

We remember all those who died recently.

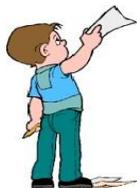
Mary Byrne



We give our loved ones back to you, O Lord; and just as you did not lose them in the giving, so we do not lose them in returning them to you.

Do you have a neighbour who is housebound? Or do you know someone who might like to hear what is going on in the Parish

We would like you to pass this Newsletter on to them Also, if you know someone who would like to have Holy Communion brought to them in their home, please contact the Parish Office.



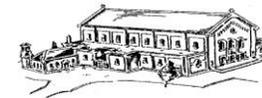
A copy of the Newsletter can also be downloaded from the Parish website. www.mourneroad.ie

Parish of Our Lady of Good Counsel, Mourne Road, Drimnagh

Pastoral Area Crumlin / Mourne Rd. / Clogher Rd.

1st Sunday of Lent

22nd February 2015



Eucharistic



Adoration

Eucharistic Adoration takes place Monday to Friday 10.30 a.m. to 5 p.m. in the Oratory.

Would you like to spend a little time alone with the Lord in quiet prayer? If you have an hour to spare please leave your name into the Parish Office.

Would you like to join us in a Lenten 'Retreat' with a Difference? Last year we had a week long Parish Mission during Lent. This Year we're offering a retreat which won't cost you anything except your time. You follow your daily routine but do things in a more thoughtful and reflective way. This is a 'DIY' experience to help us prepare for Easter. **The Plan?** Each Sunday of Lent you will be offered a short passage from Scripture on the weekly newsletter to reflect and act upon during the week. Each week will focus on different themes such as prayer, mindfulness meditation, as well as information on this year's Trocaire's Lenten campaign which is all around 'Climate Justice'. It may also include details of liturgies, events in the parish. Lent is a transforming time, enabling us to stop and breathe and take stock of our lives. Our themes this year are: **Recover, Refresh, Renew, Reconcile & Respond**

MASS TIMES: SUNDAYS 6.30pm Vigil, 9am, 10.30 Family Mass & 12 noon Choir
7 p.m. Pastoral Area Mass St. Agnes
10 am MONDAY – SATURDAY – Weekdays 7.30am during Lent
Morning Prayer: 9.40 each morning.

Legion of Mary

Legion of Mary group meet every Tuesday at 2.30 p.m. in the church Meeting Room.

Gospel Reflection Every Wednesday at 9.15 a.m. in the Church Meeting Room.

Eucharistic Prayer – Every Friday 2.30 – 3.30 p.m. in the Oratory. All welcome.

TROCAIRE BOXES ARE AVAILABLE IN THE CHURCH.

PARISH LOTTO



Development Fund

There was no winner of last week's Jackpot.
Numbers 2, 6, 9, 30.



Congratulation to last week's winners of the three €20
Next week's Jackpot will be €8,100.

The next Draw takes place on Tuesday morning after 10 a.m. Mass in the Church Tearoom.

Entries for the Lotto draw each week must be put into the safe in the church by 11 a.m. on Mondays.

All are welcome to attend the draw.

Parish Office Opening Hours

9.15am to 1pm. & 2pm to 5.15pm. Monday - Wednesday

9.15am to 1pm Thursday & Friday (Closed both afternoons)

Contact: Phone 4556105 Email: mourneroadparish@eircom.net

Website: www.mourneroad.ie.

w/e 15th February 2015

Church Collections

1st Priests: €1,027.00

2nd Accord: €1,461.00

Envelope Collection

€2,028.00

During Lent candles for "Healing & Renewal" are available at all Masses and from the Parish Office.

Offering €1.50

Mass Times for St. Agnes

Weekdays 9, 10am & 7pm

Saturday Vigil @ 7.00pm

Sunday 9.30 a.m., 11am,

12.30p.m.

