



**P.L.A.N.T**



# **Report 2019-2020**

**[www.pernet.ie](http://www.pernet.ie)**



*Pernet Lay Associates  
Networking Together*

*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.*

**Pernet CLG**  
**Annual Activity Report**  
**1 July 2019 - 30 June 2020**



The main object for which Pernet CLG is established is to advance and promote education, relieve poverty, disadvantage and social exclusion in Galway City and other affiliated communities, through the provision of facilities for youth work, adult education, networking, mentoring, life skills, spirituality and counselling services to those in need and to work with families, individuals and other community and charitable groups.

## *Vision Statement*

*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.*

92 Corrach Bui, Ragoon, Galway.  
Charity Registration Number 20082895  
Charity number CHY 20817  
Company number 527335  
[www.pernet.ie](http://www.pernet.ie)

Pernet CLG is governed by a Board of voluntary directors who do not receive any remuneration or compensation. The Board meets regularly and we take very seriously our obligation to ensure that all income is used effectively in support of our mission.

## Pine Tree - Family Group

**Aim:** To unite families with their community.

### Family – The Creative Container – Creative Parenting Course And Parenting Teenagers – Enjoy The Adventure – Three Evening Seminars

Once again, in Autumn 2019, we had a wonderful, fulfilling experience with the parenting courses.

A vibrant group came together in September and participated with great commitment in the 7-Week parenting course. One of the great joys of the course was to see the progression and development in the participants over the course of the seven weeks. Group members blossomed before our eyes as they increased in confidence with their learning and with the support of the other group members.

One of the fundamental themes of all the courses is Parenting through Connection, which supports parents to recognise the value of



*Ann-Marie Collins (centre) with parenting group*

spending more, quality time building relationship with their children and shows them how to actually do this.

Another fundamental theme is Conscious Parenting which teaches parents how to keep the focus on self-care and how their own issues may help or hinder their child's development at any time.

The third main idea running through all the courses is Positive Parenting which teaches how to place the emphasis on support for your child and how to move into and enjoy shame-free parenting.

In the safety of the group, members shared their experiences and how the learning on the course helped particular situations in their families, as we moved through the seven weeks.

There is an increasing concern and interest in the mental health of children and adolescents and parents are increasingly appreciative of learning how to maximise the resilience of their children in these challenging times.

Parents appreciated the learning and support regarding the use of screentime, internet, gaming, social media etc and how to manage and address concerns in this area.

There is also an increasing interest in childhood anxiety and in emotional regulation, all areas in which there appears to be an increasing and acute need for education.

There was a great turn-out for the Parenting Teenagers seminars with many participants returning, having attended last year's evenings and many participants having heard about them from parents who came along last year.



*Participants containers*



The Tasks of Adolescence, Communicating well with Teens, Teenage Relationships, Sexuality and Consent were some of the main issues we discussed in these seminars and which seem to be areas in which parents very much appreciate support.

Feedback was excellent with 85% of respondents rating the Parenting Course at 5 out of 5.

- Ann-Marie Collins, November 30 2019

*I would recommend this course as it gives you the freedom to discuss scenarios and come to how best to respond to a situation”.*

*“For me, I learnt so much. The awareness I have taken with me, understanding the importance of self-care and connection with myself and my family”.*

*“The course guides you to better connect with your child. Also, it teaches you the importance of self-care and reflection,”*

*“This course should be taken by every parent”.*



Parenting Teenagers Seminars

## 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.

Due to the Covid-19 pandemic our plans to work with the youth had to be cancelled.



## 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.

We were pleased to run a one-day workshop on Coping with Situations of Grief and Loss facilitated by Gráinne O'Connell, on 5 October 2019. As in previous years, Gráinne offered wise counsel and practical advice on coping for those recently bereaved. Gentle exercises and replies to questions helped the group. Gráinne listened and helped us realise that we are not alone, that grieving takes time and that we need to be gentle with ourselves. She was also generous with her time at the lunchbreak and after the workshop speaking individually with participants.

