

Irish Pastoral Centre Newsletter



“We are a Parish without Boundaries.”

*Serving the Greater Boston
Irish Community since 1987*

THANK YOU TO OUR MARATHON RUNNERS !



For almost 20 years the Boston Marathon has been a vital source of funding for the Centre’s support services. Our Social work and case management programs have grown exponentially since the onset of the pandemic and the marathon funds are a major support for direct aid in housing and food insecurity.

We are most grateful to our team as they surpassed our target this year. We know that many of you supported our runners! Your support makes an enormous difference for many! Go raibh mile maith agaibh go leir! We also celebrate and congratulate all runners in the Boston Irish community for ran who very worthy causes!



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



**Government of Ireland
Emigrant Support Programme**



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

IPC News Desk

Dear friends,

I hope you are enjoying the stretch in the evenings as Spring struggles to join us.

We have enjoyed some lovely events over the last month and our new construction is complete at last. I extend our gratitude to all who contributed their time and talents led by Board members Mike Carey and Mark Porter.



On Sunday April 21st, we had a very special dedication in our new Health and Wellness Centre. The room is named for a young and accomplished young lady from Milton, Courtney Ann Kelly who tragically lost her life nine years ago, Her Dad and benefactor Pat Kelly worked with us over the past twelve months to carefully plan a designated, warm and comforting room to support clients in need, those who are bereaved and social work appointments. We officially opened the room and gathered in community while enjoying a delicious breakfast catered by the Sly Fox in Quincy. This designated space is a needed and welcome addition to our Health and Wellness program. On behalf of our staff and Board of Directors we extend our thanks, appreciation and gratitude to Pat Kelly for his support, vision and continued interest in the Centre. Our thanks also to Vincent Crotty for the beautiful sign pictured below.

We are looking forward to the GAA weekends which begin showing at the centre the first weekend in May. Our Mothers Day event takes place at the Centre this year for all who attend our weekly Senior programs and we are looking forward to a great afternoon catered by Greenhills Bakery with music from Mossie Coughlin on Thursday May 9th.

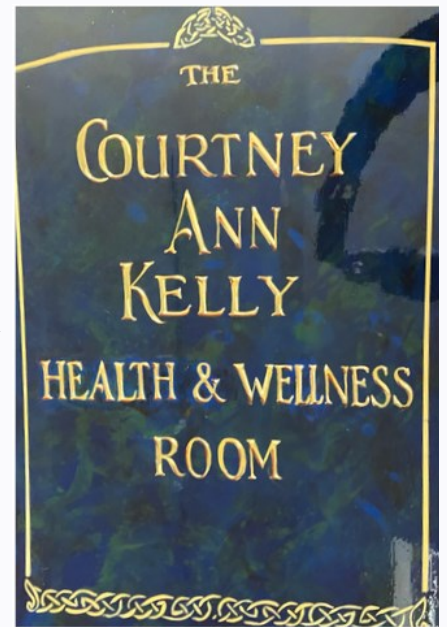
The month of May also welcomes our J1 students from Ireland and we hope that they all have a wonderful experience in Boston.

On Saturday May 4th we will walk from Darkness into light at Pope John Paul park. We will leave from the IPC at 4.45 am. This year we are walking to support the Kevin Bell foundation who repatriate deceased Irish citizens to Ireland from all over the world as well as Pieta house for suicide prevention. Please join us as we give back to two great organizations!

On June 2nd we return to Deer Island for our Famine memorial Mass.

Finally, our Marathon team crossed the finish line once again on our behalf raising \$12000.00 for our support services. Thank you so much to Mary Varden and Eddie Marquis!

On we go with thanks as always,
Mind yourselves, Mary



Deer Island Famine Memorial Mass

SAVE THE DATE

The IPC Mass of Remembrance at the Deer Island Famine Memorial on Sunday June 2nd, 11am



THIS PAGE IS SPONSORED BY NEIL HURLEY

IPC News Desk



Courtney Ann Kelly Health & Wellness Room Officially Opened

The IPC was honored to officially open our new Health and Wellness room named after the late Courtney Ann Kelly, daughter of Pat Kelly. This new space will be used for our Health & Wellness program to give a private and confidential space in our centre for those in our community who need it. We extend our sincere thanks to Pat Kelly, IPC Board members Mike Carey and Mark Porter for making this dream a reality. Thanks also to all tradesmen who volunteered their time and talent, in particular Vincent Crotty. Thank you to the Sly Fox for a wonderful breakfast and to our musicians Niamh Healy and Aoife Griffin for enhancing this special day. To support the Courtney Ann Kelly Health and Wellness Centre, please visit ipcboston.org



Ireland Soccer Star gets to meet our own Neil Hurley!

We wandered into Irish soccer legend Niall Quinn last month who was delighted to meet our own board member Neil Hurley. What a lucky day for Quinn!

VOLUNTEERS NEEDED!!

We are looking for volunteers to join us in making a positive impact in our community. Our community events calendar is growing and there are many ways to help!

- Flexible schedule - you choose the events to sign up for
- Duties include assisting in the setup, serving and cleaning up at various events.
- The IPC prides itself on being a friendly, hospitable and caring centre.

For more information contact events@ipcboston.org



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Consulate General of Ireland | Boston

The Mother and Baby Institutions Payment Scheme

The Mother and Baby Institutions Payment Scheme is now open for applications. The payment scheme provides financial payments and health supports to eligible people who were in Mother & Baby and County Home Institutions in Ireland. Apply today online or request a paper application at www.gov.ie/paymentsscheme

If you need technical assistance with requesting a paper application, call into the Irish Pastoral Centre or call us at 617-265-5300

C.A.R.E. Cumann Airígh Rúnchara na hÉireann AT THE IPC



Association of Irish Caregivers and Confidants

On Sunday April 21st, we held our first meeting of C.A.R.E. - Cumann Airígh Rúnchara na hÉireann an association of Irish Caregivers and Confidants who are regrouping to provide advice and support to our community with regard to health care services and support. First created 20 years ago through the Pastoral Centre and led by Maureen McNally and Cait O'Byrne we are delighted to re-launch this initiative and we welcomed 17 people to our first meeting. If you would like to learn more about this network, please call the Centre at 617 265 5300.

GAA SPORTS QUIZ ANSWERS: 1. Beech Hill, 2. 1888, 3. Limerick and Louth, 4. Limerick (final score being Limerick 1-04 to Louth 0-3, 5. Tour by Gaelic Athletic Association athletes in the United States, 6. London, 7. Phoenix Park, 8. John Cullinane, 9. Kerry refused to travel to Dublin (due to a dispute with the Great Southern & Western Railway Company), 10. Dublin and Cork

IPC News desk

New Play Area!

Our new dedicated space for our Toddler Program with lots of help from Seniors from Arch Bishop Williams High School. Join us every Tuesday for a catch-up with Moms and Dads at 10am.

Over the summer this area will also double up as a community cafe for J1 students. We look forward to welcoming them!



Polarity Therapy Introduction

The IPC was delighted to host Board Certified Polarity Practitioner, dance performer and movement teacher Kieran Jordan for an informative evening about polarity, a vast and profound system of holistic healing, which includes bodywork, communication work, nutrition, movement and exercise. During this event, Kieran Jordan introduced the group to Polarity Therapy through lecture, demonstration, and guided meditation, movement, and energy exercises.



IPC TRAD SUNDAYS ARE GROWING!!

Join us every third Sunday of the month for this very popular program! Led by John Kearney and Maureen McNally, the tunes and songs lift the spirits and the feet!! From 3 to 5pm a great time to stroll down to the Centre! Failte



Irish-American Country Social Dancing

Living * Quickstep * Waltz * Foxtrot * Siege of Ennis * Cotton Eye Joe * Line Dancing & more!



\$10.00 p.p.
Admission at the door

6:30-7:30 PM - Dance Lessons
7:30-9:30 PM - Social Dancing to top Irish & American Music

Thursdays

4/04, 4/11, 4/18, 4/25, 5/02, 5/09

In loving memory of

Police Officer Andrew Patrick O'Connor

Part of the proceeds will be donated to the

Brotherhood for the Fallen - Boston

<https://brotherhoodboston.org/store/donate-now/>

Irish Social Club

119 Park Street West Roxbury, MA

SPECIAL PROMOTION:

6 classes for \$50, if pre-paid by 4/04

Venmo @IrishAmericanDanceClass

Contact Winnie: wahenry7@hotmail.com



No partner or experience required



Presented In partnership with Irish Pastoral Center & Irish Social Club

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IPC NEWSDESK

GAA GAMES RETURN TO THE IPC!

The IPC will show the Munster, Leinster & Connaught Provincial Hurling and football Championship games as well as the quarter finals, semi finals and finals. More details to follow on our Facebook page or call the IPC at 617-265-5300. All are welcome.



SAVE THE DATE FOR OUR J1 ORIENTATION!

We look forward to welcome the 2024 J1 students to Boston at our orientation night. This will be a highly informative event where students can meet each other, get to learn about US culture, open bank accounts, switch phones to a USA network, and much more! As Always we are thankful to collaborate with The Irish Consulate of Boston, Rian Immigrant Center, Rockland Trust and Boston GAA for their collaboration on this annual event.

