



As the tides of time wash over the shores of my life, bless me with the joy of living. As I sift through the shifting sands of my years, bless me with understanding. As the seasons of budding and fruiting come and go, bless me with a thankful spirit. Amen.

September: Seasons

PEACE



NO MORE
VIOLENCE

We Pray for a Good Harvest

O God, who gives each of us work to do for your sake, we ask for your blessing on all the machines that enable farmers to do their work upon the land. We ask you especially to prosper throughout the year the work done on our local farms. May the farmer's hopes be fulfilled in a plentiful harvest; may your people be fed with wholesome food; may town and country, united in gratitude to you, be drawn nearer to the understanding and true service of each other, through Jesus Christ our Lord. Amen.



CHURCH ONLINE

Tuesday 8pm
3rd, 10th and 24th
September

St. Mary's Carlow
7th November
at 11.30am

Everyone Welcome

Diocesan
**HOLY
COMMUNION**



Mothers' Union Enterprise

Contact Naomi on
087 7674447 or cfomenterprise@gmail.com

For all your MU cards, gifts, badges, and merchandise.

Payment by credit card available.



Dates for your Diary

National Ploughing Championships - 17th,
18th + 19th September in Ratheniska, Laois
Meet Ish Lennox in St. Brigid's Cathedral
Kildare - Friday 18th October

Autumn Council - Saturday 26th October in
the Dolmen Hotel Carlow from 10.30am

CFO Holy Communion Service - Thursday 7th
November in St. Mary's Carlow at 11.30am

16 Days of Activism Against Gender-Based
Violence November 25th to December 10th

Global Day of Action - Saturday 30th Nov.



Mothers' UNION
Christian care for families
Province of All Ireland

Save the Date

Friday October 18th

Meet Ish Lennox – MU's Faith and Church Relations Manager (MSH)

Tour of St. Brigid's Cathedral Kildare (11.15-11.45am)
Midday Prayer Service
Lunch in the Silken Thomas €30pp (12.45pm)

Gathering in the Cathedral from 10.45am for light refreshments

Booking for lunch is essential. Names to Sylvia at mkmothersuniondp@gmail.com by Friday 11.10.24

Optional ideas for things to do around Kildare town in the afternoon: shopping in Kildare Village, a visit to the National Stud and/or the Japanese Gardens.

Registered Charity Number 20007331



Revenue Commissioner Number 5161

Church of the Holy Saviour
Narraghmore, Co. Kildare
EIRCODE R14 NF77



FLOWER FESTIVAL

Celebrating
"THE BEAUTY THAT SURROUNDS US"

20th - 22nd Sept 2024
Friday 20th 11am till 5pm
Saturday 21st 11am till 5pm
Sunday 22nd 11 till 4pm

Hymns of Praise Service
Sunday at 4.30pm

~ Raffle ~ Flower & Plant Stall ~

Entrance €15.00 including refreshments

Children under 16 free
Funds in Aid of

Narraghmore, Timolin, Castledermot and Kinneagh Union

Further Enquiries to Avril Maher
086 2670630



As Mothers' Union continues to encourage branches and churches to RISE UP against domestic abuse, this month we feature Children and Domestic Abuse – the unrecognised victims.

The impacts of growing up in a household with domestic abuse are complex. Children do not have to directly witness the abuse to know that something bad is happening. They may overhear an argument or see their parent's injuries or pick up on the tension between their parents, which is scary and confusing for children. Studies have shown that children who grow up in homes with domestic violence are up to 15 times more likely to be physically and/or sexually assaulted than children who do not.

Development: Children may react differently depending on their circumstances. Often, however, children will have a range of emotional, physical, and developmental difficulties. As young children are developing their brains are creating the foundations for how they understand emotion and their role in society. Emotional stress caused by living with abuse can disrupt that development.

Child abuse: The impact of being physically abused by a parent goes beyond the physical injuries. It has huge implications for the psychological wellbeing of the child, with many children living in a constant state of fear and dread.

Emotional impact: Children who have lived with domestic abuse may experience depression, severe anxiety, poor concentration levels and focus. They may have difficulty learning and limited social skills, or exhibit violent or delinquent behaviour. Children often do not want to leave the adult victim during the day and may stay off school to reassure themselves that the parent is safe. Children have identified that their voices are not heard in relation to Domestic Violence and that their experiences are not being validated. Through the Barnardo's Empowering Kids project this poster was produced identifying how we, as adults, can help them.

Our Rights. Your Responsibilities Responding To Childhood Domestic Violence and Abuse

1. **PLEASE** don't spend so much time with it...
2. **Listen to us** we might be young but our voices are important
3. **Believe** us everything we say
4. **BE KIND** to us
5. **Introduce yourself** explain your job and be clear to us
6. **Take time** to get to know us
7. **Talk to us** in a safe tone
8. **Don't rush and don't start with the hard stuff**
9. **Always ask us how we feel**
10. **Be honest** we can help you
11. **TALK** about fighting and hurting with us - don't stay away from it
12. **ASK us questions about the problem**
13. **NO RAISED VOICES**
14. **Allow us to ask questions** even if we have to wait for 10 mins
15. **Allow us to PRESENT** our opinions in our own time and place
16. **BE CALM** we have lived with this for so long it has become the norm
17. **ASK us questions about the problem**
18. **ALLOW us our INDEPENDENCE**
19. **Don't shout** we have lived with this for so long it has become the norm
20. **Keep us safe** we have the courage and what happens in the family

By the Empower Kids Team hosted by Barnardos ©HY 8015/2023