& 7 p.m. Pastoral Area

Evening Mass

Mass Times for Clogher Road

Weekdays 10.00am

Saturday Vigil @ 7.00pm

Sunday 10.00am & 12.00

noon

*First Sunday of Lent ~ 22nd February 2015 "The Spirit drove Jesus into the wilderness and he was there forty days," Recover: Welcome to the first week of our Lenten newsletter retreat. Each week these reflections will be a guide for you to spend some more time in prayer and reflection throughout Lent. It is an opportunity to take some 'time out' each day. We begin our Lenten retreat by allowing ourselves to be led into the 'wilderness'. We need time to recover, to remove ourselves from our hectic world for a few minutes each day, to give ourselves a little space and time. In the Gospels we are told that Jesus frequently goes away to a quiet place to pray, to escape the crowds, to spend time with God. Where is your quiet place? Make a promise to yourself this week to recover some time for yourself each day. Maybe just 10 – 15 minutes. **Tasks for this week:** Firstly you are invited to create a simple sacred space in your home. This could be in the corner of your bedroom or sitting room. It should be somewhere that you can go for some quiet time each day. Use some symbols in your space – such as a cross, candles, a bible or some significant symbol for you. The colour for Lent is Violet so you may like to use that colour in your sacred space. Secondly, some people like to carry something with them in their pocket during the weeks of Lent, like a small stone or pebble. It can be a reminder of the things that weigh you down, or a worry or concern that prevents you from living as freely and as fully as you can. Take your stone out once every day and hold it in your hand. By the end of the five weeks you will know every part of it as well as you know your inner self. Some also carry the stone in their pocket to remind them, whenever they touch it, to look for something to be grateful for, to say thank you for... you might want to try it. You can place the stone/symbol in the sacred space each night as a symbol of entrusting your burdens to God. The reflections and suggestions on these pages are meant as a guide. You can do some of them or all of them. Take your time, be gentle with yourself – you have a full week. **Prayer suggestions for the week:** Breathing exercise: Try to do this at least once a day. Be still. To start take three deep breaths... inhale for a count of four, then exhale for a count of four (all through your nose, which adds a natural resistance to the breath). Then, close your eyes and focus on your normal breathing. On the in-breath be aware that it is life-giving, nurturing; a gift from God. On the out-breath be aware that you are feeding the plants and trees around you; you are blessing the world around you. Stay with that for a while: The in-breath as a gift from God; the out-breath as your gift to the world.*

Read Sunday's Gospel, two or three times: Mark 1:12-15 – (take the Missalette home with you if you like). Come back to it a few times during the week. Each year on this first Sunday of Lent, we read one of the synoptic accounts of the temptations of Jesus in the desert. Mark's version of the temptation in the desert is much shorter than Matthew's or Luke's. This makes the significance and impact more direct.

- **Sit with the text, and pick a word or phrase that stands out to you. Repeat that word or phrase in your mind.**
- **Why is that word or phrase relevant to you at this moment?**
- **What is the 'Good News' that Jesus is saying to you today?**

Something to think about: As we begin Lent, let us try to **recover** the call we each received at our baptism to be a disciple of Jesus. As we walk the Lenten journey of transformation we are asked to re-examine how we are living up to our own Christian initiation. The Rite of Christian Initiation of Adults (RCIA) describes the process of growing to maturity as a Christian as becoming a person who turns readily to God in prayer, is a witness to the faith, sets his/her hope in Christ, is inspired to Christ-like deeds, and who practices love of neighbour even at cost to self. How do we measure up?

Over the weeks of Lent, take up the invite to **recover** your own call to discipleship. How often and well do you pray? Do you witness to your faith in your family, work and other places? Are you a person of joy & hope? Are your actions inspired by Christ? Do you love others enough to make sacrifices for them? **Action for the week:** *Lent calls us to transform our lives in many ways and to think about our relationship with God, with our neighbour, with the Global community. This year's Trocaire campaign is all about 'Climate Justice' and features the life and times of Mahlet, a 13 year old Ethiopian, and her community. Try to have a look at The Cry of the Earth: A Pastoral Reflection on Climate Change from the Irish Catholic Bishops' Conference*

http://www.trocaire.ie/sites/trocaire/files/pdfs/parishes/cry_of_the_earth_2014.pdf. This week your task is to think about how you can make a difference with just simple changes. One third of all food bought in Ireland is thrown out. This costs each household in Ireland between €700 and €1000 (or £600 or £850) a year! When we throw food away, all the energy that went into growing, producing and transporting it goes to waste too. Also rotting organic waste on landfill sites produces the potent greenhouse gas, methane. All having a negative effect on our environment. So... Try making a list of the food you throw out over the week – this will help you identify what you aren't using and help you manage your food purchasing better, saving you money. Then make a list before you go shopping to avoid buying the wrong food or too much food. Also why not get better at how you store your food and get smart about freezing and cooking up leftovers! We used to call it 'bubble & squeak' as kids!!