



P.L.A.N.T



ernet
C.L.G.

Report 2018-2019

www.pernetlayassociates.com

Pine Tree - Family Group

Aim: To unite families with their community.

Creative Parenting Courses

Our **Creative Parenting Courses** have gone from strength to strength since they began three years ago. We have completed the third year of **Family – The Creative Container**, a seven- week course.

The courses are designed by Ann-Marie Collins, Art Psychotherapist, Teacher and Trainer, who has worked with families in Galway for thirty-five years. They are based on the most common experiences parents bring to therapy and on many years of psychotherapy work with children.

The courses also bring together key elements of research, understanding and best practice from the areas of Developmental Psychology, Neuroscience, Parenting Practice and Education. The take-up, attendance and engagement in the classes have been excellent.



Detailed feedback from participants, has consistently indicated that parents have benefitted particularly from the following:

- o A Unique, Safe and Supportive Atmosphere
- o Understanding Child Development
- o Honing Parenting Skills
- o Fun, Creative Learning Methodology

In response to demand, we also offered a short course; **Parenting Teenagers in Modern Times** and this proved very popular, with over 25 participants attending for three nights.

Parenting Teenagers in Modern Times has focused on;

- o The Developmental Tasks of the Teenage Years
- o Communicating with your Teenager
- o Staying Connected

Building and maintaining your Relationship with Your Teenager focusing on the following areas:

- o Understanding and working with Challenging Behaviour
- o Boundaries, Limits, Responsibilities and Managing Conflict

Fostering Education, Recreation, Creativity, Spirituality

- o Teenage Sexuality

Talking about relationships and sexuality which empowers parents to discuss

- o Responsible decision-making
- o Consent

Self-care for Parents of Teens

Participants on the courses have consistently reported that they would like to do more of these courses to build on their learning. We hope to offer another course in 2019 if we secure funding.

Parenting Teenagers in Modern Times was partly funded by Galway City Council Social Inclusion Grant.



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.



During summer 2018 Pernet CLG was invited to participate in the summer festival organised by Westside Youth Work Ireland to promote community. Arising from this event, Kerry Larkin, one of the youth workers, and Imelda decided to include some youth musical performance in the Pernet CLG Social Gathering in April 2019. A group of ten young people practised ukulele every Thursday from January to April 2019 with a teacher, Aidan, in preparation for the big performance. We discovered that there was a similar group of young people playing ukulele in the Bohermore Youth Project and so they put on a joint extremely entertaining performance at our Social Gathering on 6th April 2019.



Children from Bohermore Community Project and children from Westside Youth Work Ireland play the ukulele with their teacher Aidan Curran at the Social Gathering.

Willow Tree - Education Group

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



Training for Transformation - a participant's insight

I participated in the Training for Transformation, course and the session on the theory and practice of Paulo Freire's approach to adult community education impacted me most. The session began with a story about a listening and planning exercise with a small group of parents in a community that had serious problems with drug pushing. An agency involved in drugs awareness had been unsuccessful in engaging parents' interest around the issue. They had been running information programmes about drugs with very small attendances. They decided then to listen to the parents, and engaged with them over several sessions; the agency reflected back on what they had heard in these sessions from the parents to the parents.

The parents were able to identify with this information and decide what issues they had the energy to tackle, which resulted in the parents deciding to do something to improve their physical and mental health which was at risk due to the stress under which they were living. This initiative empowered the parents to help themselves in what seemed like a helpless situation.



Training for Transformation

*Back L to R: Jean MacSorley, Carmel King, Antoinette O'Neill,
Svetlana Akusevits, Martin Kennedy.*

Front: Arlene Joyce, Connie Ryan, Mary Cunningham

This story illustrated a concrete example of Paulo Freire's approach to community education for communities that are marginalized and oppressed. In the story above the drugs awareness agency had tried to address the question "How do we help the parents?" rather than "How do we help the parents to help themselves?"

