

Focal íd' Chluais.



A Word in your ear. March'09.

St. Patrick.

Feast Day: March 17th **Born:** 385 :: **Died:** 461

St. Patrick was born in Scotland to Roman parents. When he was sixteen, he was kidnapped by pirates and taken on a ship to Ireland. There he was sold as a slave. His owner sent him to look after his flocks of sheep on the mountains. Patrick had very little food and clothing yet he took good care of the animals in rain, snow and ice. Patrick was so lonely on the hillside that he turned often in prayer to Jesus and his Mother Mary. His life was hard but Patrick's trust in God grew stronger all the time. Six years later, he had a dream in which he was commanded to return to Britain. He saw this as a sign and escaped from Ireland. In Britain he studied to become a priest. Then Patrick had a strong feeling that he had to go back to Ireland to bring that pagan land of non-believers to Christ. At last his wish came true. He became a priest and then a bishop. Pope St. Celestine I asked Patrick to go as a missionary and preach first in England then in Ireland. How happy he was to bring the Good News of the true God to the people who once held him a slave. Patrick suffered much in Ireland and there was always the danger that he would be killed, yet the saint kept on preaching about Jesus. He travelled from one village to another where tribe after tribe became Christian. He hardly ever rested, he made sacrifices and did hard penance for these people whom he loved so dearly. Before he died, within the thirty-three years he worked in Ireland, the whole nation was Christian. He was one of the most successful missionaries in the world but his great success in no way made St. Patrick proud. He called himself a poor sinner and gave all praise to God. Patrick died in 461.

Saint Lachteen, Cill na Martra. (The Church of the Relic)

Feast Day: March the 19th.

There was a centre of Druidic worship in Clohina. Here at this large stone sacrificial offerings were made including some human. Later Saint Lachteen built a church near the Celtic site, thus continuing the tradition of worship in that location. After his death in 622 his hand was preserved as a relic and the church became known as Cill na Martra (the church of the relic). The church was attacked by the Vikings in 832 but was later restored. It was destroyed in Cromwellian times. Today all that is left is a heap of stones. There is evidence to show that Saint Lachteen was associated with Counties Kerry, Limerick, Clare, Kilkenny and Tipperary. It is said that Saint Lachteen's parents were from Munster, specifically from the Cork region. Saint Lachteen also performed miracles when he was younger such as surviving poisonous food, curing his mother of disease and banishing a plague that was infecting cattle. When he was 15 years old his guardian angel, Uriel, was said to have directed him to Saint Comgall's monastery at Bangor, there Saint Molua was his teacher.

The Shrine of Lachteen's hand. In 1884 it was sold at Christie's in London for 410 guineas and repatriated to the Royal Irish Academy from where it was passed on to the National Museum in 1890 where it is an important artifact. Lámh Lachtaín is unique among European arm relics because it depicts a closed fist. The fist on top of the relic is considerably worn in comparison with the rest of the arm. It probably indicates that it was a custom to hold the top of the shrine while taking an oath on it.

Cois Cille, Cill na Martra 026-40999.

Lunch Mon, Tues, Wed, & Friday 12.30pm.

Lunch must be booked in advance.

Contact 026-40999, transport available.

Chiropodist: 7th of April by appointment.

Art classes: Some places available.

For more information call 026-40999.

Cois Cille will be closed on St. Patrick's day.

Cuan Barra, Béal Átha'n Ghaorthaidh.

Lunch, Mondays & Fridays 12.30pm.

To book call Siobhán/Lucy 087 1378099.

Aisling Ní Laoire Beauty Therapist.

Thursday 26th March.

087 6579894 for appointment.

Chiropodist: Monday 30th March.

027 50340 / 086 2679761 for appointment.

Dr Ken Harte each Wednesday 12.00 – 1.00pm.

45' Card Drive each Thursday at 9.00pm.

All are welcome.

Word Search.

In this puzzle you must locate the St. Patrick's day related words in the grid below. Good Luck!!

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

Ireland	Shamrock	Irish
Jig	Gold	Patrick
Pot	Saint	Rainbow
Snakes	Green	Leprechaun
Clover	Shillelagh	Luck

Brain Boggler.

A steady stream of people enter Mike's place of business and remove its treasured belongings. The people do not pay for what they take. Mike allows them to take as much as they can carry as long as they keep their mouths shut. What are the people taking and which type of business employs Mike.