Refreshments and welcome goodies available on the night. Be sure to RSVP to J1@ipcboston.org.

J1 Summer Students!

We have received emails and messages from students who are interested in spending Summer 2024 in Boston.

For any J1 support queries please contact our J1 coordinator Andrea: J1@ipcboston.org or call the centre at 617-265-5300

The IPC has also released an updated Boston J1 Summer Guide which includes detailed information what you need to know from arrival to departure.



THE IRISH PASTORAL CENTRE



WELCOMES 2024 J1 SUMMER STUDENTS

Thurs. June 6th, 3-5PM

Join us at The IPC for our annual J1 Orientation. This will be a highly informative event where students can meet each other, get to learn about our culture, open bank accounts, switch phones to a USA network, and much more!

For more info/ RSVP email J1@ipcboston.org

📍 The Irish Pastoral Center, 540 Gallivan Blvd, Rear, Dorchester, MA 02124



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Consulate General of Ireland



ROCKLAND TRUST BANK
Where Each Relationship Matters®



ANSEO LE CHÉILE - HERE TOGETHER

THIS PAGE IS IN MEMORY OF MICHAEL McDONAGH

COMMUNITY NEWS

Kathleen O'Toole Announced as 2024 Recipient of the Brian J. Donnelly Award

The first female commissioner of Boston Police Department Kathleen O'Toole has been announced as the 2024 recipient of the Brian J. Donnelly Award for Leadership in Public Service. Jerry McDermott, Executive Director of the Irish Cultural Centre, launched this award last year to honor the late Congressman Brian J. Donnelly his contribution to the Irish community with an award in his memory.



This years ceremony will take place on September 19th, 2024 at the Omni Park Hotel in Boston, hosted by the Irish Cultural Centre.



Boston Irish Dippers are on WhatsApp

For Sunday fun, a quick dip and great fun, follow the Boston Irish Dippers on Facebook or call the IPC at 617 265 5300 to be added to the group text for weekly updates.

County Sligo Association

of Boston

County Sligo Association of Boston
Is Hosting Their
17th Annual Golf Tournament
In Memory of Marion and Nathy Quinn
Friday June 7nd, 2024
Proceeds will benefit our Annual Scholarships

BROOKMEADOW COUNTRY CLUB
100 Everendon Road, Canton, MA
781-828-4444
Registration: 1 p.m.
Shotgun Start: 2:30 p.m.
Dinner & Awards: Following
at Brookmeadow Banquet Facility

We sincerely appreciate your contributions to our success and hope you will join us for a day of golf and great company

Situate Commemorates The Easter Rising

The South Shore's annual commemoration of the Easter Rising took place in Situate, known as "The most Irish town in America". Many gathered to honor the 1916 Easter Rising and particularly highlighted the role women played in this revolutionary time in Ireland.



DOORS: 7.30PM

Music by Jinty McGrath

In association with the Connemara Gaels GFC

Links & information on our Social pages
Facebook: Connemara Gaels Gfc Boston
Instagram: @gaels61



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THE IRELAND FUNDS AMERICA

News From Our Senior Outreach

Hello Friends,

It is wonderful to welcome Spring! In April, our seniors participated in fun filled games of BINGO and Trivia. We also introduced a new game, Left/Center/Right, that brought many laughs as all learned how to play. Seniors also participated in exercise and yoga classes with Eileen Smith and Deirdre Kelly. Information on the Ombudsman Assisted Living Program was provided by Maura Donahue of Springwell Elder Services. Vincent Quealy also presented excerpts from his book, Reflections of an Irish Grandson. In addition to our weekly coffees, our Senior Program partners with Elder agencies to share resources that are available to elders and their caregivers. One of these resources is the SHINE Program. The IPC has a SHINE Counselor available to provide free health insurance information and counseling to individuals eligible for Medicare and their caregivers. We also work with Boston Senior Home Care to link Caregivers to available services. Please call our office if in need of either of these services. Our Mother's Day Lunch will be held on May 9th, at the Irish Pastoral Centre. We are looking forward to spending this day with all of our Seniors.

March/April Birthday!

Eileen Collins	Maureen Egan
Peggy Cormican	Matthew McCarrick
Anne Cox	Mary Flaherty
MaryLou Flaherty	Mai Gallagher
Mary Gardiner	Mary Geraghty
Mary Garvey	Peggy Glynn
Mary Henson	Trudy Hynes
Pat Keady	Cara Kiff
Teresa Kelly	Janet Kilderry
Mary Moynihan	Vera Lyons
Mary O'Riordan	John Maguire
Margaret Boyd	Mary McKeeney
Bartley Collins	Lois Morton
Cathy Coppinger	Ann Ward
Jimmy Dowd	

Monthly Drop In Bereavement Group begins May 15

All are welcome for a monthly social evening to gather and support each other amid sad and personal loss. Held on the third Wednesday of each month, all are welcome and no advance notice is required.



SHINE
Serving the Health Insurance Needs of Everyone

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



The Savvy Caregiver Program



The Savvy Caregiver program is a FREE, six-session training for caregivers caring for someone with Alzheimer's disease or related dementias.

Date: Tuesdays, April 23 - May 28
Time: 3:00 - 5:00 pm
Place: Virtual Remote via GoToMeeting

To reserve your spot, please contact:
 Abby Swanson: 857-294-1280 | abswanson@bshcinfo.org
 Lydia Kingsbury: 857-260-1813 | lkingsbury@bshcinfo.org

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Fr. Dan's Page



Come Holy Spirit!

By Melanie Rigney

And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. Acts 2:4

My friend Sara has run a parish women's Bible study for eight years. She doesn't think what she does is a **big deal**. My friend Colleen has a husband, four adult children, eight grandchildren, a busy day job and is a daily communicant. She doesn't think what she does is a **big deal**.

You probably don't think what you're doing in the way you live your faith day in and day out--is a big deal, **But it is**. We all proclaim differently in the words we write or speak, publicly or to an audience of two; in the work of our hands, whether it's in creating a masterpiece of art, hugging a grieving friend or assisting at a pregnancy center. We proclaim in the way God has perfectly suited us to proclaim.

Recognize your gifts, thank God for them - and use them as the Spirit directs.

Holy Spirit, show me how to help you set the world ablaze.



God's Abundance

Fr. James McKarns

He does not ration his gift of the Spirit. JOHN 3:34

I was born during the years 1928-1945, before and during World War II. We are often called "the Silent Generation." At that time, there were nationwide rationings of many vital items because these were needed for our military engaged in two simultaneous wars across the Atlantic and Pacific. We were limited to only certain amounts of sugar, butter, meat, gasoline, shoes and so on. **Ration** was a word I heard many times and witnessed in its effects.

This old familiar term appears today in John's Gospel. There we can read, with thankful appreciation, that the Lord has no shortages or ration policies. God gives us an abundance of graces and blessings--physical and spiritual--daily and free of charge. These benefits of life, love, faith and all divine gifts are of real quality and overflowing quantity compliments of the redemption accomplished by Jesus for our salvation. We need to offer daily prayers of thanksgiving, especially before we ask for more-more than we already have!

An Apron is a Holy Thing

Sr Melanie Svoboda, S.N.D.

He took a towel and tied it around his waist.—John 13:14

After my mother died, we divvied up her things. One thing I wanted badly was one of her aprons. You know the kind: large bib, long strings and at least one pocket. Now every time I don that apron, I kiss it reverently and say a little prayer for Mom. I also pray that I may serve as generously and as joyfully as she did.

An apron is a holy thing. At the Last Supper Jesus himself donned a makeshift apron when he wrapped a towel around his waist before he washed his disciples' feet. Aprons are also symbolic. They remind us that serving others is not always neat. Our various forms of loving can get messy at times.

As we celebrate **Memorial Day, May 31**, our hearts are filled with gratitude for all who made the ultimate sacrifice for our freedom and for all whom we don our apron, following in the footsteps of our Savior Jesus Christ.

Servant Jesus, may I serve the people in my life as generously and graciously as you did.



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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.

March 27 2024, Margaret "Peg" O'Toole, Norwood, Co.Galway

March 28 2024, John Moran, Brookline, Co.Galway

April 2 Joan Connolly Reilly, Jamaica Plain and Co. Down

April 4 2024, Maura Conroy, Milton, Co.Mayo

April 5 2024, Catherine (Fahy) Gannon Roslindale, Co. Galway

April 7 2024, Mary Williams, Dorchester, Co.Galway




Afterglow

I'd like the memory of me to be a happy one.
I'd like to leave an afterglow of smiles
when life is done.
I'd like to leave an echo whispering
softly down the ways,
Of happy times and laughing times
and bright and sunny days.
I'd like the tears of those who grieve,
to dry before the sun;
Of happy memories that I leave
when life is done.

~ Author Unknown




Patrick Lardner
*Kincullia, Loughrea
and formerly of Cashla,
Athenry, Co. Galway.*
The IPC extends our deepest sympathy to our great friend and volunteer Maureen Ahern on the sudden and tragic passing of her nephew Patrick Lardner in Co. Galway, Ireland.



