

Graiguecullen/Killeshin Parish Link

29th March 2020

Fifth Sunday of Lent (A)

GRAIGUECULLEN/KILLESHTN PARISH WEBCAM

Times of Masses broadcast on webcam are: Daily @10am
6.30pm vigil Saturday
11.30am Sunday

Daily

10am Mass will be broadcast live each day

12pm Angelus & Rosary daily

Mondays - Holy hour @8-9pm during Lent

Fridays - Stations of the Cross after 10am daily broadcast of mass

Church open from 12.30pm – 4pm daily for personal prayer.

Sacred space

Prayer cards around church

Light a candle

Sacrament of Reconciliation

Traditionally Lent is a time for those who have wandered from the Church to return in readiness for Easter. With our churches closed for the time being, this is an opportunity for those who have given up going, to engage in a different way. This weekend is traditionally our penitential weekend in Graiguecullen/Killeshin Parish where we have a penitential service at all our Masses in preparation for Easter.

At our Masses via webcam and facebook this weekend, everyone will have an opportunity to receive general absolution. If you haven't been to Confession in a while, we invite you to participate in this beautiful Sacrament of Healing. Take a step in faith. You'll be surprised about how free you feel after taking part in the Sacrament of Reconciliation. So many people describe incredible feelings of peace, joy, relief, and love that they never expected.

Act of Sorrow

O my God, I thank you for loving me.
I am sorry for all my sins,
for not loving others and not loving you.

Help me to live like Jesus
and not sin again . Amen

Prayer for Forgiveness

O my God, help me to remember the times
when I didn't live
as Jesus asked me to.
Help me to be sorry and to try again.
Amen

The Confiteor

I confess to almighty God. And to you, my brothers and sisters,
That I have sinned through my own fault,
In my thoughts and in my words,
In what I have done
And in what I have failed to do;
And I ask blessed Mary, ever virgin,
All the angels and saints,
And you my brothers and sisters
To pray for me to the Lord our God.
Amen

Prayer after Forgiveness

O my God thank you for forgiving me.
Help me to love others.
Help me to live as Jesus asked me to.
Amen

THINGS TO DO FOR LENT:

Holy Hour:- Every Monday @ 8pm on our webcam

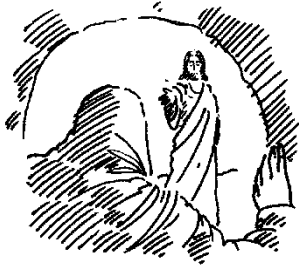
This year's theme is '**Digging deeper - living Lent**

Stations of the Cross:- Every Friday via webcam after 10am Mass

Trocaire Boxes:- Families are asked to continue to
make their contribution to the needy of the Third World.

Bingo: All bingo has been cancelled until further notice.

Life Changing



The most unsettling parts of the Bible are the bits where Jesus doesn't do exactly what we expect. Today Jesus' good friends Mary and Martha send him a message to come quickly because their brother Lazarus is dying. We would expect Jesus to drop everything and go quickly to their house. Instead, he hangs around for a couple of days and does nothing. What can he be thinking of? In truth, the delay is an essential part of the story. If Jesus had simply raised Lazarus from feeling unwell the story would have lacked poignancy, and no one would have had their faith significantly deepened that day. That Jesus raises Lazarus from the dead has a dramatic and profound impact on all not least Lazarus himself.

We might have expected Lazarus to have more to say on the matter. We might wish that he had shared a couple of life after death experiences with us, but it seems that Lazarus and his experiences are not really the point of the story. The main point of the story is Jesus' ability to transform the meaning of life and death for those who trust in him. Jesus says, "I am the resurrection and the life. Those who believe in me, even though they die will live, and everyone who lives and believes in me will never die." In bringing Lazarus back to life, Jesus shows the crowds that death need hold no fear for those who place their trust in him.

It is truly life changing to know that we are invited to place this much faith in God. It is life changing to know that God can handle any situation in which we find ourselves, and that he knows how to lead us through it. All we have to do is focus our faith on God rather than our own imagined solutions. Expect surprises. Expect delays. Expect a God who can guide us through life with all its challenges.

ANNIVERSARIES

(Please note all Anniversaries can be emailed to gkparish@gmail.com)

Fri 27th Esther Hand - 119 St. Clare's Rd
Teresa Robertson (née Murphy), Stevenage, Hertfordshire

Sat 27th 10am John Cullen – Maher Rd & the Byrne & Cullen Families

Sat/Sun 28/29th **(First Anniversary)** Mary Farrell (née Nelson), 4 Avondale Drive, Hanover
also her sons John & Brendan)
John Kearns, Knockbeg Road
Thomas Anderson, 60 St. Fiacc's Terrace

Aidan & Kathleen Power, 34 Pacelli Avenue
Michael Bowden, Rath Glen, Killeshin
John Pheasant, Kent
Roisin Jowett & Conleth Jowett
(Martin & Annie Fitzpatrick, Coolenaugh & their daughter-in-law June
Fitzpatrick, Wexford)
John & Anastasia Feehan
Breda Haughney, Crossneen
Teresa Robertson (née Murphy), Stevenage, Hertfordshire

Care for Our Common Home

Most of us are all stuck indoors for the foreseeable future, and it's likely that our internet and electricity bills are going to soar. Aim to spend the next few weeks reading, reflecting, writing and gardening rather than watching the TV or Youtube. Apart from saving energy, constantly following the current news updates any more than we have to can't be good for our wellbeing.

