



Irish Trust Talk

Autumn 2013

Issue No 89



FEATURES

What Our Guests Say
Cycle 2014 – 30th Anniversary
Camino 2013: A Poem
Friendship Week



Trust TalkDigital

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Safeguarding Officers



Liam Ahern



Mary Dunnion

Designated Trustees with responsibility for the safety, welfare and protection of our guests

Contents

The Irish Pilgrimage Trust	3
A word from the Chairperson	4
Jottings	5
What Our Guests Say	6
A Student's Point of View	9
Picture Gallery	10
Friendship Week	12
A New Carer's Experience	12
Cycle 2014	13
Camino de Santiago	14
Friends of the Trust	15
Christmas Cards	16

LOUGH DERG 2013

We invite you to join us again this year for our second pilgrimage;
On Saturday 21st September.

- The price is €40 pp – includes boat, tea and coffee, Services and lunch. The times: 9.15am – 4.00pm.

For more information or booking details please contact the office at 091 796622 or e-mail to info@irishpilgrimagetrust.com

THE IRISH PILGRIMAGE TRUST

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Nurses Required

The Irish Pilgrimage Trust is always on the look out for nurses who would like to travel as a volunteer with a group on our pilgrimage at Easter. Are you or do you know of a nurse who might like to volunteer with Trust?

For further information please e-mail:

info@irishpilgrimagetrust.com
or telephone 091 796622

Charity No.: 5992

A word from the Chair

James White



Dear Friends,

You are very welcome to our Autumn edition of Trust Talk. At least the Summer of 2013 was a summer, as I am writing this I am on a friendship week in Cois Cuain and the sun is shining, both inside and out!

Last year at this time I said how honoured and privileged I am to be Chairperson of this most fantastic organisation. This year I have to add the word *humbled*. I am humbled by all the giving and the sharing that I have witnessed. I have not seen any taking; there must be some form of drug that every one takes when they become involved in the Trust. It is the gift we all receive, the gift of giving. **Jesus extolled the virtue of giving. He told us to give generously; not grudgingly, but cheerfully. This epitomizes the way the Trust gives, cheerfully.** If this could only be the way the rest of life operated, what a different society we would have.

Up to now I have looked at the Trust through different eyes, as a helper, group leader, regional officer and treasurer. Each has a different perspective, but it is only as Chairperson that I have actually realised what an organisation like ours does. It creates a synergy that is much more powerful than what any one individual can achieve. This along with the “giving” is the miracle of the Trust.

In this Newsletter I would like to ask each of you to consider: ***can you help the Trust more?*** In earlier editions I have mentioned the word family; family in relation to the Trust is a family joined together by affinity. This family needs all its members to work together to ensure we fulfill our goal. As in all parts of life we have many challenges.

In our case, our challenge is to fulfill our mission. I extract the following from it and it does us no harm to focus on it for a moment.

“We will invite young people to be pilgrims with The Irish Pilgrimage Trust and so to travel on a spiritual journey with a loving family of friends, where all individuals are valued and cherished as they are. Whereas we cannot bring all young people on pilgrimage, we will give preference to those who are disadvantaged, ill, disabled or marginalized.”

We know that we achieve this by the Group system which creates this “loving family of friends” whether it is in Lourdes or at home in Kilcuan or Cois Cuain. This is what makes us different from other pilgrimages or organisations that provide breaks for young people.

To do this we need people giving of their the time and talents freely. The people that make up the Trust Family are in no particular order:

- The Guests and their families.
- The Carers, Chaplains, Nurses and Doctors.
- The Group Leaders of Easter Groups, Hosanna House & Friendship weeks.
- The Regional Officers.
- Benefactors.
- The cyclists.
- Forever friends.
- Supporters.
- Trustees
- HQ, Kilcuan and Cois Cuain
- Families of all the above.

If you are reading this, it means you are part of the family. We need to reach out to each other, both to offer and seek help. Let your local Group Leader or Regional officer know you are there to support. If not, contact HQ to see what you can do. All groups need carers, people to assist with fund raising and helping at events and people to help with getting application forms out to deserving guests. But most of all we need support.

