

# NEWS — from the — PEWS

As the pandemic continues and restrictions are back in place in some regions throughout our own Nation and the world, thought might be given to the mental health aspect of this dilemma. At first it was all about the strategic plans of protocol and I do think that the world responded (in places) well to this.

Experts were drafted in and the Government in our own land struggled to find the best common mean when it came to enforcing and lifting restrictions. It became all about physical presence (or the lack of it). Now, as the months turn toward a full year of Covid19 it's time to concentrate more fully on the mental health aspects of the effects of pandemic.

I was interested, during the deep lockdown of the Spring of this year to hear two distinct groups of people represented by two individual voices during separate conversations. One (my

own child in Australia) commented that she felt like her young life was being wasted so long tucked away. The other was a more senior lady who uttered the same sentiment regarding the precious time she felt she was given at this stage in her life. What was new and interesting at the beginning of March has now become unbearable for some people and prayers and community are always needed to support those who suffer at this time.

At times like these we as Church should be seen to be speaking out regarding this dreadful time for many people. It is *loss* at the end of



## Finding a Voice

Church is a community that far outspans its own walls. Now is the time to gather ideas of outreach and communication.

What comes to mind?

the day and we should be encouraging people to speak honestly about their loss as a means of providing a safe sanctuary of listening and assistance wherever it's possible to help. This may not be the most uplifting piece to read by it is nonetheless important to reiterate. Let's talk about this! If you can think of any project or ideas for outreach or to provide a forum for expression, please do let me know. The aim is to connect now with those who are struggling most at this difficult time.

**Cathy**



We would like to bring to your attention a government funded online counselling service for people experiencing poor mental health during this pandemic. This service may well be of benefit to parishioners.

This is free to all who need it and can be accessed using [www.mymind.ie](http://www.mymind.ie) (Covid-19 Project). Individuals can access HSE accredited counselling and can choose a counsellor that meets their needs (bereavement, addiction, loneliness, depression etc).

### **FREE online counselling sessions COVID-19 Project**

MyMind is very aware that the Covid-19 pandemic has had a devastating effect on many individuals and families, and there has been increased pressure on people's ability to cope with the additional challenges posed by the virus. From bereavement and job losses to the fear and anxiety caused by the need to socially distance, and trying to deal with loneliness and isolation, many people are finding it hard to cope at the moment.



Getting help and staying connected are very important factors in maintaining good mental health. Talking to a qualified professional is a proven and effective way of dealing with problems of stress or anxiety.

MyMind is now delivering FREE online counselling appointments for people all over Ireland. If you have been directly affected by Covid-19, you may be eligible. The main mental health issues include issues arising from unemployment, bereavement, social isolation/cocooning, illness, stress, depression, anxiety, addiction, or domestic violence.

All counselling and psychotherapy sessions delivered through this project will be provided by MyMind and will be carried out online via video call or phone calls.

To learn more, please visit: <https://mymind.org/online>,  
**email:** [hq@mymind.org](mailto:hq@mymind.org) or phone call [+353 76 680 1060](tel:+353766801060)





**POWERSCOURT  
WITH KILBRIDE**  
Our Services for the Month of October

Service Times:  
St. Brigid's Kilbride - 10am  
St. Patrick's Powerscourt - 11:30am

• 4 <sup>th</sup> October 2020	- Holy Communion 2 (both churches)
• 11 <sup>th</sup> October	- Family Harvest Celebration
• 18 <sup>th</sup> October	- Holy Communion 1 (Kilbride) - Holy Communion 2 (Powerscourt)
• 25 <sup>th</sup> October	- A Service of the Word (both churches)



The Living Room is a concept rather than one particular event. Its aim is to draw people (safely) together to participate in fellowship in many different ways. We have begun this by gathering together in the Rectory Garden every Wednesday at 10am where we read and discuss the Gospel for the coming Sunday, and this is followed by a short time of prayer. All

Remember: **Wednesdays at 10am in the Rectory Garden!**  
**(Please note The Living Room is back to the original day of Wednesday)**

## **HEADSTONE OF THE WEEK**



The Reverend George Townshend, 1876-1957, a leading exponent of the Baha'i faith in Ireland. (Baha'i s believe in the unity of peoples and of religions in the search for God...)

