

# ST PAUL'S POST

St Paul's Province Weekly Newsletter: 314

24 April 2023



Our birthday girl this week is:

## Happy Birthday

80th - Anna Hainey 27 April

Sister Movement

Sister Carmel Gorman has moved to East Holme this week!



### Dandelion and Burdock

The last of the UK's original [temperance bars](#), Fitzpatrick's in [Rawtenstall](#), which opened in 1890, still produces its dandelion and burdock to an original recipe brought over from Ireland at the end of the 19th century.



Dandelion and Burdock is a favourite drink for many who don't drink alcohol.

#### Consider the dandelions.

They have no interest in being restricted to the sunniest, warmest, most comfortable, least challenging conditions. They are content to be blown where the wind takes them and put down roots on whatever patch of ground they land on. Dandelions are survivors. They have a stubborn determination to grow and thrive whatever challenges their environment throws at them.

#### And How?

Because of the quality of their roots. They grow thick tap roots which go deep into the ground giving them access to sources of nourishment deep beneath the surface, and which anchor them firmly. They invest as much growth in their hidden roots as in their flowers and leaves.



In our early years we were encouraged to bloom where we are planted.

During this Easter Season let us learn a lesson from the dandelions.

Be rooted in Christ, our way, our truth and our life. John 14,6

*Savio*



# PRAY TOGETHER

## MAKING A DIFFERENCE IN THE LIVES OF OTHERS

### Relatives/friends of Sisters:-

Marguerita's brother, **Pat**;

Eily May's brother, **Tade**, and her sister, **Mary Philomena White**;

East Holme Nurse, **June**;

Carmel Comerford's sister, **Clare**;

Marcella Roe's sister, **Eileen**;

**Nicky Doran**, Sr Kay's Brother who is ill. We pray for **Sr Kay** too and Nicky's wife, **Bernadette**;

**Margaret James**, an associate;

**Noeleen Bermingham**;

Eithne's nephew, **Bernard Donoghue**;

Francine's sister, **Rita**;

Vy's brother, **Joseph Tran The Day**;  
now receiving palliative care;

**Maria Somers**, Paschal Somers' wife

**Catherine O'Riordan**, Sr Eileen's sister;

**Annie McCambridge**;

**Thomas Mullins**, Fr Tadgh's brother.

Sister **Betty Cahill** -Sister Betty would be grateful for prayers for a full recovery from her broken hip;

**Pulane Makepe's father**



**All-powerful God**,  
you are present in the whole universe & in the smallest of your creatures.  
You embrace with your tenderness all that exists. Pour out upon us the  
power of your love, that we may protect life and beauty.  
Fill us with peace, that we may live as brothers  
and sisters, harming no one.

**O God of the poor**,  
help us to rescue the abandoned and  
forgotten of this earth, so precious  
in your eyes. Bring healing to our lives,  
that we may protect the world  
and not prey on it,  
that we may sow beauty,  
not pollution and destruction.  
Touch the hearts of those  
who look only for gain  
at the expense of the  
poor and the earth.



# Earth Day

"EVERYTHING IS  
INTERCONNECTED."

Laudato Si', 240

Teach us to discover  
the worth of each thing,  
to be filled with awe and contemplation,  
to recognize that we are profoundly united  
with every creature as we journey towards your infinite light.  
We thank you for being with us each day. Encourage us, we pray, in our  
struggle for justice, love and peace. *Pope Francis, Laudato Si'*

## Waterworks Park



Waterworks Park, off Antrim Rd Belfast, was originally a reservoir built in 1830's to supply water for Belfast. Now, owned by Belfast City council it is an oasis for wildfowl.

Today I counted 40 mute swans and saw two more incubating their eggs. The nest is built by the female, while the male supplies the materials. Both male and females incubate the eggs.

Hopefully in 5 or 6 weeks the cygnets will be hatched.



*Swans incubating eggs*

This park is a popular place for walkers; I enjoy the beautiful scenery and the birdsong as well as meeting other walkers.

*Mary Carlin*

## Stained glass seeking in Knutsford

The parishioners in this parish hold the memory of Fr Joe, very close to their hearts. They have even visited his home place in Co Laois. They have also invited Sr Miriam Gabriel to visit them and to see the window. An opportunity arose for Sr Miriam, when she discovered that the main organiser of these visits, John Finnan, is a cousin of Kathleen Lynch, who has been the Nurse Manager in Marino, and is still a member of staff there. Both she and Sr Miriam travelled to Knutsford last week and were warmly welcomed by the parishioners.