Niamh E. Murphy
December 2, 2002 ~ April 15, 2024

We extend our deepest sympathy to the family of Niamh E. Murphy, aged just 21 years, of Watertown who passed away on April 14, 2024. Loving daughter of Daniel Murphy of Glasson County Westmeath, Ireland and Olive (Née Phelan) Murphy of Moate County Westmeath, Ireland. Adored sister of Olivia Murphy of Framingham and Seamus Murphy of Watertown.

**May Niamh rest in peace.
Ar dheis Dé go raibh a hanam dílis.**



Mary Williams
Jan. 20, 1942 - Apr. 7, 2024

All of us at the IPC are saddened to hear of Mary's passing. Mary was a quiet and unassuming founding member of our Bumble Bee Knitting & Crochet Club, with exceptional skills. We extend our deepest sympathy to Mary's family, in particular her sister Nell, and her daughter-in-law Maureen.

Ar dheis Dé go raibh a hanam dílis.

News From Ireland

Galway boy (10) becomes youngest Irish person to climb Kilimanjaro—Extra.ie

A 10-year-old schoolboy from Galway became the youngest ever Irish person to complete Africa's highest mountain Kilimanjaro, 5,895 metres above sea level, or six times higher than Ireland's highest mountain Carrauntoohil. Culann Conroy had dreamed of conquering the iconic mountain when he was just five years old. The fearless youngster took on the monster mountain with his dad Peter and brother Aaron (13). Dad Peter revealed the family trained for the epic feat by herding sheep on the steep slopes in Connemara. Culann, who was part of a Jason Black Mountaineering expedition, is six months younger than the previous youngest Irish person to scale the mountain, Dubliner Sean McSharry.



Cork Community Fundraise to help Homeless man buys 'dream home' —Joe.ie

Cian was rushed to hospital for treatment after he was found alone and severely malnourished in the Bansha Woods near the Galtee Mountains in Tipperary on Sunday 14 January. He was first reported missing in early January, and scores of volunteers from across Cork took part in a major operation to find him as many were concerned for his wellbeing. Originally from Co Meath but recently based in Cork, Cian was well-known to those dealing with homelessness and vulnerable people in the city and had previously worked a full-time job in construction while sleeping on the streets. As he was recovering from the incident, a fundraiser was launched to help secure him a 'dream home' where he could heal from his recent crisis. Now, after hundreds of donations from across the country, the Cork man was finally able to buy a place of his own last month thanks to the team at the Kilbehenny Community Centre.



Limerick girl's magical Shore find of the Maharees

Eagle-eyed eight-year-old Aisling Kinsella has made one of the marine biology finds of the year in Kerry after spotting and correctly identifying the large egg case of the critically-endangered White Skate in the Maharees – just hours after attending a talk on the subject! The egg purse or 'mermaid's purse', measuring 15.5cm in length, has captured the imagination of all involved in conservation locally, who've been striving hard for years to help protect the area's precious White Skate population. Martha Farrell of the Maharees Conservation Association Biodiversity team said: "These citizen science records are really important to the biologists and state agencies trying to conserve our native species."



Whole Wild World Bus Tour sets off on 1400km journey

The first-of-its-kind 'Whole Wild World Bus Tour', set off to bring children's writers and illustrators to schools, libraries, bookshops and cultural venues all along the west coast of Ireland throughout April. Travelling on a multicolour, 30-seater coach, the tour begins at Ireland's most northerly point, Malin Head in County Donegal, and concludes at Kinsale Library in Cork and will include stops all along the west coast. Over thirty of Ireland's favourite children's authors and illustrators, visiting various points on the coastal roadshow to host workshops, readings and artist events for school groups, library groups and families.



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Community Spotlight: Our Own Roisin Lee



Thank you to Alanna Loftus who interviewed and wrote the following piece about IPC's Róisín Lee for The Irish Star (irishstar.com)

Róisín Lee has been living and working in Boston since September 2023. The Co Galway native always knew she wanted to travel abroad. After graduating from the University of Galway in 2023, she landed in Boston. Since then, she has been immersed in the Boston Irish community, through her role as Communications and Community Outreach Associate at the Irish Pastoral Centre. During her first week in Boston, Róisín went to the IPC looking for help with accommodation and ended up finding a job too. She said: ***“I didn't have any family in Boston but I felt so welcome there. I had my first cup of tea in Boston in the IPC kitchen.”*** Róisín, who is also the center's resident Gaeilgeoir, has helped launch a new Irish storytelling night, Scéal ó Bhéal, to preserve the Irish art of storytelling. In her Postcard from the US to Ireland, she tells us about working with the Boston Irish community, speaking Irish abroad and staying connected to home.

When did you move and why?

I moved in September 2023. I did a summer in J1 in Chicago in 2022 and got a taste for life living and working in America. I got my degree in Commerce with Gaeilge from University of Galway in August and had a J-1 Graduate Visa ready to go then! I knew that I wanted to live in another country after getting my degree.

What was the most difficult thing about moving?

Definitely all the people you leave behind. I have great friends and family at home that I'm so lucky to have. I got to see most people at Christmas, my trip was short but sweet. Saying goodbye to my dog Sammy was sad. I can talk to everyone on the phone but there's no way of talking to Sammy!

Tell us about where you live and work and how you've found life in Boston?

I live and work in Dorchester. I was fortunate enough to find my job within a week of landing in Boston. I work at the Irish Pastoral Centre which is in Adams Village in Dorchester. We are an Irish community resource organization. I love working there, I get to work with and meet so many lovely people. One thing about life in Boston that has stuck out to me the most is how helpful the Irish community are to each other out here. If you need help with anything, there is someone there for you, or if they can't help you they'll find someone that can. I couldn't believe the great strength of community and support here.

What have you most enjoyed about Boston?

There's always something to do - there is no off-season in Boston! There's a great variety of sports you can go to or watch - Celtics, Bruins, Red Sox, Patriots. Boston is also very central for traveling, especially for seeing other parts of New England! I went up to New Hampshire to ski for a day, visited friends in Providence, Rhode Island, and will be going to New York this weekend. There are other parts of New England that I'm looking forward to seeing - the Cape, Vermont, and so on. I also really enjoyed St. Patrick's Day in Boston, it was a whole month of celebration! I watched the parade in South Boston which was great fun and some friends came to visit so it was good craic!

What do you miss most about Ireland?

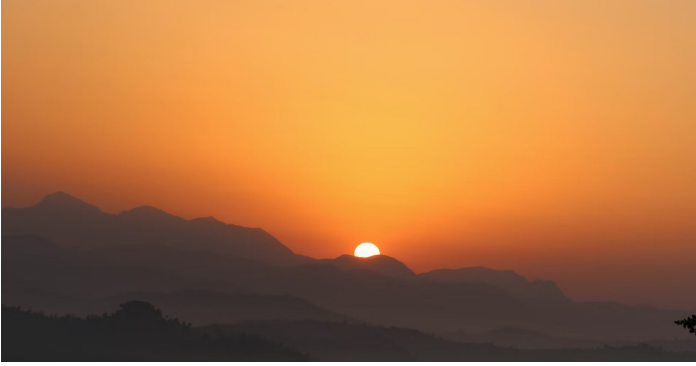
Friends, family, my dog Sammy, the food, the local, good Guinness and Taaffes Pub in Galway!

Have you been involved in the Irish community in Boston?

The IPC is very much a part of the Irish community in Boston. I also dipped once or twice with the Boston Irish Dippers who go cold water swimming every weekend. I plan on playing Gaelic football out here too. I haven't played in a few years but being in Boston is a good reason to get back into it! I am also active with other Irish organizations such as Boston Irish Business Association, Irish Network Boston, Mná Mheiriceá and Cumann na Gaeilge i mBostún. Having worked for an Irish-speaking company promoting Irish Arts & Culture before moving here, I'm glad that these organizations are here as I still feel close to home and can keep up the connection to Ireland while living in America.

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A Moment to Mind Yourself



Depression: Symptoms and treatment

By Gina Gallagher, LADC I

This is the first in a series of articles providing education and guidance about several common mental health conditions. Mental illnesses are characterized by disturbances in thinking, emotional regulation, or behaviors. According to NAMI (National Alliance on Mental Illness), 1 in 5 people in the U.S experience a mental illness each year. The most common ones in order are Anxiety Disorders, Major Depressive Disorder, Post Traumatic Stress Disorder (PTSD) and Bipolar Affective Disorder. In this article, we'll talk about major depression.

It's normal in life to experience sadness at times. How do we know when it's something more serious? Depression, also known as clinical or major depression, is a lot more than just feeling sad or down in the dumps. If left untreated it can have devastating effects on the person experiencing it and, on their families, and loved ones. Typically, there is not just one single cause. We do know that there are several risk factors for depression including childhood trauma, a family history of mood disorders or suicide, medical conditions e.g., heart attack, or chronic pain, and substance use. It's important to note that depression is not a sign of weakness or something to be ashamed about; rather, it's a medical condition that needs treatment like other medical conditions such as diabetes or asthma.

