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# **Litr Nuachta • NEWSLETTER**

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## **2019 - 2020 OFFICERS**

Chairperson...Tara Lynch Vice Chairperson...Frank Kennedy Treasurer...Michael Hickey  
Secretary...Maureen Conway Auditors...Pat O'Brien and Joe Harney Public Relations Officer...Barbara Davis

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Delegates to Regional Council...Michael Hickey and Maureen Conway • Web Master...Eileen McClelland  
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## **Membership Year ~ November 1 thru October 31**

**Dues payable by Nov. 1:** Individual Adult Membership \$25 • Second Adult (same address) \$8  
Couples \$33 • Jr Membership (under 18) \$5 • Family Membership (with all children) \$40

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## **COMMUNITY CALENDAR**

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Sean Murphy (508) 790-0438

[seanmurphy630@gmail.com](mailto:seanmurphy630@gmail.com)

**RTÉ Radio 1/Céilí House ~ Online**

Céilí House is one of RTÉ Radio's most popular programs of traditional Irish music and song. Presenter Kieran Hanrahan and producer Aidan Butler search out good sessions in Ireland to bring each week to loyal listeners on Saturdays at **4.02 p.m.** Boston time. *Great archive available.*

<https://www.rte.ie/radio1/ceili-house/>

## **A Chairde,**

The Coronavirus pandemic has thrust us all into unknown territory. Some are facing both health and economic impacts. In Ireland, the phrase "Cocooning" is used ... when others help the more vulnerable. Never has such a simple word meant so much. It is not a time for mental isolation so I encourage us all to reach out and do what you can to help regardless of where in the spectrum we may be. We have a multitude of ways to affect people whether by phone, video, email, text or mail. The spontaneous things that happen when we all get together are precious – hugs & kisses, jokes & laughs, whoops & whistles. It's going to take a while to understand what our "new normal" will be. The important thing is that we remain close in whatever way we can. So, pick up the phone, write a letter or an email and remember "...this is just an intermission. We'll see each other soon".

A special shout out to our "essential workers" who continue to provide essential services during this time. There are no words that can adequately express our gratitude for all that you are doing during this difficult time. I'll contain myself by saying "go raibh míle maith agat", thank you so very much. Your contributions are appreciated, and we thank you in our prayers, hearts, and minds each and every day.

God bless everyone ... **Tara Lynch, Chairperson**

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A spiritual gift ~ RHC Branch CCÉ Members will be remembered in the daily Masses and prayers of the Sisters of Notre Dame de Namur in eighteen countries.



*Frank Kennedy ~ Vice Chairperson*

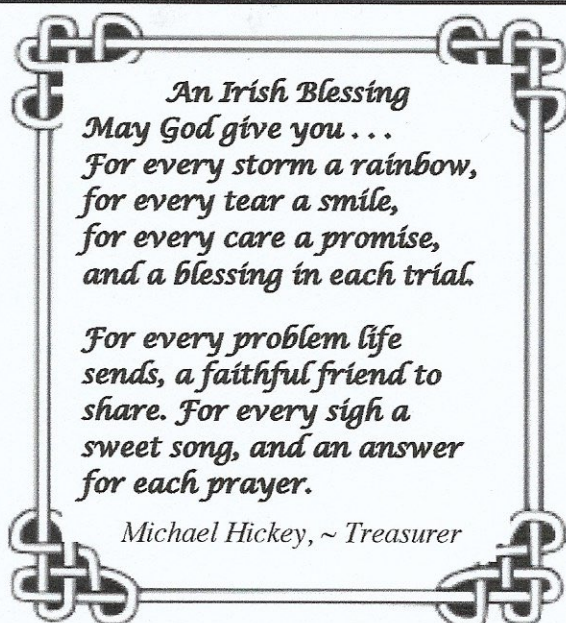
At a time when most of us are living in isolation from our friends, neighbors, and family members not in our household, it is important to realize that we are part of a community – a community both near and far. As members of the world-wide Irish diaspora, we can reflect on those relationships and what they may mean to us. Perhaps we have family and friends in Ireland or other countries, as well as within Comhaltas in Ireland and across the U.S. and Canada that we can correspond more often with.

Recently Ciaran Cannon, T.D., Minister of State for the Diaspora wrote: "I am particularly conscious of the many Irish communities around the world that are being affected by the Covid-19 crisis ... I want to assure you that although you are abroad, you are still in our thoughts as we collectively fight against this pandemic ... We should remain aware that the crisis will pass and the bonds between us, which we can strengthen through our actions and solidarity during this time, will be the stronger in the future."