Freire had developed a practical model which involves conducting a listening survey, then the preparation of codes from the listening survey data, followed by the facilitation of the code to the participants of the survey. If the codes are generative (accurate and appropriate) the participants will recognise their issues and be empowered to do something about them.

We tried to implement the model in the class which was split into two groups and each group was tasked with identifying an issue about which the other group had expressed strong feelings.

One group developed a code to represent people's concerns regarding our two tier health system and the other group developed a code to represent people's concern with the negative effects of mobile technology. Both codes were

presented and each group identified the issue from the facilitation of the code. The session reinforced how we need to actively listen to people in order to really hear their concerns and life experience. Secondly it is not easy to build consensus in a group as to what was actually articulated by the group being listened to. Thirdly the model works but it requires discipline and energy to implement it. Some very powerful insights were gained and it was a very impactful session. *Helen McGreal*

International Cookery Demonstrations

This year's International Cookery Demonstration held on 17 April 2019 was funded by the Friends of the Eglinton Hotel Refugee Centre. Migrants from



Jihad Essektani, Bernie Morris, Ann O Shaughnessy, Connie Ryan

the centre worked together to prepare an African meal which we all enjoyed.

Our second cookery evening was funded by The Big Hello on May 1st 2019. The Big Hello was funded by the Local Community Development Committee.



"Today we are keen to taste a dish from Georgia, it's called Pirashki made from baking flour, potatoes, and onions. This is a prominent dish in the Muslim community." - Ekaterine Kvantidze

It was very important to include ingredients from a halal butcher for the sake of the Muslim community. We also made apple crumble made exclusively from Polish apples sourced from our local Polish store.

"I loved the team spirit. Very good atmosphere and everybody participated with the different dishes. People never knew that you can use gizzard as a dish. By international cookery evening we learnt different dishes from different cultures and countries". - Monica



*International Cookery for the Big Hello
Belthar Nkomo, Her Baby Lwandle, Janet Stambuli, Monica Mudhubiwa,
Nwabisa Zondani, her Baby Christopher, Jihad Essektani, Ekaterine Kvantidze,
Connie Ryan, Jean Mac Sorley*



Ekaterine Kvantidze, Monica Mudhubiwa, Jihad Essektani.



Janet Stambuli, Jean MacSorley, Connie Ryan



*Ekaterine Kvantidze,
Anila Mata*

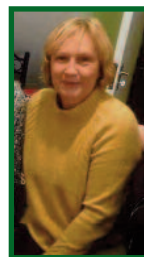
Recycling Craft Evenings with Recycled Materials

During the course of 5 weeks in October and November 2018 we had an interactive craft workshop, incorporating recycled materials, where people shared skills and ideas. Participants expressed how the methods used could be adapted to work with their children and grandchildren. As a result of this engagement some non nationals were eager to learn new words of English to add to their vocabulary. Through hands on and interactive work the participants began to reveal snippets of their private life as the weeks progressed. Overall the intercultural exchange provided a platform to explore and exchange ideas as well as build up some trust.



Support for Migrants

We continued our outreach with the residents of the Eglinton Hotel who are all waiting for their immigration status to be resolved. Many of the residents are now working part-time as permitted by the government and this has brought great relief and energy to them. I met with a few of my former English language pupils to help them with their course work and other issues, many are pursuing courses run by GRETB (Galway Roscommon Education and Training Board) and GCC (Galway Community College). I meet one lady in particular on a regular basis to help her with her English, her course work and any paperwork with which she needs help. We sourced a sewing machine and accessories for her and she has made several outfits and is interested in pursuing fashion design. She is continuing her studies in health care in GRETB this September. Many of the residents would welcome having contact on a regular basis with a permanent resident of Ireland to help them understand and navigate basic rules, processes and practices of living here. - Helen McGreal.



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.

Laudato Si.