Symptoms can include the following:

Changes in sleep: difficulty falling, staying asleep or waking up early; changes in appetite: loss of weight due to not eating, or weight gain if eating to cope; lack of concentration or difficulty focusing: difficulty making big or small decisions; loss of energy and motivation; loss of interest in things that used to bring joy or happiness; loss of ability to feel pleasure; loss of desire/libido; low self-esteem, hopelessness. These can lead to or be accompanied by suicidal thoughts or ideation which can also range in severity and for which safety planning is necessary.

Depression does not typically resolve itself without treatment. Instead, symptoms can increase in frequency and severity. That's why it's so important to speak to a medical professional (primary care physician, psychiatric nurse practitioner, or psychiatrist) who can do a thorough evaluation. This will also help rule out other possible causes such as a medical condition or the side effects of certain medications. Once diagnosed, depression often responds well to treatment, which consists of a variety of options. Studies show that the most effective treatment is a combination of anti-depressant medication and psychotherapy.

Many people are very hesitant to take medications for mental health conditions thinking that it could lead to addiction, a lifelong dependence or unpleasant side effects. The reality is that for people with moderate to severe depression, medications can work wonders to help someone move out of a seemingly hopeless situation and back into healthy functioning.

Meeting regularly with a professional licensed therapist to discuss thoughts, feelings and behaviors can also make a huge difference for people experiencing depression. A nonjudgmental understanding counselor or therapist can provide education, supportive feedback, and suggestions for changing and reframing negative thought patterns. Other evidence-based behaviors that can support recovery are regular exercise, walking outside and/or mindfulness or meditation.

If you think you or a loved one might be experiencing depression or other mental illness, you don't have to suffer alone. If you would like to get free and confidential support for you or a family member from licensed counselors, you can reach out [Gina or Danielle at the Irish Pastoral Centre: 617-265-5300](mailto:gina@ipcoston.org) or e-mail: g Gallagher@ipcoston.org or d Downen@ipcoston.org

Resources:

Psychiatric Emergencies: Massachusetts Behavioral Health Hotline (MBHHL)

Call or text 833-773-2445
(available 24/7, 365 days a year)
<https://www.masshelpline.com>

NAMI MA Compass Helpline:

617-704-6264 or 1-800-370-9085
<http://www.namimass.org/>

News from Celtic Angels

7 of the Most Frequently Asked Questions About Home Health, Answered

By Maria Burke, RN, Owner, Celtic Angels Home Health Care

Making decisions about your future or that of a senior loved one is often daunting. All the “what ifs” keep you up at night, and it’s hard to know what’s best. Most people would prefer to age in place, but how do you know whether that’s right for you or your senior loved one? Here are seven of the most frequently asked questions about home health, answered.

1. Is In-Home Health Care Safe?

Naturally, one of the first questions many people have is whether in-home health care is safe. Fortunately, the answer is yes. Care partners from reputable agencies, like Celtic Angels, are fully trained, certified, and thoroughly screened.

2. Will I/My Senior Loved One Receive Quality Care?

Absolutely! Home health care partners are skilled in their jobs, so you can trust that you/your senior loved one will receive quality care. Plus, one of the best things about in-home health care is family members are able to monitor the type of care their senior loved one receives much more closely than they would if their loved one was in assisted living or a nursing home.

3. Would My Senior Loved One Be Better Off in a Nursing Home?

Most seniors prefer to age in place rather than in a nursing home, and families should feel confident knowing that’s an excellent choice. In fact, a recent study found that in-home health care offers a variety of benefits to seniors and their families and that many seniors in nursing homes don’t have a medical need to be there. Plus, in-home health care keeps your senior loved one from being exposed to the risks of communal living, which were sadly highlighted during the COVID-19 pandemic.

4. Is Home Health Expensive?

In-home health can be more affordable than you may realize. Indeed, the same study mentioned above found that on average, in-home health care cost approximately \$25,000 less per year than nursing home care.

5. What Services Are Available Through Home Health?

A multitude of services are available through in-home health care. For example, at Celtic Angels, we offer everything from homemaking services to skilled



Maria Burke, RN

nursing. You can read more about the many services we provide at www.celticangelsinc.com

6. Can I Choose My Care Partner?

Of course! It’s imperative that you and your senior loved one feel comfortable with your care partner. That’s why Celtic Angels always schedules a no-cost, no-obligation initial meeting in your home, during which you have the opportunity to discuss a custom-tailored care program for you or your loved one.

7. How Do I Know Which Home Health Agency to Choose?

Choosing the right in-home health care agency is an important decision. We recommend checking to see whether the agency is fully bonded, licensed, and insured. You should also ask about what certifications and training their CNAs and HHAs have and how they conduct background checks for care partners. It’s always a good idea to ask for references, as well.

Would you like to learn more about home health or set up a meeting to see if Celtic Angels is the right fit for you/your senior loved one? Contact us today to begin!



Celtic Angels Home Health Care

OUR CLIENTS LOVE US!

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





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

www.celticangelsinc.com • 781-331-0062

DEER ISLAND MEMORIAL ADDRESS



Presented at the Deer Island Great Hunger Memorial dedication, 25 May 2019.

Copyright, John McColgan Archivist, City of Boston

An Gorta Mor, Ireland's "Great Hunger", saw an estimated 1.5 million people die of starvation and disease. Another two million emigrated. Many of these perished from the plagues they fled - thousands on the ocean journey, thousands more on North America's shores, and thousands in quarantine, in places like Deer Island in Boston Harbor.

The causes of the catastrophe are enormously complex. But fundamentally they reside in colonialism. Ireland was England's first colony. Expropriation of land and wealth by an aristocracy alien in race and religion bred misrule, endemic poverty, violence and war lasting into recent times. The 1801 Act of Union was supposed to combine Ireland and Great Britain into a single body politic. But Ireland remained a *de facto* colony, an agricultural resource run for the benefit of English industry and commerce. Irish industry was nipped in the bud leaving an expanding population without adequate subsistence or livelihood. Between 1815 and 1845, nearly a million people abandoned Ireland for North America, many thousands to Boston.

Then, in harvests from 1845 through 1851, an unknown fungus destroyed the only food source for millions. The Imperial government could have deployed its massive resources to prevent people from starving. It responded instead with measures that were ineffectual, wasteful, or downright harmful. Soup kitchens were closed because free food was regarded as a disincentive for starving people to work. Better to waste money on purposeless public works schemes. The burden of financing relief passed from central government to local Poor Law Unions, even though these local bodies were bankrupt. British officials in any case saw an upside to the Famine: reducing Ireland's excessive population would bring needed reform to its agricultural economy. Nonintervention with the course of famine was reinforced by ethnic and religious prejudices popular in Britain. Lacking a mission focused on saving lives, British policy had the effect of profoundly escalating death and emigration.

Boston felt the impact in 1847 when an unprecedented influx of Irish immigrants landed in the city. Hundreds, destitute and sick, had nowhere to turn for food and shelter but the

House of Industry in South Boston. Part-homeless shelter, part-hospital, the House of Industry was the City's workhouse and asylum for the poor. In April and May, 429 arriving refugees were admitted, many carrying, in the filthy rags they wore, lice bearing the highly contagious scourge of typhus. Eighty-six of them quickly died. The disease had spread easily in deplorable, crowded conditions aboard the "coffin ships" that brought them. The infection now spread among the institution's regular inmates, nurses, attendants, and officers.

The spectre of what was happening alarmed Bostonians, and a burgeoning anti-immigrant nativism intensified. With typhus crippling the House of Industry, epidemic threatening the city, and refugees still flowing in, the City Aldermen and Common Council formed a special "Joint Alien Passengers Committee" to deal with the crisis. Faced with citizen disquiet and a fiscal conundrum, the Committee enforced laws requiring shipmasters to post indemnity bonds for support of foreign paupers. To address the public health emergency, it established a quarantine hospital on Deer Island for the care of sick indigent immigrants.

May 25th, 1847, the committee appointed Dr. Joseph Moriarty as hospital Superintendent and Resident Physician. The hospital opened May 29th. Committee members met on the island to oversee the launch of operations. Their meeting minutes record a unanimous decision to locate a burial ground "near the northwest side of the most northerly hill on the island." James Turner, the new Hospital Steward, was also on the island. In the eight months of his employment Turner would bury 365 immigrants in that ground. Across the harbor, Captain Ellis, and First Mate Mr. Knell, sailed the sloop "Betsy Ransom", on the first of countless journeys transporting the ill from Long Wharf to the island hospital. Anchored off the island's southern point were the first two Atlantic vessels to land passengers at Deer Island quarantine: the barque "General Greene" from Cork with 95 passengers; the ship "Clairborne" from Liverpool, with 259 passengers. Calvin Bailey, City Inspector of Alien Passengers, declared eleven from the "Clairborne" indigent and secured bonds from the captain indemnifying the City for the cost of their care. The Port Physician, Jerome Von Crowninshield Smith, found two passengers from the "General Greene" and six from the "Clairborne" suffering from "malignant diseases", and ordered their transfer up-island to Dr. Moriarty. One of the six, Mary Connell, age 1, would die on 3 June, the first victim of the Great Hunger James Turner would bury on Deer Island.

