



P.L.A.N.T

P
ernet
C.L.G.

Report 2017-2018



www.pernetlayassociates.com



*Pernet Lay Associates
Networking Together*

Vision Statement

We are a group of people drawn to live our lives at a deeper level.

We are grateful for the gift that is our life's journey; for the privilege of being part of the great beauty of nature; for the joy, hope, healing and energy that our Christian faith discovers and unearths in us like hidden treasure.

*We believe in the value and dignity of each individual.
We seek justice for all whose opportunity for a full life is denied.
We seek our own personal growth, and the growth of others around us – our families, communities and the wider society.*

*We hold in common our connection with the Little Sisters of the Assumption and recognise in them a kindred spirituality.
We support their mission of service to the family and the wider community.*

We are glad to work with the Little Sisters in fulfilling their mission and to reach out in a variety of practical ways to those around us, both at home and abroad.

Pine Tree - Family Group

Aim: To unite families with their community.

FAMILY – THE CREATIVE CONTAINER

In the 2016/2017 annual report it was stated ‘This family workshop was sponsored by the Little Sisters in 2016. We hope that to offer this course again in 2017, if we can source sufficient funding.’

Funding was secured for the above course from the Communities Integration Fund from the Department of Justice and Equality.

The parenting class ‘Family - The Creative Container,’ was delivered by Ann-Marie Collins, teacher and art psychotherapist. It is based on best practice in developmental psychology and parenting, and was delivered over 7 weekly two hour sessions.

The participants were parents of Irish, Albanian and mixed race children.

The program addressed issues which frequently arise for modern families.

Art based activities which are independent of language stimulated engagement from all participants.

Topics included:

- Parenting through connection
- Building your relationship with your child
- The role of parents
- Identifying your child’s needs
- Support and encouragement
- Establishing good routines
- Problem solving
- Tantrums
- Childhood anxiety
- Self-Esteem
- Working with challenging behaviour
- Limits and boundaries



- Engaging cooperation
- Food, bedtime, homework
- Sibling rivalry
- Emotional regulation

The course emphasises building a connection with your child, teaching your child that incorrect behaviour has logical consequences and thus the concept of punishing a child is redundant and counterproductive.

The participants were asked to give course feedback, whilst many comments referred to insights to parenting skills, a few identified *‘meeting Irish people,’ ‘to know Irish people,’ ‘open discussion,’ as highlights of the course.*

Galway City Council Funding

We received a grant of €700 under the ‘Social Inclusion Grant’ scheme in 2017 from the Housing & Social Inclusion Department of Galway City Council. With this grant we ran a series of parenting classes targeting specific age groups, namely early to 5 years old, 6-11 years old and teenagers.

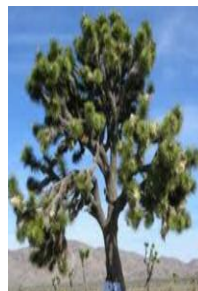
There were two sessions for each target group, in the first session Ann Marie sought input on the types of challenges that the parents were experiencing. She presented coping strategies, helpful parenting hints and techniques that addressed these challenges and more. Each parent received a handout which captured this information and she encouraged the parents to put these techniques in to action over the coming week. On the second night, the parents gave feedback on their experience of using the suggested strategies, hints and techniques and Ann Marie responded with guidance. The parents also gave feedback on the course.

An average of twenty parents comprising nationals, non-nationals and migrants attended the sessions. The teenager course was the most sought after and is the area of greatest need. We plan to run a number of these sessions in the 2018/2019 academic year if we secure funding for it.

We thank both organisations for helping Pernet CLG to reach out to a wide cohort of parents who otherwise could not access such professional, helpful parenting guidance.

Joshua Tree – Youth Group

Aim: To help the youth to find a spirituality, to create a safe space where “individual differences” are respected and to create an environment that fosters talents.



Appreciation of the Social Gathering by some young attendees.

‘We loved the atmosphere from the minute we walked into the Hall. It was so exciting to be part of a multi-cultural gathering. We enjoyed and felt part of the international flavour of the lively music and singing: the Philippines, the Africans, the girl from Iran all so engaging and enthusiastic.

