrients. And we cannot maintain good relations in the community if we start making enemies for ourselves.

26 February. Genesis 2:15-17, 3:1-7; Romans 5:12-19; St Matthew 4:1-7

On the first Sunday in the penitential season of Lent, the themes of temptation and separation are foremost in our readings. We must be careful not to get so caught up in the concepts of 'sin' and 'brokenness' that we miss God's saving acts throughout the course of human history. We are called to humility, not humiliation.

Services

Wicklow: Feb 5th -
8.30 & 9.30 am
Holy Communion
Family Worship
Killiskey: 11.15am
Service of Worship

Wicklow: Feb 12th -
8.30 & 9.30 am
Holy Communion
Family Worship
Killiskey: 11.15am
Service of Worship

Wicklow: Feb 19th -
8.30 & 9.30 am
Holy Communion
Family Worship
Killiskey: 11.15am
Service of Worship

Wicklow: Feb 26th -
8.30 & 9.30 am
Holy Communion
Family Worship
Killiskey: 11.15am
Service of Worship
5pm- Family Service



February News - Wicklow



Family Service

There will be a family service at 5pm in Nun's Cross Church on Sunday 26 February. These services are aimed at children, and are a great opportunity to connect with one another and with God. All welcome!

Confirmation

Please keep the confirmation group in your prayers as they engage with matters of faith. The sessions will take place on Sunday evenings between now & the confirmation service at the end of May.



Ovoca Camp

The ever popular Scripture Union Ovoca weekend will take place over the weekend 24th to 26th March. This camp is open to 5th and 6th class pupils in primary school. Leaflets will be sent out to schools after midterm and bookings will go live on March 10th!

Pastoral Visiting

Is there someone you know who might appreciate a visit from the Rector? Or would you like to talk to Jack, in confidence? Please feel free to call or email, to arrange a time.
kinkeadj@gmail.com / 0861727654.

February News - Wicklow



Wicklow vestry open for young children during services!

We have cleared some space in the Wicklow Vestry for anyone coming to church with small children! We're delighted to see small kids in church, but understand it can be a bit stressful for parents at times! Please feel free to drop in & out of the Vestry during services, where there will be some toys & a playmat. There is also a speaker in there, relaying the service. And please keep bringing your kids to church!

Help needed!

We need volunteers to help with three areas of church life:

1. Coffee rota for after church on Sundays.
2. Church cleaning rota.
3. Flower rota for fresh flowers in church.

Perhaps sign up for a Sunday near the anniversary of a loved one, or of a special occasion



Wicklow coffee rota

Thanks to those who have signed up so far, to help provide tea / coffee after the 9.30am services. Please let Jack know if you are able to help with this occasionally.

Fundraising

Any and all ideas are welcome, so please let us know if you have an idea for a fundraising or social event.

February News - Wicklow



Toddler and baby group

The baby & toddler group has restarted, and now meets on Tuesday mornings, in the Methodist Church hall, from 9.30-11.30am. Anyone looking after pre-school children are very welcome. There are toys for the kids, and tea / coffee for their carers. €3 to cover costs.

Friendship Group

The friendship group meets in the Methodist Hall on Monday 20 February.



Youth Groups

United Youth has recommenced and meets on the first Saturday of each month, in EGS, 6-7.30pm. United Youth will meet again on the 4th of February - keep an eye out for exact details. Anyone 4-6th class age is welcome to attend. Anyone aged 4th-6th class is welcome to come along! €5 to cover costs.

The teen youth group will recommence on 5th and 19th February, in EGS, 6.30-8pm. We usually meet on the first and third Sundays of each month. Anyone of secondary school age is welcome!



February News - Wicklow



Safeguarding Trust

Safeguarding Trust is the Church of Ireland's child protection policy. Any volunteers who work with groups for under 18s, or with vulnerable adults, must undertake Safeguarding Trust training. Each parish Select Vestry appoints a Panel, to ensure that Safeguarding Trust is being fully implemented, and to meet should any issue arise. In Wicklow and Killiskey, the Panel members are: Rev Jack Kinhead (0861727654), Allyson Minion, Tony Mulrain (0871171066), (0868597423), Rev Ken Rue (0872766590), and Daphne Smith (0879152777). If you have any concern regarding child safety, please contact one of the panel without delay. <https://www.ireland.anglican.org/about/safeguarding>. Since the last Select Vestry meeting, there have been no incidents reported to the Safeguarding Trust Panel.



Select Vestries

Both Select Vestries met towards the end of January, and both discussed the practicalities around Rev Jack now having sole responsibility for both Wicklow and Killiskey parishes. Both vestries are engaging in processes of looking towards a sustainable future for the parish community, and welcome the input of the wider parish family. Although overall outgoings have reduced, finance continues to be a perpetual worry, and the vestries appeal to parishioners to consider planned giving for financial contributions - either standing order or donation envelopes. Any donation over €250 per year will be eligible for an additional tax rebate contribution from the government. Our bank details are as follows: Wicklow Parish Church. BIC: AIBKIE2D; IBAN: IE23 AIBK 933619 09248084 Killiskey Parish: BIC: BOFIE2D; IBAN: IE16 BOFI 906734 11025991

February News - Wicklow



Arklow Inch and Kilbride Mental Health Talks

Arklow, Inch and Kilbride Parishes are hosting a short series of talks, to help promote good mental health, to help us understand our own mental health better, and to help reduce the stigma of mental health. These are in association with the Church of Ireland MindMatters initiative, and funded through the generosity of the Benefact Trust.