Pope Francis' encyclical *Laudato Si* is the first papal encyclical exclusively devoted to the care of our common home, the environment. This encyclical is not just about climate change but explores the connection between justice, peace issues, the poor of the earth and widening our circle of compassion.

A group met in 92 Corrach Bui during Lent 2019 to listen to talks on CD about *Laudato Si* and to discuss what we heard.

The challenge presented to us by Pope Francis is the urgency of our Planet's situation. He claims that every molecule of creation is sacred. "*Laudato Si* gives us a way of seeing the world" Brian Grogan SJ.

"The International Panel of Climate Change IPCC predicts that environmental refugees could reach one hundred and fifty million by 2050.....Recent estimates reveal that more than two billion people lack access to drinking water and countless go hungry because of soil deterioration from deforestation and toxins". Nellie McLaughlin.

As a result of our study, each of the participants committed to making some changes in our daily lives.



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.

Tackling Forced Displacement – people, poverty and rights. 25 October 2018

Two members of Pernet attended a seminar on Tackling Forced Displacement.

During 2016, 10.3 million people were newly displaced from their homes, an average of 20 people every minute throughout the year (UNHCR). This is a global crisis. Forced displacement is a cause of poverty and erodes human rights.

However 10 million sometimes does not register with us. We are asked to visualise one family or one child and hear their story. Meeting individuals makes the difference. www.miseancara.ie/tackling-forced-displacement.



Mary Anne Mullins



Benedict Bueto & Gisele Maganga

To all those who make war, to all those
who destroy:
We are the children of Syria.
We ask you to stop the war, because we want to
live the childhood that you are
stealing from us.
We want to go back to our country, play in the
meadows there, wake every morning
by songs of birds, and not to the sounds of bombs,
we want to hunt butterflies and
not be haunted by bullets.
We want to see the beautiful landscapes of our
country,
not dead children in the streets.
We want to smell flowers and not the smell of
blood flooding our cities.
We want to rebuild our country,
hand in hand.
Give back to us the times when, in the past,
there was peace, friendship and love.
Fratelli Project.

Outing to Coole Park: 25 April 2019

To The Big Hello Funding,

I am writing to you on behalf of the two families that were brought on the fantastic outing to Coole Park on the 25th of April to thank you sincerely for this opportunity. My family are from Morocco and consists of my wife Bouchra and my children Rayane, Amira and Aicha. The other family accompanying us were from Palestine and husband and wife Yahya and Rawan have two children Laya and Layth. We took some beautiful photographs of the Autograph Tree, which the children were amazed at, as well as the Lime Kiln. The children played together and enjoyed the spectacular nature this country has to offer. The adults enjoyed the history and the remains of the built heritage of Coole. The food was delicious and went down a treat. I would also like to give a special thank you to Isabel from the Galway Youth Project on providing us transport for the day and helped make the day possible for us. We truly appreciate the great kindness and thoughtfulness shown to us and we thank you for giving us such a memorable day for both families.

Kind regards,

Jihad Essektani, Bouchra Mazza and family

*Yahya Family
Yahya, Laith, Rowan, Laya*



*Jihad Family
Jihad, on his shoulder Aicha,
Bouchra, Amira and Rayane*



Laith, Rayane, Amira, Laya



*Mary Cunningham, Yahya, Jihad, Bouchra,
and Rowan*

Ash Tree - Enterprise Group:

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

Sewing Sessions

Beginning on Wednesday 20 March 2019 we hosted a series of 4 workshops imparting the basic skills in dressmaking and in making soft home furnishings. The purpose of these sessions was to assist refugees and asylum seekers in the transition from direct provision to independent living, whilst cultivating relationships and integration into the wider community.

"The sewing class was so helpful because I had no idea of sewing before and the tutor was a great teacher. It was interactive for me to help me to understand". Domilola.