In the first four months the hospital admitted 1,779 patients. 1,175 were discharged; 214 died; thirteen were taken dead from ships.⁴ Among these statistics were the McCarthy family from Sligo. Patrick and Alice, in their forties, with seven sons ranging from thirteen years to six months, arrived August 2nd aboard the "Iowa" out of Liverpool. Five-year-old Patrick later in life wrote of his family's harrowing and tragic experience emigrating to Boston. On the eve of their departure, someone broke a hole in the thatch roof of their cottage and ran off with a large side of bacon meant to sustain

DEER ISLAND MEMORIAL MASS

the journey to America. Presumably saving himself from starvation, the thief deprived the family of the sustenance that may have avoided the deaths that robbed the boy of his parents and two siblings on Deer Island. Through the eyes of his five-year-old self, Patrick recalled the well-worn route of the Famine emigrant: the cattle boat to Liverpool - a cruel and galling symbol, played out a thousand times, of people and food exported on the same boat. Following the stay at Liverpool and the Atlantic journey, the family landed at Deer Island, where a large tent on the quarantine ground failed to shelter them from the rain. City death records reveal his three-year old brother Philip dying of typhus on the island August 9th; the infant, Peter, of a virulent diarrhea on September 2nd. On September 7th Patrick and his brother John were walking about the grounds when their father called to them from a window, in tears, that mother was dead. "A few days after this happened," Patrick wrote, "I noticed a large striped plaid dress of my mother's, hanging on a line out of doors, and stood looking at it for a long while. A woman came to take it away and I made a vigorous outcry of protest and was hustled off somewhere." Six months later his father died at the hospital of a fever relapse. After release from the island the orphans, sheltered and fed by relatives and Catholic charities, survived the streets of Boston, except younger brother James, taken by cholera at the Fort Hill Hospital in 1849. Such a childhood. Yet Patrick McCarthy would one day obtain a law degree from Harvard and be elected Mayor of Providence, Rhode Island.

We're all familiar with the cold welcome given the Irish by native Bostonians, the religious and racial prejudice, employment discrimination, the sometimes violent confrontations. Yet a closer look at the archives reveals that the host community was not altogether without compassion. In June 1847 the President of the Common Council reminded his colleagues of the virtue of caring for those in need regardless of who they were: *"Remember," said the Brahmin, George Hillard, "that if these poor people had not thus taxed our benevolence they must have died. You will not, I am sure, be weary in well-doing, or refuse to feed from the crumbs of our abundance the starving poor, even though they be aliens to the soil. They are our brethren still. They have the claims of a common humanity, besides those of urgent need. We are men before we are Americans or Englishmen. They are as near to us as the faint and bleeding Jew was to the good Samaritan. The starving man is our neighbor and he that is in distress is a brother."*

It is in this spirit, I believe, that doctors and staff at Deer Island struggled to save the lives of Irish Famine victims charged to their care. Wherever in the world there were famine fever hospitals in 1847, doctors and medical staff were dying. On Deer Island they knew the dangers, yet were willing to risk health and life for humanity. In Dr. Moriarty's case, the motivation may have run deeper. Moriarty was a Brahmin from Salem married to a grandniece of John Hancock. He didn't need to take this job jeopardizing his life, his career, the happiness of his family. Why did he so

earnestly seek the position? Might it have been because his name was Moriarty? His great-grandfather was an immigrant from Tralee, who fitted out privateer vessels for Washington's navy during the Revolution. Was it because of his Irish heritage he was now on Deer Island with a passion to care for the people of his forebears? Is this proposition supported by the fact that half the names on the staff were Irish? Whether it was for the Irish, or for the city, or for humanity, Joseph Moriarty, age 37, infected by the typhus, made the supreme sacrifice in December 1847, dying in the arms of his wife in the Hancock Mansion on Beacon Hill leaving her and three young children behind.

There were others: the intrepid sailors, Captain Ellis and Mr. Knell, perishing from typhus contracted from patients in transit aboard the "Betsy Ransom"; 8 and the most well known Boston casualty of all, stricken with typhus, Captain Daniel Chandler, House of Industry Superintendent, War of 1812 veteran, and convert to Catholicism on his deathbed in June 1847.9 These were the first responders of Black 47 in Boston. They gave their lives for others in need, and deserve to be remembered.

Among Boston's Famine immigrants themselves, mortality was vast. As inscribed in this powerful monument 850 innocent people died and were buried on Deer Island between 1847 and 1850. How many more would perish in the island's institutions in the years to come? How many more escaped death in Ireland only to die in the House of Industry, or the Fort Hill cholera hospital, or in the street? Or to perish of typhus or dysentery in the asylums and prisons and mental hospitals? Or succumb to tuberculosis or typhoid in the North End's ramshackle tenements? Numbers cease to mean anything. The 850 souls on the island have become a poignant symbol of Famine era tribulation endured by the unnumbered thousands who suffered trauma, poverty, disease, and untimely death, ultimately thanks to a government in London, that placed political power and private profit over poor people.

The Deer Island Irish Memorial fulfils a years-long aspiration commemorating Boston's Great Hunger fatalities. The Celtic Cross, an icon of Irish heritage, has signified, since ancient times, a place that is sacred. Victims of Ireland's Great Hunger share this ground with peaceful Native Americans starved in confinement on the island during King Philip's War of the 1670s. This Cross marks as sacred the earth of Deer Island holding remains that testify against colonialism, greed, economic exploitation and political repression that have inflicted - upon Ireland, Native Americans, and many another people down to the present - the tragedies of famine, war and forced exile.

**JOIN US FOR OUR DEER ISLAND
MEMORIAL MASS ON SUNDAY JUNE
2nd at 11AM.**

FADÓ FADÓ – LONG AGO IN IRELAND



GAA's "American Invasion" began over 130 years ago

Mark Holan's Irish American Blog

On 25 September, 1888, a delegation of Irish athletes arrived in New York City for an "American Invasion Tour" intended to raise money and promote awareness for the sports of the four-year-old Gaelic Athletic Association (GAA). The New York Times reported that "50 stalwart young lads with remarkably well developed limbs sprang down the gangplank of the steamer Wisconsin ... (carrying) blackthorn sticks and 'hurling' clubs in their hands ... Their sticks commanded universal respect, and a big policeman eyed them with special interest ..."

The visiting athletes were greeted by "many friends ... and representatives from several Irish societies," the Times reported. "Almost all trades and professions are represented among the young men." Their arrival coincided with a period of increased Irish immigration to America due to ongoing domestic agrarian unrest and political turmoil. These issues were now receiving extra scrutiny from a special commission that opened in London a few weeks earlier. American journalist William Henry Hurlbert also published a book about the "Irish problem" based on his travels in the country earlier that year. (See my "Ireland Under Coercion, Revisited" blog serial.)

"One of the main ideas considered by the founders of the GAA was the revival of the ancient Tailteann Games, An Aonach Tailteann," the organization says in its online history. "However, terrible weather and infighting between the two athletic organisations in America resulted in low attendances and gate receipts."

The GAA tour was to have included exhibitions in New York; Boston; Philadelphia; Trenton, Newark, and Patterson, New Jersey; Providence, Rhode Island; and Lowell, Massachusetts. But dates were cancelled and the tour ended in just five weeks. The GAA had to borrow money from agrarian activist Michael Davitt help the athletes return to Ireland. About half the young men decided to stay in America.

Two years ago, the diary kept team member Pat Davin, brother of GAA co-founder Maurice Davin, emerged in public and was put under auction, as reported by The Irish Times. In one passage the diarist complained about "very plain-looking" American women at a New York dance; in another, about the lack of strong drink at a Massachusetts banquet.

Davin's dairy went unsold at the 2016 auction and remains in the hands of the private owner, said County Kilkenny-based Fonsie Mealy Auctioneers. A commemorative medal from the 1888 tour sold in May for about \$2,200, slightly less than was paid for a similar medal eight years ago.

"Although the tour was deemed a failure in some regards, its overall cultural impact was noticeable and lasting," according to Haverford College. "The tour was well received by Irish American communities in general and eventually resulted in the formation of several GAA branches."

During his travels in Ireland, Hurlbert obtained a copy of the newly published Poems and Ballads of Young Ireland, which included "Marching Song of the Gaelic Athletes." The poem by Irish nationalist Douglas Hyde later became the GAA anthem. It begins:

*We, the numerous men of Eire,
Born beneath her pleasant skies,
To our gatherings on our mountains.
In our thousands we arise.
See the weapons on our shoulders,
Neither gun nor pike we bear,
But should Ireland call upon us
Ireland soon should find them there.*

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Aer Lingus 

CELTIC SCRIBE



BOSTON

by Mayor John B. Hynes

Don't you love this city by the open sea, This city that mothered the Home of the Free?

Don't you love this city with its wrinkled brow, And its streets laid out by the wandering cow?

Don't you love this city with its spires and domes, With its gilded crosses and its Godly homes?

Don't you love this city with its customs old, And its wisdom to know the dross from the gold?

Don't you love this city and its Bunker Hill, And its age-old shrines of glorious thrill?

Don't you love this city, the old and the new, With its grip on the things that are lasting and true?

Don't you love this city with its air of grace, Its delight with beauty and disgust with the base?