The talks will take place in St. Saviour's Hall, Arklow, beginning at 7.30pm

Church of Ireland Youth Department
Wednesday 8th February

"5 Ways to Wellbeing"

Presented by Mental Health Ireland

Due to a change of format, this talk no longer has a limited attendance, so all are very welcome to come along.

Wednesday 22nd February

Mental Health and Faith

Presented by Lydia Monds, Ministry Leader,

The Church's Ministry of Healing Ireland
Wednesday 1st March

Healthy Body, Healthy Mind

Presented by Sarah Lawlor, Mental Health Nurse

Everyone is very welcome to attend all of these talks.

For further information, please contact
Brigid Barrett

Email: aikchurches@gmail.com or phone
0402 32439

Lent Book group

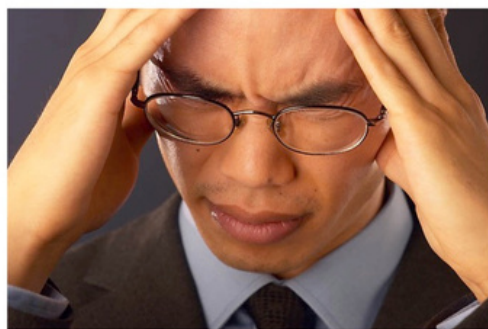
We will once again engage in the Big Church Read, which this year follows 'Godforsaken' by Stephen Cottrell, Archbishop of York.

The book group will meet on the 6 Thursdays in Lent, beginning on Thursday 23 February.

Please let Jack know if you would like to take part & if you would like him to purchase a copy of the book for you (€15). We will either meet in person or on Zoom, depending on people's preference!

What is Mental Ill-Health?

Signs, Symptoms & What To Do About Them



Two free Talks aimed at resourcing those struggling with their own mental health or supporting others who are.

Wednesday 8th February, 8pm:
St. John the Baptist Parish Centre, Seafield Road, Clontarf, Dublin 3. D03 VW22

Friday 10th March, 8pm:
Castleknock Parish Centre, Castleknock Road, Dublin 15. D15 DK54

Speaker: Caríosa Walsh, ICP accredited individual and group therapist.



Doras Oscailte

MindMatters COI

- Reducing Stigma
- Promoting Connections
- Clergy Training and Supports
- Mental Health and Faith

Walks of Wellbeing

Gentle, guided walks with a focus on friendship and mindfulness

Sunday 2nd April

St. Anne's Park, Raheny
(meet at the Red Stables)
3-5pm

Led by Rev. David White

Sunday 7th May

Phoenix Park
(meet at Papal Cross)
3-5pm

Led. by Rev. Ruth Noble

Saturday 27th May

Glendalough
(meet at St. John's Church, Laragh)
11am-4pm
Led by Rev. Brian O'Reilly
(please bring water and a packed lunch)

More information on any of these events at
086 0386415
087 9091561



February News - Wicklow

Walking and talking – Series of events focus on mental health and wellbeing

A series of events to encourage and support positive mental health will take place in the dioceses this spring. Organised by the Revd Garth Bunting, Rural Dean of St Mary and Canon Lesley Robinson, Rural Dean of Fingal, the events are part of the Church of Ireland's MindMatters project.

Free talks, entitled 'What is Mental Ill-Health? Signs, symptoms and what to do about them', will take place in each Rural Deanery. The first, on Wednesday February 8 at 8pm, will take place in St John the Baptist Parish Centre, Seafield Road, Clontarf, Dublin 3. The second will be on Friday March 10 at 8pm in Castleknock Parish Centre, Castleknock Road, Dublin 15. The speaker will be Cariosa Walsh, ICP accredited individual and group therapist and the talks are aimed at resourcing those struggling with their own mental health or who are supporting others who are.

Walks of Wellbeing – gentle guided walks with a focus on friendship and mindfulness, will take place in three different locations in April and May. On Sunday April 2 the Revd David White will lead a walk in St Anne's Park in Raheny (meet at the Red Stables) from 3pm to 5pm. On Sunday May 7 the Revd Ruth Noble will lead a walk in the Phoenix Park (meet at the Papal Cross) from 3pm to 5pm. On Saturday May 27 the Revd Brian O'Reilly will lead a walk in Glendalough (meet at St John's Church, Laragh) from 11am to 4pm. Walkers in Glendalough are asked to bring water and a packed lunch.

Canon Lesley Robinson has encouraged people to come along and spread the word about the events. "The Mind Matters project is a great opportunity for us in the Church to reach out to those who may be struggling with their mental health, supporting others who are, or just conscious about the need to protect it. I was delighted when the Revd Garth Bunting approached me about organising some joint events in our Rural Deaneries and hope they will be of benefit to many people," she commented.