We enjoyed the Irish contribution too, the initial choir and the fun atmosphere of dancing Shoe the Donkey. The food added to the evening and tasted delicious. The friendly chat among the tables was another relaxing dimension to the whole experience. Finally, nearly everyone got a gift which brought out the child in us all.

Thank you it was memorable and so inclusive. Congratulations.’



Aoife Coughlan and Eoin McNamara

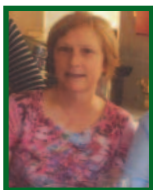
Willow Tree - Education Group

Aim: To give people hope and support through information and education – thereby encouraging empowerment.

Workshop on Coping with Situations of Grief and Loss.

In November we offered a one day workshop on Coping with Situations of Grief and Loss, facilitated by Gráinne O'Connell. This was our fourth time running this workshop. It was a time of very deep sharing and Gráinne also offered counsel and practical advice for those recently bereaved. She helped us realise that grieving takes time and that we need to be gentle with ourselves and allow ourselves that time. In the afternoon, there was a session of colouring for contemplation. Each participant was allowed to choose a design that appealed to them. It was a very insightful experience.

English Language classes delivered at the Eglinton Hotel.



Many of the migrants in the direct provision centre in the Eglinton Hotel Salthill have little or no English language skills. Through our other intercultural activities with the residents and in consultation with the manager, a group of 5 people were selected for intensive English classes given by an ACELS qualified TEFL teacher.

The classes were targeted at A1/A2 levels of the Common European Framework Reference for Languages (CEFR), the goal

was that they would acquire everyday/functional English with an emphasis on speaking.

After the first class, additional people requested to join the class, which resulted in people from Iran, Georgia, Bangladesh, Democratic Republic of Congo and Palestine attending.

The class provided a safe space where people were not self-conscious in speaking English, all were experiencing some level of difficulty and could empathise with each other. All participants reported that the classes helped them and requested more.



Redwood Tree – Spirituality Group

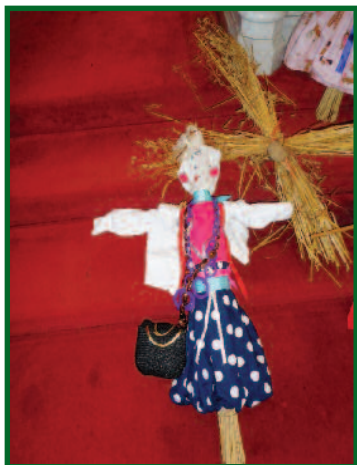
Aim: By walking in the footsteps of Jesus in guided meditation we discover Jesus' spirituality. He sided with the marginalized people of his time. The call is for us to journey with Jesus in our lives.

Celtic Spirituality

For many years, I have wanted to visit St. Brigid's well and attend the special Mass held in Liscannor on Feb 1st and this year I finally realized my wish. It was a bright, breezy morning when we set out from Galway. We made our way to St. Brigid's Well where we saw all the prayer requests and mementos left by pilgrims at the well. People's faith in the power of prayer and especially the devotion to Brigid was palpable from the notes left by the visitors to the well. We filled our bottle with water from the blessed well and bought St. Brigid's crosses; the money generated from these sales is used to send good quality cattle to Africa.

After a quick cup of tea in the car, we made our way to Liscannor Church where a large crowd was gathering for the Mass. Fr. Denis Crosby was very welcoming and elicited the places people had travelled from for this special Mass. The school children had made rag dolls to represent St Brigid; the priest playfully pointed out that for the first time St Brigid was wearing ear rings. The dolls were beautiful and very colourful a harbinger of the colours that spring would bring. Fr. Denis recalled a funny story that his father told him about the tradition of the St. Brigid's doll, the





dolls were dressed in white and were brought from house to house, on entry to a house the occupants would pray and give an offering to St. Brigid; the dolls had a bag for such offerings. His father recalled an old rhyme that went 'Here's Bridgy all dressed in white, Give her a shilling or she will give you a fright' A new born lamb was also welcomed by the congregation as a sign of spring. At the end of Mass Fr. Denis and his helpers gave a blessing to the sick or indeed anyone who wished to be blessed. It was lovely to see the old traditions being preserved and enthusiastically embraced by the young doll makers. I will go back again next year and bring a crowd.