"I enjoyed Class and learnt a lot. It was great and enjoyable." Ester

"Nice tutor. Hands on training. Now I can make window blinds and basic garments. Thanks for this great opportunity. God bless you all". Grace



Damilola Exgibiremolen, Ester Adegoke,
Grace Ogunsanya



Grace Ogunsanya, Ester Adegoke,
Damilola Exgibiremolen and
Jean Mac Sorley

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.



Raffle of Chair in aid of Pernet CLG Workshops.

At our AGM on 24 September 2018, we held the draw for our raffle of a Windsor Chair handmade by craftsman Ray Walsh and donated to Pernet. The lucky winner was Rion O'Donovan. The raffle was a great success and raised valuable funds for Pernet Training for Transformation.



The raffle for the Windsor chair was held before the AGM on 24 Sept 2018.

Mary Cunningham, Stephen O'Neill, Ray Walsh, Imelda O'Sullivan, Billy Coyne, Carmel King.

Pernet CLG Table Quiz

Pernet CLG held its first table quiz on March 8th, it was held 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 ten rounds of questions interspersed with spot prizes, every table won at least one spot prize. The competition was keen with some family members on different teams adding to the good-

humoured teasing and excitement. We would like to thank the Galway Golf Club for allowing us to hold it there and to all our volunteers on the night.

We hope to run it again next year as the participants reported that they had a good night.



Winning team:

Ian and Brenda Gallivan, Bernadette Gannon & Mike Hynes



At desk:
Clarissa Motta,
Kay O'Dwyer,
Mary Cunningham



Helpers:
Connie Ryan, Carmel
King, Helen McGreal &
Billy Coyne

Golf 4 Ball Scramble

Oughterard Golf Course provided the perfect venue for Pernet's annual golf tournament.

Although overcast the weather was pleasant. Our teams all tee'd off on time displaying an impressive enthusiasm and vigour. Everyone enjoyed the complimentary sweets and 'Wagon Wheels' that were provided. The team at Pernet want to thank all the participants for their cooperation and sportsmanship. The calibre of our teams was very evident from the start with some quite impressive driving on the first hole. The overall success of the event was largely due to friendly staff at the Golf Club and effort and organisation of the Pernet team. The result was an impressive display of skill coupled with an efflorescent community spirit.

As the teams ventured back after several hours on the course they encountered the warm and inviting atmosphere created by the staff of the clubhouse. Both the service provided and food were exceptional. Although the event brought people together in a very special way a winning team was needed. Oliver Geraghty's team put in an exceptional display of sportsmanship, skill, and determination to claim the first prize. A fantastic day out for all and wonderful result to all the efforts of the very many individuals involved.

A big thanks from all the Pernet volunteers.

Thanks to our sponsors who made the day possible.

The Galmont Hotel

Menlo Park Hotel

Glenlo Abbey Hotel

Park House Hotel

Golfstyle Superstore, Tuam Road

AIB Bank

St. Anthony's & Claddagh Credit Union.



1st place winners: Adrian Howe, Stephen O'Neill presenting trophy to Oliver Geraghty, Pakie Flaherty.



2nd place winners: Louis Carroll, Mike Concannon, Michael Kearns, Eugene Cloonan.



3rd place winners: Barry Lloyd, Brendan Fahy, Paul Torres, Peter Fleming.





Pernet 4 Ball Scramble

Sat 18th May 2019 @ Oughterard Golf Club

Tee is ours from 10:00am to 12:00pm

4 members per team, cost €120 per team

Prize 1st, 2nd & 3rd

The winning team is recorded on the Pernet Perpetual Trophy

All funds raised are to support the Pernet CLG programs and activities.

Your personal data is stored in accordance with the GDPR requirements.



Back row (left – right) Deirdre Gorman Whyte, Imelda O’Sullivan, Stephen O’Neill, Teresa McNamara, Mary Cunningham, Tom McGuigan, John Murphy
Front row (left – right): Helen McGreal, Connie Ryan, Siobhan Murray

GENERAL DATA PROTECTION REGUALTION (GDPR)

A new European Union-wide framework known as the General Data Protection Regulation (GDPR) came into force across the EU on the 25 May, 2018. It provided for a more uniform interpretation and application of data protection standards across the EU.