We are a fantastic organisation who really makes a difference. Last year again, we impacted on almost 2,000 people including carers, guests and other groups who used either Kilcuan and Cois Cuain and this does not include the families. Every day in the paper we read about the effects of the cut backs. We are now needed more than ever.

I would like to take this opportunity to thank you all and wish you all the best for the coming Pilgrimages at Easter and to Hosanna House. For those who have just completed friendship weeks, many thanks. For those who walked the walk to Santiago Compostela, I hope the feet are ok!

Also Good Luck to our cyclists and admiration for their commitment and determination to complete this massive challenge and in the bargain, raise much needed funds to allow us to give our Guests a fun filled time, whenever and where ever.

Our Lady of Lourdes, pray for us. Saint Bernadette, pray for us.

James White
Chairperson

JOTTINGS

Katie Taylor throws in the gloves!

Group 126 were thrilled to receive a present of an autographed set of boxing gloves from our gold medal Olympian, Katie Taylor and this came about through the good offices of Julie O'Brien, mother of Emma, one of our special guests at Easter 2012



Denise and Deirdre test out the Katie Taylor gloves, being cautioned by carer, Niall, on the evening of our big draw!

The gloves were the focal point of our fund-raising card line draw, which exceeded our expectations realising the sum of €5,000.00. So once again, a huge thanks to Katie and we wish her continued enjoyment and success in her boxing career... with gratitude and love from all in Group 126

Fund raising by Sligo Pension Service Office



Presentation to Mary Clancy (centre) of the Irish Pilgrimage Trust from the Committee in the Pension Services Office, Sligo.

NEWS FROM GROUP 309

- Congratulations to Gemma (nee Shannon) and Martin McGranaghan on the birth of their baby boy (Patrick) in June.
- Martin Black from 309 to getting married on 21st September

LOUGH DERG 21st September 2013

The Irish Pilgrimage Trust invites past and present carers and friends of the Trust to join a 1 day retreat/pilgrimage on the 21st September from 10am to 4pm. Please invite your friends to join us. The cost is €40, includes boat, tea/coffee, and lunch.

Lough Derg is an Irish tradition since the sixth century, all are welcome.

Please e-mail your name/names by return as places are limited.

IRISH PILGRIMAGE TRUST,
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21st Irish Pilgrimage Trust golf outing Nenagh Golf Club



The North Tipperary branch of the Irish Pilgrimage Trust would like to take this opportunity to thank all who took part in or sponsored this fund raising event especially Nenagh Golf Club for the use of the course.

A total of €2400.00 was raised

Northwest Garden Show Castlefin, Co. Donegal



L to R
Nicole Bryson,
Alice Rose O'Hagan,
Mary Dunnion,
Claire Dunnion

A blood pressure check at the garden show in May 2013, with the aid of "Sam Maguire", raised €393.22 for the Trust

Charity Fashion Show in CPI Castlefin

A hugely successful charity show presented by Castlefin Celtic F.C. in aid of the club and The Irish Pilgrimage Trust was held in the CPI Castlefin. Clothes from nine shops in



total were shown on the catwalk by models from the locality. The Shops included: *Marks & Spencer, Dunnes Stores, Watson Menswear, Verve, Mehans Raphoe, Menarys Strabane, Nena Models Factory Shop, SVP Castlefin and the Clonleigh Co-op Castlefin.* Master of Ceremonies was Larry Doherty who performed a great job on the night.

Hair and make-up was kindly done by local businesses: *Beauty Boutique, A Cut Above, Rosena's Hair Salon, Hair Junction and Beauty Rooms* all in Castlefin. A huge thanks to all who helped in the preparation and on the night and to everyone who donated fantastic prizes for the raffle including: *M&S Letterkenny, Finn Harps F.C., McElhinney Stores, Murray Pharmacy, Castlefin, The Red House Cafe Castlefin, Anna McMenamin, Mrs. Mary Dunion, Alcoque White, Michael Lafferty, Medicare Strabane, Donegal Rape Seed Oil, Today Xtra Castlefin.*



Model canines model!

Entertainment on the night was provided by Marcus Curran, Senan Catterson and the young talented Irish Dancer Kim Kelly. A special word of thanks goes to Michael Carlin and the staff in the CPI who provided the fantastic venue and prepared the hall so well for the show. Despite it being a very cold night, there was a huge turnout to provide a great atmosphere and support to all the models.