*Maureen Conway ~ Secretary*

Yes there is panic buying. Yes there is sickness. Yes there is even death. But, they say that in Wuhan, China after so many years of noise you can hear the birds again. They say that after just a few weeks of quiet, the sky is no longer thick with fumes but blue and grey and clear. They say that in the streets of Assisi, Italy people are singing to each other across the empty squares, keeping their windows open so that those who are alone may hear the sounds of family around them. They say that a hotel in the West of Ireland is offering free meals and delivery to the house-bound. A young woman is busy spreading fliers with her number through the neighborhood so that the elders may have someone to call.

Today Churches, Synagogues, Mosques and Temples are preparing to welcome and shelter the homeless, the sick, the weary. All over the world people are slowing down and reflecting. All over the world people are looking at their neighbors in a new way. All over the world people are waking up to a new reality. To how big we really are ... To how little control we really have ... To what really matters ... To Love. So we pray and we remember that Yes there is fear but there does not have to be hate. Yes there is isolation but there does not have to be loneliness. Yes there is panic buying but there does not have to be meanness. Yes there is sickness but there does not have to be disease of the soul. Yes there is even death but there can always be a rebirth of love. Wake to the choices you make as to how to live now. Today, breathe. Listen, behind the factory noises of your panic ... The birds are singing again ... The sky is clearing. Spring is here and we are always encompassed by Love. Open the windows of your soul and though you may not be able to touch across the empty square, **Sing!** A song should lift your heart, warm the soul and make you feel good. Written by a Capuchin Franciscan Brother, Fr. Richard Hendrick, OFM, March 2020

*Barbara Davis ~ Public Relations Officer*

**What I learned so far in 2020 is that everything can change so quickly. Things you relied on can be taken away.**



**What is truly important are the people you care about, that they are safe, protected and feel loved.**



*Sally Harney ~ Múinteoir Damhsa*

**Pandemic** lockdowns might be extensive, but not all our movements are restricted. This has led to a rise in dance, as people seek fitness, stress relief, and healing. Maybe our obsession with dance shouldn't come as a surprise... studies prove it's good for the brain. So until the day when we reunite on the dance floor ~ *dance then, in the kitchen or wherever you may be.*

*Something to Ponder . . .*

When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way.



*Barbara Boyd ~ Membership Coordinator*

### Essential Workers . . .

Lord God, while many of us shelter in place, there are others we know who are called out each day, whose work is so essential to our well-being that we cannot do without them. For those who provide us food, who mend our homes and highways, who bring us light and heat, health and safety and meet many other needs. For their service, we ask not just the kindness and thanks of many but protection provided in their workplaces.



*Eileen McClelland – Webmaster*

We find ways to stay connected to our friends, our family, and those with common interests. We do this in normal times with so many options to connect, it is sometimes dizzying and we might even say, "Halt! I want to get off." Well, we're off now. But we are learning new ways to keep in touch. We're adapting. We're also finding there are many advantages to doing things differently than "before."

We've broken down barriers, as others have reached out to us and we to them in new ways. With the help of video conferencing apps or live-streaming and recorded videos, we are able to participate in events that are otherwise not possible due to physical location or time constraints. As we overcome the challenges of our enforced confinement, let's remain innovative and take advantage of new ways of staying connected.

*Coleman Mullen ~ Treoir na Gaeilge*

*Food for Thought . . .*

It's important to remember the high value and respect Irish people place on the Irish language, and justifiably so, as the nation's mother tongue is one of the world's oldest and most beautiful languages in the world. The language is officially called "Irish" in the English language and "Gaeilge" in the Irish language. Despite what people say, Irish is not inherently more difficult to learn than other languages. During these difficult times you might want to Exclaim "Sláinte!" to family and friends. This is the closest term you can use to toast someone "**cheers!**" More accurately, the term "sláinte" translates into the English term "health." When using this term, you are essentially toasting to someone's health.

### CONDOLENCES AND SYMPATHY

- ♦ To Regina Moriarty, family and friends, on the loss of her dear husband, Francis (*Fran*)
- ♦ To family and friends of James (*Jim*) Shea on his passing
- ♦ To Liz and Roger Raymond, family and friends, on the loss of Roger's cherished Mom, Helene

*Fr. Daniel Finn ~ Branch Chaplin*



Love, Loyalty, Friendship

The Irish Pastoral Center posted a video on Facebook featuring an uplifting message/song from Fr. Finn. Frank Kean was kind enough to convert the Facebook URL to broaden viewing.