Don't you love this city when the shadows fall, And the birds wing home to the Common mall?

Don't you love this city when the dawning sun, Burst from the sea where the codfish run?

Don't you love this city with the wind's in the east, And the smell of the deep is the free man's feast?

Don't you love this city with its gales and snow, With its summer warmth and its autumn glow?

Don't you love this city when its trees so bare, Are laced in blossoms fragrant and fair?

Don't you love this city where knowledge waits, For those who walk through its library gates?

Don't you love this city and the things we prize, The preacher dauntless and the scholar wise?

Don't you love this city where art is long, With its principles true and its faith so strong?

Don't you love this city where the fleeting years, Have left a trail that heartens and cheers?

Don't you love this city where the color ban, Has long since vanished like the school rattan?

Don't you love this city with its mingled strains, Where men are equal and where harmony reigns?

Don't you love this city where roots go deep, the soil of the land where the martyrs sleep?

Don't you love this city born of struggle and strife, Where the false is interred and truth given life?

Don't you love this city and its grand old name, That swells the heart as we think of its fame?

Don't you love this city wherever you roam, And who is not proud to call it home?

For Boston is Boston and forever she'll stand, A tower of truth in a truth-loving land.

Forever she'll stand for all that is just, 'Til the world is no more and all is dust.

So love old Boston from her head to her toes, Be one of her gallants, be one of her beaux.

Be one who will shout in tones firm and clear, She is the most Gracious Damsel in the whole hemisphere!

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.

In addition to in person Legal Clinics, in collaboration with Rian Immigrant Center - there will be Legal phone consultations on the 2nd Tuesday of each month. Appointments are scheduled in advance. If you would like to schedule a phone consultation with an attorney, please contact Maryann Casavant at 617-265-5300 or by email mcasavant@ipcoston.org.

Work and Family Mobility Act

Information about the new law and expanded eligibility for Massachusetts residents to obtain a driver's license can be found at the Massachusetts Registry of Motor Vehicles' website.

Dates for the Legal Immigration Clinics held in collaboration with the RIAN Immigration Center at the Adams Street Branch of the Boston Public Library:

Wednesday 5/29/24 3:00 pm - 7:00 pm

Thursday 6/27/24 1:00 pm - 5:00 pm

Wednesday 7/31/24 3:00 pm - 7:00 pm

Wednesday 8/28/24 3:00 pm - 7:00 pm

Consultations are on a first come, first served basis. For questions, or to complete an intake form in advance of the clinic, call the RIAN Immigration Center at 617-984-6542.

Massachusetts Registry of Motor Vehicles

RMV Website:

<https://www.mass.gov/guides/work-and-family-mobility-act-wfma>

Dedicated Phone Line for WFMA Information:

857-368-WFMA

The RMV has a dedicated information phone line for inquiries related to the Work and Family Mobility Act. Call 857-368-WMFA (857-368-9362) to hear information on the new law that takes effect on July 1. The information line is currently available in 6 different languages. The RMV will add additional languages in the near future.

MOVING TO IRELAND

The Moving to Ireland seminar series presented by the Irish Diaspora Center and the Coalition of Irish Immigration Centers has generated considerable interest!

Missed a session? No worries! You can request the post session materials at the following link: bit.ly/40tbUqb or contact the Irish Pastoral Centre Directly by calling 617-265-5300



IRISH DIASPORA CENTER



COALITION OF IRISH IMMIGRATION CENTERS

MOVING TO IRELAND

A SEMINAR SERIES FOR THOSE CONTEMPLATING A MOVE TO IRELAND



Monthly Topics

Sept 26: Financial Considerations	Feb 27: Immigration Factors
Oct 24: Where to Start - Research	Mar 26: Stories of People Who Moved
Nov 28: Health Care	Apr 30: Packing Up - Moving Logistics
Dec 19: Building a Social Network	May 28: Retiring to Ireland
Jan 30: Education Access	Jun 25: Cross-Atlantic Time Split

Schedule

Monthly Zoom sessions
6.00 pm EST / 3 pm PST
Registration required

Questions?

alanna@icphila.org
emily@icphila.org
aileen.dibra@ciic-usa.org

Partners



CITY of BOSTON

FREE ONE TIME IMMIGRATION CLINIC

The City of Boston through 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](tel:617-635-2980) or email immigrantadvancement@boston.gov.

Interpretation and disability accommodations are available.

Immigration News (RIAN CLINIC)



Rian Immigrant Center and Boston Public Library Free Immigration Legal Clinics

Clinics are held monthly at the following times and locations:

Roslindale Library: 1/18, 2/15, 3/21, 4/18, 5/16 from 3pm-7pm

East Boston Library: 1/25, 3/28, 5/23 from 3pm-7pm AND 2/16, 4/19, 6/21 from 10am-1pm

Central Library in Copley Square: 1/4, 2/1, 3/7, 4/4, 5/2 from 3pm-7pm

During our Immigration Legal Clinics, attorneys will meet with members of the community and provide immigration advice.

Attorneys cannot review or fill out immigration forms during the clinic.

Individuals eligible to apply for immigration benefits will be referred to the Rian Immigrant Center for case assistance.

Consultations will be provided on a first come, first serve basis.

Attorneys will see as many people as they can before the clinic ends.

For questions, or to confirm the clinic is happening, please call the Rian Immigrant Center at (617) 984-6542

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THE IPC BOARD OF DIRECTORS

IMMIGRATION NEWS

In-State Tuition and Financial Support Guide for Students and Parents in Massachusetts



Undocumented students in Massachusetts are now able to receive in-state tuition and financial support to afford higher education. This guide is meant to help ensure a successful application process.

Step One: Check if You Qualify

- I have attended a Massachusetts public high school for 3 years,
- AND**
- I have graduated with a high school diploma or its equivalent, like a GED.



Step Two: Get Your Paperwork

- I have submitted my high school transcripts, diploma, or proof of graduation like a GED certificate to my college.

NOTE: Your college must receive your high school transcripts, diploma, or proof of graduation like a GED certificate before you proceed to Step Three.

Step Three: Fill out the Tuition Equity Eligibility Form

- Fill out the **Tuition Equity Eligibility Form**, [found here](#) or scan the QR code.

NOTE: There are several ways you can meet requirement #5 on the form, but the most common method is to **submit an affidavit**, which is found on the second page of the form.



Once you fill out the Tuition Equity Eligibility Form, you will be assessed to be eligible for “high school completer” status by the institution of your choice.

Step Four: Complete the MASFA application

- Fill out the **Massachusetts Application for State Financial Aid (MASFA) application**, [found here](#) or scan the QR code.

The MASFA is the state-approved form equivalent to the FAFSA and will be used by the student’s institution to determine their eligibility for need-based financial aid.

NOTE: If you live with your parents or guardians, you will their financial information and signature to complete the application.

Filling out the MASFA doesn't guarantee financial aid, but it allows all students to be considered under equal terms.



Step Five: Stay Tuned!

- Your university or college should be in touch with you with further updates! Make sure to check your inbox and follow up to ensure your application is being processed.
- If you're already in college and approved for EITHER in-state tuition or state financial aid, your eligibility goes back to July 1, 2023. **This means some of the money you've already spent may be returned to you.** Make sure your accounts are credited when approved!
- Have questions? [Here is a helpful Q&A!](#)

Considering Studying in Ireland?



The Coalition of Irish Immigration Centers

The Coalition of Irish Immigration Centers advances its members through collaboration and education to benefit the Global Irish in the United States.



Collaboration

Works within a committee structure to examine the needs of the Global Irish in the United States, as well as strengthen the impact of its membership.

Learning

Provides impactful learning opportunities for its membership & diaspora partners on timely topics relevant to the Irish community.

Sharing

Sources and distributes current, accurate and reliable information on U.S. immigration policy and enforcement.

Cultivation

Cultivates and strengthens ties with Irish Diaspora groups globally through strategic interactions and collaborative opportunities.



Goal:

To have a “Diaspora category” for US resident Irish citizens; A fee structure less than the current International fee; Application process and timeline aligned with USA’s College Common Application; Establish scholarships with participating universities/colleges on the island of Ireland; Publicize this opportunity within the Irish community in the US to attract prospective students.

Scholarship Opportunities

This initiative aims to offer affordable college opportunities in Ireland for American-born students. The program is open to all U.S. families considering full-time University/College in Ireland. The Irish Diaspora Center is currently working with the following Irish Colleges / Universities.

- Dublin City University [DCU]: 15-20% off tuition DCU is now on the Common App. Students can now apply to DCU using the Common App from the U.S.
- University of Galway: 15% off tuition

DEA committee established through the Irish Diaspora Center (Philadelphia) Mission: To offer affordable college opportunities in Ireland for American-born students. Assist diaspora students in gaining access to Irish universities in a more streamlined and equitable manner; Strengthen the Irish-American long-term economic relationship.

