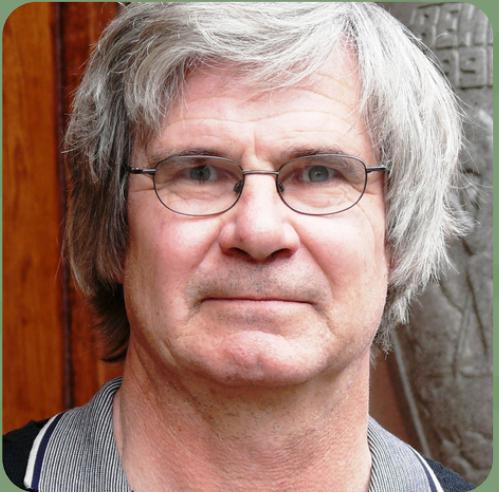


# CLÁR AN CARRAIGH 2024

glór  
na  
móna

Pobal & Óige



Seachtain  
na Gaeilge  
le enérgia

FÉILE AN  
EARRAIGH

New Script  
FOR MENTAL HEALTH

2009  
Fóram na nÓS  
Óige Faoi Bhlach

# Má Fhaighimse Bás

Má fhaighimse bás,  
ní mór duitse fanacht beo  
chun mo scéalsa a insint  
mo chuid giuirléidí a dhíol  
ruainne éadaigh a cheannach  
agus cúpla téad,  
(bíodh sé bán agus ruball fada air)  
chun go mbeadh radharc ag páiste,  
áit éigin i nGaza  
agus é ag stánadh ar neamh  
ag feitheamh lena dhaid a theith  
agus lasracha thart air –  
gan slán a rá le héinne  
lena cholainn féin fiú amháin  
leis féin fiú amháin,  
chun go mbeadh radharc aige  
ar an eitleog, m'eitleogsa a dheinis-se, ar foluain in airde,  
agus ceapfaidh sé ar feadh meandair gur aingeal é  
atá ag tabhairt an ghrá ar ais leis.

Má fhaighimse bás,  
bíodh an dóchas tríd,  
bíodh sé ina eachtra.

## Le Refaat Alareer

Mháraigh fórsaí Síonacha Refaat i nGaza ar an 6ú Nollaig 2023 agus  
d'aistrigh Gabriel Rosenstock an dán thuas go Gaeilge ar an 3ú Eanáir 2024

# If I Must Die

If I must die,  
you must live  
to tell my story  
to sell my things  
to buy a piece of cloth  
and some strings,  
(make it white with a long tail)  
so that a child, somewhere in Gaza  
while looking heaven in the eye  
awaiting his dad who left in a blaze —  
and bid no one farewell  
not even to his flesh  
not even to himself —  
sees the kite, my kite you made, flying up above,  
and thinks for a moment an angel is there  
bringing back love.

If I must die  
let it bring hope,  
let it be a story.

By Refaat Alareer

Zionist forces murdered Refaat in Gaza on 6th December 2023. Gabriel Rosenstock translated this poem to Irish on 3rd January 2024.



## Scoil Ghaeilge Mhic Giolla Fhiondáin

Olldianchúrsa in ómós ár gcara mór Matt a d'imigh ar shlí na fírinne in 2023, eagraithe ag eagraíochtaí sa Cheathrú Ghaeltachta.

*A major Irish language intensive course organised by partners in the Gaeltacht Quarter in memory of our dear friend Matt Lundy who died in 2023.*