A great night was had by all.

The Spirituality of Lourdes

“Let the Holy Spirit work”

I thought I was thoroughly prepared for our pilgrimage to Lourdes. Meeting up as a group and talking through the precautions that needed to be taken and discussing the possible problems we may encounter through the week.

All of this preparation was helpful but one of the things I learned from this experience is that you can't adequately prepare for it; you have to go there with an open mind and an open heart and, as Christ said, “let the Holy Spirit work”.

For me, the pilgrimage to Lourdes was extraordinary in so many ways. One of the days I was pushing a wheelchair next to a nurse who had made the trip many times, I heard her say that she comes to Lourdes each year to “renew her faith in humanity” and I thought that's it, that's why we're here.

As the week went on though, I realized there was much more to the experience than renewing my faith. **On a spiritual level, Lourdes for me was an “inspirational retreat”!**



I can't imagine a more spiritual place on this earth than Lourdes. To be a part of a body of so many people from all over the world, openly proclaiming and celebrating their

faith in Jesus is something I've never experienced before. From being over there, I do believe our spiritual experiences differ. We are all unique in our own way and in turn our experiences are unique to ourselves. There may be similarities, but I hesitate on attempting to prove it's the exact same for everyone.

For me what I found very striking and touching during my pilgrimage experience was the simple trickle of water and water drops maneuvering their way down the side of the cliff at the Grotto where Our Lady appeared to Bernadette. It was very simple, like when you look out the window of a car on a rainy day and you see the water drops connecting their way down to the bottom.

While I visited the Grotto and walked in under the side of the cliff I noticed that all the raindrops started off individually but as they trickled down the rock they connected with other drops forming a strong bond and making it to their destination quicker and completing the task of getting to the bottom easier.



As I looked around the Grotto and saw hundreds of people praying individually, it struck me that yes like the raindrops we all start off as individuals and pray as individuals, but as the group of people sitting there together gazing at the statue of our lady, we all had the same task.. And the atmosphere created by everyone there made you aware that, just like the raindrops, you aren't on this journey alone.



And the amazing part is that no one was doing it to be seen as being virtuous or somehow getting credit for it in the eyes of others. I was inspired. The experience of the

pilgrimage to Lourdes provided me with spiritual nourishment. I put a lot into this pilgrimage both physically and mentally but all in all the rewards were well worth it. Like all seeds our spiritual seeds need water and light to grow. What I learned from this pilgrimage was that spiritual light wouldn't come to those who just sit in the darkness waiting for it to click or waiting for someone to flick the switch and enlighten you. The darkness may seem overwhelming in a way, but we get out of life what we put into it.



What I realised is that spirituality is about being keenly aware of your surroundings and listening with your heart. Spirituality happens around us every day. I don't think we know when that will be, what it will look like, or how to make it happen ahead of its own time, but I do believe it will happen for everyone.

Daithi Regan — Group 108

WHAT OUR GUESTS SAY

I was a guest with the Group 173 this Easter.

I had the most amazing fun packed week with the whole group. I made so many new lifelong friends. The carers were all very caring, helpful and friendly.

During the week we went to mass every day. In my opinion the Irish Pilgrimage Trust's Mass on Tuesday was the most spectacular, it was a very special Mass. It was so colourful and jolly, which is not like Mass usually. We visited the baths, the Grotto, went to the candle light procession. We designed and lit our own huge group candle.

I would have to say my favourite activity throughout the



week would have to have been our trip to the beach. The weather was glorious for our trip to the beach. We had so much fun larking around on the beach playing games. While at the beach we began the day with a short but beautiful mass, thanks to Father Eddie.



I loved having the mass on the beach as it was beautiful and peaceful and out in the open and it was a change of scenery which was just majestic. It was great to see the happiness on everyone's face. It was the best day ever.

"I had a great experience with Group 173 and it has given me more courage and confidence in general and I am grateful for all the fantastic new friends I made."

Shauna Coll — Guest Group 173

My week in Lourdes was like no other week I've ever experienced in my life.

Lourdes for me was life changing, not only from the strong belief and faith I have in Mary, but also from my carers in group 70. The carers have made this a very special week for me; with words of wisdom, encouragement and advice.



