

## EUROPEAN PROVINCE UPDATES

*Vol VI Issue 5, March 14, 2014*

**GET WELL WISHES AND PRAYERS FOR all our Brothers who are currently ill, some of whom are in hospital at this time. A special mention for Br. Matt Tynan and Br. Eddie McEvoy.**

**Shelagh Lochery will be undergoing an orthopaedic procedure on the 13<sup>th</sup> March and will be out of the office for some time afterwards. Please remember her intentions in your prayers.**

**Please remember Br. Paddy McGovern in your prayers. He suffered a stroke recently.**

**Please pray for the swift recovery of Br. Andrew Rock who also spent a time in hospital recently.**

***Prayers please for the repose of the soul of*** Mr Edward Power, brother-in-law of Br. Michael Heffernan, who died recently. Br. Heffernan has one sibling so Edward's death has been particularly difficult for Michael and his sister.

### ***Ardscoil Rís, Limerick***

Our congratulations to Ardscoil Rís, Limerick on the Official Opening of their new extension on Monday 3<sup>rd</sup> of March. The whole day was a celebration of all that is best about education provided in the school since 1963. The Eucharist was a celebration of the core principles informing the life of the school. The student choir enriched the occasion with beautiful singing. The Art Department produced illustrations of each principle which were put on display during the celebration of the Eucharist.

In his homily, Bishop Brendáin Leahy, Bishop of Limerick, reminded all present of the challenge put by Pope Francis to be "magnanimous" in our dealings with the world. As a Catholic school this would include doing expansive thinking about the needs of our world and the responses being called for from all who claim the name Catholic. "Magnanimous people are able to reach out to those on the periphery of our society to ensure that they are not excluded or ignored" This, Bishop Leahy said, is the challenge being put to all who attend Catholic schools.

After the Eucharist guests were invited back to the school where Bishop Leahy blessed the new extension and Minister for Finance,

Michael Noonan T.D. unveiled a plaque. The highlight of the next section of the day was the launch of Br. Donal Blake's book: ***Ardscoil Rís Comes of Age – Fifty Golden Education Years in Limerick.*** Mr. Pat Cox in launching the book, was loud in his praise for Br. Donal and the great work he had done. On the day Br. Donal received much deserved praise and it was widely acknowledged that the book would be of interest to Limerick people far outside the school community of Ardscoil Rís.

### ***Congregation Chapter***

The Congregation Chapter in Nairobi is now in its second week. Daily updates are available on the internet from the [www.edmundrice.net/chapter2014](http://www.edmundrice.net/chapter2014) website.

Philip Pinto's opening address to Chapter will be circulated as soon as it becomes available. In the meantime it can be found on the web and is well worth prayerful reflection for all of us as we accompany the delegates with our prayerful support and interest.

The first week of the Chapter delegates went on an immersion experience to ministry sites in and around Nairobi. By all accounts these immersion experiences touched delegates at a very deep and personal level. If you want to hear some delegate reaction you will find them on podcasts on the site mentioned above.

Province Reports to Chapter followed the immersion experience. The European Province presentation was described by many as "stark and realistic"

Please continue to pray for the success of the Chapter as delegates listen for the voice of the Spirit among us at this time.

***MA in Christian Leadership in Education  
Information Evening  
Tuesday 25<sup>th</sup> March 7–8pm  
The Maple Room  
Marino Institute of Education***

**See attached for more information**

## Get older people active – Top Ten Tips

1. **It's never too late:** Everyone of every age can benefit from being active. If you have a chronic condition such as diabetes, heart disease or osteoarthritis or if you have symptoms such as chest pain or pressure, dizziness or joint pain, talk to your GP before you increase your activity levels. Most health conditions are helped by being physically active.
2. **Take it easy:** begin with 5 to 10 minutes a few times a week and gradually increase to reach the recommended 30 minutes 5 days a week.
3. **Wear proper fitting shoes:** if you are buying new shoes have your feet properly measured by an expert in a shoe shop or a sports shop.
4. **Walk:** as much as you can. It's a great form of activity and it's free.
5. **Active holidays or days out:** there are many beautiful parks/ beaches where it is safe to walk.
6. **Active housework:** gardening, washing floors and windows are good ways of keeping active around the house.
7. **Join a group:** there are many group activities for older people. The Go for Life programme is running in many counties – contact the Go For Life FitLine; Go for Life FitLine is a telephone-based service that encourages you to get more active How it works - Freephone them on 1800 303 545 and their mentors will ring you every few weeks until you're happy with your progress. Mentors are volunteer older adults trained to motivate and encourage you to be active. FitLine is a free service to anyone over 50.
8. **Be active indoors:** shopping centres are a good place to walk when the weather is bad.
9. **Move in your chair:** the Go for Life programme will show you how to be active while you sit.
10. **Adapt: if you have** a movement or sensory difficulty you can adapt the activity. For further information contact your local sports partnership sports inclusion disability officer or the CARA National Adapted Physical Activity Centre.

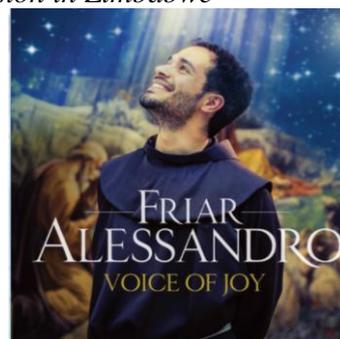
**Br. John Dooley** has been appointed by the Athletics Ireland High Performance Committee to act as liaison with Irish Student-Athletes based in the U.S.

Br. John's role will involve keeping contact with, providing information for, and advising Irish Student Athletes in U.S. Colleges. Student-Athletes who wish to go on scholarship to U.S. Colleges can contact Br. John for information on Academic and Athletic standards required for scholarships.

### ***Celebrated Italian tenor, Friar Alessandro, best known as the Singing Friar from Assisi, will be performing in Dublin, Galway and Cork as follows:***

Friar Alessandro's 1st performance in **Dublin, 17 March 2014, at 7.30pm** in Merchant's Quay Friary Church. Tickets are available at the door or can be purchased in advance from the Friary Offices, Merchants Quay, Dublin 10am-1pm weekdays. Ticket Prices are €7, OAPs/students €5 or €20 for a family ticket.

**Galway** welcomes Friar Alessandro to Galway Cathedral on **21 March 2014 at 7.30pm**. Tickets are available at the door or can be purchased in advance from The Abbey, 8 St Francis Street, Galway 9am-6pm Mon-Sat. Ticket Finally Friar Alessandro performs his final Irish concert in **Cork's** St Francis' Friary Church on **22 March 2014 at 7.30pm**. Tickets are available at the door or can be purchased in advance from the St Francis' Friary, Liberty Street, Cork City, 9am-6pm Mon-Sat. *All profits go to the Franciscan Mission in Zimbabwe*



### ***Smaoineamh – 'A Thought'***

Come to a quiet place, a place so quiet that you can hear the grass grow.

Listen to the earth, the warm earth, the life pulse of us all.

Look up into the sky, the all-embracing sky, the canopy of heaven.

How small we really are: specks in the greatness, but still a part of it all.

We grow from the earth and find our own place.

[Alice Taylor]