Answers to last months puzzles.

Brain Boggler: There was no smoke blowing in any direction because the train is electric and there is no smoke from an electric train.

Irish Nettle Soup

Adapted from Darina Allen's book, The Festive Food of Ireland.

Ingredients for 6 servings:

1 1/2 oz butter
1 1/2 lbs potatoes washed and chopped.
4 oz onions peeled and chopped.
3 1/2 oz leeks chopped.
4 1/2 cups chicken stock
5 oz young nettles, washed and chopped
3/4 cup whole milk or cream
salt and pepper to taste.

Method:

1. Melt the butter in a heavy saucepan; when it foams, add the potatoes, onions and leeks. Toss them in the butter until they are well coated.

2. Sprinkle with salt and pepper, cover. Steam on gentle heat for about 10 minutes.

3. Add the chicken stock and simmer until the vegetables are just cooked. Add the nettle leaves and cook until soft.

4. Whisk in the cream; taste and correct seasoning. Serve hot

Scoraíocht an Déardaoin.

Ionad Áise, Réidh na nDoirí.

Thursday 19th March 2.30-5.00 pm.

Transport available, ring early 026-45661

MFG Meitheal Mhúscraí's Website.

Our new website is being developed and photos from recent events and occasions will be on this new website. If you do not wish to have your photo on the website ring us here at 026 – 45661.

Concert.

There will be a concert in the Ionad Pobail Cill na Martra featuring local and outside talent on the 3rd of April at 8.00pm. All are welcome. Transport available, phone 026 45661.

Pádraig.

A Phádraig Aspal, Príomháidh Gael
Thug an creideamh chugainn thar muir
Grásta Dé mar thabharthas dúinn
Aiséirí fé Ghlóir mar oidhreacht

An tine a lasais cois na Bóinne
Ar chnoc Sláinghe cnoc na ndruadh
Lonraigh solas ar fuaid Éireann
Solas Críost le teacht na Cásca.

Mar an fhearainn bhog thar thriuchaibh
No an drúcht fen ngréin ar maidin
Nó an fharraig-cháith ar dhuirling
Dáileadh grástaí ós na flaithis

Thugais slán sinn-ne led naofacht
Treasna duibheagán na staire
Aisce, a Phádraig Príomháidh Éireann
Treoraigh sinn tré ré an rachmais.

Tusa bheannaigh ár ngleannta míne
Gach tobar, abhainn, sruthán is caise,
Ár sléibhte maorga na mbeann mbán
Múrtha fáilte i lár an Earraigh.

Focail Dónal Ó Liatháin.

Focal id' Chluais.

A word in your ear. Aon bliain d'aois.

Bhí an céad Focal id' Chluais priontáilte agus seolta amach díreach aon bhliain ó shin, seachtain amháin roimh Lá le Pádraig 2008. Ón chead eagrán sin tá sé imithe ó neart go neart agus is sibhse na léitheoirí is cúis le sin. Sé croí An Focal id' Cluais ná na scéalta iontach, na paidreacha, na smaointí agus ábhair mar sin a thagann ó na léitheoirí. Sé bhur nuachtlitir é dá bhrí sin coimeád suas an obair breá agus coimeád na scéalta agus na smaointí ag teacht isteach chugainn.

Our first Focal id' Chluais was printed and posted exactly one year ago one week before Patrick's day '08. Since then it has grown month by month and this success is due to our readers. The great stories, prayers, recipes and other material sent in by you is what makes the Focal id' Chluais. It's your newsletter so keep up the good work and keep stories and ideas coming in.

Lá 'le Lachtaín.

Beidh Mórshiúl i gCill na Martra in onóir Naomh Lachtaín ar Domhnach an 22ú lá de mí Márta tar éis Aifrinn. Beidh soláistí le fail san Halla Pobail tar éis an mhórshiúil. Fáilte roimh cách.

There will be a parade in honour of Saint Lachtaín in Cill na Martra on Sunday the 22nd of March after Mass. Refreshments will be served after the parade in the Community Hall. Everybody welcome.



