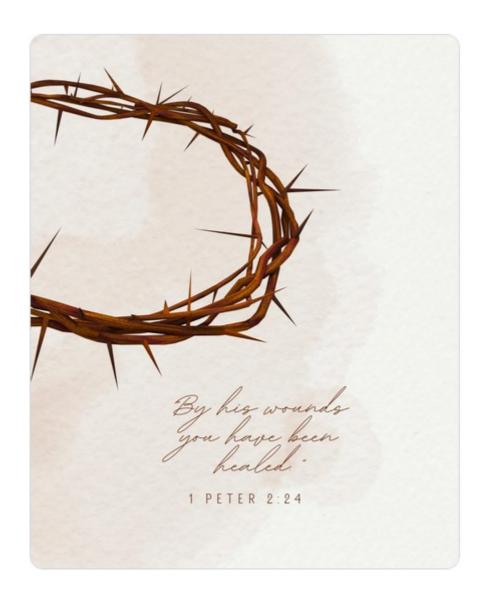
### **Newsletter April 2025**



#### **Good Friday**



Announcing a special joint service for **Good Friday**, the 18<sup>th</sup> of April, starting at 7.30pm in St Columba's Church in Swords.

All are welcome to this unique service, at which worship will be led by Reverend Yvonne Ginnelly, assisted by trainee reader Eric Hughes.

### **NOTICEBOARD**

#### **Confirmation Classes to Begin**

For Parents and Confirmation Candidates - a reminder that the first confirmation preparation class will be held on Saturday the 5th of April, starting at 11am, in the parish room in the hall (across the road from St Columba's Church in Swords). Parents are asked to attend for the first fifteen minutes of the first class, please. For any queries, please call or email Rev. Canon Lesley Robinson on revlesleyrobinson@gmail.com or call 087 909 1561.

#### **Rural Dean to Depart**

Rev. Canon Lesley Robinson, who is the Rural Dean and the Rector of Clontarf, and has been kindly assisting with scheduling services in our parishes since our incumbent Rev. Neal Phair went on sick leave almost two years ago, has announced that she has been appointed as the new Rector of the Mountmellick Group of Parishes in County Laois. She is due to leave Clontarf in late May. Wishing her every possible success in her new situation.

#### Brian Boru's Wake - Volunteers Sought

The Friends of St Columba's, the heritage group who are holding the Brian Boru's Wake event on April 26<sup>th</sup>, seek volunteers to assist with stewarding. If you would like to help out for an hour or two, for more information, please contact Andreas Markusson on 087 672 9423 or email thefriendsofstcolumbas@gmail.com.

#### **Baptisms in March**



Welcome to **Charlotte** who was baptised in Saint Columba's Church on March the 9th. Here she is seen in the arms of her dad, Karl, beside her mother Elizabeth and her big brother, Joshua, along with family members and the ministry team.



And welcome to **Lyra** who was baptised in Saint Columba's Church on March the 23rd. Here she is seen in the arms of her dad, Ukeme, beside her mother Olivia, and they are supported by family, friends, and the ministry team.

May God bless and guide all of Charlotte and Lyra's parents and godparents as they help these newly baptised children **Charlotte and Lyra** take their first steps on the journey of faith.



Tea and scones at the Shoreline Hotel, Donabate on 12th April at 2.30pm

€10 PER PERSON. PLEASE NOTE THAT PRE-BOOKING IS ESSENTIAL. PLEASE CALL JEAN ON 086 233 1300 BY THE 4TH OF APRIL TO BOOK. ALL ARE WELCOME!



# An Evening Family Service

Prayers + Songs + Talk + Activity\* + PIZZA!

\*optional for parents! \*\*

## Sunday 13th April

Old Borough | 6:00pm (rinished by Tisopm-ish

EVERYONE is very welcome!

#### **Getting Fit during Lent**

#### From Couch Potato Netflix Warrior to Fit and Healthy!

Diocesan Lay Minister David Snow writes about his journey back to fitness and improving his health.



"I mentioned in a sermon that I had joined Unit 17 Health & Fitness in Swords. Last Sunday 23rd March, Reverend Yvonne Ginnelly spoke about the struggles to keep going in Lent, whether that's giving up something, or starting something new which is good for you.

Health and fitness go hand in hand. Staying fit and putting your mind to it can be a challenge, but there is help out there.

