



## An Attitude of Gratitude

Some believers seem to think of their faith as a sort of bad luck – the fact that you believe certain things means you have to live up to it and behave yourself. Faith has become something of a burden or a spoilsport that you're stuck with.

Non-believers often wish they had a religious faith and claim that life would be easier for them if they subscribed to a set of doctrines. Many claim sincerely, that it is their honesty and integrity that won't allow them to succumb to a religious faith that they can't fully understand or rationalise. Approaching death frequently gives rise to the expression of such sentiments.

It seems the grass is always greener on the other side!

The core of the Christian message is based on an understanding that life is given - it is not of our making. Those lucky enough to be blessed with recognising all that has been given are led to an attitude of gratitude.

It's not always easy to be grateful. Financial, employment and family crises of various sorts cross many thresholds. When each day is dominated with trying to cope and to survive there's not much space left to sit in wonder and awe. Modern life brings all sorts of pressures and lots of people feel overburdened. Faith begs to come into its own in such situations.

Recognising what we have to be grateful for is a great foundation for a strong faith. Opening our eyes and our hearts does things to us that lightens burdens and changes perspective.

Faith is not some magic formula to win the lotto nor is it a comfort blanket to protect us from troubles. Faith is the place we can rest our heart when we know that we are loved and that we are capable of loving.

Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

be still and know that  
**I am GOD**

## Conas atá tu

*'It breaks my heart when an older person tells me they would be better off dead because no one cares whether they are alive or dead. It saddens me that life could be like that for an older person in Clare today'. (Clarecare worker)*

Sean, aged 80, lives alone 15 Km from Ennis. He worked in England for 10 years and a further 10 years in America. He remained single and independent and was always able to look after himself. He returned when his father died and took over the farm. He loves his own routine and peaceful surrounds. He can no longer go to town and has no one to rely on when he wants anything. Due to ill health he can be cranky and contrary because no one can do things the way he used to. Because of this, people stopped calling. He was referred to Clarecare. We ring him twice a week to check how he is and do a home

visit once a week. He is content to remain in his own corner for as long as he possibly can. It doesn't take much to make it happen.

Maura is 78 and she lives alone, in Ennis. All her family lives away from home. They all have busy lives with their own families. She loves to get the news of what is happening around town and would stay talking on the phone for an hour if someone would listen. She has the most wonderful and entertaining stories from her growing up, but you have to have time and patience because some of the stories will be repeated.

*'When I was growing up no one had a clock but everyone had time, now everyone has a clock and no one has time' (80 year old man)*

If someone is socially or emotionally isolated they are less likely to have someone to turn to when in need or crisis, or have someone with whom to share happiness, sadness, or worry. Many of the traditional networks between older people and the community have eroded with fewer neighbours calling, changing family structures, people travelling distances to work, rural depopulation and the closure of local shops, post offices, and pubs.

The recognition of the need for a social support network between older people and the community led to the setting up of the *Conas atá tu* project in Clarecare, in May 2007. *Conas atá tu* is a joint initiative between Clarecare and the Killaloe Diocese. It aims to establish contact between people by phone, visiting, by provision of home help, or referral to a meals centre.

Central to the success of the project is the building of up a list of volunteers who will make phone calls, visit, or who are available to do small jobs. Many older people find it difficult to get someone to do the small jobs that they are no longer able to do themselves, e.g. filling out a form, finding a reputable tradesperson, getting a reasonable quotation for work, doing shopping, changing a plug, general maintenance of house and garden. Some may need a lift to Mass or to collect the Pension, others may just need a listening ear, or a kind word.

An older person who registers with the Clarecare *Conas atá tu* service will receive a telephone call, at an agreed time, on an agreed number of mornings of the week. The purpose of the call is to check on their well being, '*Conas atá tu*' and remind them of any pre-arranged appointments for that day. In addition the call will encourage participation in community activities, and give information on other services.

Clarecare believes that personal contact is important to older people.

**Are you someone like Sean and Maura who might avail of the service? Are you interested in being a volunteer? If so contact: James Mc Mahon, Clarecare, Harmony Row, Ennis, Co Clare. 065/6828178.**



## Bridging the Gap Between Junior and Senior Cycle

For the first time in ten years, Rice College offered a Transition Year programme to its students, and on September 3rd, nineteen young people began their course. They are being given the opportunity to experience new subjects such as Japanese, Spanish, Car Maintenance, Tourism and Local Studies, First Aid and Audio Visual, as well as develop new skills in mainstream subjects. In the first term alone the class has been on at least six outings, from the Burren Outdoor Education Centre, which involved canoeing, snorkelling and body-boarding among other sports, to a Fáilte Ireland convention to learn cake-decorating and cocktail-making – using only fruit juice!

Other outings included going to Psycho Spaghetti at the Belltable Arts Centre in Limerick – to get an insight into the teenage mind – and to a Creative Thinking Seminar in celebration of Mental Health Awareness Week.

For two weeks all students went on work-experience. Some were hairdressing, some gaining legal experience. One student worked in archaeology. Veterinary surgeries, Ennis General Hospital, and architects offices were among the other sources of employment. One girl travelled to Mayo to work in a boutique. Rice College would like to thank all participating employers for their co-operation.

All students are pleased with the decision to do Transition Year, and are enthusiastic about the remainder of the course.



# Bulletin Board

## Parish Pilgrimage to Lough Derg



Monday August 11th to Wednesday August 13th. Booking & details from Parish Office 6824043. Time For Body & Soul



## Special Mass for Exam Students



Their families and friends  
On  
Saturday 31st May  
St. Joseph's Church 7pm

## Summer Blessing for Pre-Schools

Special Summer Blessing will take place here in the Cathedral on Saturday June 21st at 12 noon. All children, families and extended families from the entire parish and surrounds are invited.