One of the things I learned from the advice I was given, was you can take the positive out of every situation, even situations from the past.

"Lourdes is magic" I cannot put it into words of how special it is. I couldn't wait to go home to Ireland and tell them all about my amazing time in Lourdes and how much it has helped me.... and as the famous Group 70 quote goes:

"You gotta love a bitta Lourdes Love"

"Thank you everyone in Group 70 for making it so special!"

Amy Keatinge
Guest Group 70

Lourdes recovers after more floods!



WHAT OUR GUESTS SAY

“67 I love you, deep down in my heart” 🎵 🎵 🎵

When I arrived at the airport the excitement started to kick in. I was there early, probably one of the first times in my life that I have ever been early for anything! Soon everyone had arrived and we were all starting to mix. Through out the week I made so many new friends within my group and in other groups.



We did many different activities throughout the week but I have to say I enjoyed every last second of my time in Lourdes. Everyone was so friendly and became like a family to me and I didn't feel homesick at all.

I love watching the DVD that our group leader Janine got made for us all. It feels great to look back on all the memories and looking back on what we did in our time in Lourdes.

I gained a new family and many new friends during my time in there.



When we arrived back in Belfast on Saturday 6th of April, I was more emotional leaving my new family and friends than I was leaving home on that Easter Sunday morning. This shows how welcome I was made feel.

I would like to give a great big thank you to Janine Kelly, our group leader and my carer for all the time and effort that she put into our week away. It was outstanding; couldn't have been better. Without all the work you put in, it would not be possible for us to go. Everything you have done for us all means so much. Thanks again

I would also like to thank all of the carers for everything that they done and to thank everyone who fundraises and donates for Group 67 to go. Without them also it wouldn't be possible.

I hope that one day I can go back as a carer and help give opportunities to others which I was given in 2013.

“67 I love you deep down in my heart” 🎵 🎵 🎵

Shannon O'Donnell — Group 67

“Lourdes is a Gorgeous place to visit, I really enjoyed my time there”



On the 31st of March 2013 I went on a trip to Lourdes with the Irish pilgrimage trust. I met up with the rest of my Group 303 at Dublin Airport. We then went to the departure lounge where we waited to board our plane.

When we got to Lourdes we got settled into the Hotel and had a look around Lourdes. That night we waited on the rest of our group to arrive to the hotel. The following day we went to Mass and to the Grotto. We also went on a day trip to the Pyrenees where we had lots of fun in the snow together. It was such a fun day, one I will never forget! Another day we went to St Bernadette's House and we also saw her grave.

One day we went on a “puffin billy” train ride around Lourdes where we had lots of fun with water guns. Lourdes is a Gorgeous place to visit, I really enjoyed my time there with The Irish Pilgrimage Trust. I have made new friends from the people I went to Lourdes with and am so thankful for them and for also my time in Lourdes.

by Jean Kelly - Group 303

“I will never forget the moment the Pope confirmed me. It was wonderful. It's a memory I will have for the rest of my life.”

12-year-old Fermoy boy, **Edmond Roche**, who travelled to Lourdes with Group 90 in 2012, was confirmed by Pope Francis in Rome on the 28th April 2013. Edmonds family, including his granny, aunt and uncle all travelled to Rome for the occasion. They were all made very welcome in the Vatican.



“It was so beautiful. The sun shone, words can't express the feeling!”, says Bernadette, Edmond's mother.

Edmond was among 40 children confirmed in St. Peter's square. The pope, when told by Edmond that he was from Ireland, responded “Oh that's a really nice country”. After the ceremony, he was presented with a personally signed photograph of the pope in a silver frame.

A STUDENT'S POINT OF VIEW

Three 5th year students from Millstreet Community School travelled to Lourdes as helpers with the Irish Pilgrimage Trust. *Katie O'Callaghan, Deirdre Kelleher and Denise Cronin*

We knew coming into 5th year that we would be given the opportunity to visit Lourdes with the Irish Pilgrimage Trust. We each heard great things about Lourdes from several people who had gone before us. We knew it would be hard work but still decided that it would be an experience of a lifetime.

It was an easy decision at the start as we thought we would be all going together, but we soon realised that one of us would be joining a different group to the other two. Although this made our decision slightly harder, it didn't affect our final answer as this was a chance we didn't want to miss out on.

