

# CHRIST CHURCH CATHEDRAL GROUP OF PARISHES.

All Saints' Church, St Michan's Church St Werburgh's Church

## PARISH NEWSLETTER

26th June 2020.

Volume I, Issue 9.



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### Welcome back

Dear parishioners and friends,

The news that we can re-open our churches next Sunday is wonderful. **We Are Church** and together we worship God as a community of faith. While we re-open there are certain limitations we must adhere to and these are attached to this Newsletter. I suppose the main thing we all regret is that there can be no singing in church either as a congregation or with our choir. The Church of Ireland in general is renowned for its participation in worship singing hymns, however, following advice from the HSA and other bodies, the dioceses has issued very clear guidelines that we have to abide by.

So coming to church will be very different for all of us and I would ask you all to read and take note of the parish protocols so that our first service on 5<sup>th</sup> July can be well ordered and disciplined in the hope that every attending church that day will be kept safe and well and that is our priority. There is absolutely no pressure on anyone to attend church if they do not feel comfortable gathering with others and I encourage all those who feel unable to come to church to stay at home. Your safety and well-being is our primary concern.

These past few months have been difficult for you all and I can't emphasize enough how much Ross and I appreciate your ongoing support with phone calls, email and texts.

Both of us have been fortunate enough to have had the freedom (as clergy) to travel around even during the major lockdown at the end of March and April so we have not been affected as much as most of our parishioners. Nonetheless, we both have been bereft of your companionship and community spirit each day and particularly on Sundays. We look forward to welcoming you all (social distancing in place) as we travel through new times as we begin to worship once again as a community of faith.

May God continue to uphold you all.

David

As I am writing this, preparations are under way for us to return to worship, allowing us to come together again as a community of faith in our beautiful churches. The date of the 29<sup>th</sup> June has been set by the government as the stage at which churches can reopen, so we are planning to return on the first Sunday after this date, Sunday 5<sup>th</sup> July! I must admit that I am really looking forward to coming together as a community again, but we must remain vigilant and be careful. The risk of Covid-19 is still present, so therefore, following diocesan and HSE guidelines, we have put in place measures in St. Michan's church and in All Saints' church to keep us all safe. The two meter social distancing recommendation has been applied to pews and seating in both churches, aiming to maintain this safe distance during services. As a result, our churches will look slightly different on our first Sunday back and there will be new procedures in place, which are outlined in the parish protocol attached to this newsletter. The new procedures will require some adjustment and changes by us all, but the important thing is that our churches are still there, awaiting our return and we are still here, a community, a church family.

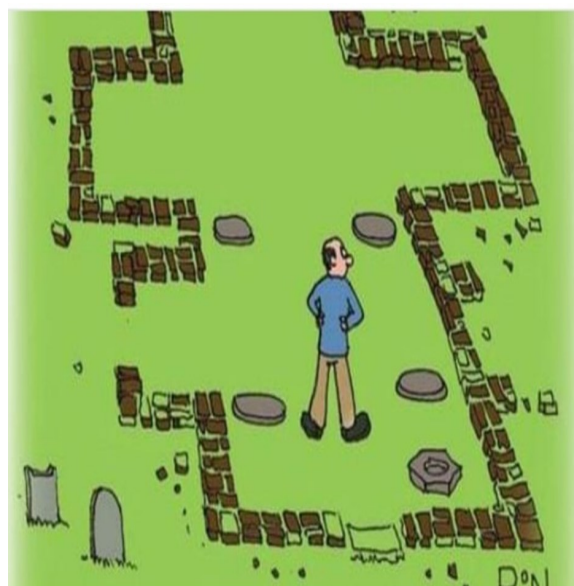
We have all come through a very difficult and worrying time but there is much that we can take from our shared experiences of lockdown. A strengthened sense of community, people looking out for each other, caring for ones neighbor. I would like to take this opportunity to personally thank all of you who have contacted each other, looked out for each other, supported each other and truly shown yourselves to be a true community of faith.