**10rn, Satharn 2ú Márta | 10am, Saturday 2nd March**

**Coláiste Feirste**

**Teagmháil | Contact:**  
[gearoidin@glornamona.com](mailto:gearoidin@glornamona.com)

## Bricfeasta Saor 's Gaelach

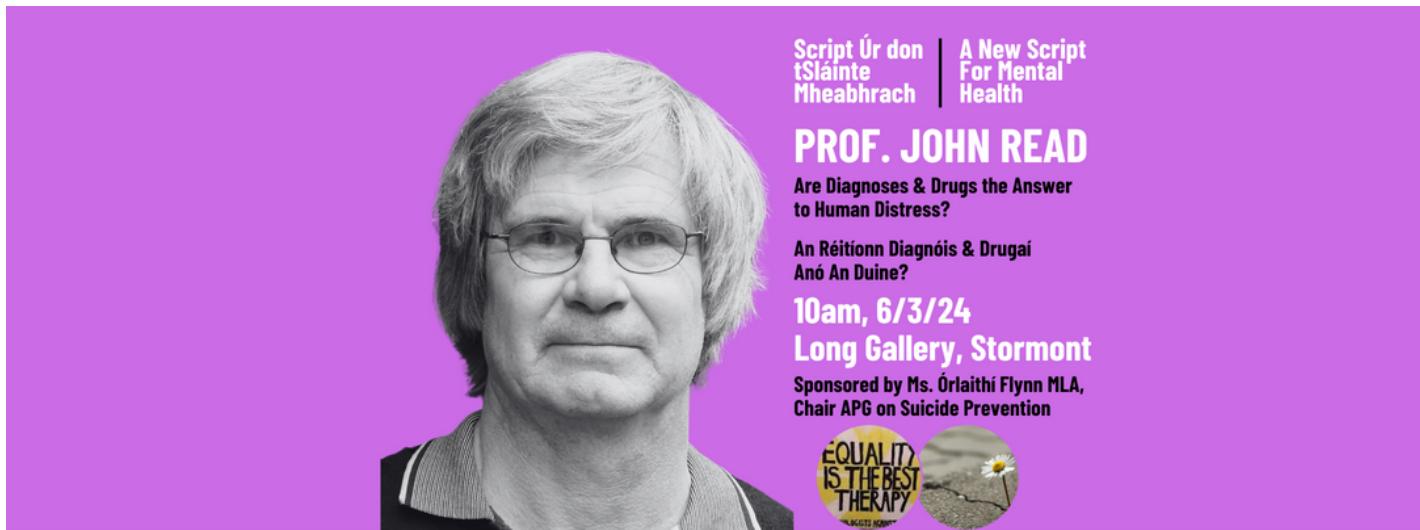
Cuirfear bricfeasta saor ar fáil do dhaltaí áitiúla ar an bhealach chun na scoile chun dlúthpháirtíocht a léiriú leis an phobal.

*Free Breakfast programme for young people from local schools to show solidarity with the local community.*

**8rn, Luan 4ú Márta | 8am, Monday 4th March**

**Coláiste Feirste**

**Teagmháil | Contact:**  
[laochra@glornamona.com](mailto:laochra@glornamona.com)



## Professor John Read

**‘Script Úr don tSláinte Mheabhrach: An Réitíonn Diagnóis & Drugaí Anó an Duine?’**

**‘A New Script For Mental Health: Are Diagnoses & Drugs the Answer to Human Distress?’**

Seo é an tríú páirt de shraith cainteanna ‘Tiocfaidh Intinn Fhiosrach ar an Bhealach Chu’ eagraithe ag feachtas PPR Script Úr don tSláinte Mheabhrach i gcompháirtíocht le Glór na Móna. Ar fud na cruinne tá gluaiseacht ag fás chun bogadh ar shiúil ón múnla íocleasaithe seanchaite maidir leis an tsláinte mheabhrach go múnla a chuireann cearta daonna agus cur chuige bunaithe ar thráma chun cinn. Is Ollamh le síceolaíocht chliniciúil é Dr John Read in Ollscoil Londain Thoir. D’fhoilsigh sé breis is 180 páipéar thaighde, an caidreamh idir eachtraí dhíobhálacha an tsaoil agus síocósí is mó atá faoi chaibidil aige chomh maith leis an tionchar diúltach atá ag mínithe cúisíocha bhith-géiniteacha ar chlaontacht, cógas frithdhúlagair, teiri peicti-thritheamhach, agus tionscal na cógaisíochta. Beidh John i gcomhrá le Lisa Morrison ó PPR.