In response the Irish government passed legislation entitled The Data Protection Act 2018 which changed the previous data protection framework, established under the Data Protection Acts 1988 and 2003.

As a result of this new legislation Pernet CLG proceeded to update its data controlling policy. The Data Protection Act imposed three basic duties upon data controllers:

Firstly, a data controller may only process data where such processing is in accordance with the ‘criteria of legitimate data processing’

Secondly, all data processing must be in accordance with the principles of data protection.

Finally, stricter rules are imposed upon the processing of what are termed ‘sensitive’ categories of personal data.

Furthermore to comply with the new legislation, Pernet CLG, emailed all its contacts and asked if they wished to remain on its contact list. Based upon the response received a new contact file was created containing those who had expressed their wish to receive information, etc. from Pernet CLG.

Deirdre Gorman Whyte

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 PLANT'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.

Dinner and outing for volunteers

A group of volunteers met for dinner in Imelda's house, and afterwards enjoyed Handel's Messiah in Galway Cathedral.



John Murphy



Helen McGreal, Anne Costello & Teresa Geraghty

Christmas Thank You Dinner 2018

The directors of Pernet CLG, Stephen O'Neill, Billy Coyne, Carmel King, Mary Comer, Mary Cunningham, and key volunteers Ann and Peter Costello, Oliver Geraghty, Mary and Conleth Cunnane, Helen McGreal, Deirdre Gorman Whyte, Teresa McNamara, Kay O'Riordan, and guest Mary O'Connor celebrated Christmas at our annual Thank You Dinner.





Volunteer Open Day Galway Bay Hotel

Connie Ryan, Mr. McNellis, Imelda O'Sullivan, Billy Coyne.

We continue to be involved with Volunteer Galway who provide training and new volunteers.

Donncha Foley and his team are most helpful. Billy Coyne, Connie Ryan and Imelda attended our fourth Volunteer Recruitment Fair

on Sunday 27 January 2019. Sixteen people expressed an interest in becoming involved and we interviewed them all. New volunteers John Murphy and Siobhan Murray contributed actively to Pernet's work. They helped with the painting of The Haven and gardening, computer work, the cookery and craft sessions.

"I wanted to say thank you for having me volunteer with you. I loved the experience. I got so much from it. Everyone was always so friendly and helpful. There was always a team effort on display and everyone pulled their weight. It helped my organization skills with helping you with the newsletters and distributing them. The craft workshops were such a joy. It felt it was so relaxed and everyone was included and you also allowed me responsibility which was very kind of you. The whole concept that your foundation is built on I really admire - helping people integrate into society and that whole community aspect. Thank you!! I hope to keep in contact with you. God bless, Siobhán"

Everyone has a story, is probably the one thing that I will take with me as a result of my work with Pernet. I've met so many wonderful people and been fortunate to learn from their attitude and resilience. This seems to be just as true of the community as it is of my fellow volunteers. Sr. Imelda has an amazing way of bringing a group and ultimately a community together. As a result of my managing some aspects of Pernet events I gained first-hand appreciation of the abundance of diversity latent in the local community and beyond. It was also nice to see the considerable efforts of many of the other volunteers culminating in so many vibrant events. Cultural, social, even language barriers were effortlessly dissolved in the course of social events and community days. Very little could have impacted me more than the realisation that smiling is a universal language something I had ample opportunity to observe. I have immense gratitude for the work that Pernet is doing and the new skills I've had the privilege of learning as a result. People seemed to genuinely notice me enjoying my role as a volunteer and resonate with me during these events. I deeply value my experience with Pernet and sincerely thank the other volunteers and all who came to our events and social days. - John Murphy

The Big Hello Corrach Bui:

The Big Hello was sponsored by the Local Community Development Committee. With the grant of 200 Euros we were able to add flower beds and buy decorative flower boxes so that the young people would be able to learn how to do planting of spring flowers. We planted flowers to encourage bees and butterflies to visit our communal planting. As it turned out the grass which had been previously cut by City Hall gave us the perfect opportunity to come together as a community and rake and bag it. Some of our gardens were quite overgrown which required the attention of a local resident.