This newsletter came into being as part of our emergency measures to stay in touch with each other during the lockdown. Our first issue had the headline 'Unusual Times', and the months since really have lived up to that description! In this, our ninth issue, I would like to thank everybody who contributed to the newsletter – Aisling Sheridan, Clodagh Kingston, Paul Dawson, Fiona Styles, Ingrid Deegan, Denise McGowan, Ben Styles and, of course, the Archdeacon. I would also like to take the opportunity to thank our parish secretary, Patricia Parfrey, for all that she has done to produce this newsletter.

I look forward to seeing you all soon!

God bless,

Ross





## Craft Corner by *Archdeacon Pierpoint.*

### (DIY FACE MASK)



#### MATERIALS:

##### RECOMMENDED FABRICS:

Tightly woven cotton fabric, about 25 x 50 cm  
(10" x 20")

##### NOTIONS:

Elastic, 5 mm (3/16") wide: about 50 cm (20") 2  
small safety pins

Florist's wire or medium weight hobby wire, about  
15 cm (6")

Interchangeable filter layer (14 cm x 7 cm/ 5 1/2" x  
3"): e.g. paper kitchen towels or antibacterial fibre  
fleece (e.g. high-filter vacuum cleaner bag,  
antibacterial dish washing sponge cloth)

##### ALSO REQUIRED:

Pencil, Paper scissors

Tape measure or hand gauge Straight pins Tailor's  
chalk Fabric scissors and thread scissors Sewing  
thread

Sewing machine, machine needles Hand sewing  
needle

##### PATTERN PIECES:

piece 1 outside x 1

piece 1 inside x 1

#### PLEASE NOTE:

These are instructions to sew a DIY protective  
face mask. The mask is not officially certified nor  
has it been officially tested. The production and use  
of the mask is therefore at your own responsibility

#### PREPARE THE FABRIC

We recommend washing any fabric before cutting  
out pattern pieces. If possible, the fabric should be

dried in a dryer. This will ensure that the finished  
item will not shrink after laundering and it will be  
free of undesirable additives. The fabric should  
then be ironed smooth to make cutting out the  
pieces easier.

The 'good' side of the fabric is used as the right  
side and faces outward when wearing the mask.

#### CARE AND CLEANING

The mask should be stored in a dry place. After  
wearing, care- fully remove the mask without  
touching the fabric. Wash the mask after use (at  
least once a day at a minimum of 60°C). Re- move  
the filter layer before washing, leave to dry  
thoroughly.



**1 PREPARE YOUR MATERIALS** Before you begin, gather all required supplies. A sewing machine would be ideal. With a little patience, however, the mask can also be sewn by hand. Cut out the paper pattern piece.

The pattern piece includes seam allowances. If you would like to sew different sizes, the fabric can be cut wider or narrower.



## **2 CUT OUT THE PIECES FOR THE MASK**

Pin the paper pattern piece to the fabric (printed side facing up) and use chalk or a pen to mark along the edge of the paper pattern piece. Cut out the piece on the marked lines (= outside piece).

To cut out the smaller piece for the inside of the mask, fold the paper pattern piece on the broken line ("inside") and then pin it to the fabric. Use chalk or a pen to mark along the edge of the paper pattern piece. Cut out the piece on the marked lines. Cut the filter according to the given measurements.



**3 FOLD THE PLEATS AND PRESS** Transfer the markings for the pleats on both pieces: Clip the edges of the fabric on the inside and outside pieces for the markings by about 3 mm (1/8"). Fold the pieces from clipping to clipping along the edges and pin them in place with straight pins. The arrows on the paper pattern piece indicate the direction. Press the pleats across the entire width.

## **DOUBLE THE MASK**

Use one straight pin each to mark the centre on the long edges of both pieces. Lay the inside piece on the outside piece with right sides facing (the 'good' fabric side faces in). Pin the upper and lower edges together (matching marked centres). Stitch together 1 cm (3/8") next to edges. Turn the mask right side out (the 'good' fabric side is now facing out) and press the upper and lower edges flat. Also press the seam allowance not yet sewn at the end of both edges.