We thank Westside Resource Centre for facilitating us with their lovely venue, at short notice.



**COPING WITH LIFE SITUATIONS  
OF GRIEF AND LOSS**  
with Gráinne O'Connell  
**This workshop will help you explore  
and understand the effects of grief  
and loss in your life.**  
**Sat. 5th October 2019**  
**10am to 4pm**  
Venue: Westside Resource Centre,  
Seamus Quirke Road, Westside, Galway.  
Please book in advance. Cost €10.  
Contact: Mary 086 3836567 or Imelda on 086 6098887  
[www.pernetlayassociates.com](http://www.pernetlayassociates.com)






## Sewing Classes

The sewing sessions that took place earlier in 2019 sparked the interest of refugees in developing their own sewing skills with a view to altering their own garments.

This sewing course introduced basic sewing skills; hand & machine sewing, zip insertion and bringing a product to completion. Nine cushions were made and a cosmetic bag

as a little gift for Christmas, all under the guidance of Jean McSorley. The sewing classes facilitated the integration of 11 residents of the Eglinton direct provision with 4 Irish participants. Certificates were awarded at the end.

### Sewing Sessions

**Wednesday 20th & 27th March  
& 3rd & 10th April 2019**  
**Time: 7:00pm-9:00pm**  
**Venue: Westside Resource Centre**

*4 workshops where we will impart the basics skills in dressmaking and in making soft home furnishings. The purpose of these sessions is to assist refugees and asylum seekers in the transition from direct provision to independent living, whilst cultivating relationships and integration into the wider community.*

For more information contact:  
 Mary (086) 383 6567 Imelda (086) 609 8887 Helen (086) 824 0691  
[www.pernetlayassociates.com](http://www.pernetlayassociates.com)






Residents of direct provision centres applying for permission to remain in Ireland must provide evidence of work or educational activities that they have undertaken since arriving in Ireland. Participating in Pernet certified classes such as this sewing class is very beneficial to their residency application.



*Christiana Egbo, Monica Ubaka, Olaydamilola Adeyemo, Elizabeth Mithole, Imelda O'Sullivan, Success Igbinoba, Ester Adegoke, Angella Sinosi.*



*Angella Sinosi, Olaydamilola Adeyemo, Ester Adegoke, Monica Ubaka, Elizabeth Mithole, Success Igbinoba, Ann Keady, Imelda O'Sullivan.*





## Cookery: Healthy Eating For a Healthy Life

These sessions took place at the Galway Youth Project Centre in October-November 2019, thanks to Isabel Daly who facilitated our use of the centre. Nuala Keane had a passion for organic home cooking. She planned breakfast, lunch and dinner menus. She used fresh herbs where possible to get our palates used to different tastes. We sat around the table at the Galway Youth Project centre in the lovely well equipped cookery room. At the end of the demonstration, we all were served with wholesome food and were encouraged to try the recipes at home.

*I attended the Pernet Vegan Cookery demonstrations in November 2019. I discovered a new way of preparing food and have included some of those vegan recipes in my diet since.*

*One recipe in particular "Dried Berry Granola" is now a favourite of mine and I enjoy it for breakfast every morning. - Carmel King.*

*While I have always enjoyed cooking, cookery classes stimulate me to try new recipes. So when I was given an opportunity to try a "Healthy" cooking course, I jumped at it. Nuala introduced me to so many new methods and ingredients. A truly enjoyable experience on so many levels. As sous chef, I helped stir pots, cut vegetables etc. It was a very inclusive experience. Well done to all! - Marguerite*



Marguerite O'Neill, Imelda O'Sullivan, Carmel King, Mary Cunningham, Mary, Mary Kelly, Nellie Caserley, Nuala Keane



*Mary Kelly, Nellie Caserley, Nuala Keane*

Nuala Keane worked with Pernet for over 10 years. She was part of a core group who designed and printed a booklet based on The Seven Habits on parenting. She was a director on the Pernet Board for three years.