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.

When I think back on our Social Gathering hosted by the Pernet Group in the Galway Rowing Club I see a sea of smiling, relaxed, happy faces of all ages enjoying each other's company, and listening the story of work well done throughout the year. This achievement was celebrated in music and dance. Our young dancers, beautifully dressed in elaborate costumes, graced us with their performance of a wide variety of traditional Irish dances. One could only sit in awe admiring their talent and appreciating their gift.

The Irish Dancers

Eight young girls aged between 8 and 16 from Louise Curran School of Irish Dancing entertained us with a display of jigs and reels. The girls made a spectacular entrance dancing to recorded music provided by Louise Curran to an interesting mix of contemporary and traditional Irish music.

They danced a reel followed by a jig. Two older girls then treated us to a heavy reel and showed off great skill wearing heavy tap shoes. The entire group danced off to a round of enthusiastic applause.

They posed afterwards wearing sparkling Irish dance costumes for photos with their teacher Louise. *Moirá Byrne*



Children from the Louise Curran School of Dancing entertain at the Social Gathering.



Stephen O'Neill



Mary Cunningham



Carmelita Madden & Anna Killeen



Ann McNamara, Vera Coughlan, Mary Cubbard,
Anna Killeen



Frank & Maura Kelly

Our musicians too entertained us in a life-giving spirit of happiness. Their presence evoked fun, joyous pride and gratitude in us their audience.

Once Mary Cunningham announced the Raffle the child in all of us came out to play. Our complete attention focused on our tickets anticipating the moment when our number was called and we strutted to the table in joyful anticipation. There was a special moment at our table as each of us unwrapped our newfound acquisition and shared the surprise. Generosity, so characteristic of the spirit of the Little



Tom McGuigan & Sr. Imelda

Sisters of the Assumption and clearly continued by the Pernet Group, abounded and each of us received at least two presents and some three.

Any reflection on this special evening would be incomplete without commenting on the rich symbolism of sharing a meal together. We came together, we shared our story, we offered our gifts, we ate a meal and we gave thanks. Then we broke into dance. It was a blessed time, an enriching time, a life-giving time, as so eloquently captured in the poem by John Donoghue. - Vera Coughlan

*We seldom notice how each day is a holy place
Where the eucharist of the ordinary happens.
Transforming our broken fragments
Into an eternal continuity that keeps us.
So at the end of this day, we give thanks
For being betrothed to the unknown
And for the secret work
Through which the mind of the day
And wisdom of the soul become one.
— John O'Donohue, from "The Inner History of a Day"*



Ciss Higgins, Mary Lowry, Maura Tierney



Denis Geoghegan, Mike Brown & Mick Roche



Frank Colohan, John Murphy



Honora, Bernadette & Imelda



Hubert Jennings &
Carmelita Madden



Set Dancers enjoying the night



Mary Ann Mullins & Friend



Denis Geoghan, Mike Brown, Mick Roche &
Mary Ann Mullins



Mary Lowry, Anna Killeen, Noel Lowry,
Maura Tierney



Mike's Birthday



Pat Conroy



Phil and Pat Conroy, Imedla O'Sullivan, Tom McGuigan



Richie and Moira Byrne and Barbara Garvey



Stephen and
Marguerite O'Neill



Una Patton and Carmel King



Set dancing



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.