#### **4STITCH THE PLEATS**

Stitch the pleats on both sides on both pieces (inside and outside pieces) spaced 1.5 cm (5/8") next to the edge.

**5FINISH THE NARROW EDGES** Neaten the allowances at the narrow edges of the inside and outside pieces with narrow zigzag stitching or with overlock stitch. Then press the edges of the inside piece 1.5 cm (5/8") wide to the inside and stitch 1 cm (3/8") next to edge.

#### **6CONSTRUCT A CASING FOR THE WIRE**

Stitch 7 mm (1/4") wide along the upper edge (width of your machine's presser foot) from one side edge to the other. This will create a casing for the wire. Stitch 7 mm (1/4") wide along the lower edge likewise.

#### **7CONSTRUCT A CASING FOR THE ELASTIC**

Press the allowances at the side edges of the outside piece 1.5 cm (5/8") wide to inside (the small clippings indicate the width), and stitch the allowances 1 cm (3/8") next to the edges.

#### **8INSERT ELASTIC AND WIRE**

Cut the elastic into two equal pieces. Use a safety pin as a bodkin to insert the elastic through the side casings. Use safety pins to secure the ends to fit you properly. Bend over the ends of the wire and slip it into the top casing. Press the wire to your face when you put on the mask. This will ensure an optimal fit. Insert the filter layer between the outside and inside piece from the side. The elastic, wire and filter can be removed before washing the mask.



# Summer Recipe sent in by Fiona Styles



## Elderflower Fizz

When picking elderflowers, always try and choose full, clean flower heads without any bug infestations and from relatively high up to ensure they're 'untouched' by four-legged animals!

When brewing anything, it's essential that all your equipment is clean and sterile. This recipe makes 8 litres. It is also good to remember that it is for adults only as it will contain low alcohol levels!

### Ingredients

15 sprigs of fresh elderflower

2l boiling water

6l water

1kg sugar

3 lemons, peel sliced off in strips

5g of champagne yeast (<https://www.thehomebrewcompany.ie/champagne-yeast-60g-p-1992.html>)

### Equipment

Muslin cloth

10 litre container

Funnel

2L plastic bottle (x 4)

### Method

- Clean the elderflower heads, removing any dead flowers, cobwebs and insects
- Dissolve the sugar in 2 litres of boiling water, then cover and set aside until cool
- Once the sugar syrup has cooled to room temperature, pour it into a large, clean 10 litre container. Add the rest of the water, the lemon peel, the juice from 1 of the lemons, the elder flowers and the champagne yeast. Give the mixture a good stir, cover with a muslin cloth and leave to ferment at room temperature for 3–4 days. Give it a little stir everyday – you will notice it starting to fizz and bubble as the fermentation process begins

For this next stage, you will need 4 x 2 litre plastic screw top bottles and a funnel. It is important to use plastic bottles, as the fermentation process produces carbon dioxide, which is what makes it effervescent but can also make bottles explode. The plastic bottles (as opposed to glass ones) have

a little give so can expand a little, plus the screw-top lid isn't as airtight as a cork

- Pass the liquid through a muslin cloth, then decant into the bottles using a funnel. Tightly screw on the lids. The second stage of fermentation occurs in the sealed bottles and is what gives it the 'fizz'; carbon dioxide builds up and has nowhere to go, so it lies in wait for when the bottle is opened, causing that rush of bubbles. As mentioned, this can cause bottles to explode, so even though using plastic bottles minimises the risk, it is still safe to store them in a cool dry place like an outdoor shed or garage. Placing something over the bottles such as a cardboard box is a good idea to reduce the mess if one does burst.
- Leave the bottles for another few days, checking each day and carefully opening each lid to let some of the gas escape if needed. After a couple of days the second fermentation should have finished, but storing them in a cold room or the fridge will stop the fermentation completely.