*This discussion is the third part of the ‘Curious Minds Will Find a Way’ talk series organised by PPR’s New Script For Mental Health campaign in partnership with Glór na Móna. Across the world there’s a growing movement to move beyond the now outdated medicalised model of mental health, to one that promotes a human rights based, trauma-informed approach. The guest speaker of this dicussion, Dr John Read, is a Professor of Clinical Psychology at the University of East London. He has published over 180 research papers, primarily on the relationship between adverse life events and psychosis; but also on the negative effects of bio-genetic causal explanations on prejudice, anti-psychotic and anti-depressant medication, electroconvulsive therapy, and the pharmaceutical industry. John will be in conversation with Lisa Morrison of PPR.*

**10rn, Céadaoin 6ú Márta | 10am, Wednesday 6th March**

**Cnoc an Anfa | Long Gallery, Stormont**

**Teagháil | Contact: [eoghan@glornamona.com](mailto:eoghan@glornamona.com)**



## Lón & Ceol na mBan | Lunch & Music with Newhill Women's Group

Mar cheiliúradh ar Lá Idirnáisiúnta na mBan 2024 beidh grúpa na mban ó Ionad Pobail & Óige Cnoc Nua i nGael-Ionad Mhic Goill ar mhaithe le ceol, comhrá agus craic chomh maith le lón mór pobail.

*To celebrate International Women's Day 2024 the women's group from Newhill Youth & Community Centre will join us in Gael-Ionad Mhic Goill for music, yarns and craic as well as a community lunch.*

**12in, Déardaoin 7ú Márta | 12pm, Thursday 7th March**

**Gael-Ionad Mhic Goill**

**Teagháil | Contact: [orliath@foramnanog.com](mailto:orliath@foramnanog.com)**



## Léacht Matt Lundy

‘Ár Logainmneacha Comhroinnte: Léargas ar Thraigisiún na Logainmneacha Ó Thuaidh’ le Lauren Ní Néill

(Cuirfear aistriúchán comhuaineach ar fáil)

7.30in, Déardaoin 7ú Márta

Gael-Ionad Mhic Goill

### Léacht Matt Lundy le Dr Lauren Ní Néill

‘Ár Logainmneacha Comhroinnte: Léargas ar Thraigisiún na Logainmneacha Ó Thuaidh’ |  
‘Our Shared Placenames: an Insight into the Tradition of Place Names in the North’

Tabharfaidh Lauren Ní Néill an chéad Léacht Matt Lundy, in ómós ár gcara móir atá imithe ar shlí na firinne. Rugadh agus tógadh Matt in Ard Eoin ansin Loiste na Móna agus gabhadh é agus é ina dhéagóir in 1976 agus chaith sé tréimhse shaoil i bpríosún na Céise, áit ar fhoghlaim sé Gaeilge sular scaoileadh saor é in 1990. Theagasc Matt Gaeilge sa phobal agus bhí sé bainte le forbairt pobail sa cheantar ó shin. Bhí sé i measc bunaitheoirí Naíscoil agus Gaelscoil na Móna in Loiste na Móna agus theagasc sé ranganna oíche le Glór na Móna ar feadh na mblianta. Suaimhneas síoraí air. Is as Gleann an Iolair i gContae Dhoire do Lauren. Bhain sí dochtuireacht amach ag déanamh staidéar ar Cheol na Cláirsí le Filíocht na mBard agus is cláirseoir diocasach í Lauren. Agus í ag obair mar chomhordaitheoir tionscadail le Conradh na Gaeilge thug sí faoi thionscadal speisialta a dhíríonn ar ról na logainmneacha mar chuid dár n-oidhreacht roinnte. Labhróidh Lauren faoi shaibhreas na logainmneacha agus ceol na cruite. Tabharfaidh Lauren léargas ar thraigisiún na logainmneacha anseo, agus cloisfidh muid ceol stairiúil a bhaineann le traidisiún na cruite in Éirinn. Cuirfear aistriúchán comhuaineach ar fáil.