John also suggested that they visit the Shrine in the Chapel in Sutton. They were delighted to do so and met Sr Eileen who also warmly welcomed them!



Sister Miriam and John

Thanks to John, his wife June and the people in Knutsford and Eileen for their generous hospitality."

'This beautiful stained glass window made it's statement in the Church of the Cross and Passion Sisters, Kilcullen. When the Sisters left, they donated the window to St Vincent de Paul Church , Knutsford, because of a family connection between the Sisters and the Parish Priest Rev Canon Joseph Cahill.'

-These are the words on the plaque below the window.

*Máire*



Sister Miriam and Sister Eileen



Sister Miriam at the altar



Sister Miriam with Mother Mary Joseph's Shrine

# Thanksgiving Mass

In honour of

*Venerable Elizabeth Prout, CP*

Mass will be held in

*The Church of St. Anne and  
Blessed Dominic*

*Monastery Road, Sutton, St Helens, WA9 3ZD*

*(off Robins Lane)*

*Saturday, 20th May, 2023*

12.00.p.m

Chief Celebrant; Fr. Nicholas Postlethwaite CP



Welcome to refreshments afterwards in the Parish Centre.

# A marathon for St Gemma's

Abbie Stone runs for St Gemma's raising a MASSIVE £6847 so far!!

Here is Abbie's story:

This is a charity very close to myself and my family. When we lost my Dad in 2012 and then my Mum in 2015, St Gemma's was the constant that helped to provide a sense of comfort within the hardest of circumstances.



PIC-COLLAGE

They gave the most exceptional care to my parents throughout their illnesses and in their final days, something I will be forever grateful for. My Mum looked forward to her out-patient days at St Gemma's, where she found a love for arts and crafts and created the most precious keepsakes for her loved ones. St Gemma's also helped me personally; I received nearly 8 years of bereavement counselling and support to help me come to terms with my future without my Mum and Dad. This support also included group sessions, where we would go on trips to paint balling and laser tag as well as weekend sailing trips away. These sessions allowed us to

have some fun and be around other young people going through similar situations. I really believe the support I received had a positive impact on me and equipped me to deal with the challenges that would lie ahead. Without that support from them, and other people around me, I would not be where I am today.

I could share many more examples of how much I appreciate this charity and why I am consequently taking on this challenge. I'm not currently much of a runner myself, although I regularly play a variety of team sports, so I am both excited and nervous for this personal challenge. I hope to raise money so that St Gemma's can continue to have the same impact on other families lives as it did on mine.

**Abbie**

Thank you for joining us at St Gemma's this evening.  
As a valued member of our community we ask you to:

- 1** Sponsor Abbie to run the 2023 London Marathon; every penny she raises will help us support more patients and families through terminal illness and bereavement.

Scan to donate or visit the link below



<https://www.godging.org/fundraising/abie-stone>

- 2** Arrange a meeting with a member of our team to discuss how you can help the St Gemma's community over the next two years. Speak to any of the team this evening or contact Emily Jones on [emily.jones@st-gemma.co.uk](mailto:emily.jones@st-gemma.co.uk) or 0113 2183508.

# facebook

## GUIDANCE FOR RELIGIOUS

From text messages to e-mail and from blogging to tweets, technology is becoming ever-present in our lives and is an increasingly essential tool in helping us to remain in contact with Religious, friends and family throughout the World. New technologies open up a whole range of possibilities to help us communicate with each other in real time.

However, we can be vulnerable to unintended misuses of electronic communication. Social Media in particular encourages casual dialogue; and very innocent actions can easily be misconstrued or manipulated. This guide is intended to support you in considering your Social Media interactions and relationships with others.

- ✓ Make sure your 'About' details on Facebook are set to 'Only me' so that nobody else can view your personal details.
- ✓ Limit your posts on Facebook to 'Friends' only or to a selected audience. Do not keep your posts set to the default 'Public'.
- ✓ Only accept Friend Requests from people you know well. It is advisable not to accept Friend Requests from past pupils for example if you worked in a School.
- ✓ Do not accept Friend Requests from any children, young people or adults at risk that you know.
- ✓ If you are posting pictures, make sure everyone in the picture has agreed to it being posted online.
- ✓ Ensure your settings prohibit others from 'Tagging' you in their posts without your permission.
- ✓ Do not hesitate to 'Block' or delete posts from anyone that makes you feel uncomfortable.
- ✓ Use the 'Settings and Privacy' section to help you keep all your information safe and secure.

# RLSS

RELIGIOUS LIFE  
SAFEGUARDING  
SERVICE

*Committed to a safer Catholic Church*