

Connecting The Faithful

Newsletter Easter 2021
Issue 8

Brought to you by:
Offaly County
Council, Offaly
Public
Participation
Network, Offaly
Age Friendly
Alliance and Local
Community
Development
Committee



INSIDE THIS ISSUE

Introduction
Queen of the May
May Day Traditions
Chatter Matters
Community Call Line
Crime Prevention Advice
Offaly Library Service
Word search
Quiz Time
Recipe
Useful Contacts

Riddle:

I wash my face in water that has never
rained nor run and dry it in a towel that
was never wove or spun
Why shouldn't you tell an Easter egg a
joke?

Answers this issue: A face washed in May due
and dried in the open air
It might crack up.



Comhairle Chontae Uíbh Fhailí
Offaly County Council



Welcome to the 8th edition of our Connecting the Faithful Newsletter. Offaly Age Friendly Alliance are delighted to be able to connect with you through the Newsletter.

Offaly County Council continue to deliver our full range of services including the **Community Call Helpline 7 days a week from 9am - 5pm Monday to Sunday. 1800 818181** Offaly County Council staff are on hand to take calls.

We welcome your input

Please contact us here if you would like something included in future editions: **Short Stories, Poetry, Prose, Riddles and Old Saying.**

Contact the Age Friendly Programme Manager Bridie Costello Hynes by email bcostellohynes@offalycoco.ie /087 1198591 Post to the Community Section, Offaly Co. Co. Charleville road, Tullamore, Co. Offaly



*Cover photo's credit: Paul Moore

May Day Traditions

May Day in Ireland marks the celebration and welcome of summer. It signals the start of turf cutting and the beginning of a busy period on the farm. May Day traditions are mostly associated with luck and protection. The May bush is one such tradition. A May bush is a hawthorn bush that is decorated in ribbons, Easter egg shells and cloth streamers. In rural areas, this bush was left outside of the house while in towns the bush was placed in a communal area. The custom of erecting a May bush still survives as a household tradition, particularly in the Midlands.

Maypoles were also popular in larger towns and possibly indicate a certain English influence. People gathered around them for events. In Ireland, the pole was covered in soap and young men were challenged to climb it to claim a prize. Originally, tall trees were used but formal poles in the town centre later replaced these.

Since medieval times in Ireland, there has been a strong association with the devotion to the blessed Virgin Mary during the month of May. Much of the traditions associated with May have been incorporated into the Marian processions found throughout the country. Adults and children collected flowers for crowning Our Lady in town processions. They also use them to decorate grottoes, shrines and church alters.

Queen of the May

Bring flowers of the rarest
bring blossoms the fairest,
from garden and woodland and hillside and vale;
our full hearts are swelling,
our glad voices telling
the praise of the loveliest flower of the vale!
O Mary we crown thee with blossoms today!
Queen of the Angels and Queen of the May.
O Mary we crown thee with blossoms today,
Queen of the Angels and Queen of the May...Our
voices ascending,
In harmony blending
Oh! Thus may our hearts turn
Dear Mother, to thee
Oh! Thus shall we prove thee
How truly we love thee
How dark without Mary
Life's journey would be
O Mary! we crown thee with blossoms today
Queen of the Angels, Queen of the May
O Mary! we crown thee with blossoms today
Queen of the Angels, Queen of the May
O Virgin most tender
Our homage we render
Thy love and protection
Sweet Mother, to win
In danger defend us
In sorrow befriend us
And shield our hearts
From contagion and sin



Decorated May Bushes on road between Cloghan and Ferbane, Co. Offaly in May 2009



FREE Spring Horticulture Course

8 weeks

Beginning Spring/Summer

Birr Castle Demesne, Birr

Limited Spaces

This course will start if Government Restrictions Permit

Contact: Community Education 0858054579
communityed@loetb.ie
Facebook LOETBcommunityeducation

Enjoy learning many practical skills that can be used in your home garden.

- * All about: Flowers, Herbs, Fruits, Vegetables
- * Plant identification
- * Composting and much more

A great opportunity to see what can be achieved in a short period of time.

