

# Irish Pastoral Centre Newsletter



*“We are a Parish without Boundaries.”*

*Serving the Greater Boston  
Irish Community since 1987*

## IPC ANNUAL CRAFT FAIR

Our Bumblebee Knitting Club, who gather every Thursday here at the Centre and are led by IPC board member Della Costello, hosted their third annual craft fair on Saturday, November 23rd.

It was amazing to see our new space filled for the occasion. A big thank you to all of our knitters, vendors, and volunteers for making the event such a success. Congratulations to everyone who won a prize in our raffle, which featured a fantastic range of prizes donated by local businesses and some of our own talented crafters. Special guest Santa Claus also made a stop to greet the children as they shopped.



*See more photos on Page 16 and 17*

**Nollaig Shona agus Áthdhliain faoi Othaise Daoibh.**

In this season of giving, our thoughts turn gratefully to you with warm appreciation.

Your support inspires us and is the cornerstone of our mission to 'welcome the stranger among us'

Go raibh Oath agatbh

May you be blessed with the spirit of Christmas,

which is peace,

The gladness of Christmas,

which is hope,

And the heart of Christmas,

which is love.



**Ard-Chonsalacht na hÉireann | Bostún**  
Consulate General of Ireland | Boston



**Government of Ireland**  
Emigrant Support Programme



An Roinn Gnóthaí Eachtracha agus Trádála  
Department of Foreign Affairs and Trade

# IPC News Desk

Dear Friends,

It is remarkable that 2024 has come to an end. It really does seem that time is going faster and faster.

As we reflect on the past year here at the Centre, it is necessary to acknowledge the work of our Board, staff and volunteers who along with your incredible support have achieved and accomplished so much this year.

We are mindful always to hold sacred the welcome and support that all of us who emigrated here experienced. Our roots in Boston are firmly embedded and we have contributed in so many ways.

We must always remember that- as Fr Dan says- “every immigrant brings with them three things: the faith of their mothers and fathers, the hope of a good life in a new land and the love of the homeland.”

We are “Anseo le cheile”- here together, wishing you all the joys and blessings of a peaceful and Happy Christmas!

From all of us, Thank you all for your friendship and support.

Mind yourselves,

Merry Christmas and Happy New year,

Mary



**IPC WILL BE CLOSED FROM DECEMBER 24th-26TH FOR CHRISTMAS. THE CENTRE WILL BE CLOSED ON JANUARY 1st FOR NEW YEARS DAY.**

**PLEASE NOTE THAT OUR NEXT NEWSLETTER WILL NOT PRINT UNTIL FEBRUARY 2025**

## Thank you Cork Club!

We extend a huge thank you to Richard Archer and all the ladies and gentlemen at the Knights and Ladies of St. Finbarr Cork Club who hosted a fantastic fundraiser in benefit of the IPC at the Irish Social Club in West Roxbury! We are very grateful to Richard Archer and his team at the cork club for their continued support and friendship!



**ARE YOU INTERESTED IN SPONSORING A PAGE OF THE IPC NEWSLETTER?**

Contact Amy at [aocarroll@ipcoston.org](mailto:aocarroll@ipcoston.org) or Call the IPC 617-265-5300

**THIS PAGE IS SPONSORED BY NEIL HURLEY**

# IPC News Desk

## Bloodmobile Arrives in Dorchester!



We were thrilled to welcome Boston Children’s Hospital to the IPC for a blood drive this past week. The event saw an incredible turnout, with 40 generous donors participating, 27 of whom were successfully able to donate. “These 27 units are so crucial to us at Children’s, as each unit can help up to 4 pediatric patients. That’s a lot of kids who’ll be feeling better in no time, thanks to your hard work and dedication,” said a representative from Boston Children’s. “With the holiday this week and one less day to collect blood, we truly appreciate the boost in our supply.”

For anyone interested in donating blood, we hope to host another drive early next year. Keep up an eye for more updates on our social media and in our newsletter!

In the meantime check out the other drives that Boston Children’s Hospital host around Massachusetts. Go to [www.bostonchildrens.org/halfpints](http://www.bostonchildrens.org/halfpints). There you can:

- Make an appointment to donate whole blood, double red cells, or platelets
- Search for a Bloodmobile visit in your area
- View recent health history information, blood pressure, pulse, and iron level
- Keep track of your lifetime donations

For more information about other blood drives, contact the Blood Donor Center directly at 617-355-6677.



### Boston Children's Hospital

Until every child is well™

## Thanksgiving Luncheon!

On November 21st, we celebrated Thanksgiving together at Florian Hall for our Annual Thanksgiving Mass led by Fr. Dan Finn followed by our Luncheon. Over 250 people celebrated the holiday gathering with delicious food, friendly company, and raffle prizes organized by our Bumble Bee Knitting Group. Thank you to all who attended!



For more photos of this event, see page 7

## IPC Raffle at Whistlin' Donkeys Concert

There was an almighty crowd gathered the Teachers Union Hall for the Whistlin' Donkeys for a terrific night of folk music direct from Ireland. We are very grateful to the chief organizer Pat McDonough who hosted a raffle to benefit the IPC. Pat is the son of our volunteer Peggy McDonough who delivered a \$1000.00 check for our direct aid program.



Go raibh mile maith agaibh Pat and Peggy!

## Holiday Gift Card Drive a Great Success !!

Our 2024 Annual Appeal was a huge success. We were able to purchase \$3500 in gift cards to distribute this Christmas!

Thank you to all who contributed!



**GAA SPORTS QUIZ ANSWERS: 1. Kerry, 2. Cork, 3. Kilkenny 4. Tipperary, 5. Sligo, 6. Offaly, 7. Monaghan, 8. Mayo, 9. Dublin, 10. Fermanagh**

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IPC BUMBLE BEE KNITTERS



# IPC News Desk

## Meg Shine's on Stage at Boston College Production

IPC staff members Róisín and Amy attended Boston College's production of the musical Pippin, where a familiar face shone in a lead role! The musical, told by a traveling troupe of actors led by the captivating Leading Player, follows a young prince and heir to the throne, Pippin, as he embarks on a quest to find his life's purpose. Many of you met Meg when she interned with us this past summer. In this production, Meg, played the role of Catherine, a young widow and mother who becomes the love interest of Pippin as he searches for meaning in his life. We were blown away by talented performance and wish her the best of luck in the rest of her senior year.



## Cozy Christmas Trad Session

This month our musicians added a festive touch by incorporating Christmas carols and songs. It was a lovely way to begin the Christmas season. **Our next session takes place on January 19th 2025.** Our monthly session welcomes all level of musicians, dancers and listeners to join in!

## City of Boston Shout out to IPC as IPC features at City Hall Fare

We were delighted to be featured recently on the City of Boston website! Our thanks to Jordan Rich, Age Strong Staff who wrote the following:

The Irish Pastoral Centre (IPC) in Dorchester was founded in 1987 in response to the increase of Irish immigrants into the Greater Boston area. Today, a founder and current chaplain, Fr. Dan Finn, continues the IPC's mission of providing help to "the stranger among us." The Irish Pastoral Centre is a non-profit organization offering legal, social, educational, and spiritual support to immigrants of all ages and ethnic backgrounds. The center helps newcomers adjust to life

in their new country by providing a range of services. Older adults can find support through IPC's robust Senior Programming. From weekly wellness calls to Friday Fish and Chips Supper Club, the IPC is a hub of socialization. The Bumble Bee Knitting Club meets Thursdays from 11am-1pm. All levels are welcome. During the week older adults are welcome to drop into a weekly coffee club in Brighton, Dorchester, West Roxbury or Weymouth. Attendees are encouraged to socialize with new and old friends over coffee, tea, and treats alongside music and educational presentations. On site, a SHINE (serving the health insurance needs of everyone) Counselor provides free health insurance counseling and assistance with Medicare. Separately, we were delighted to participate in the City of Boston Holiday Fare which featured knitwear from our Bumblebee Knitting Club as well as IPC resources.