There was a lot of planning and hard work involved in fund-raising. Each of us needed over €600 to go, for our expenses and to help contribute to the cost of the children's trip.

We began our fund-raising with sponsor cards, which many people generously helped us fill. We also had two cake sales in the parish centre which were a great success because of all the support we received from our local community. The last fund-raising event we had was a table quiz in our school library. This was also very successful thanks to our local shops for donating spot prizes and was the final step in reaching our target price and even more.

The trip: We arrived at the airport at one; we split into our two groups and got to know the people we'd be spending the week with. After an hour or two of getting to know everybody we made our way to the plane for boarding. The flight was very enjoyable as everyone was excited for the week ahead of us. We landed in Lourdes and took a bus to our hotels; we had dinner and went straight to bed as we had an early start in the morning.

Every morning we were up and ready for eight. We had our breakfast for half eight, lunch at twelve and dinner at seven. Throughout the week we did many things, each as good as the next.

We visited the Grotto almost every night. It was really beautiful and we were glad that we got to go every night. We lit candles for the people back home and we also got some water from the grotto to bring back home with us.

We took part in the candlelight procession one night; this was definitely one of our best nights, it was so beautiful. Then the following night we watched the procession from the top of the basilica; this was a sight to see.

We spent another day at the baths; this was a very worthwhile experience that everyone was looking forward to.



Throughout the week we also had plenty time for shopping and we went to many cafes for ice cream and hot chocolate. We learned a lot about St. Bernadette and her life story as we visited many museums about her and we also had the privilege of visiting the house she grew up in.

We attended two huge masses during the week, one was an all Irish mass with the and the other was a mass for everyone in the HCPT which took place in the underground church. The crowd was huge and the atmosphere was amazing. These were not your typical mass, these involved thousands of people dancing on chairs and singing at the top of their lungs as well as people dancing on the aisles. Everyone was dressed up with face paint and wigs including ourselves. This was great fun for everyone.



Our best day had to be our trip to Gavarnie. The snow up there was amazing; we had a huge snowball fight and also got sunburned! Afterwards we had a picnic; there was an amazing view of the Pyrenees Mountains. Later that night we joined up with another five groups at the Rossi hotel for a fancy dress. It was a great night and

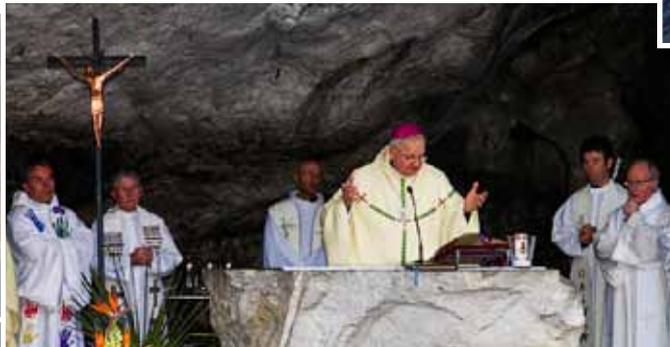
a great way to end our trip.

The next morning was our last, it was very emotional for some but we all promised to stay in touch. We would all love to go back as it was an experience of a life time that words can't describe.



The whole experience was great!

Picture Gallery



Picture Gallery



...what a week!

Our journey began in early May when we selected our wonderful and enthusiastic carers and guests! This year we decided that we should be recognised as a unit, so we got ourselves t-shirts! And, as each group in Lourdes has a slogan, we picked one for our week in Kilcuan too —

"You've got a friend in me".



We commenced on Sunday and to be fair some of our carers were at a disadvantage as they didn't know what lay ahead of them; but did that phase them? NO! Sunday evening we decided as a group to go to Paddy Burke's for a meal and as a way of getting to know each other a little better.

As the week went on we went on day trips on 'the Corrib Cruise' and 'Bunratty Castle'; we had BBQs in the park at the swings; we went bowling; played soccer and our guests even *tie dyed* their own t-shirts! We were blessed with such lovely weather that we frequently indulged ourselves in ice-cream. We had some great laughs with the young adults who sang and danced their hearts out every night....N17!

At the end of the day, the aim of this week for us was to ensure that our guests walk away knowing that they truly

"had a friend in all of us" ☺

What we learn from our guests is considerably more than what they learn from us.