Enjoy the refreshing sparkling drink as it is or serve with tonic water, ice and a sprig of mint.





## Courgette Caprese Bites

Place all 12 bites on a platter and drizzle with balsamic vinegar and some basil leaves.

### Ingredients

- 2 large courgettes
- 2 tablespoons olive oil
- Salt and freshly ground black pepper
- 227g fresh mozzarella
- 2 Roma tomatoes
- 115g mayonnaise
- 3 tablespoons prepared pesto
- 2 splashes red wine vinegar
- 12 large fresh basil leaves, plus extra for garnish

### Equipment

Grill pan

Cocktail sticks (optional)



### Method

Heat the grill pan over a medium heat. Slice the courgette into 12 slices (24 in total). Brush one side with olive oil and season with salt and pepper. Place oil side down and cook for 2 minutes. Flip each slice and cook for a further 1 minute (until they have grill marks and are becoming firm) Leave them aside to cool.

Slice the mozzarella into 6 slices, then cut each slice in half (12 in total). Cut each tomato into 6 slices (12 in total)

For the dressing combine the mayo, pesto and vinegar in a small bowl.

To assemble the bites put a teaspoon of the dressing on a slice of courgette put a slice of mozzarella on top of that, then place a slice of tomato on top followed by a basil leaf. Spread another teaspoon on top of another slice of courgette and place it (dressing side down – as if making a sandwich) If you wish, secure the bite with a cocktail stick.



# REMINDERS

OF FORGOTTEN CONCEPTS

## THE HYMN BOOK



ALL OUR FAVOURITE THINGS TO SING  
IN ONE VOLUME

## THE PEW



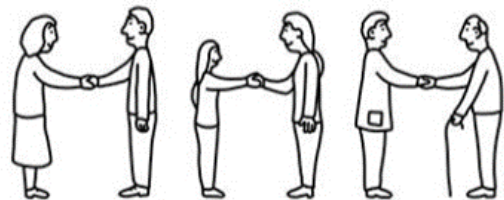
SEAT FOR MORE THAN ONE PERSON,  
NOT ALL FROM THE SAME HOUSEHOLD

## THE PROCESSION



A FORMAL KIND OF WALKING, WITH  
PARTICIPANTS OFTEN PAYING SCANT  
ATTENTION TO SOCIAL-DISTANCING RULES

## THE PEACE



A TIME DURING A CHURCH SERVICE  
WHEN EVERYONE STOPS AND SHAKES  
HANDS FOR THE SHEER JOY OF IT

## PARISH FUNDRAISER

Muriel O'Brien is attempting to raise funds by doing a sponsored 1000 absides—She has the required exercise equipment called a body shaper/abslider.

We hope you will support Muriel in this worthwhile effort especially this year when Parish Funds have been depleted due to the closure of our churches and tours in St Michan's. Many of you will know that Muriel underwent a serious operation on her back some years ago and her spine is fused, so undertaking this sponsored abside challenge is quite a feat for her and we wish her well in her endeavours.

## Detective Garda Colm Horkan

In July 1994, 100 young men and women from all across Ireland gathered in the front square of Templemore Garda Training College to fulfil their lifelong ambition to become members of An Garda Síochána.

The group was divided into four classes of twenty-five. In one class sat Adrian Donoghue and Colm Horkan.

The chances of having one of that class shot and killed in the line of duty was 14,500/1. Yet this happened, not once but twice.

In the early hours of Thursday 18<sup>th</sup> June, I was advised that a member of the Gardai had been shot and fatally wounded in the rural town of Castlerea in Co Roscommon. This was devastating news as I vividly remember the last time a member of the force was shot and killed. Garda Tony Golden, answering the call to a domestic dispute, was wantonly gunned down outside Dundalk. Travelling to the station where Colm Horkan worked, I remembered that in that particular station some 40 years ago, two other Gardai were also murdered by gunfire while trying to capture bank robbers on the outskirts of the town. Colm's death brings to eighty-nine the number of Gardai who have been killed in the line of duty since the formation of the State in 1923.