Naomh Abán. 546-650

Deintear ceiliúradh ar a fhéile ar an 16ú lá de mhí Márta, i mBaile Mhuirne. Deirtear gur rugadh é i gCo na Míde agus thug sé féin agus a uncail Naomh Ibar a n-aghaidh ar Loch Garman – Ibar go Beag Éire (Beggary Island) agus Abán go Maigh Arnaí (Adamstown) mar ar bhunaigh sé a príomh mhanistir. Deintear a fhéile a cheiliúradh i Maigh Arnaí ar an gcéad Domhnach de mhí Deire Fómhair agus tá sé de nós ag muintir na h-áite na h-uaigneanna a mhaisiú le bláthanna sa reilig an lá san. Thóg sé scrín do'n Mhaighdean Mhuire in Oileán Mhuire. Deirtear go raibh sé go maith chun Eaglaisí a dhearadh agus a thógáil. Fear mór taistil abea é agus bhunaigh 10 n-eaglais nó mainistir, ina measc dhá clochar. Tháinig sé go mBaile Mhuirne agus chuir sé fé i Seana Chluain. Tá an láthair sa choill i dtalamh muintir Uí Riordáin treasa an tSuláin ó Charraig an Adhmaid. I gCill Abáin tá rian a áitreabh i bhfoirm ciorcal 3 clocha ógham ann, tobar, carnán cloch, bullán agus crois. Tá blúire dá chnámh i mbosca i bpoll agus tá rialacha an turais i mbosca ann leis agus deintear turas ann. Tá cáil air chun pianta cnámha a leigheas agus daoine a chosaint ar aistear nó turas go mór mhór aistear ar mhuir. Anam chara do Naomh Gobnait abea é agus deirtear gurb é a choisrigh í mar Mháthair Abb. Nuair a cailleadh é bhí mná caointe timpeall na h-áite. An tráth céanna bhí deirfiúr le Naomh Gobnait an-bhreóite agus bhí eagla ar Ghobnait go gceapadh sí gurb í féin a bhí ag fail bháis. Ceann de mhiorúiltí Ghobnatan ná gur ghearr sí amach gach fuaim san áit ina raibh a deirfiúir agus tugtar "Cumar Bodhar" ar an áit sin ó shoin. Fear an-naofa abea Abán agus cailleadh é in aois a 104. Chraobhscaoil sé briathar Dé sa dúthaigh, ní h-amháin le'n a fhocail ach fé'n a chuid oibhreacha.

Naomh Abán 546 - 650

Naomh Abán's Feast Day is celebrated in Baile Mhuirne on the 16th of March. It is said that he was born in Co. Meath and that he and his uncle, Saint Ibar, moved to County Wexford, Ibar to Beggary Island and Abán to Adamstown. Naomh Abán's Feast Day is celebrated in Adamstown on the first Sunday of October and people in the locality usually place flowers on their loved ones graves on that day. He built a shrine to the Virgin Mary in Our Lady's Island. It is said that he was good to design and build churches, he established 10 churches and monasteries on his travels, including two convents. Naomh Abán travelled to Baile Mhuirne and settled in Seana Chluain. The site is to be found in the wood on O'Riordans' land across the Sullane from Carraig an Adhmaid where a circle of three Ogham stones, a well, a pile of stones, a boulder and a cross can still be seen. There is a box in the ground with a piece of bone from Naomh Abán as well as a box with directions on how to recite the round. Naomh Abán is reputed to be of assistance to those with bone complaints and to those who are on a journey, especially a journey on the sea. Saint Abán and Saint Gobnait were great friends, he was her spiritual advisor and it is said that it was he who ordained her as abbess. When he died local women were lamenting him. At the time Saint Gobnait had a sister who was very ill and Gobnait was afraid that she would think it was herself who was dying. Saint Gobnait performed a miracle whereby she blocked all sound from the place her sister was to cut off the noise of the keening women, this place is still known as 'Cumar Bodhar'. Abán was a very holy man who spread the Word of God in the area, not only in word but in his actions and his work. He lived to 104 years of age.

Do fuaireamar an scéal seo ó Betsy Ní Shuibhne.

mfg-Meitheal Mhúscraí, Réidh na nDoirí, Maigh Chromtha, Co Chorcaí.

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Disclaimer: We take great care to research the information contained in this publication. It is, to the best of our knowledge, accurate and up-to-date at the time of publication. Our aim is to provide useful information to those who receive Focal id' Chluais. MFG-Meitheal Mhúscraí cannot accept any liability for any loss or damage arising as a result of reliance on this information.