*IPC Board Member and Della Costello Boston at the City of Boston's Holiday Fare which featured knitwear from our Bumblebee Knitting Club*

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# IPC News Desk

## Did You Work in the UK or Qualify for a “Top up” UK Pension—Irish Independent

Irish people who worked in the UK have been warned that they are running out of time to benefit from a “an insanely generous” concession to top up their pension from that country. More than 250,000 Irish people may be due to benefit from the pension top-up. Thousands of Irish people worked in Britain and paid the equivalent of our social security there, giving them access to a pension. Under transitional arrangements introduced after major changes to the UK state pension system in 2016, people can now “buy back” as many as 18 extra historical years of national insurance contributions. **The deadline for applying and paying to avail of the scheme is April 5 next year.** UK tax authority HMRC, is so overwhelmed it is taking months to process applications. Frank Buckley of USP Financial, a Co Offaly-based firm that specializes in helping returned immigrants secure their UK state pension. “People need to get applications approved by HMRC by April 5 so that they are in the queue.” Once an application is in the queue before the deadline, the application will be processed and afforded a short extension once HMRC issues its verdict.

Opting for the special top-up allows people who worked in the UK to get a much higher state pension from Britain in addition to any pensions they are due to get. People are normally allowed to pay for a maximum of six historical years missing from their national insurance (NI) record there. “They are missing because they did not work in the UK in those years because they left the country.” Major changes were introduced to the UK state pension in 2016, where people are now required to have 35 qualifying years on their NI record to reach the full standard rate of £221.20 per week. When it made the changes, the UK government introduced a concession allowing a wider window for paying historical years to encourage people to maximize their NI records. This means people can currently pay for a maximum of 18 historical years (2006/07 to 2023/24) missing from their NI record. After April 5, the voluntary contribution system reverts back to the maximum six historical years. Paying for 18 historical years would improve an existing UK state pension entitlement by £107.06 a week. It will be £111.45 after mid-April, with a pension rise of 4.1pc announced by the UK chancellor Rachel Reeves last month. Mr Buckley said the priority now is for people to at least submit an application to HMRC for voluntary contributions ahead of the deadline. People can find the application form, Form CF83, as the last two pages in the HMRC manual NI38 – which you can locate on gov.uk. People are under no obligation to pay for all 18 years. They can choose to pay for some, all or none of those additional years, as it is a voluntary system.



## HOW TO SUPPORT OUR NEWSLETTER

**Our monthly newsletter is now mailed to 1900 households across New England per month and that number continues to grow!**

**We are printing over 2000 copies every month and we are delighted with its extended reach and continuous growth.**

*The annual cost of the Newsletter is now \$45000 per year!*

If you know of a company that would like to advertise or sponsor our publication, please reach out to Amy at [aocarroll@ipcboston.org](mailto:aocarroll@ipcboston.org) or by calling the office at 617 265 5300.

ANSEO LE CHÉILE -  
HERE TOGETHER

THIS PAGE IS IN MEMORY OF MICHAEL McDONAGH

# NEWS FROM OUR SENIOR PROGRAM

Dear Friends -

All of us on the senior team hope you have a lovely Christmas and a Happy New Year! Please remember to check our SHINE programs, which is a hugely beneficial and free services facilitated here at the center in Dorchester. This month we were delighted to celebrate Christmas with a mass at the IPC on Friday December 20th followed by a light lunch from the Greenhills!

Our senior calendar will take a break for the month of January and there will be no programs running, we will return as normal in February! Thank you to everyone who supported our bumble bee knitters at our Christmas Craft Fair. It was a fabulous afternoon!

Do you need help navigating elder services for yourself, family member or friend? If so, our office can provide resources to guide you in your search for services. Please call our office for assistance.

Merry Christmas,

The IPC Senior Team



### \*REMINDER\*

**THERE WILL BE NO COFFEE GROUPS RUNNING IN JANUARY!**

**OUR NEXT NEWSLETTER WILL NOT PRINT UNTIL FEB 2025**



## IPC NEW PROGRAM!



**Learn about community and statewide transportation programs for older adults and individuals with mobility issues. Please call us if you need help accessing transportation services.**

*This service is made available to the Irish Pastoral Centre through funding awarded by Massachusetts Department of Transportation.*



**VISIT**  
[www.ipcboston.org](http://www.ipcboston.org)  
Or call us at +1 (617)-265-5300

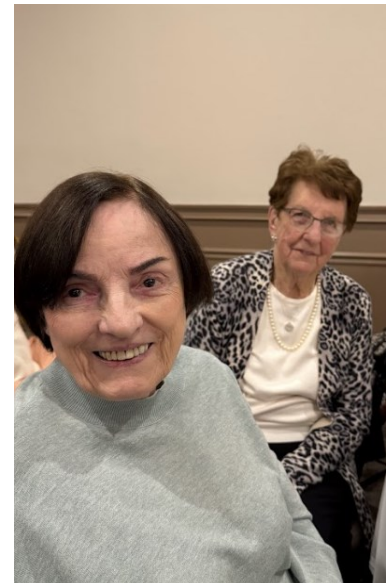


## Shine Appointments Available

We also offer individual counseling is available from SHINE at the IPC by appointment. If this is something that may benefit you, call the IPC at 617-265-5300 for more information.

THIS PAGE IS SPONSORED KATHI SULLIVAN

# THANKSGIVING LUNCHEON



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JOE WALSH

# Fr. Dan's Page



## A Grateful Life

Steve Givens

*A Grateful Life For you are my hope, O Lord; my trust, O God, from my youth. PSALM 71:5*



Over the past year, I have been writing a **memoir** meant mainly as a legacy project for my children, grandchildren and future generations of my family. Getting up most mornings and reflecting and writing for an hour or more on my past-it's been a deeply personal experience that I highly recommend as a spiritual practice. Remembering the moments, people and periods of my life has made me all the more aware of the continuing movement of God in my life. For when we stop to prayerfully consider the span and details of our lives, how can we not see the invisible hand of God moving in and out, weaving his designs? The threads rest firmly in God's hands, such that even our imperfectly-lived lives reveal the perfect presence of God. In that knowledge, there is hope. From your earliest memories to your present moment, where has God made himself known?



## Promise of Peace

Jennifer Christ

*Justice shall flower in his days, and profound peace, till the moon be no more. PSALM 72:7*

Advent reminds us that we are living in the paradox of "already and not yet." The Father has sent the Holy Spirit to help inspire our generosity and compassion, yielding fruits of gentleness and patience. You can bring kindness and encouragement, especially to those for whom this season is marked by grief, stress or trauma.



How will your acts of selflessness take shape in these final days of Advent? How can you seek the face of our coming King in the guise of those in need? How can you be attuned to the promptings of the Holy Spirit by giving time and attention to those around you?

## It All Comes Down to Feet

How beautiful are the feet of those who bring the good news!

What a blessing for any of us to be in the presence of those holy feet!



**Feet** that propel a stranger to drop everything and help us up if we have tripped and fallen. **Feet** that lead a neighbor to offer the gift of consolation when we are bereft. **Feet** that carry a person to volunteer at a soup kitchen, ladling comfort and kinship for someone seeking a nourishing meal. **Feet** that take a person to a group participating in Bible study or faith sharing. **Feet** that impel a person who has been deeply wounded to seek out the wounding one and speak the first words of forgiveness.

THIS PAGE IS SPONSORED BY MARIE & PHIL COAGUIRE



# In Loving Memory

*We remember those in our community who have recently passed away. Our thoughts and prayers and with all the bereaved families, and we hope that in time lovely memories will surround them. Eternal rest grant unto them oh lord, and let your perpetual light shine upon them. May they Rest in Peace & Rise in Glory*

November 14, 2024 Mary Kelly West Roxbury and County Kerry

November 17, 2024 James "Seamus" Mulligan, Randolph and County Offaly

December 3rd, 2024 Carl O Hara, Needham and West Cork,

December 4th, 2024, Peg (O'Connor) Davoren, West Roxbury and Moycullen Co. Galway

December 13th, 2024, Patrick J. O'Leary, West Roxbury, Co. Cork



## Ireland's First Rock Star Laid to Rest

Legendary Singer Dickie Rock has been remembered as "one of Ireland's greatest legends" at his funeral Mass in north Dublin recently.