She loved to sing and at our Social Gathering Nuala would sing her favourite songs. Pernet is deeply mourning Nuala's departure.

She died on January 18 2020 after a short illness at home. Pernet

offers David Keane, Nuala's husband and her two sons, Samuel and Jacob, our deepest sympathy.





## Training for Change and Growth.

*(Facilitated by Martin Kennedy)*

Training for Change and Growth is a community development programme designed to equip individuals or teams to work more effectively with people.

It brings together resources from a variety of fields including:

- Personal development
- Facilitation and conflict skills or group work
- Organisational development tools - strategic and operational planning
- Community development - the bottom up approach of Paulo Freire
- Social analysis - exploring social structures from the point of view of communities on the margins

We planned to deliver this course over 6 weekends starting in January 2020 in the Institute for Lifecourse and Society Building in NUIG, thanks to Carmel King for arranging such a nice venue. Unfortunately, through a mix of storms and Covid-19 we could not complete the course.

*"Be the change you would like to see in the world"*  
- Gandhi

## TRAINING FOR CHANGE & GROWTH PROGRAMME




We plant the seeds that one day will grow.  
We water seeds already planted, knowing that they hold future promise.

The course seeks to put into practice its message through the way it is run.  
Its basic principle is that 'none of us is smart as all of us'.  
The method of working involves  
peer learning - drawing out the insights and experiences already  
in the group as well as offering new information and insights.  
This includes creating group experiences that are then  
used as sources of learning.  
It also includes drawing on the experiences of the participants  
from their wider social and community involvements.

VENUE:

The Institute for Lifecourse and Society Building, NUIGalway,  
ILAS Building H91C7DK.

Friday evenings:	7.30pm - 9.30pm
Saturdays:	10.00am - 4.00pm
Workshop 1	7th and 8th Feb 2020
Workshop 2	28th and 29th Feb 2020
Workshop 3	20th and 21st March 2020
Workshop 4	3rd and 4th April 2020
Workshop 5	24th and 25th April 2020
Workshop 6	15th and 16th May 2020

Deposit €50 - Non refundable    Total Cost: €150    Some bursaries available

**Contact:**  
Imelda - 086 6098887   Carmel - 087 9862485   Helen - 086 8240691  
See also [www.pernetlayassociates.com](http://www.pernetlayassociates.com)



*I was so looking forward to taking part in 'Training for Change & Growth' programme being held in NUI Galway Feb - May 2020.*

*I set out from my home in Tipperary on Fri Feb 7th for the first weekend workshop and was delighted to catch up again with my dear friend Imelda and to meet Martin Kennedy who would be delivering the programme.*

*Later that evening it was wonderful to meet the other course participants as we introduced ourselves and shared a little from our backgrounds.*

*Unfortunately, 'Storm Ciara' hit the west coast that weekend so for safety reasons I returned home early and so missed the workshop on Saturday.*

*As luck would have it the same thing happened three weeks later as 'Storm Jorge' hit the country causing the second workshop to be cut short.*

*By the time Workshop 3 came around in March the Corona Virus pandemic had hit and so the training course was postponed indefinitely. This has been most unfortunate but hopefully it might be possible for the course to be held again sometime in the future. A big 'Thank you' to Martin for all the work and effort you put in and best wishes & blessings until we meet again.*

*- Anne Harrington*

*Martin's experience and attitude has a unique way of synergising a group.*

*His style allowed us to create our personal stories in a way that we could share. All present resonated with each other's stories and in some ways contributed to their expression. There was genuine transformation as a result of seeing ourselves from many new angles. I have great admiration for Martin and the way he harmonises people.*

*- John Murphy*

## 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 Spiritual Celebration of St. Brigid's Feast day February 1st 2020

We visited St. Brigid's Well in Liscannor where you can get water from the holy well, then we attended a special Mass in St Brigid's church in Liscannor. Locally made St. Brigid's crosses and dolls were blessed. St. Brigid's love of animals was recalled by the blessing of the lambs. The priest blessed the sick and anyone who wished to be blessed. It was a lovely experience of the feast day.