Lauren Ní Néill will give the first Matt Lundy Lecture, in memory of our dear friend and comrade who sadly passed away in 2023. Matt was born and raised in Ardoyne before moving to Turf Lodge and was arrested as a teenager in 1976 and sentenced to Life Imprisonment in Long Kesh where he learned fluent Irish before being released in 1990. He began teaching Irish in the community and immediately immersed himself in community development. Matt was amongst the founders of Naiscoil and Gaelscoil na Móna in Turf Lodge and taught classes on behalf of Glór na Móna for years. Lauren comes from Glenullin in County Derry. She was recently awarded her doctorate degree, studying the re-imagining of harp accompaniments to Gaelic bard poetry. It's no surprise that Lauren is an avid harpist. Lauren previously worked as a project co-ordinator with Conradh na Gaeilge where she began a new project examining the role of placenames as part of our shared heritage. Lauren will discuss the rich heritage of our place-names here as well as the harp music of Ireland. We will get an insight into our local place-names tradition and hear the music associated with the historical harping tradition here. We will offer a simultaneous Irish-English translation service

7.30in Déardaoin 7ú Márta | 7.30pm, Thursday 7th March

Gael-Ionad Mhic Goill

Teagmháil | Contact: eoghan@glornamona.com



## Acadámh na nÓg

Please Join Fóram na nÓg for the Official Launch of Our Educational Youth Work Training Academy - Acadámh na nÓg

Date: March 8th, 2024

Time: 12.15 - 1.15pm

Venue: Cultúrlann McAdam Ó Fiach

Address: 216 Falls Rd, Belfast BT12 6AH

# JOIN US!



Ealaín agus Teangeolaíocht | ea Education Authority | Inishteaching | Conradh Teangeolaíochta Éireann

### Seoladh Acadámh na nÓg

Bígí linn agus muid ag seoladh ár dtogra úr agus thar a bheith speisialta - Acadámh na nÓg! Le haionna speisialta, ceol agus sóláistí.

**12.15in, Aoine 8ú Márta | 12.15pm, Friday 8th March**

Cultúrlann McAdam Ó Fiach

Teagmháil | Contact:  
[odhran@foramnanog.com](mailto:odhran@foramnanog.com)



### Coiste na nGael Óg

Beidh Coiste na nGael Óg ag déanamh athláinseáil ar an Choiste in Áras Uí Chonghaile. Beidh seo mar lá earcaíochta don Choiste chomh maith. Beidh siad ag déanamh cur i láthair do Ghaeilgeoirí óga bunaithe ar aidhmeanna an choiste agus an obair atá déanta acu go dtí seo. Beidh siamsaíocht agus bia ar fáil daofa agus pléigh ginearálta leis na daoine óga faoi fheidhm an Choiste agus fíos s'acu don togra.

**12in, Máirt 12ú Márta | 12pm, Tuesday 12th March**

Áras Uí Chonghaile

Teagmháil | Contact: [odhran@foramnanog.com](mailto:odhran@foramnanog.com)



### Lón Mór an Phobail agus Malartú Teanga Gaeilge-Araibis *Community Lunch and Language Swap* *Irish-Arabic*

Tóg béis leat do lón mór an phobail chun airgead a bhailíú do mhuintir na Palaistíne. Beidh cúpla focal den Ghaeilge agus den Araibis le foghlaim chomh maith - bígi linn!

*Prepare a meal and bring it to the community lunch to raise money for the Palestinian people. We'll learn a couple of words of Irish and Arabic too - bígi linn!*

12in, Aoine 15ú Mártá | 12pm, Friday 15th March

Gael-Ionad Mhic Goill

Teagmháil | Contact:  
[laochra@glornamona.com](mailto:laochra@glornamona.com)

### Camchuaireacht ar Bhaile an Mhuilinn le Seán Fennell *Irish language tour of Milltown Cemetery with Seán Fennell*

Camchuaireacht trí Ghaeilge leis an staraí Seán Fennell ar uaigheanna poblachtánacha i mBaile an Mhuilinn - fáilte roimh fhoghlaimeoirí.

*Tour through Irish with local historian Seán Fennell around republican graves in Milltown Cemetery - suitable for Irish learners*

1in, Satharn 16ú Mártá | 1pm, Saturday 16th March

Geataí an Mhuilinn | Milltown Gates

Teagmháil | Contact:  
[eoghan@glornamona.com](mailto:eoghan@glornamona.com)

# *glór* *na* *móna*

*Pobal & Óige*