Chatter + Matters



Sunday Mornings 8 - 9 am on Midlands 103

Presented by Aisling O Rourke. Why not listen in while you have a lie in or while enjoying breakfast, your first cup of tea or coffee.

Offaly, Laois and Westmeath Age Friendly Alliances produce this programme, which offers you an hour of enjoyable topics, information sharing and interesting ideas, plus some music and laughter to start your day on the right note produce this programme.

Do not forget you can contact us if you would like something included on the show.

The Community Call Helpline continues to operate on 1800 818181

Offaly County Council staffs this call line. Someone is on hand and available to take calls from 9am-5pm seven days a week. This is a fully confidential service that is there should you need it.

It provides assistance including grocery and pharmacy pick up's to anyone who is cocooning or isolating as a result of COVID-19 restrictions. This call line launched in April last year as a response to COVID-19 to coordinate community activity, direct community assistance to where it is needed, and marshal the volunteering energy of the country.

The immediate focus was on the elderly and the most vulnerable, and mobilising rapid response in every county to make sure everyone is being looked after. Over the coming months the focus expanded to broader the wellbeing of our society and how communities can work together to help the country through the Covid-19 crisis.



Offaly Public Participation Network (PPN) Plenary will take place on March 30th via Zoom @7.30pm. You can join in with our Guest Speakers and other members on the evening. We welcome your participation.

For further details contact Bridie on 087 1198591

Covid 19: Crime Prevention Advice

As we enter Spring Summer with the weather improving and us all wanting to get outside and garden and tidy up around the yard make sure to always use family, friends or neighbours to carry out the work or a trusted trades person. Never engage cold callers or those that tell you that the works need doing at a knock down price. They won't.

Also, remember when out and about never leave valuables for example handbags, wallets or anything visible in your car. This includes when parked at home. Park Smart.

Lastly, your GP will call you about the vaccine no one else. Never give personal or private information over the phone. If in doubt ask someone including An Garda Síochána.

Keep the bogus callers out and the scammers at bay.



A Policing Service for the Future



Sergeant Graham Kavanagh, Crime Prevention Officer, Divisional Areas of Laois Offaly and Kildare, Clonaslee Garda Station, County Laois. R32HV57
Tel: 0578674100

graham.b.kavanagh@garda.ie

Offaly County Library Services

Hello and welcome to spring from all the team at Offaly Libraries. We are looking forward to brighter evenings and even warmer days.

We also look forward to welcoming you all back into our libraries when it is safe to do so in line with public health guidelines.

With that in mind we hope you enjoy our 'Connecting the Faithful' contribution. Enjoy and Keep Well!

Looped Walks to consider when the time is right

Over the past year there has been a shift in the amount of people taking part in sporting activity but the biggest change is the dramatic increase in walking. During Level 5 we have been restricted in the walks we can avail of, but as restrictions ease the time will come when we can hopefully travel within our county again. With most walkers looking for new ideas for their regular walk here are 3 easy looped walks within our beautiful county that you can consider when the time is right.

Lough Boora- Mesolithic Loop **Grade - Easy**
Length - 9 km **Time - 2 hours 30 minutes**

Lough Boora has become a popular walking spot for locals and visitors alike over the past couple of years. Lough Boora was once a major production site for peat but has been transformed into a sanctuary for wildlife and an amenity for the community. This walk will get you up close with the wonderful wildlife and fauna of the area and it feels like a real oasis of natural tranquillity. There is a café and bike hire on site as well as some great picnic areas along the route.



Kinnitty - Kinnitty Castle loop **Grade - Easy**
Length - 4km **Time - 1 hour 30 minutes**

Start Point - Kinnitty Forest entrance

This walking trail is great for leisurely walkers and families alike. The trail travels through forestry tracks along the banks of the Camcor River through spectacular woodlands and brings you into the grounds of Kinnitty Castle. Along the route, you'll also spot bikers using the newly developed National Mountain Bike trails which dissect the walks in certain parts. An added bonus is two great coffee options, which await you when you've completed the trail. Both the Anti-Social café at Kinnitty Castle and Peavoy's in Kinnitty Village are great spots to relax after your exercise.