Next February we will bring people from the Spirituality group to St. Bridgit's Well.

Sr. Imelda O'Sullivan.



World Meeting of Families – *Amoris Laetitia*, The Joy of Love.

Six people from Pernet attended a series of talks on Pope Francis' letter *Amoris Laetitia The Joy of Love*. The talks were given by Fr. Gerard McCarthy SVD in the Sacred Heart Church.

“Every day entering into the life of another, even when that person already has a part to play in our life, demands the sensitivity and restraint which can renew trust and respect. Indeed the deeper love is, the more it calls for respect for the other’s freedom and the ability to wait until the other opens the door to his or her heart.” 99 *Amoris Laetitia*

“Loving kindness builds bonds, cultivates relationships, creates new networks of integration and knits a firm social fabric.” 100 *Amoris Laetitia*

Official Family Prayer for World Meeting of Families 2018.

God, our Father,
 We are brothers and sisters in Jesus your Son.
 One family, in the Spirit of your love.
 Bless us with the joy of love.
 Make us patient and kind,
 gentle and generous,
 welcoming to those in need.
 Help us to live your forgiveness and peace.
 Protect all families with your loving care,
 Especially those for whom we now pray,
 (We pause and remember family members and others by name.)
 Increase our faith,
 Strengthen our hope,
 Keep us safe in your love,
 Make us always grateful for the gift of life that we share.
 This we ask, through Christ our Lord, Amen.

Birch Tree - Justice Group

Aim: We believe in the value and dignity of each individual and we seek justice for all whose opportunity for a full life is denied.

An invitation was issued to Pernet to attend an interfaith seminar *Muslims, Christians and Interested Doubters –a different conversation in an Irish cultural context*, organised by The Little Sisters of the Assumption. Three people from Pernet attended the seminar which was held in Dublin on 30 September 2017.



“Whether you are black, white, mixed race, Asian, Muslim, Catholic, Protestant, Christian, or a non believer, a skin colour of a person doesn't define them or their culture or backgrounds or what they believe in. The only thing that can define you is Love. That was my final conclusion”, Jennifer Fri.

“The overall conclusion was that (rather than religion dividing) we needed to listen to each other, respect differences, and have those difficult conversations without holding prejudices that are unfounded or based on quick generalisations. As opposed to having “competing claims to God” we need to listen to the 'other'- the other is human. Rather than stereotyping people we need open truthful honest dialogue - embracing the difference of those people whom we often shut out”. Jean MacSorley

“I met up with people whom I met at the other previous workshop. Nellie Curtin and I sat with Nigel Clarke and he said he did a song with Wambali Nkandawire, one of the famous musicians from my country, Malawi.” Joan Jim-Arthur Nankwenga.



Building connections through preparing and sharing meals together:

Funding was secured for the above course from the Communities Integration Fund from the Department of Justice and Equality.

A series of intercultural cookery demonstrations were held in the Westside Resource Centre in November 2017. Each evening started with a person from a given country demonstrating how to cook two dishes from his/her native country. Five cuisines were demonstrated over the programme, Polish, Filipino, South African, Indian and Irish.

All attendees were encouraged to peer into the pots, ask questions about ingredients, identify possible substitute ingredients where required, ask about cooking methods, nutritional values and health benefits. Volunteers assisted in bridging linguistic and cultural gaps that were apparent during the demonstration.

The meal was then served to the attendees who were seated around a big table, this encouraged interaction between all. Many of the attendees participated in all of the evenings but there were new attendees at every evening. The minimum number of countries represented at a single event was 5 with 9 participating on the Filipino night, for example Filipino, Polish, Syrian, Iranian, Albanian, Palestinian, South African, Tanzanian and Somalian.

Initially attendees were shy and did not ask questions but as the cookery demonstration progressed, the heat generated by the cookery and the delicious aromas of same permeated the atmosphere, the ambience changed from a room full of reserved strangers to a chattering, laughing bunch of people sharing a universal experience of food preparation and all that goes along with it. By the wash up time, we were tripping over each other trying to help in the clean-up. All attendees reported that they really enjoyed the evenings and it helped them to identify shared experiences centred on food and its preparation.