Rock was born in the North Strand in Dublin's inner city and grew up in Cabra. He died at St Vincent's University Hospital aged 88 last week, one of the biggest stars of Ireland's popular showband scene as a member of the Miami Showband and later as a solo artist. He was also a former Eurovision contestant.

Fr Brian D'Arcy, who led the funeral mass and was a friend of Rock, joked that he would be "delighted to see a full house for his last gig". He described Rock as the "ultimate professional" who had given close to 70 years entertaining people and that his friends and family were "heartbroken" at his passing.

Hundreds of people gathered at the Church of the Most Precious Blood in Cabra including President Michael D Higgins's aide-de-camp, Capt Paul O'Donnell; Sinn Féin leader Mary Lou McDonald; broadcasters Joe Duffy, Ronan Collins and entertainer Adele King (Twink).

**MY FIRST CHRISTMAS IN HEAVEN**

I SEE THE COUNTLESS CHRISTMAS TREES AROUND THE WORLD BELOW,  
WITH TINY LIGHTS, LIKE HEAVEN'S STARS, REFLECTING ON THE SNOW.  
THE SIGHT IS SO SPECTACULAR, PLEASE WIPE AWAY THAT TEAR,  
FOR I AM SPENDING CHRISTMAS WITH JESUS CHRIST THIS YEAR.

I HEAR THE MANY CHRISTMAS SONGS THAT PEOPLE HOLD SO DEAR,  
BUT THE SOUNDS OF MUSIC CAN'T COMPARE WITH THE CHRISTMAS CHOIR  
UP HERE.

I HAVE NO WORDS TO TELL YOU, THE JOY THEIR VOICES BRING,  
FOR IT IS BEYOND DESCRIPTION, TO HEAR THE ANGELS SING.

I KNOW HOW MUCH YOU MISS ME. I SEE THE PAIN INSIDE YOUR HEART,  
BUT I AM NOT SO FAR AWAY. WE REALLY AREN'T APART.  
SO BE HAPPY FOR ME DEAR ONES. YOU KNOW I HOLD YOU DEAR,  
AND BE GLAD I'M SPENDING CHRISTMAS,  
WITH JESUS CHRIST THIS YEAR.

I SEND YOU EACH A SPECIAL GIFT, FROM MY HEAVENLY HOME ABOVE.  
I SEND YOU EACH A MEMORY OF, MY UNDYING LOVE.  
AFTER ALL "LOVE" IS THE GIFT, MORE PRECIOUS THAN PURE GOLD.  
IT WAS ALWAYS MOST IMPORTANT IN THE STORIES JESUS TOLD.

PLEASE LOVE AND KEEP EACH OTHER, AS MY FATHER SAID TO DO,  
FOR I CAN'T COUNT THE BLESSING OR LOVE HE HAS FOR EACH OF YOU.  
SO HAVE A MERRY CHRISTMAS AND WIPE AWAY THAT TEAR,

REMEMBER, I'M SPENDING CHRISTMAS, WITH JESUS CHRIST THIS YEAR.

AUTHOR UNKNOWN

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# IPC COMMUNITY NEWS



**18th Annual Awards**  
Friday, February 28th, 2025

The View at The Battery, Manhattan, NYC 5:30pm-9:00pm

IN ASSOCIATION WITH



BUSINESS PARTNERS



## Irish Echo 40 Under 40 Honorees Announced

This hugely popular event is a celebration of Irish and Irish Americans who have distinguished themselves in their respective fields of work before reaching the age of forty. Congratulations to Grace Gardiner, Irish American Partnership Development Officer and Oran McGonagle, MA, GM East Coast Tavern Group on being recognized as two of the honorees on The Irish Echo's 2025 Irish 40 Under 40 list.

**Grace Gardiner** is the Development Officer and Young Partners Lead at the Irish American Partnership. Having lived and studied in the US, Belgium, and Ireland, Grace has a keen interest in helping people stay connected with the places and communities that are meaningful to them. A graduate of Trinity College Dublin with a BA in History and Political Science, Grace also spent a year studying abroad at the University of Notre Dame. Grace also serves on the Board of Irish Network Boston.



**Oran McMonagle** grew up in Moville Co Donegal. Son of Mary and Tony McGonagle. Moved to Boston after graduating university in 2008. Worked in various bars before becoming Director of operations for East Coast Tavern Group. After 3 years had his first pub The Cottage, that was then followed by Boston's No 1 Irish Pub The Dubliner. He recently purchased his new Pub called McGonagles in Dorchester which opened December 2024.



## Boston College Welcomes Irelands Ambassador to the United States

Irelands Ambassador to the United States Geraldine Byrne Nason recently spent time in the Bay State strengthening Ireland's deep links with Massachusetts. Highlights from the visit included meeting the Massachusetts State Irish Legislators Caucus at the State House and a fascinating tour of Irish treasures in the McMullen Museum and Burns Library at Boston College. The trip culminated in a celebration of a century of Ireland-US diplomatic relations at BC, an institution that has played a critical role in the story of the Irish diaspora in MA as well as the Irish American relationship more broadly. During a fireside chat, Ambassador Nason formally reflected on the past, present and future relationship between Ireland and the US while formally re-launching the Irish Institute at Boston college.



*Irelands Ambassador to the United States Geraldine Byrne Nason with Mary Murphy, Director of Boston College Irish Institute*

## Final Dance for Irish Music Club



It was another bitter sweet moment in the Boston Irish story when the Irish Greater Music Club of Boston, also known as "The Braintree Club" circled the floor for the last time in an evening filled with nostalgia, great laughs, some tears and very fond memories! The club has held socials for over a century in Boston both at the Viking Club in Braintree and the Irish Social Club in West Roxbury. Club president Anna McAulliffe acknowledged the clubs history and place in the history of Irish Boston, while highlighting the great work of the clubs committee throughout the years.



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# COMMUNITY SPOTLIGHT: MIKE CAREY

By John Christoffersen

**When it comes to volunteering, Mike Carey is everywhere. No place is too cold, too far or too scary.**



The 66-year-old Quincy man belongs to the Boston Irish Dippers who brave the winter waters of Boston for fundraisers to support the Irish Pastoral Centre’s health and wellness programs. He visited a prisoner and a sick patient as far away as Maine.

Carey even bears a striking resemblance to Santa who recently visited the Irish Pastoral Centre and the Irish Cultural Centre. Likewise the Easter Bunny. “Any time anybody wants something done I try to help out,” Carey said in a recent interview at the Irish Cultural Centre. Carey, the board president of the Irish Pastoral Centre who is a metal framing and sheet rock contractor, donated his labor to renovate the centre’s offices in Dorchester. He also arranged for other workers to donate their skills for the project. “A lot of people donated a lot of time,” Carey said.

Carey grew up in Rochfort Bridge, a small village in County Westmeath. He is the second youngest of eight children raised on a farm of sheep, cows and pigs. “It was a very simple childhood,” Carey said, noting he knew everyone in the village.

Carey loved to play all kinds of sports, including football, hurling, rugby, swimming and boxing. “I think I felt comfortable playing sport,” he said. School, by contrast, was more of a struggle, especially spelling. He grew up in the era of corporal punishment which included a pinch under the arm or the leather strap. One teacher used a half hurling stick. “That was the way it was,” Carey said, noting he was not resentful. It was not until he was living in the United States as an adult that Carey learned he had a mild form of dyslexia.

Carey spent four years studying for the priesthood in Ireland before deciding it was not for him. “Celibacy was the problem,” he said.