Looking after your mental health during this time.

While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

Find a healthy balance in relation to media coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

Access good quality information

It's important to get accurate information from credible sources. This will also help you maintain perspective and feel more in control.

Keep up your healthy routines

Your routine may be affected by the coronavirus outbreak in different ways. But during difficult times like this, it's best if you can keep some structure in your day.

It's important to pay attention to your needs and feelings, especially during times of stress. You may still be able to do some of the things you enjoy and find relaxing.

For example, you could try to:

- exercise regularly, especially walking - you can do this even if you need to self-quarantine
- keep regular sleep routines
- maintain a healthy, balanced diet
- avoid excess alcohol
- practice relaxation techniques such as breathing exercises
- read a book

Parish Finances:- Contributions can be made by standing order to the church bank account.

The parish account details are as follows:

Bank Name and Address: Bank of Ireland, Shamrock Plaza, Carlow. **Name of Account:** Graiguecullen Church. **BIC:** BOFIE2D **IBAN:** IE12 BOFI 9065 3123 3222 21.

Please put your name and address in the reference box.

Solemn Novena of Our Lady of Perpetual Help:- Our 15th Solemn Novena begins on Monday 20th April and will run for nine consecutive Monday nights. We invite people during Lent to place their petitions in the petition boxes in St Clare's. During our Novena, through the prayers of our Faith Community and the intercession of Our Lady we will ask Jesus to relieve whatever burdens we carry.

***The theme for this year's Novena is:-
'You are not alone'***

Guest Speakers for this year's Novena:-

DATE	SPEAKER
20th April	Archbishop Jude Thaddeus Okolo Papal Nuncio to Ireland
27th April	Liam Sheedy Manager Tipperary Senior Hurling Team
4th May	Andrea Hayes TV & Radio Broadcaster & Writer
11th May	Rev Trevor Sargent Curate Waterford Union of Parishes, former Green / Comhaontas Glas leader
18th May	Michael Kelly Editor Irish Catholic Newspaper
25th May	Anna May McHugh Managing Director National Ploughing Association
1st June	Jim Deeds Pastoral Worker, Author, Poet & Retreat Facilitator
8th June	Martina Lehane Sheehan Author, Psychotherapist, Spiritual Director
15th June	Carole Coleman Journalist and RTE presenter

ACCORD Catholic Marriage Care Service is currently recruiting volunteers to train as marriage preparation course facilitators.

- If you have a positive attitude towards marriage in the Catholic Church
- If you have the enthusiasm to be part of the Accord team in supporting couples who are preparing for the Sacrament of Marriage Accord wants to hear from you!

Successful applicants will receive professional training and will be part of a team delivering marriage preparation courses locally. Contact Aisling on 01 505 3112 or by email to info@accord.ie

The closing date for receipt of application forms to be included in Selections for this year is Friday 15th May. Application forms and additional information about becoming a facilitator is available on www.accord.ie

Carlow Family Support Group - You Are Not Alone

Drugs and Alcohol abuse effects families regardless of status in life. You did not cause it, you can't control it and you can't cure it. Help is available for those who live with this dreadful disease call 085 7872730.

RADIO MARIA IRELAND is an Irish-run Catholic Talk-Radio Station. Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies – all commercial free – Listen via TV on [Saorview](#) - Channel 210 and [Freeview](#) - Channel 826; Download our FREE APP - "RADIO MARIA IRELAND", streaming on www.radiomaria.ie or via PHONE – get live radio feed

by telephoning +353 (0) 1 437 3277 (no extra charges apply). Please join our growing faith family!

Third Age Ireland

Third Age Ireland is a national organisation who take care of the elderly. SeniorLine is one of their programmes and could be very helpful to you at this time. SeniorLine has been the national, confidential listening service for older people, run by trained older volunteers since 1998. This peer-to-peer helpline for older people receives in excess of 10,000 calls per year. If you are feeling worried, stressed or isolated at this very unnerving time, please feel free to ring this FREEPHONE service anytime between 10am and 10pm on any day of the week on 1800 80 45 91.

COVID-19 Support Line for Older People

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand.

High is the Heaven – Fr Liam Lawton

It's a while since I wrote some new original music and so I have tried in this new collection to offer a variety of songs and themes but all with the common denominators that the melodies are strong and very sing-able, with a Celtic theme running through all of them. The Choral and Music Arrangements are done by Paul Tate and are really beautiful and effective, and in the recording some extra Orchestra lines have been developed Mark Cahill.

Like all of my music, the songs are written for a specific reason ~

~ The Psalm *The Lord hears the Cry of the Poor* was especially written for the Papal Mass of Pope Francis in Ireland, *High is the Heaven* was written to celebrate the 1400th of St. Columba ~ one of the ancient Celtic monks who brought Christianity from Ireland to Europe and *There's a Star* is a Christmas piece with a memorable refrain, that celebrates the birth of the Christ Child.

As you bring your Gifts... was written to commemorate the 100 years Foundation of my own Parish Church in Edenderry, Co. Offaly, where I grew up.

The beauty of the spirituality of this ancient land is found in all of these pieces, which makes them unique, but I hope, also very accessible.

The Collection is now available in Veritas