Sharing our lived experience through Art

Through the medium of art Pernet worked with a group of people from varying backgrounds and nationalities - some from the Eglinton Hotel Direct Provision Centre Salthill, Western Centre Galway and various other parts of Galway city. Over a period of initially 3 workshops we provided a space wherein connections were built up between asylum seekers, migrants and nationals using the non-formal method of plaster mask making as a means of exploring the different aspects of their culture and traditions. Fifteen participants from the aforementioned locations portrayed aspects of their culture using the process of mask making. They came from a diverse range of countries Palestine, Poland, Tanzania, Syria, Bangladesh, Philippines, Ireland, Somalia, Malawi, Albania and Iran. Through visual representation they incorporated symbolism, from their lived experiences, into their masks that crossed the language barrier. One Syrian lady expressed her pain and suffering very powerfully without having to tell her story in words. She painted waves on the forehead area of her mask then incorporated a young girl clutching her teddy bear. Tears flowed from the eyes of her mask with hearts placed in the pupils of the eyes. The masks were displayed at the social gathering where they inspired much admiration and discussion.

The mask making workshop fostered the exchange of stories, symbols, an understanding of how each culture uses colour to represent emotions. The participants in the mask making workshops enjoyed the opportunity to be creative while sharing some of their culture and forming new friendships. This work was facilitated by Jean MacSorley.



Ash Tree - Enterprise Group:

Aim: Networking, Mentoring/Support and Training in Enterprise.

Flags and Banners

The Fairgreen Training Centre was established by Sister Bridget in 1976; the goal was to provide education to Traveller girls. The Fairgreen training centre produced flags and banners and became known as such. In 1984 Galway Corporation approached Flags and Banners to produce banners for the Galway Quincentennial year. It subsequently became a thriving business producing flags, banners, bunting, and family crest wall hangings for the western region. The business subsequently transitioned to private ownership. However Pernet and Flags and Banners continue their close association by mutually supporting each other, with Flags and Banners producing bespoke flags for Pernet's social gathering and participating in the annual golf scramble.

This year the LSA has supported our efforts to assist migrants to start their own cottage enterprise by funding the purchase of a sewing machine and supplies for needle point.

One of the migrants received Irish naturalisation from the Department of Justice and Equality. This motivated her to seek training in leisure pursuits. In order to complete her qualification she needed to find supervised placement in a leisure centre. Pernet helped her to get a place in Kingfisher Leisure Centre in Galway. I continued to be in a supportive capacity after her graduation.



Mahogany Tree - Fundraising Group

Aim: Pernet CLG has been set up and it has been granted charitable status and is registered with the Charities Regulatory Authority. It will engage in fundraising to support the running of the company and to provide Bursaries for attendance at workshops and courses.



The main fundraising activities during the year included (i) the Lotto, (ii) grants from the Communities Integration Fund from the Department of Justice and Equality, (iii) Grants from Galway City Council Social Inclusion Grant scheme in 2017, (iv) Grant from the LSA, (v) the Golf Outing, (vi) Lucky Dip at the Social Gathering.

Our thanks are due to Ms Clodagh Gallagher, Solicitor, who voluntarily steered the licence application through the District Court so the Lotto continues through 2018. It is run by the same subcommittee of Frank Colohan, Oliver Geraghty, Conleth Cunnane and Sr. Imelda under the same protocols as last year. This year the possible numbers are 28. The Lotto has moved to Ballinfoyle Castlegar Neighbourhood Centre and occurs in the last week of the month. This year we have two Lucky Dips of €50 each per month.

Golf

The Golf Outing was held in Oughterard Golf Club on Saturday 12 May 2018. It consisted of a 4 Ball Scramble and was contested by 16 teams. It was a beautiful day, delicious food was available at the club and the winners were as follows:

1st Place Winners were Ed.Pettit, Marie Houilihan, Leslie Stewart, and Ella Pettit.

2nd Place Winners were Michael Lee, Alan O'Donnell, Marie O'Donnell, and PJ O'Donnell.

3rd Place Winners were Gerard McLoughlin, Brain McGranaghan, Gerard O'Farrell, and Anthony Palmer.