Carey came to the U.S. in 1980. He worked in construction and as a bartender in Fields Corner. “They used to call it Fools Corner then,” he said. “It was a tough place.” He married in 1984 and he and his wife Brenda had three children who are now in their 30s. Brenda, a hairdresser, died of cancer in 2006. Carey, who married his wife Kathleen in 2018, appreciates all the people who helped him throughout his life, from the people who brought him to football games as a child to the immigrants who came before him and helped him in a new country. “It was very important to get that first job or the first positive experience,” he said. “I kind of feel I’m paying back to all the small things that people did for me. I think sometimes when you’re helping people you don’t realize how important it is just the small things for people that don’t know where they’re going or what they’re doing. It’s nice to be sent in the right direction.”



*Join the IPC and the Boston Irish Dippers on January 1st for our annual polar plunge in aid of the IPC’s Health and Wellness Program. See page 24 for more information.*

# A Moment to Mind Yourself

## Self-Care Toolkit: Practical Strategies For Managing Expectations Over The Holidays

This month, the IPC's Wellness clinicians Danielle and Gina wanted to share some practical tools they've used to support clients struggling to prepare for the holidays. The holidays can be a wonderful time of the year to reflect and feel gratitude for another year of blessings. It can also herald a lot of anxiety and stress. The costs of the holidays (meals, socializing, the gifts etc.) can add to an already fraught, financial picture impacted by exorbitant grocery prices and an increased cost of living. Spending a concentrated period of time with family while struggling with mental health or substance use issues may increase our anxiety. For many others grief and loss in the last few years may make the holidays appear bleak and lonely. One of the consistent themes we hear about are the stresses related to the "expectations" of Christmas and the holidays. "I must make it the best one ever." "If I don't get them the right gift, they will be so upset". "I have to see all these people but all I want to do is crawl back in my bed". "I don't feel the way I should this year".

When it comes to managing expectations coming up to the holidays, we have some options to reduce our own anxiety and stress. Being able to have discussions with our loved ones before the holiday may go a long way to reduce unhelpful expectations, freeing everyone to enjoy the celebrations. In these conversations, re-evaluate your holiday traditions. If possible, host a family meeting, in person or on WhatsApp or Zoom, to discuss what would work best for everyone. Be honest about your need to spend less this year and encourage others to do the same. Perhaps establishing gift boundaries (Yankee Swap, cost limits \$10 or \$50 per person etc.). Maybe you can all agree on gift alternatives, like everyone providing gifts for children in the family but avoiding big gifts for all the adults. You could also explore bringing food items to share rather than relying on the same one or two people cooking for everyone. Sometimes even simplifying decorations and cutting down on dining out may also help our holiday wallets. Agree to meet people for drinks or coffee rather than an expensive party. Certainly, another way to reduce costs (and the impact on the environment) is perhaps rethink gift wrapping (reusable gift bags versus traditional wrapping paper). The purpose of the discussion is to establish that we all want to spend time with those

close to us but it does not have to be a lavish affair in order to enjoy it. Social media may heighten our need for a big splash but reminding ourselves that what we see others enjoying on Instagram and Facebook doesn't mean they are any happier or enjoy the holidays more than we are.

For those who have few options over the holidays; those who can't go home or are facing a holiday without a loved one lost to COVID, cancer or suicide, the holidays can be very daunting. It's important to find and use some tools that can help soothe and re-center us when our grief and sadness threaten to haunt us. Sometimes it can be as simple as taking a quick 5-minute walk, listening to our favorite music, talking to a trusted loved one or distracting ourselves with a book, TV show or a jigsaw puzzle. We wanted to remind readers of the quick, simple, effective strategies we shared earlier this year to re-center and ground ourselves. One of the most effective techniques to re-center is to focus on one's breathing; for example, put one hand on your abdomen and one on your chest. Make sure your abdomen is raising slightly on the inhalation and your mouth is open slightly on the exhalation. Do this for at least one minute, preferably five. It's also very helpful to practice this regularly, even when you are not stressed, so it can become second nature. These tips might not erase all your anxiety and dread, but you may notice feeling more grounded and hopeful.

For additional help and support to manage the holidays, reach out to Gina or Danielle at the Irish Pastoral Center for free and a confidential chat; 617-265-5300 or e-mail: [ggallagher@ipcbboston.org](mailto:ggallagher@ipcbboston.org) or [downen@ipcbboston.org](mailto:downen@ipcbboston.org).



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# News from Celtic Angels

## Overcoming the January Blues: Nurturing Joy and Wellness for Seniors

By Maria Burke, RN, Celtic Angels Home Health Care

As the festive glow of the holiday's fades, January can feel stark and challenging, particularly for seniors who might experience feelings of loneliness or sadness. The "January blues" are common, but there are many ways to help our loved ones transition from the holiday season with grace, finding comfort and joy in the quieter months of winter.

At Celtic Angels Home Health Care, we believe that every season holds the potential for happiness. Here are some practical tips to help seniors overcome the January blues and embrace this time of renewal.

### 1. Stay Connected

After the hustle and bustle of the holidays, many seniors feel a drop in social activity. Staying connected is crucial for emotional well-being. Encourage regular phone or video calls with family and friends or explore local senior centers that offer activities to keep spirits high. If transportation is a concern, organizations like ours often help facilitate these connections.

### 2. Maintain a Healthy Routine

A predictable daily routine can provide a sense of purpose. Encourage balanced meals, adequate hydration, and regular physical activity, even if it's just a daily walk or light stretching. Maintaining sleep schedules is also vital; restful nights can improve mood and energy.

### 3. Embrace Winter Hobbies

January is an excellent time to explore indoor activities that engage the mind and body. Crafting, puzzles, learning a new skill, or reading a compelling book can bring excitement to the day. For tech-savvy seniors, online courses or virtual museum tours can open doors to enriching experiences.

### 4. Seek the Light

Seasonal affective disorder (SAD) can amplify the January blues, particularly in areas with limited sunlight. Encourage seniors to sit by a window or take a short walk outdoors during daylight hours. Light therapy lamps are another effective way to combat the winter doldrums.

### 5. Practice Gratitude and Mindfulness

Gratitude practices, such as keeping a journal or sharing daily moments of joy, can help seniors focus on the positives. Gentle mindfulness exercises or meditation can also reduce stress and foster a sense of peace.



Maria Burke, RN

### 6. Reach Out for Support

It's essential to recognize when professional support is needed. Feelings of sadness, withdrawal, or hopelessness should not be ignored. Celtic Angels Home Health Care offers compassionate caregivers who can provide companionship, assistance with daily tasks, and emotional support, helping seniors feel valued and cared for year-round.

### Looking Ahead with Optimism

January marks the start of a new year—a time to set intentions and embrace possibilities. Whether through reconnecting with loved ones, nurturing hobbies, or simply finding beauty in the season, every senior deserves to feel hopeful and supported.

At Celtic Angels, we are honored to care for our clients with the same love and attention we would give our own families. Together, we can help seniors navigate the January blues and rediscover joy in life's quiet moments.



## Celtic Angels Home Health Care

OUR CLIENTS LOVE US!

"Your CNA Kelly takes care of my every need. I'm in excellent hands."  
— Truly, Susan C.



Hi, I'm Milo.  
The Celtic Angels Home Health Care Mascot.



www.celticangelsinc.com

781-331-0062

# Immigration News

## Immigration & Citizenship Support Services Program

*What we do:* The IPC's Immigration and Citizenship Program provides information and support to immigrants from Ireland and elsewhere including obtaining legal status, adjusting status, matters related to Green Card applications and renewals, visas, U.S. Citizenship eligibility, and applications for U.S. Citizenship. The IPC can also provide information about how to apply for Irish passports. Staff is available during normal business hours to help to answer questions related to these matters. Additionally, the IPC offers bi-monthly Legal Immigration Clinics where individuals can have a free and confidential phone conversation about their particular immigration situation with a volunteer immigration attorney.