February News - Wicklow

Walking and talking – Series of events focus on mental health and wellbeing

The Revd Garth Bunting added: "I'm especially looking forward to the walks we have planned. The idea of combining exercise, promoting friendship and taking pauses to reflect and pray, seems to me to be like little pilgrimages or caminos right on our doorstep. And they help promote mental health."

"I have benefitted personally from seeking out help with my mental health. About 15 years ago I went to see my GP about feeling down. I was diagnosed with depression. My GP set me on a journey to improve my mental health and psychotherapy has been at the core of that. Today, I manage my mental wellbeing in a much better way, and know quickly when I need to give it more attention," he added.

For more information on any of these events contact 086-0386415/087-9091561.

February News - Killiskey



Killiskey Churchwardens

As we have no official churchwardens at the moment, we need some parishioners to volunteer to undertake warden duty as part of a rota. Please let Jack know if you can help (0861727654).

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.

The Hub

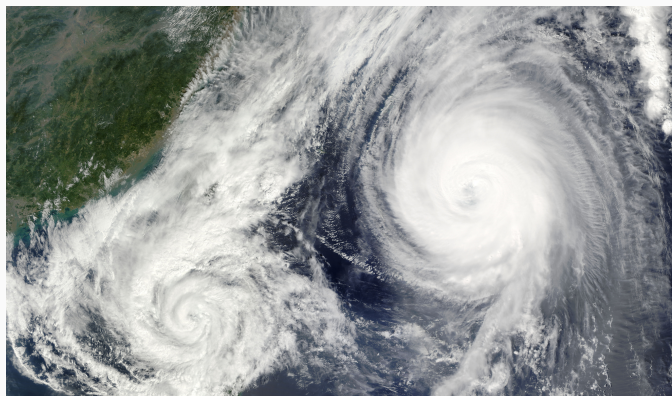
Ashford Charity Shop has a wide range of goods for sale, Opening hours are from 11am-3pm Mondays to Saturdays.

If you know of anyone who has been unemployed for a year or more and would like to earn some extra income, please ask them to contact Lesley Rue on 087-2766590

Table Tennis

The Table Tennis club meets in East Glendalough School on Thursdays from 7.30pm—9pm

February News - Killiskey



Eco Tips

February 2023

There is currently much discussion about the climate impacts of the clothes industry. Fashion production accounts for up to 10% of worldwide carbon emissions and uses vast amounts of water. Up to 85% of all clothes end up in landfill. Washing synthetics releases micro plastics, many of which end up in the oceans. "Fast fashion" results in people buying cheap clothes and discarding them after very few wears. We can all reduce our impact by following some of the steps below:

1. Wear your clothes until they have worn out.
2. Buy fewer outfits of high quality rather than many of poor quality, which do not last.

3. Repair and/or upcycle clothes. Accessories (scarves, belts etc) can freshen up old outfits.
4. Don't discard clothes that are hardly worn.
5. Wear clothes made of natural fibres. Nylon and polyester are made from petrochemicals and are non-biodegradable. Woollen jumpers are much warmer than synthetic ones.
6. Look after clothes well and they last longer. Wash at lower temperatures, use tumble dryers minimally, air drying is better for fabric and prolongs its life.
7. Buy clothes in charity or swap shops or vintage shops.
8. Donate clothes to needy people or charity shops rather than throwing them out. Clothes may also be sold on line.

Parish Development

Killiskey parish recently circulated a Parish Survey, and the data is currently being analysed, so we can best provide for the needs of our community.

Wicklow Parish has a working group who are looking at ways of reaching a wider demographic in our mission as Christ's body here in earth.



General Announcements

FLOWER ROTA

Please sign the flower rota sheet in the porch of the church if you are available to help with church flowers. This isn't a big job & doesn't involve fancy arrangements (unless you want to!) but is about having some fresh flowers, in vases, in church week by week.

HELP WANTED!

We always need volunteers to help with parish organisations and events. Could you help with: Children's activities, youth clubs, fundraising events, the Fete, the BBQ, Messy Church, church flowers, crèche? Any time and help, however little, is so much appreciated. Contact Jack for more details

PRAYERS

We are really keen to involve more people in worship in Wicklow Parish. One way to do this is to involve people in leading the prayers of intercession at services. Would you be willing to help with this, on an occasional basis? If so, please speak to Jack. There is an information pack available, with pointers on how to lead a congregation in prayer.

PARISH ADMINISTRATOR

If you have items you want included in the Parish Newsletter, please send to Sinead before the 20th of each month at wicklowandkilliskeycoi@outlook.com

Dear Lord

As we worship You in the beauty of Your holiness and bow down before You in reverent praise, we see the splendour of Your creation around us, in the awakening that Spring brings.

We give thanks that we are Your people, the sheep of Your pasture, and You are our God.

Let us keep praising You, and declare, as Job did, that "I know my Redeemer lives".

In Jesus' name we pray,
Amen