Green fees for two, at Oughterard Golf Club were won by Pat Quinlan and Conleth Cunnane



1st Place Winners: Ella Pettit, Leslie Stewart, Marie Houlihan and Ed.Pettit.



2nd Place Winners: Michael Lee, Alan O'Donnell, Marie O'Donnell, and PJ O'Donnell.



3rd Place Winners: Gerard McLoughlin, Brain McGranaghan, Gerard O'Farrell, and Anthony Palmer.



*Launch of CLG Pernet Raffle
Mary Cunningham, Imelda O'Sullivan and Ray Walsh*





Thanks to our sponsors who made the day possible

The Huntsman Inn

Glenlo Abbey Hotel

The Harbour Hotel

McCambridge's of Galway

Carr Group

Golfstyle Superstore, Tuam Road.

AIB Bank

St. Anthony's & Claddagh Credit Union

A special thanks to Lough Inagh Lodge Hotel who sponsored two nights B&B and an evening dinner won by Eileen Curley.

GOLF FOUR BALL SCRAMBLE

Saturday May 12th 2018

at

Oughterard Golf course

*Teams of 4 at €30 per person
(€120 per team)*

Prizes

1st Prize Meal for 2
for each team member

2nd Prize Hip Flask
for each team member

3rd Prize Ornament
for each team member

**All entrants are in the draw
for 2 night's B&B at
Lough Inagh Lodge Hotel Recess**

Lucky dip for non-winners.



PERNET 4 BALL SCRAMBLE

*In aid of Workshops for economically
and culturally excluded people*

SAT MAY 12th 2018
OUGHTERARD GOLF COURSE
Commencing at 10am



www.pernetlayassociates.com

Apple Tree – Hospitality Group

Aim: The main objective of this house, (92 Currach Buí, Rahoon, Galway), is that it would act as a focal point for the coordination of PLANT's activities.



Rabia and Shahzad Anwar with Imelda O'Sullivan

Hospitality is based at 92 Currach Buí, where Sr. Imelda lives. This is the venue for meetings, planning, accompaniment and spiritual guidance, and also for many meals and celebrations, welcoming different people, especially the limited company directors, the Lotto team and other Pernet leaders.

Other special meals included a visit by two Little Sisters from the Motherhouse in Paris. Many sub-groups meet in 92 Currach Buí, and are regularly treated to delicious meals. A special welcoming lunch was held for Shahzad and Rabia Anwar to welcome them to Ireland. The house is a hive of activity and a place

where people from different places and communities can meet.



Mary Ann & Odile



Helen McGreal, Mary Cunningham, Kay O'Riordan and Billy Coyne.



Ann Costello, Mary Cunnane and Peter Costello.



Stephen O'Neill, Conleth Cunnane and Oliver Geraghty.



Nuala Keane and Carmel King.

Volunteers:

The Volunteer Centre helped us to get qualified personnel to support the structure of Pernet. One of the participants desired to give Pernet his time with graphic designing work. As we got to know him we discovered his need to get a placement to pursue his accountancy qualification.



We continue to be involved with Volunteer Galway who provide training for our directors. Donncha Foley and his team have been most helpful. We sourced new volunteers through this group. We attended our third Volunteer Recruitment Fair at the Galway Bay Hotel. We had expressions of interest from many people and are following up with some prospective volunteers. We participated in an interview with Galway Bay FM during volunteer week, explaining Pernet's work in Galway.

Maple Tree – Celebratory Group

Aim: To organise gatherings of families, friends and associates of the LSA to strengthen the bonds between us and to grow in solidarity. It is open to all who wish to participate and share in the spirituality.

Social Gathering.

An Intercultural night of music, singing, art and food was staged on April 14th in the Galway Rowing club. The music was provided by an intercultural choir who had formed and practised for the 6 weeks prior to the night. The choristers were drawn from the local Irish community, Filipino community, and Zimbabwean, Kenyan, Iranian and Moroccan migrants. Vera Coughlan composed a poem for the song *Desiderata*.

Music was provided by a local band who was joined by an accomplished Moroccan musician; it was heartening to see all band members keeping time to the music by tapping their feet in unison.