Currently 14 Tuition Scholarships available: Dublin City University (DCU): 15-20% off tuition Students can apply to DCU using the Common App from the U.S. University of Galway: 15% off tuition IDEA also highlights existing scholarships available at other Irish universities & connects students to those institutions: Global Excellence Scholarship - University College Dublin (UCD) Scholarships for International Students - Queen’s University Belfast (QUB)

FOR MORE INFORMATION:

Call the Irish Pastoral Centre at
617-265-5300 or info@ipcoston.org

OR

<https://www.icphila.org/study-in-ireland>

IPC WEEKLY EVENTS



Le Cheile Sobriety Support Program

ANSEO LE CHEILE - HERE TOGETHER

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

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

Toddler Tuesdays

10AM-12PM



IRISH 25s CARD NIGHT

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

WILL TAKE A SUMMER HIATUS UNTIL OCTOBER 2024



IPC BUMBLE BEE KNIT & CROCHET CLUB



EVERY THURS.
11AM-1PM



All levels Welcome!

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



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

IPC SPECIAL EVENTS



10\$ /PP



First Friday Fish & Chips Night!

JOIN US ON THE FIRST FRIDAY OF EVERY MONTH FOR FRESH FISH AND CHIPS !

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

540 Gallivan Boulevard (Rear),
Dorchester, MA

TRADITIONAL IRISH MUSIC SESSION

may 18th
3PM-5PM

Join us for our monthly Trad music session at the IPC. Come one, Come all. All musicians and levels welcome.

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



ANSEO LE CHÉILE - HERE TOGETHER

Irish Pastoral Centre
IPC - Boston

Scéal ó Bhéal

Friday, May 17th
6-7:30PM

Join us in the old Irish tradition of storytelling at the Irish Pastoral Centre. All are welcome to share old stories, legends and Folklore from Ireland through Gaelige & English.

540 GALLIVAN BLVD (REAR), DORCHESTER, MA 02124

ANSEO LE CHÉILE - HERE TOGETHER

Irish Pastoral Centre
IPC - Boston

DROP IN

IPC Bereavement Group

Wed May 15, 2024
7pm - 8.30pm

Join us at the Irish Pastoral Centre for our monthly bereavement support group. No sign up required. All welcome

All are welcome to attend. Please call the IPC (617-265-5300) for more info.

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

ANSEO LE CHÉILE - HERE TOGETHER

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IPC WEEKLY EVENTS



SUNRISE WALK

SATURDAY, MAY 4TH 2024 4:45AM

Join us at the Irish Pastoral Centre as we walk with our community in aid of Pieta House and The Kevin Bell Repatriation Trust

DONATE



HERE

WE WILL GATHER IN DARKNESS AT THE IPC, AND WALK UNTIL SUNRISE AT POPE JOHN PAUL PARK.
TEA/COFFEE AND REFRESHMENTS WILL BE SERVED AFTER.

Irish Pastoral Centre, 540 Gallivan Blvd, Unit Rear, Dorchester, MA 02124

ANSEO LE CHEILE - HERE TOGETHER

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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: Greenhills 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



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



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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 New 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

Immigration Clinic . See Page 19
for details

Thursdays:

Knitting Club @ IPC 11AM-1PM IPC
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, President 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.

MAY 2024 IRISH EVENTS

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

Sunday Evening Dances: FROM 6 00 - 9.00 PM

May 05: Fintan Stanley
May 12: Silver Spears
April 21: Mossie Coughlin
May 26: No dance—Memorial Weekend

THE IRISH CULTURAL CENTRE: 200 New Boston Rd, Canton MA

May 06: Set dancing workshop with Cait Bracken 7-10 PM
May 16: Boston Bake ology, 6.30 - 8.30 PM

Note: The regular weekly events will not change. Please call the ICC at 781-821-8291 for reservations and questions on any of the listed events.

THE IRISH MUSIC CLUB OF GREATER BOSTON

May 04: "Cathy and the Irish Americans" will provide music for the club's dance so prepare for another great evening of dancing at the Irish Social Club in West Roxbury. Adm.\$10 Music starts at 7pm. Always complimentary coffee, tea and baked items, Raffles and much more.

THE KNIGHTS AND LADIES OF ST. FINBARR - CORK CLUB

May 11: The fantastic "Fintan Stanley" is headlining the music for dance. Fintan, who played with many of the big bands in Europe is in great demand, now that he's in the Boston area. If you haven't enjoyed his great music, this is a "MUST" see. All the usual items such as coffee, tea and delicious baked goods, raffles plus much more for the low admission price of only \$10.00. Bring the entire family early. Starts at 7PM

THE NORWOOD IRISH MUSIC CLUB

May 18 : Enjoy dancing to the sound the "John Connors and the Irish Express Band" at the Knights oi Columbus Hall, 572 Nichols Street Norwood. Always a fun and happy time with great music and many benefits for just \$10.00. Plenty of free parking, cash bar and complimentary coffee, tea much more. Last dance before their Summer break.

COMHALTAS CEOLTOIRI EIREANN—REYNOLDS, HANAFIN, COOLEY BRANCH

May 05: CCE Monthly Seisiun/Ceili from 3- 7PM at the Canadian American Club 202 Arlington Street in Watertown.
May 07: Weekly Set Dance work shop with the Harney's and Barbara Boyd from 7.30 - 9PM at the Canadian American Club.

Comhaltas Ceoltoiri announces the Mid-Atlantic Fleadh at the Hilton Hotel in Parsippany, NJ May 10-May 12. Information can be found on the web. <https://midatlantic.com/midatlanticfleadh>

Leitrim Society of Boston, May meeting will be held at the home of Julie and Jim Kearney in Milton. Election of officers for the coming Year will take place. Meeting on May 7 at 7.30 PM. Check with the Irish Pastoral Centre in Dorchester if you would like to receive a copy of their monthly magazine or need additional information on any of the service they proved.at (617) 265-5300



LE CHÉILE SOBRIETY GROUP MEETS EVERY SAT, 6PM at the IPC

IPC May 2024 Calendar of Events

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>MAY SPECIAL EVENTS</p> <ul style="list-style-type: none"> SAT. 4: Sunrise walk in aid of Pieta House & The Kevin Bell Repatriation Trust. SUN. 19 Trad session @IPC 3-5PM 		<p>1</p> <p>Café Éireann: Trivia</p>	<p>2</p> <p>Knitting @IPC 11am</p> <p>Irish 25s @IPC 7:30PM</p> <p>Crossroads Café: Trivia</p>	<p>3 SUPPER CLUB</p> <p>5-7PM</p> <p>Call IPC to register: 617-265-5300</p> 
<p>6</p> <p>Social work Clinic: @IPC by appointment</p> <p>Cara Club: No Programs Running</p>	<p>7</p> <p>Toddler Group: 10am @IPC</p> <p>Ladies le Chéile Sobriety: 7-8pm</p> <p>Young at Heart: No Programs Running</p>	<p>8</p> <p>Café Éireann: No Programs Running</p>	<p>9</p> <p><i>Mother's Day</i></p> <p>Mother's Day Lunch @IPC 12pm</p> <p>Crossroads Café: No Programs Running</p>	<p>10</p>
<p>13</p> <p>Social work Clinic: @IPC by appointment only</p> <p>Cara Club: TRIVIA</p>	<p>14</p> <p>Toddler Group: 10am @IPC</p> <p>Ladies le Chéile Sobriety: 7-8pm</p> <p>Young at Heart: Vincent Quealy-Reflections of an Irish Grandson</p>	<p>15</p> <p>Bereavement Group (No sign up required) 7-8:30PM</p> <p>Café Éireann: Game: Left, Right Centre</p>	<p>16</p> <p>Knitting @IPC 11am</p> <p>Irish 25s @IPC 7:30PM</p> <p>Crossroads Café: Vincent Quealy-Reflections of an Irish Grandson</p>	<p>17</p> <p>Scéal ó Bhéal @IPC 6-7:30PM</p> <p>Irish Storytelling & Conversation Night</p> 
<p>20</p> <p>Cara Club: BINGO</p>	<p>23</p> <p>Toddler Group: 10am @IPC</p> <p>Ladies le Chéile Sobriety: 7-8pm</p> <p>Young at Heart: YOGA w/ Dierdre Kelly</p>	<p>24</p> <p>Café Éireann: YOGA w/ Dierdre Kelly</p>	<p>25</p> <p>Knitting @IPC 11am</p> <p>Irish 25s @IPC 7:30PM</p> <p>Crossroads Café: Game: Left, Right Centre</p>	<p>26</p>
<p>27</p> <p>IPC CLOSED</p> 	<p>28</p> <p>Toddler Group: 10am @IPC</p> <p>Ladies le Chéile Sobriety: 7-8pm</p> <p>Young at Heart: BINGO</p>	<p>27</p> <p>Café Éireann: BINGO</p>	<p>28</p> <p>Knitting @IPC 11am</p> <p>Irish 25s @IPC 7:30PM</p> <p>Crossroads Café: BINGO</p>	<p>29</p>

- Monday, 1-3pm, Cara Club: Veronica Senior Center, 20 Chestnut Ave, Brighton MA, 02135
- Tuesday, 1-3pm, Young at Heart: St. Jerome's, 632 Bridge Street, Weymouth, MA, 02191
- Wednesday, 11am-1pm, Cafe Éireann: IPC, 540 Gallivan Blvd. (REAR), Dorchester, MA, 02124
- Thursday, 1-3pm, Crossroads Café: St. John Chrysostom, 4750 Washington St, West Roxbury, MA,

GAA WEEKENDS TO RETURN FROM MAY 4th!!!
CALL IPC at 617-265-5300 for info on games that will be played at the centre or follow us on Facebook

Sports News From Ireland

Bundee Aki in the running for huge rugby award

A huge acknowledgement of the Connacht star's consistency, and impact across a winning campaign. Bundee Aki is the sole Ireland star on a four-man shortlist for the 2024 Six Nations Player of the Championship. Aki, who was nominated for 2023 World Rugby Player of the Year, carried on his good form from last year into this year's championship. While he did not score a try during Ireland's title-winning campaign, he was excellent in wins over France and Wales, the best player in a green jersey during the loss to England and was top-notch as Scotland were bested in the final game. Also nominated for the award are Ben Earl (England), Duhan van der Merwe (Scotland) and Tommaso Menoncello (Italy).