Pilgrimage to Knock on the occasion of visit by Pope Francis. August 2018

The 22 August is usually the feast of Pernet where we join the Knock people at the end of the Novena. This year, (2018) when we heard that Pope Francis was coming to Knock on August 26th, Pernet decided that we would join the pilgrimage and celebrate our feast day with the Pope's visit, since "He is a man of his word" and has an appeal to all Christians and non-Christians. As he put it "We are all God's creation." Mary got into action and made it possible for 15 Pernet members to get tickets.

Imelda's Experience:

Pope Francis is a man of his word. Pernet members have taken to studying his two encyclicals, *Laudato Si* and *Amoris Laetitia*. I wanted to meet Pope Francis in person. I like the way he calls a spade a spade in his documents. In Ireland he met the poorest of the poor at the soup kitchen run by the Capuchin Fathers and he met with child clerical sex abuse victims. During speeches he asked forgiveness for the pain and hurt caused to victims, especially youth who were robbed of innocence. He is 82 years of age, yet he put down two very full days meeting Irish families and public representatives as well as church leaders to honour the World Meeting of Families. It is clear he has a great love of Our Lady, as he gave rosaries to family members when they welcomed him to Ireland.

We got up at 3 am for our pilgrimage trip to Knock in the lashing rain. We brought two packed lunches as we felt it would be difficult to



get a meal together as there were over 46,000 tickets issued to people. We had asked Tom McGuigan, who is a Pernet member, to drive the Bohermore Project mini-bus which Caroline Diviney allowed us to use. Our meeting point was 92 Corrach Bui at 4 am. We stored coats, hats, gloves, food and water. Undaunted by the continuing rain, we parked on the N17 very near the opening to Knock Shrine. We walked around the football pitch and along the lane to the National School. We were warmly greeted by the stewards who helped us find our Red and Blue Zone ticket areas.

We had very good views of the event and were able to hear and see the programme, thanks to large screens in the Shrine area. The Knock Choir sang very meaningful hymns, and we enjoyed the reconstruction of the story of the apparition of Our Lady of Knock. Pope Francis' smile and his ability to say Good Morning to us in Knock in English warmed the heart of everybody. After his homily, he shared the Angelus with us.

"I went to Knock because it was a historical event and I had gone with my father to Ballybrit in 1979 to greet John Paul II. It brought back happy memories of that visit" - Carmel King

"The Pope's visit was wonderful, even though we had to wake up at 3am, but it was all worth it. To have experienced quite a historic event for me was so great. I feel whole and brand new; I don't even know how to explain it, but the spiritual side of me is just different now." - Joan Jim-Arthur Nankwenya.



Happy pilgrims, undisturbed by the weather.

KNÖCK

IRELAND'S NATIONAL MARIAN SHRINE

Visit of His Holiness Pope Francis
26th August 2018

PARTICIPATE, PRAY AND PRAISE

*Guidance, hymns and texts to assist you
to take full part in our celebration*



www.worldmeeting2018.ie

Letter to The Assembly of the Congregation of the Little Sisters of the Assumption. April 5th to 15th 2019

Greetings to Nellie Curtin, Marie-Francoise, Mary Keenan, Luz Miryam, Dominique, Carmen, and all the sisters attending this session at Grenelle. It was always an occasion of renewal for me to participate in sessions at Grenelle, soaking up the Spirit of the Congregation and praying at the tombs of Our Founders, Stephen Pernet and Antoinette Fage.

I have asked Jihad to translate this message into French so as to communicate my wishes to each one for a fruitful experience and a fresh understanding as to what it means to be a Little Sister in context of today's fractured world. There is a challenge to our life style by the effects from the Cyclone Idai. We are studying Laudato Si to see how we can modify our response to save the earth from further destruction.