The IPC offers free telephone consultations with an experienced immigration attorney on the 2nd Tuesday evening of each month. If you would like to schedule a phone consultation with an attorney, please contact Maryann Casavant at 617-265-5300 or by email [mcasavant@ipcboston.org](mailto:mcasavant@ipcboston.org).

## **Learn More About Our Bi—Weekly Legal Clinics**

The IPC offers free legal immigration clinics twice per month. If you have a question about your immigration status, Green Card, visa, eligibility for citizenship and would like to talk to an experienced immigration attorney – we can schedule a free phone consultation at the Immigration Legal Clinic. We are very fortunate to have Maura Kelly, a very experienced immigration attorney who donates her time and talent to provide current, and accurate legal guidance to the IPC community through this Clinic. Maura generously donates her time to offer free consultations twice per month. These consultations are over the telephone and appointments are made in advance. The IPC is very grateful for her sharing her time, knowledge and skill with the IPC community.

**If you would like to make an appointment or have a question about the Legal Immigration Clinic, please contact Maryann Casavant or Niamh Healy at the IPC at 617-265-5300.**

## Consider applying for U.S. Citizenship

If you have questions about eligibility for U.S. Citizenship, questions about how to apply, or need help with the process, please reach out to the IPC. Staff is available to assist you and can direct you to helpful resources. If there are some questions, or your situation is a bit complicated, we can schedule an appointment for you with one of our experienced immigration attorneys at one of our Legal Immigration Clinics.



## **Free Immigration Consults: City of Boston**

The Mayor's Office for Immigrant Advancement offers free one-time immigration consultations on the first and third Wednesday of every month from 12:00 - 3:00 p.m. Consultations are by telephone. Due to high demand, you must register for an appointment beforehand. To register for an appointment with a volunteer lawyer, call 617-635-2980 or email [immigrantadvancement@boston.gov](mailto:immigrantadvancement@boston.gov).

## **2024 FREE IMMIGRATION CONSULTATIONS**

*By telephone*

**You must register in advance.**

**To register:**

Call: 617-635-2980

Email: [immigrantadvancement@boston.gov](mailto:immigrantadvancement@boston.gov)

Website: [boston.gov/immigrants](http://boston.gov/immigrants)



**Ask a volunteer lawyer for immigration advice on the first and third Wednesday of every month from 12:00-3:00 P.M.**

Interpretation and disability accommodations are available. Consultations are 15 minutes and limited to one-time only.

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**Aer Lingus** 

# Immigration News

## KNOW YOUR RIGHTS!

Eng

We all have rights in the United States!

### Basic Rights

- Right to remain silent
  - Right to speak with a legal representative
  - Right to see a warrant
- Carry a [Know Your Rights card!](#)**

### Rights if Immigration Comes to your Home

- Do not open the door unless ICE has a warrant signed by a judge
- Do not answer any questions. You have the right to remain silent.
- Do not sign anything without consulting a legal representative.

### Family Preparedness

- Gather important documents
- Make plans for who will care for your children
- Register your child's birth with your country's government and apply for a passport for your child
- Update school contacts

### Getting Legal Help

- Only lawyers and accredited representatives can give you legal advice
- Notaries (notarios) are not authorized to give legal advice

### Rights when driving

- Stay in the car and place your hands on steering wheel
- Drivers must provide name and address, but do not need to answer questions about immigration status
- In MA, immigration status is not required to get a driver's license!
- **Never present false documents**

### Rights if Immigration Comes to your Work

- Right to remain silent
- Do not answer any questions or give officials any information about yourself
- You have the right to not line up

### Rights in Detention

- Right to remain silent
- Do not sign anything without consulting a legal representative
- Right to request release on bond.

### More Resources



MIRA

# ANNUAL CRAFT FAIR



THIS PAGE IS BROUGHT TO YOU BY  
MATTHEW MCCARRICK



# ANNUAL CRAFT FAIR



THIS PAGE IS SPONSORED O'CONNOR FUNERAL HOME

## News From Ireland

### **RTE Toy Show Appeal raises over €5m— RTE**

This year's RTE Toy Show Appeal has raised over €5 million with people at home and abroad donating in record numbers to help children and their families across the island of Ireland. Sharing the news, Late Late Toy Show host Patrick Kielty said: "We have so many projects across the island of Ireland that are going to benefit from this and with Christmas just around the corner, the difference this is going to make to kids and their families all across Ireland is huge. Thank you so much." The Show Appeal began in 2020, inspired by the story of Saoirse Ruane, who won the hearts of the nation. Saoirse sadly passed away in March of this year, but her enduring legacy continues with the annual appeal.



### **ESB offers free meals to Leitrim residents without power— RTE**

Locals in Leitrim village were provided with free hot meals in their local pub as they wait for electricity lines to be fixed following Storm Darragh. ESB Networks has partnered with The Leitrim Inn to ensure families have some respite from their cold and dark homes. Adelene McDermott from The Leitrim Inn said: "They can sit down, stay warm, charge phones and us more than anybody knows exactly what this means because this time last year we ourselves were hit with the tornado after Strom Fergus, so we know what it's like to be without services." ESB Networks crews worked around the clock to restore power to an estimated 2,000 households.



### **Irish Language Film Scoops Seven Awards— RTE**

Belfast rap trio Kneecap triumphed at last night's British Independent Film Awards, claiming the top honour along with six other gongs, for their critically acclaimed movie of the same name. The Irish-language film also scored three major accolades: Best British Independent Film, Best British Independent Best Debut Screenwriter for Rich Peppiatt, and Best Joint Lead Performance, awarded to members Liam Óg Ó Hannaidh, Naoise Ó Cairealláin, and JJ Ó Dochartaigh, during a ceremony in London's Roundhouse on Sunday evening. Speaking at the awards ceremony writer and director Rich Peppiatt said: "We're glad that the Best British Film isn't even British... it's Irish."



### **Mental health at the core of new community orchards**

Two new community orchards have been developed and planted by young local people as part of the innovative 'Mind Your Melon' youth mental health project. The orchards, located at the St Vincent de Paul Centre and the new community garden in Rathmullan (pictured above) and with Lárchomhairle Paróiste Ghleanncholmcille in Glencolmcille, now form part of a series of community orchards planted over the last three years. The two orchards were planted with the active involvement of Transition Year (TY) students, support from local community and voluntary organisations and in collaboration with OURganic Gardens.



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# FADÓ FADÓ

## Kilpadder Famine Graveyard

Alice Taylor



For over 150 years, many residents of Kilpadder Famine Graveyard, located in County Cork, have rested in an unmarked field. This site, once home to poor families living in small, stone and mud cottages, became a burial place for those who died during the Great Famine of 1847. The land was part of the Frewen Estate, and when the potato crop failed, famine struck, leading to starvation and death. The people of Kilpadder were buried in famine pits, many in the clothes they died in, and the road from Kilpadder Cross to Colliers Quay became known as "Hell Street." Many of those who survived emigrated on coffin ships while others remained to contend with hunger and strife. Over time, nature reclaimed the land, though locals continued to honor the dead. Children were taught to bless themselves when passing the area as a mark of respect.

The bones of the ancestors in Kilpadder Famine Graveyard called out to be remembered and descendants of those who had emigrated to America answered the call. A query came from a man whose ancestors were buried in Kilpadder. Bostonian Bob Murphy, contacted Mary Nolan O'Brien, a local artist whose family had lived near the site for generations. On visiting the site, he expressed the wish that his ancestral graveyard be restored and made a place of reverence and respect. He joined forces with fellow Bostonian Jim Calvey and with the financial help of the Knights and Ladies of St. Finbarr Cork Club in New England restoration project was launched.

The graveyard, located on a steep hill, was handed over by a local farmer for the project, and the community worked together using the traditional *meitheal* method—neighbors helping neighbors. Under the careful guidance of an archaeologist, the site was restored and fenced. Mary, with her artistic vision, transformed the graveyard into a peaceful wildflower garden surrounded by native plants. Her husband, Joe, crafted a small wooden gate, and a commemorative stone was placed to honor the site.