Vera Coughlan



The intercultural art exhibition consisted of masks that were created at three workshops in advance of the night. Jean MacSorley facilitated. A group of 15 participants from a diverse range of countries Palestine, Poland, Tanzania, Syria, Bangladesh, Philippines, Ireland, Somalia and Malawi, Albania and Iran portrayed aspects of their culture using the process of mask making. Through visual representation they incorporated symbolism, from their lived experiences, into their masks that crossed the language barrier.

Flags locally made representing many countries were displayed in the venue.

Food was provided by local Polish, Filipino and Irish providers.



Mike Brown, Bernie Morris, Nuala Keane, Mary Ann Mullen, Hannah McCormack, Dorothy Guwa, Fellystus Faith Chiswamu, Silibaziso Msimanga, Vera Coughlan, Jihad Essektani, Sepner Baco, Aprilyn Godinez, Daisylyn Fernandez, Rachel Utod, Peter Rodriquez. Conductor Assumpta Francis.



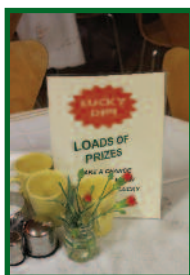
Attendees participated in the dancing and reported that they enjoyed themselves thoroughly and would like to be invited again next year.

The choir formation and practice sessions allowed the choristers to connect with each other and to share their musical gifts and language.

The choir conductor Assumpta

Francis did a superb job in moulding this disparate group to perform as a unit on the night. Songs were drawn from Ireland, Africa, Iran, the Philippines and the choruses were sung in a range of languages.

The interaction of the attendees at the intercultural social demonstrated the latent cultural richness that is available to be harnessed.



To: Imelda O Sullivan, Pernet

I am writing to you to thank you for all your hard work in putting together the intercultural choir and for providing me an opportunity to partake. I sang with the community choir for the Pernet group get together/concert. We had 3-4 practice sessions before our big performance at their annual get together in the Galway Rowing Club.

I befriended a refugee from Morocco and gave him a loan of an Irish style banjo for the event and the practice sessions. He excelled on the instrument and we had many practice sessions in the refugee centre in Galway to prepare for the concert.

At the Pernet concert, my Moroccan friend then met another musician friend of mine who introduced him to a lot of other musician friends in Galway. As a result of our meeting at the Pernet practices and concert, we have stayed in touch and my Moroccan friend has played with lots of musicians in informal music sessions. Through these contacts great friendships were formed, which resulted in him inviting Irish musicians to play with him at an intercultural music event with people who are currently refugees and come from many different countries.

I am grateful to Pernet for the intercultural experiences that I have experienced while taking part in the practice sessions and the concert as part of the Pernet Intercultural Choir. I met many great people from many cultures and shared great experiences with them. I feel that my new Moroccan friend has been given an opportunity to integrate with Irish people and he has responded by providing Irish people hospitality and an opportunity to meet many people from the refugee centre.

Well done to you Imelda and to Pernet, I am grateful for this experience, keep up the great work.

*Yours Sincerely,
Michael Brown
Pernet Intercultural Choir ParticipantII*



Jihad Essektani



Enjoying the Social Gathering



*Martin Forde, Mike Brown,
Michael McGetterick.*



*Jihad Essektani, Sepner Baco, Aprilyn Godinez,
Daisylyn Fernandez, Rachel Utod, Peter Rodriguez.*



Hannah McCormack and Bernie Morris.



*Richie and Moira Byrne, Marie Lawless and
Anna Killeen.*



*Pat Conroy, Phil Conroy, June Finnegan,
Una Breathnach.*



Mary, John and Una O'Connell.



*Merle Galton, Mary Houlihan, Mary Comer,
Eleanor Costello.*



Honora Meade and Marie McDonagh



Joan Jim Arthur Nankwenga



*Mary Anne Wangari Mullen and
Jackline Muthonio*



Mary Walsh & Jean Mac Sorley



Mary and Noel Lowry.



Kathleen Scanlon, Mary Cubbard,
Maura Tierney, Caroline Diviney, Ciss Higgins.



Anna Killeen, Ciss Higgins Margaret Leaper,
Linda Feeney, Maria Lawless.