*St. Brigid's dolls*



*Christophe and his daughter*



*At St. Brigid's Well. Imelda O'Sullivan, Anne O'Shaughnessy, Christiana Egbo, Catherine Ryan, Rosemary Faherty, Mary Faherty. In front: Connie Ryan.*



*Anne O'Shaughnessy, Catherine Ryan, Christiana Egbo*



## TRELLIS FOR THE SOUL – June/July 2020

A friend of Pernet's invited Imelda to join her in attending the online retreat called 'Trellis For The Soul.' Imelda invited others to consider attending this online retreat, this resulted in a group of 6 attending it, all of whom found it very helpful and hope to continue with a similar activity in the autumn.

A participant contributed her reflections on the experience:

Trellis For The Soul was a retreat in the middle of the Covid 19 Lockdown - such a novel idea! This was a retreat with a difference - a video each week and also handouts.

It embraced scripture, nature, creativity, poetry and music which aroused my interest so for me it was a case of "when the pupil is ready the teacher will appear". (Anthony de Mello)

A couple of lines from the retreat prayer "Together in the Spirit" were very important for me at this difficult time

"As we discern these times, the emptying and the filling,  
unbind our tight grasp on how 'it should be or must be'".

Finishing each day with the 'Discernment Exercise' – a time to reflect on the day's events gave me a realisation I had so much to be thankful for.

The ambience was relaxed as Holly, Martina's dog sat at her feet when she spoke about two wolves living inside our hearts. One wolf represents bitterness and negativity while the other represents kindness, compassion and joy. Both wolves need to be recognised, if we resist the latter we will fail to recognise these qualities within us but if we work on the former we can become our true selves. Another night we had a meditation with Patrick when we extended an invitation to our dark side in order to share compassion with it.

There was a great emphasis on meditation and stillness and what a time to



learn about slowing down and drawing on our inner resources. We were introduced to 'Desert Spirituality'. We learned of Desert Mothers and Fathers in the 3rd and 4th century or the mystics as we know them. We had an opportunity to join in prayer each evening with others doing the retreat in many different places.

We were encouraged to keep a journal during the retreat and some very thought provoking questions were given to us to answer. For me this was the kernel, I have been left with the task and opportunity to look at my life journey and I have been given a tool to help me on that journey. I have been



*Contemplative Practice -Painting Stones*

shown another way of living and looking at life. This is especially relevant for me at this time of a very changing world. The handouts will be a guide and help to me, my trellis (my support), then it is up to me to use this retreat (gift) as my 'Trellis for the Soul'. - Ann Costello

## 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.

Pernet has been involved with the Migrant and Asylum Seekers for the last 5 years at the two direct provision centres: Eglinton for families and single women and Eyre Hostel for men.

Living in Direct Provision means sharing living space with people you don't know and who have different languages and culture which makes life very difficult. However in the last two years many improvements have been made such as giving families their own room with cooking facilities.

This means that families can be together as a unit which is essential for the children and that they can cook their own food as other families do.

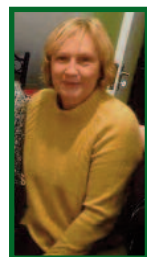
They can now take up employment and progress to third level education when they meet the entrance criteria.

Many are involved in so many educational courses run by the Educational and Training Boards, St Vincent De Paul and many other organisations. They can get leap cards funded by St.Vincent De Paul to travel to the courses.

Pernet ran an intensive English course in the Eglinton Hotel between Jan and April 2018, where we made connections with several migrant women from the Democratic Republic of Congo (DRC). Three of these women were then engaged in courses run by Galway 'Back to Education, '(BTI) and 'Galway Roscommon Education and Training Board' (GRETb) so our outreach changed in line with their needs.