While the work was in process, Father Finbarr Crowley, the local priest, was visiting friends in a parish in Boston, which happened to be the parish of Jim Calvey and Bob Murphy!

A special mass was planned for July 24, 2015, to mark the restoration's completion. Despite rainy weather, the mass was a deeply moving occasion that united the local community with those from across the sea. After the service, tea and homemade treats were served, allowing people to celebrate the reopening of the graveyard. A seat was placed in the garden for visitors to sit, listen to birdsong, and reflect on the past.

As the crowd began to leave, many looked back to view the little hillside graveyard now covered in wildflowers. All went home glad that after over 150 years of the graves of Kilpadder had finally been blessed and the bones of our ancestors were at last resting in sacred ground.



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# CELTIC SCRIBE



## Memories of Ireland by Claire Weston

Riding horseback through the fields  
With the wind in my face  
The Irish sky above me  
As the clouds did interlace

Not a penny in my pocket  
Just as happy as could be  
I know now that money cannot buy  
That sense of feeling free

On the first week in  
October Mother would start to make  
That delicious plum pudding  
And "oh" that Christmas cake

Then everything was wrapped  
And all was put away  
For that very special dinner  
That we had on Christmas day

## The Wren Song

Sung on St. Stephen's Day (December 26th)  
while "Hunting the wren"

The Wren, the Wren the king of all birds,  
St. Stephenses day, he was caught in the furze.

Although he is little, his honor is great,

Rise up, kind sir, and give us a trate.

We followed this Wren ten miles or more  
Through hedges and ditches and heaps of snow,

We up with our wattles and gave him a fall

And brought him here to show you all.

For we are the boys that came your way  
To bury the Wren on Saint Stephenses Day,  
So up with the kettle and down with the pan!

Give us some help for to bury the Wren!



This page sponsored by the family of Margaret 'Peggy' Roach

# A Year in Review



## JANUARY

The Boston Irish Dippers Braced the cold at our annual Polar Plunge



## FEBRUARY

Many gathered at IPC to celebrate Fr.Dan's 80th Birthday!



## MARCH

Mayor Wu joined us at our St. Patrick's day luncheon



## APRIL

Mary Varden and Eddie Marquis ran the 2024 Boston Marathon in aid of the IPC.



## MAY

We celebrated all Mother's with lunch at the IPC



## JUNE

Our annual Memorial Mass at Deer Island, where the remains of 850 Irish Citizens Rest in Peace.



## JULY

Our coffee groups came together for our Annual Picnic



## AUGUST

Fr. Dan Blessed the Cork Boston jerseys ahead of their final in Canton.



## SEPTEMBER

We came together to honor our dear friend and volunteer at our Annual Golf Tournament



## OCTOBER

IPC Immigration Coordinator Maryann Casavant was a recipient of Charitable Irish Society Prestigious Silver Key Award.



## NOVEMBER

The IPC Bumble Bee Knitters ran a very successful Christmas Craft Fair



## DECEMBER

Our Bumble Bee knitters participated in the City of Boston Holiday Fare which featured knitwear from our Bumblebee Knitting Club as well as IPC resources.

# COMMUNITY EVENTS

## The AOH: Irish Catholic and Proud...

The Ancient Order of Hibernians (AOH) is a prominent Irish Catholic organization established in 1836 in New York City. Its origins can be traced back to similar groups in Ireland, which were formed to protect Irish Catholics from persecution and to promote their welfare.



Membership in the AOH is open to men of Irish heritage who are practicing Catholics. To get more information, either scan the QR code or call or email the Division Financial Secretary below.  
 Hibernian Hall, 151 Watertown St, Watertown, MA 02472  
 Call (617) 575-9585 or email [Membership.AOHDiv14@gmail.com](mailto:Membership.AOHDiv14@gmail.com)

Learn More.!



What does AOH membership offer Members?

- Honor Irish Heritage:** AOH members have a strong desire to celebrate and honor their Irish heritage. Members engage in activities that preserve and promote Irish culture.
- Faith and Community:** The AOH offers a supportive community where members can participate in religious activities and engage in charitable works.
- Camaraderie and Friendship:** the AOH allows individuals to forge lifelong friendships with like-minded people who share a common heritage and cultural background. Regular meetings, events, and social gatherings provide opportunities for camaraderie and companionship.
- Philanthropy and Charity:** A core aspect of the AOH is its commitment to charitable work. Members have the chance to actively contribute to their communities through various philanthropic endeavors, supporting causes and organizations that benefit those in need.
- Cultural Activities and Events:** The AOH organizes a range of cultural activities and events that celebrate Irish traditions, such as music, dance, language, and history. Members participate in parades, and other cultural events, fostering a sense of pride and connection to their heritage.
- Networking and Professional Development:** The AOH offers a platform for networking among its members, providing opportunities for professional development and mentorship. It can be a valuable resource for those seeking connections within the Irish community.



ENROLLING NOW FOR JANUARY 2025!

AT THE IRISH PASTORAL CENTRE, DORCHESTER  
*"Enjoyable, Fun and Truly Traditional"*

PRIVATE & GROUP TUITION AVAILABLE FOR ALL AGES IN

*Fiddle & Violin  
 Tin-Whistle  
 Traditional Irish Repertoire  
 Music Theory & Exam Preparation*

10 YEARS OF MUSIC EDUCATION EXPERIENCE, TTCT QUALIFIED TEACHER, COMHALTAS ADJUDICATOR & A FIRST CLASS HONORS BA IRISH MUSIC EXPERIENCE TEACHING ALL AGES & ABILITIES

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[WWW.ROSCOMMONACADEMYOFMUSIC.COM](http://WWW.ROSCOMMONACADEMYOFMUSIC.COM)

## The Irish American Partnership: Nollaig na mBan Women's Leadership Celebration 2025 – Boston

*Welcoming Honoree United States Ambassador to  
 Ireland, Claire D. Cronin*

Nollaig na mBan [Women's Christmas], is held each year in January throughout Ireland to celebrate women's leadership within the family and community. The Irish American Partnership commemorates this tradition with a celebration event highlighting Irish and Irish-American female leaders and the positive impact they have worldwide.

**Join us on January 22**, as we welcome the United States Ambassador to Ireland Claire Cronin as our diplomatic vanguard of women's leadership. In a fireside conversation, Ambassador Cronin will share her story and reflect on her remarkable career.

In honor of our speaker, the proceeds of the Annual Nollaig na mBan Women's Leadership Celebration will be donated to our hallmark O'Neill School Grants program.



UNITED STATES AMBASSADOR TO IRELAND  
 CLAIRE D. CRONIN

# COMMUNITY CALENDAR

## IPC Weekly Events Calendar

### **Mondays:**

Cara Club @ Veronica Smith  
Senior Center-1-3PM  
20 Chestnut Hill Ave  
Brighton, MA 02135

**Monday Night:** Social Work  
Clinic by 'Appointment.

### **Tuesdays:**

Young at Heart @ St. Jerome's  
Parish Center 1-3pm  
Toddler Group 10am—12PM

"Le Cheile" Woman's Group @ IPC  
7:30-8:30PM

### **Wednesdays:**

Café Eireann @ IPC 11-1 PM  
540 Gallivan Blvd, Dorchester MA

### **Thursdays:**

Knitting Club @ IPC 11AM-1PM  
Crossroads Café @ 1-3PM St.  
John's Chrysostom 4750  
Washington St, West Roxbury, MA  
25 Cards 7:30pm

### **Saturdays:**

"Le Cheile" Here Together Sobriety  
Support Group 6PM

## MONTHLY EVENTS AT IPC

**First Friday of the month—  
Fish and Chips supper Club**

**Monthly Sunday Sing a longs  
and Irish Traditional Music  
Sessions.** Keep an eye on our  
monthly Calendar!!

*Special thanks to Ricard Archer of the Knights and Ladies of St Finbarr  
Cork Club, for compiling the Boston Irish Community monthly dance  
calendar. For additional info email Richard at richarda10@hotmail.com.*

### **THE IRISH SOCIAL CLUB: 119 Park Street West Roxbury, MA**

**Jan 05:** Tommy Byrne & Jerry Bailey  
**Jan 12:** Mossie Coughlin  
**Dec 19:** Erin's Melody with Margaret Dalton  
**Dec 26:** Silver Spears  
**Feb 02:** Black Velvet Band  
**Feb 09:** Erin's Melody with Margaret Dalton  
**Feb 16:** John Connors  
**Feb 23:** Silver Spears

### **THE IRISH CULTURAL CENTRE: 200 New Boston Dr, Canton MA**

The Regular weekly events will continue as before. For information or reservations on any event, please call the Irish Cultural Centre at (781) 821-8291. Joanie Madden and Cherish the Ladies will start their tour on Tuesday, March 4 and the ICC will be their first performance. Reservations are now being accepted by calling the ICC.

