



## St Brigid of Ireland

St. Brigid, also known as “Mary of the Gael”, is an abbess and patron Saint of Ireland. She is furthermore the founder of the first Irish monastery in County Kildare, Ireland. Born in 450 AD, St Brigid is accredited with first creating the unique cross which bears her name. This cross is normally hand created from rushes however occasionally straw is also used.

The distinctive St. Brigid’s Cross design, made from woven rushes, is thought to keep evil, fire and hunger from the homes in which it is displayed, however the tale of its creation is somewhat confused, and there is not one definitive version.

It has become customary on the Eve of her Feast Day (1st February) for the Irish people to make a St. Brigid's Cross of straw or rushes and place it inside the house over the door.



Her Feast Day marks the traditional beginning of Spring in Ireland. She was a disciple of St. Patrick, who baptized her parents, then her. There are many miracles attributed to St. Brigid that happened while she was living e.g. There is a well-known miracle story about St. Brigid and her cloak. She was looking for land for her community and the King of Leinster refused her request. St. Brigid persevered and then asked for as much land as her cloak would cover. The King didn’t hesitate to agree to her unconventional request. Miraculously, when she laid down her cloak it covered acres of land. There she built herself a cell under a large oak tree, called Kill-Dara, or Cell of the Oak. This area of land is now known as the Curragh.

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### February Birthdays

**Vanessa C**  
**Phil D**  
**Joe B**  
**Paul K**  
**Patsy G**



## February 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 Standards Meeting 12 noon Education & Community Employment	2 Publications 2 pm	3
6 Policy Meeting 12 noon	7 House meeting 1.45 pm	8 Standards Meeting 12 noon Education & Community Employment	9 Publications 2 pm	10
13 Policy Meeting 12 noon	14 House meeting 1.45 pm Basic Digital Skills	15 Standards Meeting 12 noon Education & Community Employment	16 Publications 2 pm	17
20 Policy Meeting 12 noon	21 House Meeting 1.45 pm	22 Standards Meeting 12 noon Education & Community Employment	23 Publications 2 pm	24
27 Policy Meeting 12 noon	28 House Meeting 1.45 pm			

## **Saint Brigid's Camino Walk**

This year Monday 6<sup>th</sup> February is a bank holiday in honour of Saint Brigid. On Monday the 6<sup>th</sup> there will be a walk from the Shrine at Mountrice Cross. The walk will go via Umeras along the New Canal Blue Way finishing at Saints Peter and Pauls Church Monasterevin (6km). The Walk will be led by Bishop Denis Nulty .There will be a short liturgy of light at the Church at 12.30pm. All those who participate will be issued with a special St. Brigid Camino passport that will be stamped at St Peter & Pauls Church and will be given a certificate to say they have completed the Camino. St Brigid's Crosses and refreshments will be provided on the day. The walk begins at 11am from Mountrice Shrine. All welcome.



## **Fond Thoughts**

It is a beautiful sunny morning, February 4<sup>th</sup> and two years have passed since my days of covid resuscitation, I am grateful to all the nurses and doctors who saved me in Naas and Tallaght hospitals and my recuperation in the wonderful Pea Mount. I now sit by the river with a hot chocolate watching two swans feeding and preening, the different species of birds are out and about enjoying the sunshine and hunting for food on the grass park. Wild pigeons roam and crows drop in to have a look. A magpie sits on the chimney stack of the nearest house and flicks its tail up and down waiting for his partner to join him. A robin flits across the footpath into the hedgerow and a blackbird follows. It is turning colder and they are all hungry. I have been out at the grave washing the headstone, ready for a visit by the family on Sunday. I am grateful for the support of my sisters, brothers, daughter, family and friends at my good recovery and look forward to busy times in the Platinum Clubhouse and Newbridge Resource Centre.

Paul C

# American Style Quick Pancakes



## **Ingredients:**

1 Bottle of Odlums American Style Pancakes Mix  
375ml of Milk  
Oil, for frying

## **Method:**

Simply add 375ml of milk to Odlums American Style Pancakes Mix bottle.  
Replace cap and shake until mix is fully dissolved.  
Add oil to frying pan. Pour enough batter to form 14cm/6" pancakes.  
When batter is puffed and bubbling on top, turn and cook on other side until golden brown in colour.  
Repeat to use up all batter. Serve warm with your favourite toppings.

## **Serving Suggestions:**

Serve hot with butter, icecream, yogurt, honey, maple syrup, jam, fresh fruit with dollop of Greek yogurt or crème fraiche, poached egg spinach & hollandaise sauce.

## **St. Valentine's Day**

There will be a Valentine's Day card making competition in Clubhouse.  
Closing date 7<sup>th</sup> February.