They truly are incredible inspirational people who never let their disability define who they are and their smiles are never far from their faces!

I would like to thank all the carers who gave it their all; ***"friends for life"*** is an understatement!! A Special thanks to our group leader Trishaws Galvin, whose experience was invaluable to our week. Special mention to Fr. John for his lovely ceremony! To our carers Ronan, Eamonn, Andrew, Caolan, Glen, Aoife, Lori, Tanitha, Aileen, Lisa, Orla, Kayleigh, Linda, Lauren and Rachel. But a particular thank you to all of our guests, who made our week so special.

We came as strangers, experienced the week as friends and left as a family!

Rachael O Malley

Definitely going back again!

On Sunday 31st of March, Group 175 all gathered in Dublin airport to depart for Lourdes. We were all feeling nervous and excited at the same time to experience the trip we had all been waiting for!

When we landed in Lourdes that night we took a bus to our hotel, the Miramont. By the time we got there, the group were making jokes and laughing about funny stories being told.

On our first day we got a fabulous guided tour of Lourdes by Fr. Micheal and although it rained and poured we thought it was a good idea to take a trip to the baths: there were no queues! I personally enjoyed the baths the most. I think all of us girls were nervous going in at first because we didn't know what to expect but there were plenty of caring French women there to guide us through the steps.

Tuesday was the Irish mass. Let's just say, it's the first mass I've come out off with no voice. The Irish mass is full of singing songs and dancing. At the start of the mass all the groups carried in their group banners and we all cheered them on! I learned the actions to "Rise and Shine"! A song you will know for life, if you go to Lourdes!



Wednesday we took a bus trip to Gavarnie along with two other groups. We had a big sing off on the way there and back! Gavarnie was beautiful, it is a town surrounded by snowy mountains and to top it all, the sun

was shining! We laid down picnic blankets and Fr. Micheal celebrated a lovely mass. We spent our day having snowball fights and walking around the mountains, making friends with other groups along the way!

Another day was in the Arts & Crafts Centre making group pegs and decorating t-shirts. We all enjoyed our time there, as we learnt a lot from the artistic people in our group!

On one of the last days we had our 'party night'. A night was filled with fun and games including musical statues and newspaper dress up. The best part was the dance off with the boys against the girls and the girls pulled away an easy win!

Lastly, lighting our group candle in the grotto. We had a massive candle, which we decorated with outlines of our handprints and names on it. On the last night, we lit our candle in the Grotto and said our final prayers.

I really enjoyed my week in Lourdes. It was a week packed with activities and fun. I made many great friends along with unforgettable memories that I will cherish for life!

Laura Hanlon — Group 175

CYCLE TO LOURDES



The Irish Pilgrimage Trust **CYCLE 2014** 30th Anniversary



In 2014 we celebrate the 30th anniversary of the first cycle to Lourdes in 1984. In that year six cyclists undertook the challenge. Since then, every second year, the numbers have increased and in 2012 we had 150 intrepid cyclists make the 700 km journey from Dinard to Lourdes.

During the wonderful summer weather, our 'La Brise' Lourdes cyclists have clocked up the miles and kilometres in training and preparation for the Irish Pilgrimage Trust fund-raising cycle to Lourdes, which will take place in France during Holy Week 2014. We are delighted to welcome so many new participants for 2014 and look forward to meeting our new and 'old' friends on the upcoming practice cycles. **As demand for places has continued we have decided to accept some further applications for the next few weeks.** So if you or any of your friends would like to join us, why not contact us for details.

It's still not too late!

- **Get fit and trim**
- **Make new friends**
- **Explore France**
- **Take a fun holiday**



We also have limited places available on the back-up support team. **IT'S STILL NOT TOO LATE TO PARTICIPATE!** This unique event only occurs every second year and 2014 will be the 30th anniversary of our first cycle to Lourdes in 1984. Take this great opportunity to GET FIT, meet new friends, see more than 700km of the enchanting French countryside, enjoy the fun and craic - all this while helping so many young people with special needs.