Angela Brett, Kathleen Flanagan,
Ger Mulgannon



Dorothy Guwa





Mustard Tree – Pernet Group

Aim: We hold in common our connections with the Little Sisters of the Assumption and recognise in them a kindred spirituality. We support their mission of service to the family and to the wider community.



The Little Sisters of the Assumption since their foundation have always had gatherings of lay people who were linked in with the mission of the Little Sisters. One such gathering occurred on Thursday April 19th 2018 at 92 Corrach Bui where Imelda hosted lunch for Mary Cunningham, Jean MacSorley, Helen McGreal, Sister Mary Keenan, Sister Dominique Fuchs and Mary Comer. We shared Pernet's activities over the past year in education, social justice, migrant integration and developments in Pernet's infrastructure to support our ongoing work.



Mary Cunningham, Jean MacSorley, Helen McGreal, Sr. Mary Keenan, Sr. Dominique Fuchs, Mary Comer

On 22 August 2017, the feast day of 'The Queenship of our Lady,' to whom the founder of the LSA had a special devotion, a group of Pernet volunteers and supporters visited Knock. On arrival at Knock the group had lunch, then the group visited the various chapels and points of interest, sharing their thoughts and impressions, culminating in attendance at the 3:00 p.m Mass.

The little Sisters of the Assumption lived and worked among the people of Blackwood in South Wales over thirty years. We made many friends among the people during that time. Now the time has come for them to visit us in Ireland.



Feastday celebration at Knock

Back L to R: Ann O'Shaughnessy, Christine Wanjiku, Mary Ann Mullen, Christiana Egbo, Peju Awoyemi, Mary Cunningham.

Front: Nike Awoyemi with Destiny, Eusebio, Joan Jim Arthur Nankwenya.

Welsh Visit to Cobh

On March 16th eleven of us from The Sacred Heart Parish in Pontllanfraith landed in Cork airport at the start of our visit to Eire. Sr Imelda was there to greet us together with wonderful Tom McGuigan who would drive us around and his lovely wife Anne. Sr. Imelda, Tom and Anne suggested places where we might like to visit and we thank them for their hard work in planning this trip.

We were 4 hours late due to a mechanical fault with our plane so our plans for the afternoon exploring Cobh had to be postponed. We checked in at the WatersEdge Hotel and enjoyed a delicious evening meal and settled into our rooms.

The next day was St Patrick's Day so we started our day by celebrating Mass at the magnificent St Colman's Cathedral then went into Cork where we saw the St Patrick's Day Parade which was colourful and lively. We returned to the hotel so that we could support the Irish team as they played rugby to win the Six Nations Championship! That evening Sister Alice arrived and we were all delighted to welcome her as it had been many years since we had seen her.

Sunday brought a scattering of snow so we decided to stay close to home and visited Kinsale. We also welcomed Sr. Alice, Sr. Mary and Sr. Mary Salmon who joined us for



Kath Smith, Margaret Williams, Andrea Yeo, David Shier, Fay Lewis, Clare Randell, Kathleen Campton, Mauerent Johnson, Imelda O Sullivan and Marie Gatti.

our evening meal which was a movable feast as we changed places after each course so that everyone had a change of neighbour and conversation.

Monday was a better day weather wise so we visited the Titanic Museum in Cobh during the morning and Sr. Mairead and Sr. Alice visited. We then went on Clonakilty where we visited the beautiful church and did some shopping. We had a meal there before visiting a nearby beach where some of us walked on the sands and others watched the ponies who were bathing in the sea.

We returned to Wales on Tuesday having had a great time visiting some wonderful places and renewing friendships with sisters who served our community in Wales so faithfully over the years. We were delighted to see them all and look forward to our next visit!



Imelda O'Sullivan Alice Ryan, Marie Gatti and Mairead Linden



Imelda Mortimer in Cork city for St. Patrick's parade.

Website: www.pernetlayassociates.com

Our website allows us to keep our community up to date on Pernet activities. It also publicises our Mission statement and the work of the Little Sisters of the Assumption.

Thanks to David Keane who voluntarily maintains it.