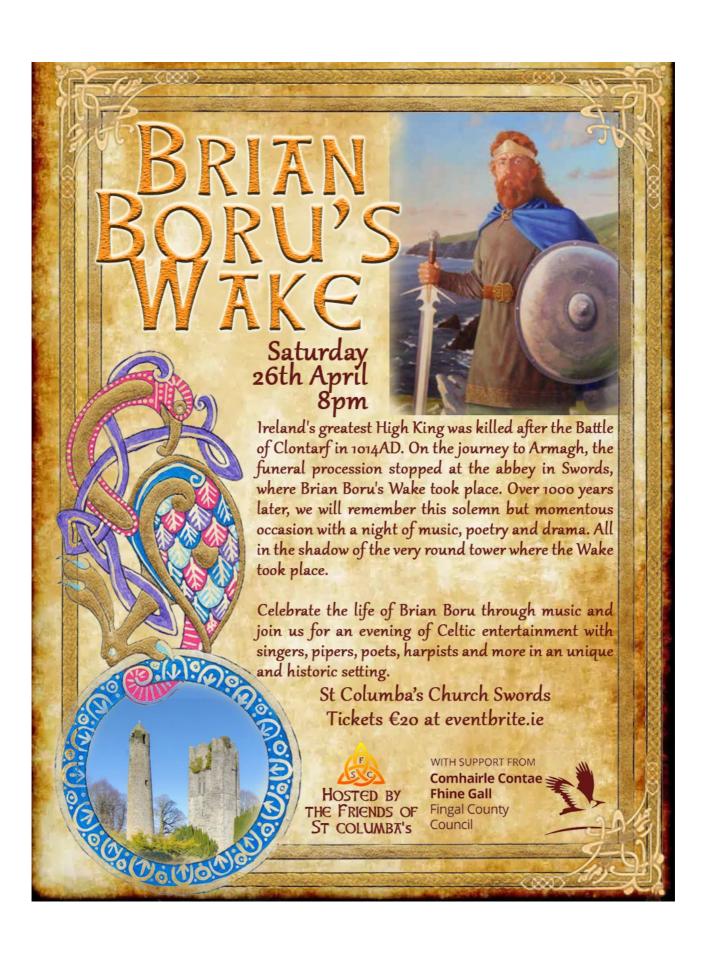
As many of you know, in September of last year, my Mother Mary, returned to our Lord after a long and brave battle with Parkinson's. I had spent many days and nights in the nursing home, juggling work, family life and of course our sunday services.

In addition, I had been dealing with a health issue which required multiple surgeries over a two year period, which is now completely better. As a result I lost my fitness and at 53 years of age, I found there was more of me than I wanted, especially around my waist!

I was looking at gyms and had previously been a member of a gym, however I would spend most of the time there talking and doing little work, then go for a pizza on the way home. However I found a gym in Swords, which is a gym with a difference. This gym provides small group training which is supervised by a professional trainer, at an average ratio of five clients to one trainer.

The training sessions are one hour in length and cover all levels of fitness from Couch Potato Netflix Warrior (that's me!) to advanced. Being supervised is important for me, as I am encouraged, motivated, and enjoy the friendship and the many jokes. It is also nutrition-controlled which is expertly supervised by Shane Clarke who owns the gym.

As I write, I am at the half way point of a six week challenge, and I am down seven pounds, my fitness levels are also increasing. No matter how busy you are, the Unit 17 booking app is simple to use and easily navigated to tailor your training around your busy weekly life schedule. No matter what stage of fitness you have or don't, I would highly recommend Unit 17 Health & Fitness. Shane can be contacted on 086 226 4930 for a private chat and consultation, or visit <a href="https://www.unit17healthandfitness.ie">www.unit17healthandfitness.ie</a>."



#### **Church Services for the Month Ahead**

#### Sunday the 6th of April

10 a.m. Saint Patrick's Donabate Morning Prayer 11.30 a.m. Saint Columba's Swords Morning Prayer

#### Sunday the 13th of April

10 a.m. Saint Patrick's Donabate Holy Communion
11.30 a.m. Saint Columba's Swords Holy Communion

6 a.m. Swords Project In Piggs in the hell

6 p.m. Swords Praise 'n' Pizza in the hall

#### Good Friday the 18th of April

7.30 p.m. Saint Columba's Swords Joint Service

#### Easter Day - Sunday the 20th of April

10 a.m. Saint Patrick's Donabate Holy Communion 11.30 a.m. Saint Columba's Swords Holy Communion 1 p.m. Saint David's Kilsallaghan Holy Communion

#### Sunday the 27th of April

10 a.m. Saint Patrick's Donabate Morning Prayer 11.30 a.m. Saint Columba's Swords Morning Prayer

#### And finally...