For Further Information and Details
✉ Cycle 2014, Kilcuan, Clarenbridge, Co. Galway
☎ 091-796622

☎ Pat Jordan: pjordan@irishpilgrimagetrust.com Mob 083-3457923
☎ James McHugh: jmchugh@irishpilgrimagetrust.com

Camino de Santiago

The Way of St. James

Recycling the Camino

Gerry Waters has cycled to Lourdes with the Irish Pilgrimage Trust 5 times over last decade. This year he cycled from Galway to Camino del Santiago. This is his story:



I retired from AIB in August 2012 and decided to mark it with a significant cycling journey. Doing the Camino has appealed to me for a number of years, so I started planning. I bought a specialised touring bike, tent, camera, etc., and planned to go in June.

From Galway I cycled to Rosslare Harbour starting on the 10th June. I cycled from Roscoff to Irun in northern Spain arriving in Santiago on the 5th July. I used Cycleways where possible and generally they were of good quality. Maps were essential, especially near Nantes and Royan. The weather was very changeable which was probably good. *Spain was magical!*

The scenery was amazing, the cities lovely and the people very helpful and welcoming. I cycled on paths where possible but the conditions of these paths were more suitable for walking or mountain bikes than my touring bike! The weather got very hot and I found the last 3 days really hard and tiring. The heavy bike was hard on the hills. I was normally on the road from 7am., but finishing at 4ish. I stayed in Auberge's along the way. These are very sociable and pleasant hostels.



I had a nice day in Santiago, got to the pilgrims mass and generally enjoyed the atmosphere. Very relaxed. I was happy and sad to get to Santiago, happy to have reached my goal and in one piece, sad that the adventure on the bike was over. I came back to Ireland via Bus, train, Ferry. The Bus journey from Santiago to Irun was amazing. Beautiful scenery all day.



I am now back working and dreaming of my next touring cycle

For more details, see my blog: cyclande@blogspot.com
I am also glad to answer any questions about routes, where to stay etc. gjwaters@eircom.net



Camino 2013

At last, for now together,
our journey's at an end,
The distance has been covered,
The energy been spent.
And though it will be quite some time,
before we meet again,
I'd like to say a thank you,
A kindness between friends.

To Teresa Lee, our leader,
she guided us on our way.
To Geralyn and Mary,
for their advice in every day.
And of course I'd like to say,
a thank you to all the rest,
Three verses would be rather long,
so two will do the best.

(Sean Porteous, 16 years)



L-R back row: Teresa Lee, Brigeen Logan, Sandra Masterson, Roisin Wafer, Una Porteous, Geralyn Corcoran, Carmel Rafferty, Mary Drake
Front row L-R: Geraldine Keane, Ger Walsh, Sean Porteous
Paul Porteous behind the camera



Friends of the Trust

AN INVITATION TO YOU

Dear Friend of the Trust,

I am taking this opportunity once again to write to you on behalf of the Trust.

The Trust thankfully is strong and vibrant and continuing to grow and prosper. We have more people than ever wishing to travel to Lourdes with us at Easter time and to Hosanna House in June, both carer's and guests. Our houses at Kilcuan in Galway and Cois Cuain in Wexford are providing a great holiday spot for our guests and respite for their families and carer's. Last year we provided a break for 1,100 people, which does not include their families.

Please see our website; www.irishpilgrimagetrust.com for any more information on what we are doing.

This year we are again offering you the opportunity to become a "Friend of the Trust".

The Irish Pilgrimage Trust relies on the commitment, passion and enthusiasm of our most loyal supporters and in an effort to recognise this we are starting "the Friends of the Irish Pilgrimage Trust". By becoming a Friend, the support provided by you will help to secure the future of the Trust and enable our continuing work. We propose to recognise our Friends in Lourdes each year.

As a friend we are asking you to give whatever support you can to your local group or region. The group leaders in particular require as much help and support as you can provide to assist them in bringing groups to Lourdes at Easter, with Hosanna house or to Kilcuan and Cois Cuain. Volunteering as a carer or introducing a carer, helping with fund raising, introducing potential guests, helping with friendship weeks etc, can achieve this.

We are also asking you to contribute €20 per annum to be recognised as a friend. Please find standing order form below.

Many thanks for taking the time to read this letter.

