

Clonskeagh Parish Newsletter

Let us remember those who are sick and housebound in our Parish today!



RCN 20016166

Clonskeagh Parish Mass Times are as follows:

•10am Monday to Friday (11am on Bank Holidays) •6.30pm Saturday (Vigil) •10.30am Sunday

We all need to exercise caution in our interactions with the public and with each other.

The norms of social distance, hand washing, and masks continue to be strictly observed.

Everyone who visits our church is to wear a face covering, to practice hand sanitising and social distancing, in order to protect everyone's health.

**** Parish Office Email: clonskeaghparish@gmail.com****

Sacristy/Parish Office Telephone: 01 2837948 Website: www.clonskeaghparish.ie

Mass Intentions For This Week

Saturday 6.30pm – Rose Roberts (RD)

Sunday 10.30am – Maureen Reilly (A) & Alice McMullan (A)

Monday 10.00am – Service of Word and Sacrament

Tuesday 10.00am – Service of Word and Sacrament

Wednesday 10.00am – Ann & Patrick Kehoe (A)

Thursday 10.00am – Eithne MacDonald (RD)

Friday 10.00am – Altar List of the Dead



We extend our sympathy to the family of
Eileen Nolan
whose funeral was held here in the Church this week.

ST VINCENT DE PAUL

The Society of St. Vincent de Paul continues to support those seeking assistance to the best of our availability. For the many families that are helped they are faced daily impossible choices, but at this time of year for many these impossible choices get harder, put oil in the tank or get the present on their child's list. This year, more than ever, your help is needed to make sure that children and families have what they need to share in the magic of the season. On Sat/Sun **11/12 December**, St Vincent de Paul will be holding a church collection in the hope to raise funds for people who are struggling this Christmas. For more information, please contact your local SVP Volunteers.

Car Parking

I haven't been able to come to an agreement with my preferred car park management company just yet. Clamping is a sticking point, for me it is an option of last resort. So the discussions will have to go on a while longer and so no change is imminent in any of the three parishes. Anyone with knowledge and expertise in this field is welcome to get in touch.

A Few Words From Fr Joe...

Energy! Every parish needs plenty of energy. The energy that comes from the sun certainly gives us a lift and makes the church building and environment more pleasant, the energy that comes from the Spirit leads our hearts and minds along the right path, but the energy I'm speaking of is human energy. This is one of the great gifts that we all have and are free to share. The ability to know and love your church, want to be busy and active in your parish, seeking out and connecting with like-minded fellow parishioners with a desire to do things together, this is what we need, lots and lots of people with energy to share.

Ever since the day I was ordained I have been in awe of the people who bring their energy to the parish and I admire their huge contribution to making the parish an attractive spiritual home. It takes energy to set up a parish in the first place, getting church, hall and school built! Then maintaining the facilities while building the community takes even more energy. When you come into any situation where there is positive energy it immediately connects with that part of yourself that is joyful and able to be uplifted, we celebrate and rejoice in such an atmosphere. We have that here and we are so blessed.

I have also learnt over time that not everyone's energy is abundant and flowing powerfully at the same time! There are days when nothing seems hard, when the energy flows and while we may be tired at days end, it is a contented fatigue. But of course, there are those days when the energy is sapped, we feel tired and listless and can barely look after our own needs never mind thinking about doing anything for others, and that's ok too. I've learnt the hard way that when my energy levels are up, someone on a bit of a downer can find me very annoying! Too bright and cheerful, too many ideas and plans can drive another person bonkers. 'Leave me alone, disappear, go away' are all perfectly normal responses and that's just fine too.

Advent is an opportunity to begin again as another Church year is kicked off. The wreath with its ever-green foliage is an affirmation of life, the candles are only lit one by one, week by week and the bright white light of the nativity won't burn until the circle is first completed, marking the time spent making ready. If you have energy, and can share it, know that the parish needs you. If you are tired and have given as much as you can, know that the parish appreciates you. If you need a little booster to get back in touch with your spiritual energy, then Advent will be a perfect time for you.

Priory Institute: Free of Charge Online Advent Retreat

Lectio Divina reflections on the Advent and Christmas Gospels.

The Priory Institute is delighted to offer a Free of Charge online retreat which is a repeat of the popular Advent Retreat we ran in 2018.

The presenters are expert practitioners and facilitators of the Lectio Divina method:

Joseph Ralph, OP is a member of the Dominican Community in Newry and Director of Lectio Divina centre attached to that community.

Kate Byrne is a retired teacher and is vice chair of the Lectio Management Team in Dominican Lectio Divina centre in Newry. *Fr Columba Mary Toman, OP* has been a practitioner of Lectio Divina for many years, particularly during his time as Chaplain at QUB. He is an experienced preacher and retreat giver.

Ann-Mary Redmond is currently a Priory Institute tutor for the MA in Biblical Studies, she participates in Lectio groups in English and Spanish.

Brendan Clifford, OP has been learning and teaching Lectio Divina for many years. His book on Lectio is entitled *The Word Seen and Touched: Lectio Divina and Human Experience*.

Visit prioryinstitute.com to register/find out more.

November – Month of the Holy Souls



The November Altar List of the Dead is one of the many ways in which we remember our deceased relatives and friends, and join our intentions in the Masses the priests offer for the repose of their souls. Please take a **November Altar List of the Dead (Available at the back of the Church)**. Place your completed List in one of the envelopes provided and return it to the basket **or, you can pop them into the post box outside St. Joseph's or, if it is open, leave them in the Sacristy**. The names of all those on the **Altar List of the Dead** are included in the 1st Friday Masses throughout the year.