Mount Lucas Wind Farm Walkway
Bord na Móna has created a 10km public walkway-cycleway around the wind farm. The walkway-cycleway is accessible all year round (except December 21st) during daylight hours - free of charge. It is a great location for walking and cycling enthusiasts alike, and would also be a wonderful setting for a family day out. There are some outdoor exercise machines installed and paths are wide and gravelled. There are several options for different routes and loops.





Offaly Libraries Easter Eggs -Quirky Fact

The story of the Easter Eggs and Easter Bunny has become a popular part of the Easter celebrations. The story of the Easter Bunny began in Germany many hundreds of years ago. It reached the United States when German settlers arrived to live there in the 1700's. From the United States it spread to other countries.

The legend is that on the night before Easter, The Easter Bunny brings eggs and sweets to children who have been good. In the early days, children would make nests for the Easter Bunny to leave the eggs in. Over time, making baskets became more common than nests. Sometimes, the Easter Bunny hides the eggs somewhere in the home or garden for children to find, this is how the tradition of the Easter egg hunt began. Eggs are a potent symbol of life, renewal and rebirth. Early Christians adopted the egg as a symbol of the resurrection of Jesus Christ on Easter. The modern tradition of eating chocolate eggs at Easter is a fun, child friendly twist on this ancient religious ritual, which originated in Europe during the early-19th century

Young Lambs By: John Clare

The spring is coming by a many signs;
The trays are up, the hedges broken down,
That fenced the haystack, and the remnant shines
Like some old antique fragment weathered brown.
And where suns peep, in every sheltered place,
The little early buttercups unfold
A glittering star or two--till many trace
The edges of the blackthorn clumps in gold.
And then a little lamb bolts up behind
The hill and wags his tail to meet the yoe,
And then another, sheltered from the wind,
Lies all his length as dead--and lets me go
Close bye and never stirs but baking lies,
With legs stretched out as though he could not rise

If you enjoy poetry, why not look at the Borrowbox app, which can be found on www.offaly.ie/libraries and view more titles for download as ebook or listen to an audiobook.

Some Offaly library news

We are delighted to announce Offaly libraries role in the national Age Friendly Digital Ambassador programme. This initiative was launched by Age Friendly Ireland in January 2021 by Mary Butler TD. The aim of the programme is to support people over 65 to access libraries' online resources during the current restrictions. The Offaly library team are here to help you join the library online and also access our digital library service through our Borrowbox lending app to borrow audio/or e-books to your desired device. If you feel you might be interested in this programme please feel free to contact us as per the contact details listed below and we will be only too delighted to give you as much help and guidance as needed. We look forward to hearing from you!

Would you like to be able to access your local library services on the internet, download your favorite books or listen to audio books, but you're not sure how to do this?

Let our Library Digital Ambassadors show you how to get online.

You don't even have to be a member of your local library already, we'll help you join.

To find out more contact any of our staff at Offaly Libraries:

tullamorelibrary@offalycoco.ie or
claralibrary@offalycoco.ie



Crossword

Easter

S	X	U	N	B	X	B	E	W	F	W	C	A	M	P	U	G	N	L	Y	Y	T	Z
S	Y	I	B	X	C	X	J	W	Q	I	O	Z	M	N	O	I	T	I	D	A	R	T
C	A	W	M	J	K	O	E	D	A	K	Z	A	A	U	O	K	E	P	Z	G	J	I
M	D	O	R	E	X	N	R	X	O	P	U	R	Z	S	K	J	N	B	L	Z	F	H
B	N	N	I	S	A	K	Q	U	T	O	E	G	N	A	R	W	K	D	E	M	I	J
J	U	O	S	U	U	G	E	F	O	H	K	G	J	R	I	W	H	C	N	L	H	L
D	S	I	E	S	H	S	F	B	V	M	E	R	K	A	I	K	C	H	T	K	R	F
B	M	X	N	Q	M	W	D	B	W	U	E	A	X	Z	K	S	U	Y	E	A	R	H
B	L	I	T	V	O	I	C	Z	I	B	W	E	R	E	P	P	U	S	T	S	A	L
D	A	F	N	X	F	J	R	A	P	K	Y	L	T	D	L	G	N	O	G	O	O	G
L	P	I	V	P	L	N	J	A	W	P	L	G	O	O	D	F	R	I	D	A	Y	R
K	V	C	R	Y	O	S	S	F	C	O	O	D	Q	A	K	B	N	J	T	M	I	E
O	R	U	D	D	F	B	V	R	P	L	H	R	E	T	S	A	E	F	Q	E	Q	L
H	C	R	K	N	B	G	N	P	T	P	E	W	D	Y	X	J	P	U	F	O	W	Y
V	L	C	F	J	C	B	Z	D	F	J	T	Y	L	I	E	D	G	V	M	C	G	K
A	N	O	I	T	C	E	R	R	U	S	E	R	A	R	E	Y	A	R	P	G	R	T