### **THE KNIGHTS AND LADIES OF ST. FINBARR - CORK CLUB**

**Jan 11:** Playing for their first dance of the new year at the Knights of Columbus Hall 15 Winslow Street Arlington starting at 7.00 PM. Always a fun and happy time having complimentary coffee, tea and home baked snacks. Admission is \$10.00. All are welcome. Cash bar at reasonable prices. 50/50 raffle. Bring a friend. THERE AREN'T ANY DANCES SCHEDULED FOR FEB. OR MARCH.

### **THE NORWOOD IRISH MUSIC CLUB**

Hold their dances at the Knights of Columbus Hall 572 Nichols Street in Norwood. Their first dance of the new year will feature music by Kathy and the Irish Americans on Jan. 18, 2025 Free parking and dances start at 7.00 PM until 10.30 PM. February 15, 2025: Tommy Byrne and Jerry Bailey will provide the music for their dance.

### **COMHALTAS CEOLTOIRI EIREANN**

Reynolds, Hanafin-Cooley Branch Monthly Seisiun the first Sunday of each month held At the Canadian American Club 202 Arlington St. Watertown. Musicians welcome. The next monthly Seisiun is Jan. 5, 2025/ The February seisiun/ceili on February 2nd. Weekly Set Dancing with Barbara Boyd and Alana at 7.30 PM. The North American Convention for 2025 will be held In Orlando Florida April 4 - 6th. Details to follow.

Note: It is always advisable to double check with your club or organization on any event you may be interested in. Changes are made from time to time. Sincere thanks to the Irish Pastoral Centre for help with the monthly events and the Boston City Paper. The listing is prepared by the Knights and Ladies of St. Finbarr - Cork Club P.O.Box 1241 Dedham 02027

THIS PAGE IS SPONSORED BY THOMAS CARTHY

# IPC SPECIAL EVENTS



*Boston Irish Dippers*

# Polar Plunge

In aid of the

The Irish Pastoral Centre



## New Years Day, Jan 1.

**TIME TBD (based on tides) | Wollaston Beach**  
(between the yacht clubs)

---

Come join the Boston Irish Dippers as they plunge in aid of the Irish Pastoral Centre's Health & Wellness Program.

---

Swimming not required. Tea/Coffee will be provided.  
Follow Boston Irish Dippers on Facebook to keep up to date on their weekly sea swims!



**Donate here!**

## ANSEO LE CHÉILE - HERE TOGETHER

THIS PAGE IS SPONSORED BY SALLY O'CONNOR



# IPC SPECIAL EVENTS



“Ann O’s Watch”  
Nurses Honor Guard

Saturday **4** January

10:00 am

Irish Pastoral Center  
540 Gallivan Blvd, Boston, MA 02124

All are Welcome!!

A 2nd annual memorial service honoring nurses and their work

*Please join us & Fr. Dan Finn for an uplifting morning in remembrance of those we've loved and lost.*

\*Music generously provided by  
Irish singer, Mairin Ui Cheide Keady

\*Refreshments will be served.

We encourage you to bring in a small picture or remembrance of your loved one to be displayed on memory boards during our service. All photos and items will be returned..

For more information: [help@nursesohorguardma.com](mailto:help@nursesohorguardma.com)

[www.nursesohorguardma.com](http://www.nursesohorguardma.com)

CELEBRATION OF THE PATRONESS SAINT OF IRELAND

## LÀ FHÉILE BRÍDE ST BRIGIDS DAY



JAN 31, 2025 | 11AM

Please come and join us for an afternoon of prayer at the Irish Pastoral Centre in celebration of St. Brigid's Day. Followed by a light lunch and tea/coffee.



IRISH PASTORAL CENTRE,  
540 GALLIVAN BLVD, UNIT REAR,  
DORCHESTER, MA 02124

ANSEO LE CHÉILE - HERE TOGETHER

## TRADITIONAL IRISH MUSIC SESSION



JANUARY 10th

3PM - 5PM

Join us for our monthly Traditional Irish Music Session at the IPC. All musicians, singers, dancers and listeners are welcome.

540 Gallivan Blvd, (Rear),  
Dorchester, MA 02124



ANSEO LE CHÉILE - HERE TOGETHER

**NO EVENT IN JANUARY**

**\$15**  
/pp

# Supper Club

Returns Feb 7th 2025, 5pm - 7pm



ADVANCED REGISTRATION IS REQUIRED  
CONTACT KATHY: 617-265-5300

📍 540 Gallivan Boulevard (Rear),  
Dorchester, MA

ANSEO LE CHÉILE - HERE TOGETHER

# WEEKLY IPC PROGRAMS



## Le Cheile Sobriety Support Program

ANSEO LE CHEILE - HERE TOGETHER

Saturdays, 6PM | Tuesdays, 7PM (Ladies Group)

## Toddler Tuesdays

Bond with your child & socialize with other families in a relaxed Freeplay environment.

10AM-12PM



## Music & Movement

With Miss Kathy!

EVERY WEDNESDAY  
10AM-12PM

Help develop your child's motor skills, balance, co-ordination and rhythm through music and movement. Followed with a free play session.

Have fun and meet other families!



## IRISH 25s CARD NIGHT

Come play Ireland's national card game, every Thursday evening. Tea, coffee and snacks provided. All welcome.

7:30PM



## IPC BUMBLE BEE KNITTING & CROCHET CLUB

EVERY THURS.  
11AM-1PM

All levels Welcome!


540 Gallivan Blvd. (REAR),  
Dorchester, MA, 02124



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# JANUARY

## IPC EVENTS AND PROGRAMS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			<b>IPC CLOSED</b> Polar Plunge in aid of IPC: 12PM @ Wollaston Beach	At IPC: Knitting: 11AM 25's Cards Night: 7:30PM	<b>NO FISH &amp; CHIP NIGHT!</b> <b>SUPPER CLUB RETURNS IN FEB</b>	At IPC: Le Chéile Sobriety: 6PM
5	6	7	8	9	10	11
At IPC: Social work Clinic: by appointment Petrocelli School of Dance: 4:45PM	At IPC: Social work Clinic: by appointment Petrocelli School of Dance: 4:45PM	At IPC: Toddler Group: 10PM Ladies le Chéile Sobriety: 7-8PM	At IPC: M&M Toddler Group: 10AM- 12PM	At IPC: Knitting: 11AM 25's Cards Night: 7:30PM		At IPC: Le Chéile Sobriety: 6PM
12	13	14	15	16	17	18
At IPC: Social work Clinic: by appointment Petrocelli School of Dance: 4:45PM	At IPC: Social work Clinic: by appointment Petrocelli School of Dance: 4:45PM	At IPC: Toddler Group: 10am Ladies le Chéile Sobriety: 7-8pm	At IPC: Music & Movement Toddler: 10AM- 12PM	At IPC: Knitting: 11AM 25's Cards Night: 7:30PM		At IPC: Le Chéile Sobriety: 6PM
19	20	21	22	23	24	25
At IPC: Trad Session: 3-5PM	<b>IPC CLOSED</b> 	At IPC: Toddler Group: 10am Ladies le Chéile Sobriety: 7-8pm	At IPC: Music & Movement Toddler: 10AM- 12PM	At IPC: Knitting: 11AM 25's Cards Night: 7:30PM		At IPC: Le Chéile Sobriety: 6PM
26	27	28	29	30	31	
At IPC: Social work Clinic: by appointment Petrocelli School of Dance: 4:45PM	At IPC: Social work Clinic: by appointment Petrocelli School of Dance: 4:45PM	At IPC: Toddler Group: 10am Ladies le Chéile Sobriety: 7-8pm	At IPC: Music & Movement Toddler: 10AM- 12PM	At IPC: Knitting: 11AM 25's Cards Night: 7:30PM	At IPC: St Brigid's Day Mass: 11AM	



2025

\*\*For expanded Calendar for our coffee groups, see Pg.6\*\*

Events in **ORANGE** are **NOT** at the, 540 Gallivan Blvd REAR location.