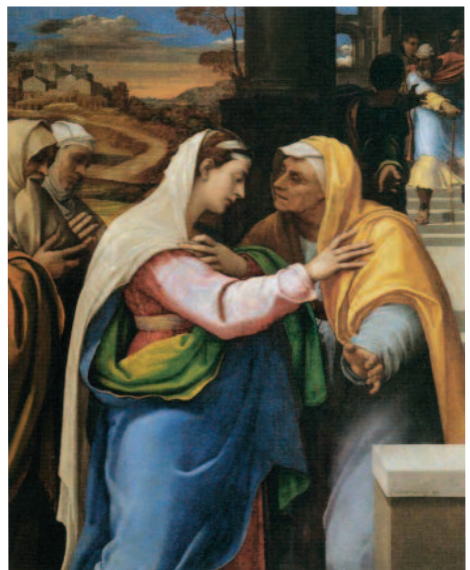
Jihad arrived in Galway two years ago from Morocco with his wife and three children. They are presently at the Refugee Centre at Salthill Galway. Jihad got to know Pernet group by attending a parenting programme two years ago. He has since joined an Irish Group who plays Irish music in a pub in the City every Thursday. This April 6th his son will play Ukulele with the youth Club at Corrach Bui at the Pernet Social Gathering.

Mary Cunningham who attended the International Meeting of the Laity in 2016 sends greetings to you all and she and Helen McGreal, Mary Comer, Jean MacSorley send best wishes to Dominique and Mary Keenan.

You can count on my prayers during the session.

The volunteers at Pernet feel that it is most important to have strong links and communication with the General Council and look forward to your Galway visit next year.

Grá mór,
Imelda O Sullivan,
Corrach Bui,
Rahoon,
Galway.



**The Assembly of the Congregation
April 5th to 15th 2019**

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 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

Our thanks are due to Galway Rowing Club and the Organisers of the Social Gathering: Tom McGuigan, Teresa McNamara, Connie Ryan, Moira Byrne, John Murphy, Frank Colohan and Siobhan Murray.

Thanks to Kerry Larkin and Louise Curran (Westside Youth Work Ireland).

Thanks to musicians Michael Brown, Mick Burke and Denis Geoghegan, Dancers Hubert Jennings, Carmelita Madden and friends, Photographer Kieran Burke.

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

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 the staff of the Eglinton Refugee Centre.

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

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

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

Thanks to our excellent tutors and providers, Helen McGreal, Ann-Marie Collins, Martin Kennedy, Jean MacSorley. Thanks also to Mark Walsh.

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

Thanks to Eugene Hayes, Mary Comer and Kay O'Dwyer who prepare our accounts.

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

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

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



AGM 2018/2019 2018 AGM meeting, 24 September 2018

Back: Stephen O'Neill, Gerard McLoughlin, Kay O'Riordan, Michael Forde, Helen McGreal, Deirdre Gorman White,
Oliver Geraghty, David Keane.

Front: Frank Colohan, Mary Walsh, Carmel King, Imelda O'Sullivan, Mary Cunningham.

Pernet ACCOUNTS

Income & Expenditure for the year ended 30th June 2019**INCOME**

Grants	1,100.00
Sponsorship	1,550.00
Donations	4,550.00
TABLE Quiz	1,500.00
Social Gathering	720.00
Chair Raffle	3,480.00
Golf	1,790.00
Parenting & Dressmaking	1,212.33
TFT Courses	1,775.00
	<u>€17,677.33</u>

EXPENDITURE

Tutor Fee (TFT €3,050, Parenting €2,760 & other €1,500)	7,310.00
Vouchers	587.00
Rent	1,002.50
Social Gathering	300.00
Golf Course Fees	600.00
Prizes	650.00
Insurance	408.61
iSupply	1,111.11
Stationery	344.31
An Post	331.40
The Wheel	25.00
Catering & Demos	597.85
Transport	595.97
Accountancy Fees	389.00
Website	168.39
Bank Fees	119.08
Advertising & Publicity	30.00
Class Materials	424.90
Equipment	308.00
Garda Vetting	50.00
	<u>€15,353.12</u>

Bank reconciliation

01.07.18 Opening bank balance	€3,177.82
Add surplus for year	<u>€2,324.21</u>
30.06.19 Closing bank balance	€5,502.03

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