We are on Youtube: Pernet Galway Social Gathering
Publications available include Thy Kingdom Come: Pernet Spirituality for Lay People by Marian and Honora Meade.

Hard copy or download from our website.

Thank you

Our thanks are due to Galway Rowing Club, and Organisers of Social Gathering Tom McGuigan, Teresa McNamara, Connie Ryan and Moira Byrne.

Thanks to Martha Cwiak, Bernard Bertulfo, Musicians Michael Brown, Martin Forde and Michael McGetterick, Dancers Hubert Jennings, Carmelita Madden and friends, Fr. Kevin Keenan, Bernie Scally of Sacred Heart Parish, Photographer Kieran Burke, Bohermore Community Project, and all who supported us in any way.

Thanks also to Oughterard Golf Club, Kay O'Riordan, Mike O'Shaughnessy, Ray Walsh and our loyal Golf supporters Anne Keady and staff of the Eglinton Refugee Centre are a great link for our ministry with the refugees.

Honora Meade, Fr Tony Horgan and Teresa Geraghty of Ballinfoyle Parish, Anne Mannion of Tirellan NS and Ger Fahy of Shantalla NS.

Thanks to all the directors for their excellent support to Pernet, Mary Cunningham, Carmel King, Imelda O'Sullivan, Stephen O'Neill, Billy Coyne. Thanks to our excellent tutors and providers, Helen McGreal, Ann Marie Collins. Jean MacSorley, Grainne O'Connell and Assumpta Francis.

Deirdre O'Gorman Whyte works hard to keep our contact lists up to date.

Thanks to Sharon Togher and Louis Donnellan of I Supply and Caroline Diviney of Bohermore Community Project for their supportive services.

Pernet is grateful for the backing of Declan Varley and Mary O'Connor of the Galway Advertiser and Keith Finnegan and Yvonne Kelly Lloyd of Galway Bay FM to promote the activities of the Pernet.

We thank Michael Forde of Galway City Council for his attention and advice.



AGM 2017/2018

Back Row: Michael Forde, Billy Coyne, Clodagh Gallagher, Imelda O'Sullivan, Caroline Diviney, Conleth Cunnane, Stephen O'Neill, Mary Cunningham
Front Row: Helen McGreal, Carmel King, Moira Byrne, Nuala Keane, Jean MacSorley.

Pernet ACCOUNTS

Income & Expenditure for the year ended 30th June 2018**INCOME**

Grant	8,850.00
Lotto	2,030.00
Sponsorship	350.00
Social Gathering	650.00
Chair Raffle	200.00
Golf	2,110.00
Courses	625.00

14,815.00**EXPENDITURE**

Tutor Fee	4,900.00
Prizes for Lotto	1,200.00
Vouchers	482.48
Rent	630.00
Social Gathering	250.00
Golf Fees	940.00
Insurance	383.41
iSupply	1,542.94
Stationery	214.46
An Post	300.00
The Wheel	15.50
Catering Demos	802.37
Court Fees	150.00
Transport	745.40
Audit Fees	389.00
Website	55.78
Bank Fees	92.82
Publicity Advertising	138.90
Class Material	21.55

€13,254.61**Bank reconciliation**

01.07.17 Opening bank balance	€1,617.43
Add surplus for year	€1,560.39
30.06.18 Closing bank balance	€3,177.82

(i) Whilst the bank account shows a balance of €3,177.82, €2,000 of these monies were received from the Little Sisters of the Assumption and are to be used for the refugee project.

(ii) A further €200 is raffle income which has been paid in advance.


Treasurer: Carmel King


Secretary: Mary Cunningham


Chairperson: Imelda O'Sullivan



Prayer of the Little Sisters of the Assumption

*My God grant that this Fire which is you
May transform us and make each one of us as a burning coal
You have taught us the wonders of your Wisdom
You have communicated to us the flame of your love
Our lives should be that of Christ:
It is His love that we should radiate
We will communicate from one person to another
The warmth that we receive
And under the action of the Holy Spirit we will end
by transforming those who are around us
Of ourselves we are nothing in the humble awareness of our weakness
We will become strong and powerful
Burning coals setting alight all that touches them
Producing the love of God*

Fr Etienne Dernet 1824-1899