I have continued to stay in touch with one particular lady from DRC, we meet quite regularly to walk, to talk, to go for lunch or coffee which helps her to improve her English and to experience some of the normal activities that we Irish citizens take for granted. She comes to my house for English classes or to cook a typical meal from her homeland so that she can enjoy a taste of home.

I have helped her prepare for her status application to the Department of Justice, this involved getting reference letters from those who know her and from her employers, enlisting the support of a French speaker to help her prepare for her interview which was conducted through French, accompanying her to Dublin for her first interview. I also helped her to research/ gather evidence on why it is not safe for her to return to DRC.



## Ash Tree - Enterprise Group:

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

## Sewing Class with Frances Hanly

The fact that individual adults in direct provision receive a weekly allowance of only €38 for their personal needs makes life very challenging for them. Pernet has been seeking a way to equip them with skills that can help them when they get their papers.

About two years ago the Little Sisters gave Pernet €2000 towards English Classes and to set up an enterprise sewing project. We have now completed our venture. We purchased two sewing machines for the refugees. We set up home furnishing classes at the Westside Resource Centre in 2018 which continued in 2019, with further skills in cushion making and bag making. They wanted help with alternations and recycling garments. Last January we were able to engage a dressmaker, Frances Hanley in helping out with this task, however we had to postpone our activities with the Eglinton Hotel for the present due to the Covid 19 pandemic. We are looking forward to resuming these classes when it is safe to do so.



Monica Ubaka, Success Igbino, Angella Sinosi, Frances Hanley, Ester Adegoke

## Upskilling for new opportunities

I greatly benefitted from all the support and encouragement I received from the volunteers and co-ordinators at Pernet. This support began before I began to study horticulture and continues whilst I was enrolled as a mature student. It made the difficult process of returning to college much more fulfilling and enjoyable. As a result I received the highest award, a distinction. I have the highest respect for Pernet and the amazing work they continue to do.

- John Murphy



Tulips in Corrach Bui

## 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.



## Table Quiz

Pernet CLG held its second table quiz on March 6th, in the Galway Golf Club clubhouse which proved to be a very cosy and inviting venue. Thanks to our members and supporters who turned out in great numbers to support it. We had a fun night with 8 rounds of questions interspersed with spot prizes, every table won at least one spot prize. The competition was keen and we had to have an additional round as two teams were tied after 8 rounds. Little did we know that this would be our last non socially distanced gathering for quite some time.

We would like to thank the Galway Golf Club for allowing us to use their venue, thank you Billy for arranging this and a big thank you to all our volunteers on the night.



*Therese Colley, Padraigin Moylan, Mary Moylan, Mary Horgan*



*Kay & Brendan O'Riordan, Mairead & Frank Cashman*





*Table Quiz in full swing*

## **Annual Golf Scramble**

We had planned to run the annual Golf Scramble on Saturday May 9th but this was cancelled due to the Covid-19 pandemic.



## Apple Tree – Hospitality Group

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



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 the limited company directors and other Pernet leaders.

Governance: 92 Currach Buí is the venue for regular meetings of Directors of Pernet CLG and for planning meetings for events. This year the directors and volunteers developed and implemented our GDPR policy and our Garda Vetting policy.

Pernet hosted two evenings as a thank you to the volunteers and friends of Pernet in December 2019. As always good food and chat were enjoyed by all. This year we had a party quiz game which added to the fun of the evening.



Helen and Kay serving mulled apple juice



Siobhan putting up Christmas lights



Kay O'Dwyer, Kay O'Riordan, Mary & Conleth Cunnane, Carmel King



Peter Costello, Billy Coyne, Stephen & Marguerite O'Neill, Anne Costello, Teresa Geraghty, Mary Cunningham



Mary Cunningham, Helen McGreal, Connie Ryan, Moira Byrne



Time for dessert



## Volunteer Fair



We continue to be involved with Volunteer Galway who provide training and new volunteers. Donncha Foley and his team are most helpful. Connie Ryan, Helen McGreal and Imelda attended the fair on Feb 1st. Sixteen people expressed interest in volunteering with us, one started teaching English to a French family and another started the sewing classes in the Eglinton and then Covid 19 happened and all our activities were paused.