He was an ordained member of the Church of Ireland, Rector of Anascragh and Archdeacon of Clonfert and Kilmacduagh until 1947, when he retired - some say resigned. By 1920 he had become convinced of the truth of the Baha'i faith and for years bravely attempted to convert the Synod, understandably causing tensions with his colleagues.

On retirement, then aged 70, he relinquished his orders and devoted his life to writing about Baha'i teaching. An excellent communicator, he had once spent some years as a journalist with the Irish Times. He is regarded with special reverence in Ireland as the last of those who had met Shogi Effendi, grandson of Baha'ullah, the first great missionary of Baha'iism, who died in 1892.

Even today, more than 60 years after Rev George's death, we see groups of visitors who come specially to say prayers at his grave.

The Rev George's brother, a naval officer, Commander Philip Ernest Uniacke Townshend, fought in WW1 and survived. His name is on the Roll of Honour in Kilbride Church.

*Submitted by Judith Cameron*



## CHILDRENS CORNER

Thanks to all who came to thank God and celebrate the joy of animals in the open air last Sunday. It was wonderful to see so many families and furry friends.



**Wrecked after the Service**



Taking care of living things  
We all can do together  
A quiet prayer of thanks to God  
For every fur and feather  
The smallest ant or butterfly  
Each lion, lark or linnet  
In ocean, canopy or sky  
Has got Gods breath within it.  
So look anew at all that you  
Encounter every day  
And do your best to keep it safe  
As it goes on it's way.  
And what you're really saying  
Or you're praying by these  
measures  
Is 'Thank you God for giving me  
The care of all your treasures!'

*Cathy Hallissey*

## A Helping Hand

We are both proud and delighted to announce that some of our young people have stepped forward and offered their help with shopping or gardening for anyone at home at this time.



Please contact Cathy Hallissey (086 3583104) if you require an extra helping hand.



Over the COVID lockdown we received wonderful photographs and written pieces from our Parishioners that were included in the News from the Pews. We would love to receive more.

If you would like to share please email Mandy in the Parish office on [office@powerscourtns.ie](mailto:office@powerscourtns.ie).

Thanking you all in advance.

## WOULD YOU LIKE A FULL-SIZED SNOOKER TABLE??



The Parish have been kindly donated a full-sized Snooker Table that is in excellent condition.

Would any Parishioners know of anyone who would like it? If you do please give Mandy a call in the school/ parish office on 2863862.

**Powerscourt with Kilbride**  
A Community of Faith in the Garden of Ireland

**Parish Select Vestry Meetings**

St. Patrick's Church,  
Powerscourt:  
Wednesday 30<sup>th</sup> September  
at 8 p.m.

St. Brigid's Church, Kilbride:  
Wednesday 7<sup>th</sup> October  
at 8 p.m.

# Keep an Eye on WHAT'S HAPPENING..

Embracing all Forms  
of Church

Our Sunday Services

*Beneath the Eaves (in-Church)*  
St. Brigid's Kilbride - 10am  
St. Patrick's Powerscourt - 11:30am

*Beneath the Boughs (Online)*

 **The Grouped Parishes of  
Powerscourt with Kilbride**

**Our Parish Website**

 <http://www.powerscourt.glendalough.anglican.org/parishgroups.html>



**On-Line Donations**  
**St. Brigid's Kilbride**  
*A Community of Faith in the Garden of Ireland*

WE TAKE PART IN GOD'S  
STORY AS COMMUNITY,  
GIVING AND CARING FOR ONE  
ANOTHER.

Kilbride Parochial Fund  
BIC B0FIE20

IBAN  
IE98 B0FI 9010 3614 1412 34

*Your donation is greatly  
appreciated at this time*



**On-Line Donations**  
**St. Patrick's, Powerscourt**  
*A Community of Faith in the Garden of Ireland*

WE TAKE PART IN GOD'S  
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Powerscourt Parochial No.1 Account  
Account No: 14148698

IBAN  
IE39 B0FI 90103614148698.

*Your donation is greatly appreciated at this time*