## St Anthony Novena



led by

**Fr. Anthony Cho ofm**

Thurs 5th to Fri 13th June  
Mornings Sessions 10.00am.  
Sunday Morning 10.30am.  
Evening Sessions 7.30pm.  
Sunday 10th: Healing Service with Sacramental Anointing of the Sick at 7pm (No Mass).  
**Feast of St. Anthony 13th June:** Blessing of Children at 4pm; Solemn Closing Mass with Blessing of Lilies: 10am and 7.30pm.

## The Diocese of Killaloe An Illustrated History

By Ciarán Ó Murchadha  
Available now exclusively from Parish Office at only €20.

## Pan Am Disaster 1948 Remembered

A terrible disaster occurred at Rineanna Airport at 2.30 a.m., on Thursday, April 15<sup>th</sup> 1948. A Pan American aircraft, the Constellation "Empress of the Skies," crashed and burst into flames near the Airport entrance and 30 out of 31 on board were burned to death. The plane, which was on a flight from Karachi to New York, on the round the world service, carried 21 passengers and a crew of 10. It arrived over the Airport at 2.34 a.m. and was apparently heading for the main runway when it crashed. The Airport Fire Brigade was on the scene within a few moments and the Brigades from Limerick and Ennis were immediately summoned, as were the medical and crash services and ambulances. But nothing could be done, the tragedy was over. The single survivor was Mr. Marc Worst, who was returning from a visit to London.

The crash occurred in Mr. Moylan's crag and a short distance from his residence. The plane was flying very low at the time of the accident. It first hit a number of trees growing in a row, tore the tops off them and careered for a distance of 200 yards, tearing through thick shrubbery and finally stopping at a hillock, where it burst into flames.

The charred bodies of the 29 adults and one baby were removed by ambulance to the Airport and placed in one of the Pan American Airways buildings to await the holding of an inquest. Mrs Worst was one of those waiting at Rineanna to greet her husband on arrival. She got a terrible shock on reaching the plane and on being informed that there were no survivors. But her sorrow was soon turned to joy on learning that her husband had just been taken to the Airport at Rineanna and that he was only suffering from slight burns to his hands.

One huge grave in Drumcliffe's new cemetery received, on Saturday afternoon, the charred and unidentifiable remains of seventeen of the passengers and seven of the crew. The bodies of three members of the crew were buried in separate graves alongside, whilst a fourth grave was assigned to the remains of a young married woman and her 13-month old baby boy.

The other body identified was that of Sir Homa Metha, a millionaire banker and mill-owner of Bombay. This was not brought to Drumcliffe but was placed in a special casket and flown to London for burial with Parsee funeral rights. Seventy wreaths, many flown from America - were placed on the graves in Drumcliffe. The 50th Anniversary of the disaster was marked with a remembrance ceremony on April 15th last in Drumcliffe.



Colaiste Muire Boarders visiting the grave of the Pan Am Victims in Drumcliffe on the Sunday after the tragedy.

Photo courtesy of Mary Griffin, Kilrush Rd.



# Soroptimist International Ennis & District



Founder members Maura Power & Peg Ruttle with the late President Paddy Hillery

The name Soroptimist comes from the Latin: Soror = sister & optima = best.  
It is interpreted as "*the best for women*".

It was founded in America in October 1921 as a result of their outstanding contribution in the first world war. The organisation responds to needs in the community in education, environment, health, human rights, economic & social development, status of women & international goodwill & understanding.

Soroptimist International of Ennis & District was established in 1964 & through the influence of the members, the need was recognised for the education, training & acceptance of intellectual disability at all levels. Soroptimists were instrumental in providing funding for the initial school now known as St. Clare's.

In 1989, Soroptimists initiated the Caring for the Carers Project, the aim of which is to promote the health & wellbeing of Carers by providing recognition, respite, training, information & advocacy.

Support groups have been set up all over the country. The Carers Charter is now being used as a model in Europe & the Ennis & District Club was awarded the Laureate of Women of Europe Award by the Irish Council of the European Movement for this project.

There are 40 Clubs in Ireland and a North/South Conference takes place annually.

**The National Project:** National Rehabilitation Hospital, Dún Laoghaire.

**International Project:** Project Sierra Leone (focussing on the plight of women & children).

In the field of education members have been active in promoting public speaking competitions among girls in 2<sup>nd</sup> level schools. One of our local fundraising projects takes place on Friday June 6<sup>th</sup>.

## Soroptimist International Ennis & District

Presents

### An Evening with David Coleman

(Clinical Psychologist - RTE TV Broadcaster) on Friday, June 6th @ 8pm in GLOR.

**Theme:** "Communicating with Children & Teenagers" Proceeds to Autism (Clare) & local Soroptimist Charities. Tickets €25 from GLOR Box Office: 6843103 - online @ [www.GLOR.ie](http://www.GLOR.ie)



Student Innovators Receiving Award

## Stomp Out Bullying Coláiste Mhuire, Ennis.

This project aims to raise awareness about the problem of bullying among teenagers. The team decided that the best way to tackle this was action based. The team implemented a preventative measure in the school to tackle bullying. They named this the S.O.B Initiative – Stomp Out Bulling. They wrote and performed a drama about the negative consequences of bullying. They team created a Powerpoint presentation about bullying. The Powerpoint presentation contained numbers of agencies and help lines as well as information for students. The drama and presentation was presented to staff and students. The team has recorded their drama onto DVD. They hope that this DVD will be made available to students nationwide to Stomp Out the negative effects of bullying in the community.