?

## Covid-19-Experience of the lockdown

When the lockdown happened the Pernet leaders supported me with the tasks that I could no longer do, Connie did my weekly shopping. Mary Cunningham researched where I could get Mass online.

I planned to do the decluttering of The Haven where all the files are kept. All the paperwork that had piled up was in need of attention.

For the first week I took personal time as I was in need of a rest. Then I set

up a routine for prayer, work and cooking my meals.

The 6 pm news was very important to keep in touch with the growth of the virus in Ireland and the world. Paul, one of my neighbours purchased a mask at a chemist for me. Later Carmel Hamill and Mary Malone from Mahon made two well designed masks and sent them to

me. My sister Jacinta also got masks made for me and posted them. These masks can all be washed and can be reused.

We were lucky with the weather; we had glorious sunny days so I could sit out and get fresh air.

I missed my daily swim and I now had to do circles around my car to get exercise. My mobile played a big part in keeping in touch with Pernet members, local people and my family. All were so caring of and attentive to me.

As Easter fell during the lock down, I got a big surprise that my Easter dinner was going to be delivered by Helen McGreal and Martina. See the thought and care that went into it by the menu.



Clearing out the Haven



Easter dinner



Another member decided to deliver a Sunday dinner each week. There was an element of anticipation each week to see what was on the menu.

When the virus was on the decrease, I was wondering when would they allow the over 70's go for a walk. I am really blessed that I have a walking track outside my front door.

Before the lockdown I had a French lady helping me to speak French in preparation for my trip to the Motherhouse in Paris in July. I wanted to be able to greet and have a short chat with the residents of the nursing home. Then I asked Mary Cunningham

to go online to find a program that would help me with French, she guided me over the phone to Duolingo to learn French. I have been very faithful to this project, practising most days which I find very relaxing and I am improving. I can say many sentences and I am now learning the structure of the language.



Have mask -- will shop



Surprise Sunday dinner

## 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.

Another casualty of Covid-19 was our annual social gathering normally held in the Galway Rowing Club in April. We are hoping to host a socially distanced version in November 6th 2020, stay tuned.



## Mustard Tree – Pernet Group LSA Connection

**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.



### Knock

We reserve August 22 as a feast day for Pernet lay volunteers and we celebrate it by attending the final day of the nine-day novena in Knock. Typically we meet, lunch, chat and pray together.

‘I was very happy to be invited and to be part of the pilgrimage to Knock on the feast day of the Queenship of our mother Mary on the 22 of August 2019 .The experience was very uplifting for me and I felt blessed to be part of the community of people there. Now that I have experienced it, I would like to be part of the pilgrimage every year and to bring more people from my country there in the future.’ Clara Marufu

The day of the pilgrimage began when we arrived at St John’s Centre, Knock for lunch. After lunch we began the tour of the different Shrines and were given the history of each place. We joined the other pilgrims for the anointing of the sick prior to the 3 o’clock session at the Basilica. The speaker for the 3 o’clock session was Fr Peter McVerry, founder of the Peter McVerry Trust, a national housing and homeless charity. Fr Peter is a social advocate for those who have no voice in society. The charity itself works with over 4900 vulnerable young people. After the ceremonies, we purchased bottles of Knock Holy Water and little souvenirs to bring home.



Knock Shrine

Website: [www.pernet.ie](http://www.pernet.ie)

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 maintains it.

We are on Youtube: Pernet Galway Social Gathering

Publications available include *Thy Kingdon Come: Pernet Spirituality for Lay People* by Marian and Honora Meade. Hard copy or download from our website.