Yours Sincerely

Bernadette Connolly
National Co-ordinator

**Please fill in all the details below to help keep our records accurate and return the form to:
The National Co-ordinator, The Irish Pilgrimage Trust, Kilcuan, Clarinbridge, Co. Galway.**

Please use BLOCK CAPITALS

Name _____
Group Number _____
Address _____
Telephone _____

Please include me/us on the mailing list to receive a copy of the Trust Newsletter. Yes / No

I/we would like to make the following contribution to the Irish Pilgrimage Trust fund raising.
By pledging to pay € monthly / annually. Please circle as appropriate.

I/we have enclosed an annual cheque : €
I/we have completed the attached Bankers Order.

Eligibility for tax refund to the Trust:

See www.revenue.ie/en/business/charities.html for any annual donation in excess of €250

BANKERS ORDER

To: The Manager

Bank: Branch:

I/we authorise you to debit my/our account numbered:

With the sum of €

For the credit of The Irish Pilgrimage Trust:

AIB Bank, Lynch's Castle, Galway.

Sort Code: 937096

Account Number: 41444561

Please charge these payments to my/our account monthly/annually commencing with a payment on the first day of 201..

Please do not charge my/our account with any fees as the Trust is a revenue approved "Eligible Charity" number CHY5992.

Account Name:

Authorised signature(s): Date:

Please cancel all previous standing orders in favour of The Irish Pilgrimage Trust.

• Please complete the top of this form and return to Kilcuan.

Christmas Cards 2013

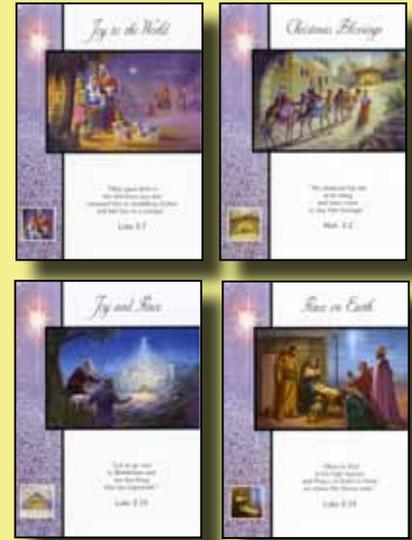
A



B



C



Number of Packs required	Ref.	Title of Card	Cost (Roi & NI) (Excl. Postage)	Total (Incl. Postage)
	A	<i>Celtic Script</i>	€ 5.00/£5.00	
	B	<i>Christmas Robins</i>	€ 5.00/£5.00	
	C	<i>Three Wise Men</i>	€ 5.00/£5.00	
	D	<i>Shepards & Kings</i>	€ 5.00/£5.00	
	E	<i>Santa Claus</i>	€ 5.00/£5.00	

Postage and packing prices (Republic of Ireland and Northern Ireland)

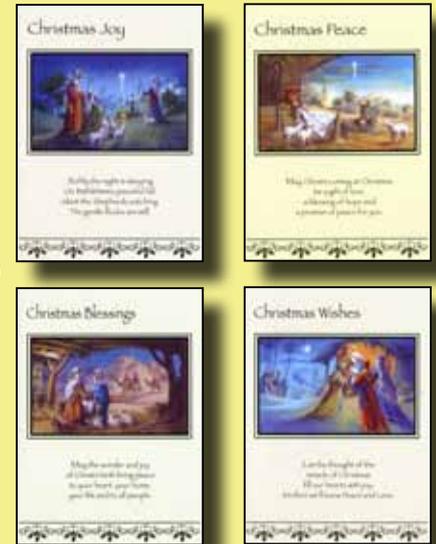
For 1 pack add €2.35/£2.35 For 2-3 packs add €4.00/£4.00
 For 4-6 packs add €6.50/£6.50 For 7-12 packs add €7.50/£7.50

Other costs on request.

In the case that your choice is not available please indicate your alternate choices in order of preference.

Purchase Total:	
Postage:	
Donation:	
Total:	

D



E



Please use BLOCK CAPITALS

NAME _____

ADDRESS _____

POSTAL CODE _____

Christmas Cards are a very important source of advertising and income for the Irish Pilgrimage Trust. Our range is simple and uncomplicated and we hope that they will serve you well again this year as you send greetings to your friends and families at Christmas. Thank you for your donations and your purchases.
It makes a huge difference.