Golden Gloves Boxing Club Host Tournament

A very successful senior boxing tournament promoted by the Golden Gloves Boxing Club took place at the Northside Boxing Club in Blackpool, Co. Cork. The tournament was run in conjunction with the Cork County Boxing Board. Amidst a great sporting atmosphere patrons enjoyed twelve cracking contests. Following the final bout of the tournament the Brendan Mooney trophy was presented to the very popular Johnny Sheehan from the Golden Gloves Club following his great victory over Ola Wahab of Midleton BC. The presentation of the trophy to Johnny was made by Paul Buttimer who was an Irish Olympian in Barcelona in 1992. The trophy was dedicated to perpetuating the memory of the late Brendan Mooney, a much loved and admired Leeside sports journalist.



Irish Swimmers Qualify for finals at World Aquatics Championships—RTE.ie

Daniel Wiffen booked his place in the 1500m freestyle final at the World Aquatics Championships in Doha. Wiffen made history as he won the 800m freestyle gold, becoming the first Irish swimmer to claim a medal at the World Championships. He had finished seventh in the less familiar 400m event. He made his third final of the week by winning his heat in 14:54.29. Mona McSharry progressed to the 50m breaststroke decider and touched second in her heat in 30.72 before booking a place in the final with a 30.57 swim in the semis. The Sligo woman was fourth in her semi-final and joint sixth-fastest overall.



Goals fire Limerick to thrilling Munster SHC win

Three of the most rapid-fire goals in the prized history of the Munster Senior Hurling Championship propelled Limerick to an often unlikely opening-round 3-15 to 1-18 win over Clare at a heaving Cusack Park, Ennis (attendance 20,055). Limerick were nine points in arrears before the hour mark, John Kiely's side looked as likely to emerge winners but somehow the All-Ireland kingpins came up trumps with a trio of goals to register a first championship victory at the venue since 1990. The goals through Aaron Gillane (2) and debutant Donnacha Ó Dalaigh. A stunning return of 3-6 to just 0-3 propelled Limerick to this



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LOCAL SPORTS



Shamrock Ladies make the Radio!

Shamrocks Chairperson and manager Eileen Kerin along with superstar player Aoife Gillespie were guest speakers for the popular show “the hard shoulder” with Kieran Cuddihy, Newstalk to speak all about their club, Boston GAA and the Irish community here in Boston!



Donegal Win at the Enda Hamill Memorial Tournament!

Well done to all teams who participated in this year’s Enda Hamill memorial tournament and to Aidan McAnespie’s GFC for organizing the great event. A mighty day of football to remember a great young man. Donegal Boston GFC were the victors on the day and captain Sean Donnelly collected the trophy from Macs chairman Eugene Daly.



IPC Welcomes Kutztown University Rugby Club

We were delighted to welcome visiting team Kutztown Rugby from Pennsylvania to the Centre on April 5th. The boys were in Boston to compete in their third Monumental 7's tournament at Veterans stadium in Quincy and they swept the board. Our Mary Swanton was especially delighted to welcome the team as her son Kevin is a Senior on the team. We wish the boys every success as they have qualified for Nationals in Washington in DC.



Wolfhounds headed to Delaware

After a massive win at the Irish cultural Centre, the Boston Irish Wolfhounds beat Old Gaelic rugby to qualify for the D2 National rugby quarter finals in Delaware on Saturday May 4th. The Hounds hope to continue their undefeated season which will see them compete in the National final in Texas.



The Time has Come for Thomas O'Toole

April 9, 2024 Jonny Stapleton

‘The Connemara Kid’ will fight for the vacant Massachusetts light heavyweight on top of an innovative card on May 4. The Galway southpaw will look to follow in the footsteps of the likes of former Roberto Duran foe Mike Colbert and Niall Kennedy by claiming the regional title when he faces **Russell Kimber** on Granite Chin Promotions ‘Rumble at the Rink’ card at Quincy Youth Arena in Quincy, Massachusetts early next month. It’s an opportunity to win a second career title for the 26-year-old and a chance to further progress his career Stateside, particularly in Boston, where he has proven a hit since turning over. There's a load of friends and relatives in Boston who will all be on hand to cheer on Tom!

Local Sports



Mayo vs New York Connacht SFC quarter-final

New York 2-06 Mayo 2-21

Thousands of Mayo fans flocked Stateside to see their beloved Green and Red claim a sizeable opening championship win at Gaelic Park. A new-look New York side were unable to match their heroics against Leitrim a year earlier and, despite their best efforts, they were second best from start to finish against Kevin McStay's seasoned charges. Ace attacker Ryan O'Donoghue produced a man of the match performance, shooting 1-13 (including 1-4 from open play) while Aidan O'Shea marked his 85th championship appearance (a new Mayo record) with an impressive display.

Cork Boston Player Announced as USGAA Captain!

Players of the USGAA Jr. Men's Football Team have voted to elect Jack Lynch of Cork Boston GAA as Captain for the 2024 USGAA Jr. Men's Football



Team. The team of homegrown players from all across the US are set to travel to Ireland in July to compete in the 2024 All-Ireland Junior Football Championship. "We're proud as it's the first time we've had a formal opportunity to compete in a higher level competition in Ireland with a county team. Our registration base is now 70 per cent American born. That is why the timing is right for us to take on this challenge." Other Boston player's who were selected for the panel include: Dylan Murtagh (Wolfe Tones Boston), Eoin Gormley (Aidan McAnespie's GFC), Eoin Morrissey (Galway GFC), Michael Kerr (Connemara Gaels Gfc Boston), Michael Moylan (Galway GFC), Owen Ward (Aidan McAnespie's GFC) and Mark Dunphy (currently Éire Óg San Francisco and Formerly Donegal Boston GFC).

New Games Development Administrator !

Congratulations to Robbie Croft who has been selected as the Games Development Administrator (GDA) for the Boston Northeast GAA. As well as playing Gaelic Football for Aidan McAnespie's GFC, Robbie also coaches the next generation of Boston GAA players at St. Brendan's Youth GAC; including running the club's annual Cul Camp! Robbie will work with a Development Committee which has been put in place to help grow the GAA in the Northeast. Wishing them all the best of luck!



Second AED Arrives to GAA Grounds at the ICC

Boston Northeast GAA proudly announced that a add a second Automatic External Defibrillator (AED) was added to the GAA grounds at the Irish Cultural Center in Canton. It is placed in the weatherproof case located on the scoreboard between Fields A & B during all GAA games. Pictured here is Boston Northeast GAA Chairman Paddy McDevitt and PRO Neil McEnaney. Neil will be teaching a CPR class on the 4th May. Gareth Ruddy and the 'Ruddy Depot' hung the AED for clear visibility in the weatherproof case. This is fantastic news as many busy events will be coming up over the summertime including The Continental Youth Championships from July 11th to 14th in Canton.

THIS PAGE IS BROUGHT TO YOU BY
MATTHEW MCCARRICK

Local Sports



Trinity Milton's Debuts Homegrown Junior Team

Trinity Milton GAA debuted their first junior football team. Earlier in the month, the team welcomed Mayo Intercounty player Aisling Tarpey for running drills and sharing the finer points of the game with the players. The team is managed by Dave Skillin and management for their first season!



Students of St. Brendan's School Teach Classmates about the GAA

Well done to Shay, Cal and Matthew from St. Brendan's School who taught their 5th Grade class all things Gaelic Football! They even tested their classmates at the end of the presentation with questions on the rules and some history of both Football and Hurling.

GAA QUIZ—The First 25 Years of Football

Answers on Page 3

1. Where was the first All-Ireland Senior Football Final played?
2. In what year was the first All-Ireland Senior Football Final played?
3. From which counties were the two teams in the first All-Ireland Senior Final?
4. From which county were the winners of the first All-Ireland Senior Final?
5. Why was the 1888 All-Ireland Senior Football Championship never finished?
6. What was the first non-Irish team to play in the All-Ireland Senior Championship?
7. The 1893 All-Ireland Senior Final was played in Dublin, but where in Dublin was it played?
8. Who was the referee for the first All-Ireland Senior Football Final?
9. Why was the 1910 All-Ireland Senior Football Final never played?
10. The first All-Ireland Senior Football Final replay was in 1894.
Which two teams played in the replay?



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