<https://tinyurl.com/pastoralcenter>



*John Kearney ~ Executive Board*

Jim Roach and I are wondering what Musicians and Dancers are doing during this very difficult shut-in time. Jim is an excellent Céilí Band Drummer and taught drummers at the CCÉ Music School to prepare for band competitions in Parsippany, NJ and Pearl River, NY. Jim is a co-founder of the Music School and was Executive Director for several years. Both Jim, and his lovely wife Peggy, could often be found out and about Irish dancing. One of Jim's enjoyments now is watching the excellent programs and videos on TG4, featuring the great Uilleann Piper, Liam Og O'Flynn, Frankie Gavin and DeDannan, and also featuring Brendan and Cormac Begley playing in West Kerry.

Google Search, "TG4" ~ the Irish Language TV Station. You'll find the musical biography of Liam Og O'Flynn, a master Uilleann Piper. It's a great story about Liam joining the Band Planxty and keeping the traditional purity in his playing during the Folk Music Revival. He raised the Uilleann Pipes to a whole new level leading a Symphony Orchestra in the "Brendan Voyage" production after he left Planxty. I greatly enjoy listening to Christy Moore, Paddy Glackin and Noel Hill too.

The Frankie Gavin and family video features great music and stories in Connemara. *The scenic pictures of Galway make me want to go back.* You can save the amazing Begley video for another day. Hold tight while that white Transit Van races down a small country road in West Kerry... absolutely brilliant music and gorgeous scenery. I pray that everybody stays safe and well, and that musicians and dancers will soon be back at a Seisiún/Céilí with Tara Lynch.

*Tom Crean ~ Music School Executive Director*

Life imposes things on you that you can't control, but you still have the choice of how you're going to live through it.

If you play music with passion and love and honesty, then it will nourish your soul, heal your wounds and make your life worth living. Music is its own reward.

The trick is to play your music louder than your thoughts.

*Joe Harney ~ Auditor***Fifty Ways To Beat The Virus**

Stay away from the pack, Jack  
Don't visit your Gran, Stan  
Wipe down every toy, Roy  
To keep virus free.

Don't hop on the bus, Gus  
Don't listen to Don, Ron  
Don't hoard the TP, Lee  
Just stay virus free.

Sneeze into your sleeve, Steve  
Stop touching your face, Grace  
Keep back six feet, Pete  
Heed the CDC.

Just use the Purell, Mel  
Keep wipes in your purse, Nurse  
Take care of your stock, Doc  
You need PPE.

This isn't Spring Break, Jake  
Stay home if you're sick, Dick  
As Covid-19 leaps, Peeps  
Just follow the rules, Fools  
And stay virus-free.

*Pat O'Brien ~ Auditor****Ceol Agus Craic***

Irish sessions are mostly informal gatherings at which people play traditional Irish music. Sessions are at the heart of Irish culture. In Ireland, sessions are an integral part of community life.

At times a song will be sung or a slow air played by a musician between sets. We are fortunate the tradition is carried on over here and we long for that day once again.



*There's plenty of good trad online ... enjoy and stay safe.*



- Be sure to like us on Facebook <https://www.facebook.com/bostoncomhaltas/>
- The Comhaltas website has music and video archive [www.comhaltas.ie/music](http://www.comhaltas.ie/music)
- Clare FM - *The West Wind*. Listen live Monday to Friday 2 to 4 pm Boston time
- [www.clare.fm](http://www.clare.fm) ~ listen back to recordings
- TG4 Irish television channel [www.tg4.ie](http://www.tg4.ie) has a terrific archive of music programs. The website can be switched to English at the top right hand corner of the page.
- Recommended ~ watch programs such as Gradam Ceoil TG4, Tradfest TG4, Sé Mo Laoch, Geantraí, Hup and many more.

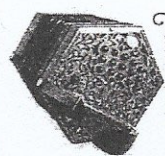
***Happy Mother's Day***

*The soft rains that fall  
before rainbows appear,  
The flowers that burst  
Cannot compare to the  
beauty that blooms  
within the heart of a  
Mother.*





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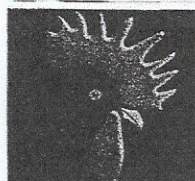
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