## Thank you

Thanks to all the directors for their excellent support to Pernet, Stephen O'Neill, Carmel King, Billy Coyne, Mary Cunningham, Imelda O'Sullivan.

Thanks to our excellent tutors and providers, Martin Kennedy, Helen McGreal, Ann-Marie Collins, Jean MacSorley, Gráinne O'Connell, Nuala Keane, Frances Hanly.

Thanks to our volunteers, David Keane, Connie Ryan, John Murphy, Teresa McNamara, Frank Colohan, Margaret Cullagh, Kay O'Riordan, Moira Byrne, Frances Hanly, Helen McGreal, Christophe Chabot, Daragh Bogan.

Special thanks to Tom McGuigan as he retires from work.

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 our activities.

Thanks to Sharon Togher and Louis Donnellan of I Supply, Caroline Diviney of Bohermore Community Project and Donncha Foley, Helen, Ruth, Teresa and Sean of Volunteer Galway for their supportive services.



Thanks to James Coyne, Francis, Una, John, Tom, of Westside Resource Centre.

Thanks also to Ballinfoyle Castlegar Neighbourhood Centre.

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

Thanks to Isabel Daly and Deirdre Bermingham of Youth Work Ireland Galway.

Thanks to Imelda Gormally of Galway City Partnership for her advice.

Thanks for Galway City Council (Social Inclusion Fund and Local Community Development Committee) for financial support.

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

Thanks to Galway Golf Club and the team who organised our fundraising Table Quiz.

Ann Keady, Trish, Carol and everybody at the Eglinton Direct Provision Centre are a great link for our ministry with the refugees.

Thanks to Eugene Hayes who prepares our accounts.

Thanks to photographer Kieran Burke and musician Michael Brown.

Thanks to Fr. Kevin Keenan, Bernie Scally of Sacred Heart Parish.

Thanks to Fr. Tony Horgan and Teresa Geraghty of Ballinfoyle Parish.

Thanks to Galway Rowing Club who provide the venue for our Social Gathering and to Oughterard Golf Club who provide the venue for our Golf Fundraiser.

We hope to avail of your facilities soon.

Thanks to our Sponsors: Pat Piggott, AIB; Eamonn Doyle, Park House Hotel; Natalie McCambridge of McCambridges.



**AGM 2018/2019 AGM meeting 24 September 2019**

Back Row: Billy Coyne, Imelda O'Sullivan, Nellie Casserly, Deirdre Gorman Whyte, Mary Cunningham, Kay O'Dwyer.  
Front: Kay O'Riordan, Carmel King, Connie Ryan, John Murphy, Stephen O'Neill.

## Pernet ACCOUNTS

***Income & Expenditure for the year ended 30th June 2020***
**INCOME**

Grants	3,922.49
Donations	1,100.00
Sponsorship	1,120.00
TFT Courses	590.00
Sewing Classes	500.00
Golf	120.00
TABLE Quiz	1,450.00
Parenting/Cooking	980.00
Loss & Grief Course	100.00
<b><u>TOTAL</u></b>	<b><u>€9,882.00</u></b>

**EXPENDITURE**

Tutor Fee	3,210.00
Prizes	200.00
Vouchers	359.99
Rent	860.00
Accountancy Fees	389.00
Office Equipment	3,620.31
Insurance	425.00
iSupply	1,231.84
Stationery	260.00
An Post	395.00
Website	18.39
Catering & Demos	156.14
Transport	195.52
Class Materials	269.42
Publicity & Advertising	129.36
Bank Fees	66.54

**TOTAL** €11,786.73

**Bank reconciliation**

01.07.19 Opening bank balance	€5,502.03
Less shortfall for year	<u>€1,904.24</u>
30.06.19 Closing bank balance	<u>€3,597.79</u>

*Mary Cunningham*  
Secretary: Mary Cunningham

*Imelda O'Sullivan*  
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*