There aren't any specific Valentine's Day traditions in Ireland; most couples celebrate the day in a way that's personal to them, and the common worldwide practices of giving small gifts, enjoying a nice meal or spending quality time together take place in Ireland. Valentine is the **patron saint of love**, and his skeleton lies under Whitefriar Church in Dublin.



### St. Brigid's Well Kildare

Saint Brigid's feast day, 1<sup>st</sup> February, marks the slow awakening of the earth. Spring after the Winter. She is remembered as a goddess of the pre-Christian World. The Sacred Well is a place of pilgrimage, an ancestral tradition of walking to the well on a quest for physical and spiritual nourishment kept neat and tidy, there is an aura of ancientness. The well is fed by a spring that flows underground, appearing under a stone archway. The stream flows by a modern bronze statue of Saint Brigid. Rags are tied in the trees by people who believe in the healing properties of the well. The Saint founded a convent in Kildare in the year AD 470. A Brigid's Cross is woven at this time and she has many patronages; the poor, blacksmiths, beekeepers, brewers, singers, mothers and infants.

May the mantle of your peace  
Cover those who are troubled and anxious  
And may peace be firmly rooted in our hearts  
And in our world.  
Inspire us to act justly and to reverence  
All God has made.  
Brigid you were a voice for the wounded  
And the weary  
Strengthen what is weak within us.  
Calm us into a quietness that heals and listens  
May we grow each day into greater  
Wholeness in mind, body and spirit  
Amen  
Brigidine Sisters Kildare

Paul C



### The Holiday

Caroline and Jennifer were next door neighbours. Great friends and went to school together. They were even born the same day. Neither of them went far from home when they left school. They remained good friends. They went on a holiday together every year.

One year they went to Killarney. They were doing the ring of Kerry and stopped to stretch their legs and take photographs. When they got back to the car it wouldn't start. They walked to the nearest garage, but they couldn't do it that evening as it was too late, so they had to wait until the next morning. They were talking about where they could stay that night when another customer (Marcella) went over to them and offered them a bed for the night. They were delighted.

They remarked on the Aran sweater she was wearing; how nice it was. She said her sister knit it but now she was in hospital with covid 19.

They spent a lot of the night talking about Kerry and Cork. She was local and knew everywhere well.

She wouldn't take any money the next morning. She said they were great company.

The two of them were great knitters and when they got home, they both knit an Aran sweater and posted it to her. They had made sure to get her full name and address but she hadn't got theirs.

Seeing as she wouldn't take money, they paid her in another way.



Patricia D

### The Three Stooges

The Three Stooges were an American comedy team active from 1922 until 1970, best remembered for their 190 short subject films by Columbia Pictures. Their hallmark styles were physical farce and slapstick. Jerome Lester Horwitz, better known by his stage name Curly Howard, was an American comedian and actor. He was best known as a member of the American comedy team the Three Stooges, which also featured his elder brothers Moe and Shemp Howard and actor Larry Fine. He was billed as Curley. This is one of my favourite actors of this time. He left the Stooges in 1946 due to illness and passed away six years later.



Mark N



**Quiz**  
**General Knowledge**  
**Round One**

1. Which is the only body part that is fully grown from birth?
2. What is a group of crows called?
3. In what country was Elon Musk born?
4. How many hearts does an octopus have?
5. Where is the strongest human muscle located?
6. What planet is closest to the sun?
7. Who is Beyoncé's husband?
8. In which city can you find the Colosseum?
9. How many Harry Potter books are there?
10. Who wrote Charlie and the Chocolate Factory?

**Round Two**

1. In what year was the Berlin Wall destroyed?
2. Who invented the first motor-operated airplane?
3. Who sang 'Jolene'?
4. What colour is a tennis ball?
5. Which scientist developed the theory of relativity?
6. Which Netflix show is set in a female prison?
7. What is the world's largest desert?
8. Who was Brad Pitt's first wife?
9. Which movie did Leonardo Di Caprio win an Oscar for?
10. In what year did the Titanic sink?

**Round Three**

1. Who invented the telephone?
2. Who was Barack Obama's Vice President?
3. Who was the first president of the United States?
4. Which fruit is associated with Isaac Newton?
5. "My Heart Will Go On" was the featured song of which famous movie?
6. What was the name of Jennifer Aniston's character in Friends?
7. Which colour is the "N" in the Netflix logo?
8. What is the capital of Australia?
9. What is the tallest mountain in Africa?
10. What is the smallest country in the world?

Find the answers in next month's edition and see how well you did !

## ***About Platinum Clubhouse***

*Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.*

We offer members a supportive environment in which they can work alongside staff in planning and operating the Clubhouse.

Members participate in mutually planned vocational, educational and social activities.



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*The Clubhouse guarantees four main rights:*

- ***Right to a place to come***
- ***Right to meaningful work***
- ***Right to meaningful relationships***
- ***Right to a place to return***