Members of An Garda Síochána see some terrible things in their work. They cannot avoid dealing with fatal accidents, suicides or murder. They see things they cannot unsee yet they carry out their duties to protect the citizens of this state with honour, dignity and loyalty to the force and the uniform they wear.

The mood in Castlerea on that fateful morning was tangible. Men and women, members of An Garda Síochána, local residents and the community in general all crying and grieving for the loss of a colleague and friend. It is a most moving experience to see grown men and women who have witnessed many horrible sights weep bitterly at such a needless act of violence that took the life of Detective Garda Colm Horkan.

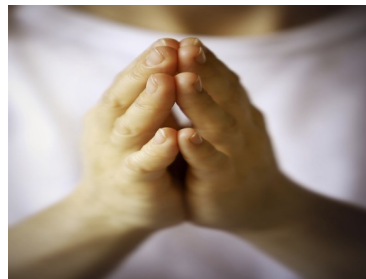
The impact of Colm's tragic death has been felt throughout the force and beyond. Widows and family members of those eighty-eight members who were killed and whose names are inscribed on the Memorial wall in the gardens of Dublin Castle are suddenly and sadly reminded of their loved ones and brought back to their own sense of personal loss.

When any member of An Garda Síochána goes to work, puts on their uniform or in plainclothes, they never know what lies ahead yet all of them do so, willingly, so that you and I can sleep safely in our beds each night.

It's their families who worry most of all. On so many occasions, I have heard family members say, they worry and pray every time their husband, wife, son, daughter, mother or father goes to work. They don't rest easy until they know they are safely home at the end of their shift.

For Colm Horkan's family the news they dreaded to hear came around the time Colm should have been home from his late shift. His father, Marty; sister, Deirdre; brothers, Brendan, Aidan, Dermot and Pádraig all came together to make the necessary preparations for Colm's funeral. During this current pandemic and with restrictions on large gatherings to prevent the spread of Covid 19, their task and that of the senior Garda management was not made easy. Colm, as is always the case when a member of the force is killed in the line of duty was to be given a full state funeral with Garda Honours, however, while he did have the honours customary to An Garda Síochána, a full state funeral was impossible to arrange. Such a gathering will be held at a later date to honour the courage and dedication of Detective Garda Colm Horkan. I was privileged to have been involved with my Garda colleagues in offering some support to them both in Castlerea on the morning he was murdered and at his funeral in Charlestown. May Colm now Rest in Peace to Rise in Glory.

The following prayer was said at a hastily arranged prayer service on 18<sup>th</sup> June in the local GAA club which was attended by Colm Horkan's colleagues, some representatives from the town of Castlerea, senior Garda officers and the widows of two former Gardai whose murder 40 years ago is to be commemorated in July.



*Almighty God, we pray for all who at this time mourn Colm, who has been tragically killed whilst serving the public; and we ask for your comfort and strength to be especially with his loved ones and colleagues.*

*As we pray also for those who continue to be in danger from this violence, we give thanks for the constant courage and devotion to duty of the police, and all who take risks to protect our communities.*

*May they be strengthened for the tasks they face and supported in the commitment they give, that they may further the well-being of all people and enable our society to be loving, just and at peace.*

*We ask this in the name of Our Lord and Saviour Jesus Christ. Amen*

### **Prayers that we can say together at home:**

Lord, you have taught us  
that all our doings without love are nothing worth:  
send your Holy Spirit  
and pour into our hearts that most excellent gift of love,  
the true bond of peace and of all virtues,  
without which whoever lives is counted dead before you.  
Grant this for your only Son Jesus Christ's sake,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
**Amen.**

Keep us, good Lord,  
under the shadow of your mercy.  
Sustain and support the anxious,  
be with those who care for the sick,  
and lift up all who are brought low;  
that we may find comfort  
knowing that nothing can separate us  
from your love  
in Christ Jesus our Lord.  
**Amen.**