CRUCIFIXION
EASTER
GOOD FRIDAY
HOLY WEEK
JESUS
LAST SUPPER
LENT
MIRACLE
PALM SUNDAY
PRAYER
RESURRECTION
RISEN
TRADITION

Quiz Time

General Knowledge

1. What was the first antibiotic used in medicine?
2. Name the most northerly & southerly points in Ireland?
3. The Book of Kells was written in what language?
4. Which country legend known for Island in the Stream and The Gambler sadly died in March 2020?
5. What is the name of the largest of the Canary Islands?
6. In which county in Ireland would you find the Blue Stack Mountains?
7. What is the most expensive spice in the world by weight?
8. Name the only mammal that can fly?
9. What is the name of Munster Rugby's main home ground?
10. Which Irish cyclist won the 1987 Tour De France?
11. How many contestants are at the start of the UK TV show The Chase?
12. Name a type of material made from flax?
13. Catholic calendar what is the 50 days following Easter called?





Recipe: Hot Cross Buns

Baking buns for yourself is much cheaper with this traditional Easter favorite.

Ingredients

14g / ½ oz. of active dry yeast
100ml / 3½ fl oz. of water
200ml / 7 fl oz. of semi-skimmed milk
100g / 3½ fl oz. of sugar
57g / 2 oz. of softened margarine
1 teaspoon of vanilla essence
1 teaspoon of salt ½ teaspoon nutmeg
850g / 30 oz. of all-purpose flour
4 medium eggs
75g / 2½ oz. of sultanas
75g / 2½ oz. of raisins

Glaze:

2 tablespoons of water
1 medium egg yolk

Icing:

130g / 4½ oz. of icing sugar
4 teaspoons of water
¼ teaspoon of vanilla essence
Pinch of salt, to taste

Method:

Warm the water and milk in a microwave or saucepan. It should be warm to touch. Water that is too hot will kill the yeast cultures instead of activating them. In a large mixing bowl, dissolve the yeast in the warm water and milk.

Add in sugar, butter, vanilla, salt, nutmeg, and half the flour, beat until smooth

Mix eggs in a separate bowl then add them into the blend

Stir in the raisins and sultanas and enough of the remaining flour to make the dough soft

Turn the dough out onto a floured surface and knead for about 6 to 8 minutes, until the dough is smooth.

Place in a greased bowl and flip the dough over once to grease both the top and bottom

Cover with a damp towel or plastic wrap and leave to rise in a warm place for about an hour or until doubled in size.

Knead the dough down and shape into 30 balls. Place on lightly greased baking sheets

Cover and leave to rise for another 30 minutes or until doubled

Beat the water and egg yolk together and brush over the rolls. Discard any unused egg glaze
Bake at 190°C / 375°F / Gas Mark 5 for 12 to 15 minutes

Serving Suggestion:

Serve warm with a dollop of real butter. The great thing about home cooking is adding your own twist to recipes! Customise this recipe with different dried fruits.





Gardening Course

Banagher

- Are you interested in improving your garden skills?
- Would you like to know how to prepare the ground for harvesting vegetables?
- If so, why not avail of this opportunity to learn from a highly experienced gardening tutor.



Contact
0858054579
communityed@loetb.ie

Made with PosterMyWalls.com