**All our services can be viewed via webcam on [www.graiguecullen-killeshin.com](http://www.graiguecullen-killeshin.com) or on facebook**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Service</th>
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<tr>
<td>Monday – Saturday</td>
<td>10am - Mass</td>
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<td></td>
<td>12 noon - The Angelus followed by the Rosary</td>
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<tr>
<td>Monday – Friday</td>
<td>7.30pm - Night prayer</td>
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<td>Saturdays</td>
<td>6.30pm - Vigil Mass</td>
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<td>Sundays</td>
<td>11.30am - Mass</td>
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<tr>
<td>Sunday 19th</td>
<td>3pm – Divine Mercy Chaplet &amp; Benediction</td>
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<td>Sun 26th April– Mon 2nd May</td>
<td>9 night Novena to Our Lady of Perpetual Help</td>
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**Novena to Our Lady of Perpetual Help**:– with the ongoing lockdown our Novena which was due to begin on Monday next 20th April has had to be postponed. We hope to be able to have the Novena at a later date this year when things are back to normal. As we feel that we need the help of Our Lady more than ever we will have a **9 night Novena @ 7.30pm each night beginning on Sunday 26th April and ending on the bank holiday Monday 4th May** when hopefully we will be coming to an end of the current restrictions. During the Novena each night we will pray for any special petitions received. Petitions for inclusion can be emailed to [gkparish@gmail.com](mailto:gkparish@gmail.com) or text to 087 6216207 or see our website [www.graiguecullenkilleshin.com](http://www.graiguecullenkilleshin.com)

**FIRST COMMUNION CEREMONIES**:– Unfortunately with the schools & churches closed the First Communion Ceremonies for Graiguecullen (9th May)
and Killeshin children (16\textsuperscript{th} May) has been postponed until further notice. Any future dates will be decided when the restrictions have been lifted. Keep safe!

We’ll Never Walk Alone

As we look for meaning in life, for fulfilment and happiness, our frantic quest often becomes a vicious circle. The more we search, the more life eludes us. We reach the age of thirty, then forty, fifty, sixty and so on, with the increasing frustration that we have achieved little of what we set out to achieve in our optimistic youth. Then a nagging doubt sets in. Perhaps we will never amount to anything! Is this all that life holds for us?

The ‘Road to Emmaus’ can be perceived as a metaphor for our own life span. On Palm Sunday we heard how in a state of huge expectation, Jesus’ supporters met Jesus on his triumphant entry into Jerusalem. There were those who had expected Jesus to start something of a revolution, and they desperately wanted to be a part of it. There were those who had expected Jesus to transform and improve their lives only to have their hopes dashed. In today’s gospel, two such disciples are making their way back home and discussing the events of the last days. They are feeling defeated, gloomy and considerably let down. But as their journey progresses, they meet a stranger who teaches them how to look on things differently and where to look for the answers they lack. The stranger of course is Jesus. For the two disciples what begins with the shattering of an immature faith ends up with them giving witness to a mature and sustaining faith.

Could the story be about us? Every broken dream, disappointment and doubt is out there on the Road to Emmaus. Each of us is challenged to decide which part of the journey we have reached. Are we disillusioned and beating our heads against the proverbial brick wall? Or have we recognised that perhaps if life’s rewards are eluding us, we need to be doing things differently. Could it be that we
are looking for answers in all the wrong places? Most importantly, have we reached an awareness that we are never alone? Jesus promises that he is still with us just as he was with those unsuspecting early disciples. He is with us in scripture, and in his teaching. He is with us in the Eucharist, and he is with us in our prayers.

Joseph the Worker

For The Work of Human Hands

1st May 2020

At a time when we give huge votes of thanks to our Health Care workers, it is tempting for the rest of us to think that perhaps our own jobs aren’t worth as much. The truth is, that everyone’s job is reliant on someone else’s. We are all part of a big human jigsaw and we are all valuable. Whether we are currently working or currently in lockdown, this is a time for us all to consider how to make our skills more valuable to others.

St Bernadette Soubirous

16th April

Placing your petition at the Grotto of Lourdes

Did you know that although you will not be making a pilgrimage to Lourdes this year you can still place a petition at the Grotto thanks to the internet. You can make an online petition by visiting www.lourdes-france.org and following the ‘your petition’ link.

"O my mother, in your heart I placed all my anguish of my heart
and it is there that I gain strength and courage."

Saint Bernadette

Trocaire Boxes: will be collected when things are back to normal. Please continue to fill them. We are living with the Covid19 crisis but imagine living with conflict and starvation on top of that. Please give generously.

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: BOFIIE2D IBAN: IE12 BOFI 9065 3123 3222 21. Please put your name and address in the reference box.

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

Sat 25th (First Anniversary) Tom McDonald, Harristown
Liam Dunphy, Ballinakill & St Fiacc’s House
John Joe Cullen, Hollywood, Co Wicklow
Andy & Mary Dowling, Ardenteggle
Mary & Pascal Hennessy, Browneshill
(Sean Lynch, Dublin & London also deceased members of the Lynch and Duignan families)

Sun 26th Mick Lyons, Sleaty
Lil & James Fitzpatrick, Clonmore, Killeshin
Patrick & Agnes Brennan, Coolnariska
(Sean Lynch, Dublin & London also deceased members of the Lynch and Duignan families)
Denis Shaw, Maher Road
Agnes Daly, Kilcarrig Street, Bagenalstown

Mon 27th Agnes Kelly, Anneville

Sun 3rd May Breda Brophy, Rathcrogue
Gerard Casey, Killiney
Ellen Doran, Mortarstown

Living in a Virtual World

A Visit to the Vatican
Being stuck at home doesn’t mean that we can’t get our ‘cultural fix’. Thanks to ‘virtual tours’ there are many museums that we can visit virtually.

Unless your computer happens to be an antique, the Vatican museums are a great place to begin. Start with a 360° view of Michelangelo’s masterpiece, the Sistine Chapel. While the painted ceiling is a showstopper, each chapel wall explores a different aspect of the Christian faith journey: the stories of Moses, Christ, and the Popes throughout history. Then work your way through the remaining Vatican museums: Pio Clementino Museum, Chiaramonti Museum, New Wing, Raphael’s Rooms, Niccoline Chapel, and Room of the Chiaroscuri.

To begin your virtual tour, visit
www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html

Care For Our Common Home
Here is a top tip for the care of our planet that we can do without leaving the house.
• Make an effort not to waste any food, saving on natural resources, saving money and saving any unnecessary trips to the supermarket. Try batch cooking and freezing. Remember to label home freezing with the date and contents. Aim to use any left-overs for lunch on the following day. Use those lonely unloved things at the back of the cupboard to make imaginative meals. Who would have thought baked beans would go so well with pasta!

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

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.

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 Testimonials – 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.

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