# IPC Community Partners



Home to Irish Bread & Scones; Coffee & Tea; Perfect for Cakes, Cookies and Bakes; Breakfast & Lunch Sandwiches, Hot Dinners  
**DAILY HOT LUNCH SPECIALS INCLUDE:**

Monday: Chicken Pot Pie, Shephard's Pie

Tuesday: Roast Turkey Breast, Stuffing, Gravy & Cranberry

Wednesday: Greenhill's Baked Ham, Shephard's Pie

Thursday: Irish Boiled Dinner w/ Irish Boiled Bacon, Corned Beef, Cabbage, Spuds, Veg & Homemade White Sauce

Friday: Chicken Pot Pie, Chicken Curry, Rice and Fish dinner

Saturday: Shephard's Pie, Full Irish Breakfast

Sunday: Full Irish Breakfast



735 Huntington Ave  
Boston, MA — 02115

617 277 9200



Great Fish and Chips doesn't have to be limited to IPC Supper Club!

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f:(617) 265-0771



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Willow.homehealth@gmail.com



Mon-Thu: 9-5  
Fri: 9-4

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**617-265-5300**

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DORCHESTER, MA  
02124

**ALL DAY IRISH FARE**  
**A TASTE OF HOME**  
SERVING BREAKFAST, LUNCH, AND DINNER IN A LAIDBACK AND COZY SETTING. HAVE A TASTE OF HOME IN OUR DINING ROOM, A FEW PINTS IN OUR SNUG, OR PERHAPS AFTERNOON TEA IN OUR FIRESIDE LOUNGE. LOCATED IN THE HEART OF ADAMS VILLAGE.



**NOW OPEN**  
**FOR DINE-IN &**  
**TAKEAWAY!**

**FULL IRISH BREAKFASTS | DAILY ROASTS | WEEKEND TRAD SESSIONS**

## Sports News From Ireland

### Cork football legend Inducted into Munster GAA Hall of Fame —Echo Live

Cork football legend Larry Tompkins has been inducted into the Munster GAA Hall of Fame. The All-Ireland winner with the Rebels in 1989 and 1990 is widely regarded as one of the great Cork players of all time. With unemployment rife in Ireland, Tompkins spent much of the early 1980s working in the United States where with players from Castlehaven, who eventually coaxed him into playing for the Haven, winning two Cork SFC medal and three Munster medals. He became involved in coaching while he was still in his heyday as a player. Tompkins collected two Celtic Crosses, six Munster medals, one National League, and three All-Stars.



### RTE Sportsperson of the Year Award Announced

Paralympic gold medallist Katie-George Dunlevy has earned an RTE Sport Sportsperson of the Year award nomination, and her tandem para cycling partner Linda Kelly have also been nominated for the RTE Sport Team of the Year award. Dunlevy, whose father John is from Mountcharles, Co. County Donegal is Ireland's most successful female Paralympic athlete after taking home home gold and silver medals at the Paris 2024 Paralympic Games. Dunlevy and Kelly won a superb Paralympic Gold in the Women's Time Trial B road race. Dunlevy secured two Silver medals in the Individual Pursuit B (with pilot Eve McCrystal) and Road Race B (with pilot Linda Kelly).



### Galway GAA 'game changer' facilities addition Announced—Galway Beo

St. James' GAA in Mervue, in Galway City has made major progress on a dream development that's been over a decade in the making, after an agreement was reached with Galway City Council. The club is set to receive a new Astro Turf pitch, with construction on the project set to begin next spring. "This is a game changer for the club and the community of Galway city east. It will help clubs like St. James' GAA enhance and improve their training schedules all year round," Cllr Galway City East Shane Forde said. He hopes other clubs such as Renmore and East United FC could enjoy similar projects in the future and the pitch was championed by club members since as far back as 2012.



### Dublin awaits as NFL announces 2025 Dates— RTE

The NFL will play a regular season game in Berlin for the first time in 2025, with Dublin still among a group of cities in the running to host games next year. NFL commissioner Roger Goodell suggested last month that Dublin could host one of the professional American football league's international games in 2025 as part of an effort to expand its global footprint. Last year NFL ownership voted to approve an increase in the slate of international games to eight from four beginning with the 2025 season. A commitment to playing two games at London's Tottenham Hotspur Stadium and one game in Madrid have already been announced.



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# LOCAL SPORTS

## Hounds Double Crowned Champions for D1 & D3



The Boston Irish Wolfhounds pulled off the double this month, capturing both the Division 2 and Division 3 New England Union crowns in stunning fashion.

This is the first time the Club has won two outright New England titles since 2007. In those heady days the Club was the dominant side, winning three national titles between D1 & D3.

It was a spectacular day at Union Point in Weymouth, MA, as the Club's senior players, youth, Old Boys and Alikadoos, friends and families, were teeming and beaming with pride. For the Club's senior team players, coaches, and administration, it was the pinnacle of a rebuilding process that began in 2018, survived the Covid-19 shutdown, saw the return of the Division 3 team after a six year hiatus, and took many dramatic twists and turns along the way. A testament to the Club's depth and reserves that both teams fielded 23 man panels for a full season and endured injuries, suspensions, travel, marathons, half marathons, Iron Man-a-thons, immigration "issues", weddings, births, passings, and more. In total 70 different lads pulled on the Green & Amber to represent this proud, fine organization.

## Boston Youth Players Prepare for Féile Tournament in 2025



Try outs finished up this month for the 2025 Girls Boston Féile team who will travel to Ireland next year compete in the renowned youth tournament. The John West Féile Peile na nÓg is a Club festival for Gaelic football and Ladies Gaelic football at Under 15 level, involving teams from across Ireland. The tournament will be held on Saturday 28th June 2025 in Co. Wexford. Girls from clubs all over the Northeast region took part in the tryouts hosted between the Irish Cultural Centre in Canton and the Irish—American Home Society in Glastonbury Connecticut. Best of luck to all those who tried out!

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# Local Sports

## USA GAA Trials Take Place in Chicago



Started as an idea decades ago, USGAA is now preparing for their second year competing in the All Ireland Championship! The USGAA Jr. Men's Football County Team Trials took place on November 16th and 17th at Chicago Gaelic Park. Sixty players from 23 GAA clubs across the United States competed for their spot on the team. All players—who started in youth programs across our county and hope to represent the USGAA in Ireland next year's Junior All Ireland Championship! The process of making a panel, the Trials that take place over the several months throughout the county with only 28 players from 12 clubs named on the official panel last year. The weekend included a training session from 10:00 am until 3:30 pm, followed by a match on Sunday at 10:30 am. The event saw plenty of support for the team, best of luck to all players who showcased their skills.

## GAA QUIZ- Team Sponsor's

*Answers on Page 3*

*What county team jerseys are affiliated with the below companies?*

1. Kepak



4. Finches



7. Harte Peat



2. Esat Digifone



5. Clifford Electrical



8. Elvery's



10. Tracey



3. Avonmore



6. Carroll Cuisine



9. Arnotts



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