

## CALLAN PARISH NEWSLETTER

**Recent death:** Dan Campion, Tullamaine – funeral on Thur. 18 Feb.

**Eucharistic Ministers:** 6.30 pm Nellie Lynch & Brenda Farrell; 11.00 a.m. Frank & Statia Kania & Paul Clarke.

**Readers:** 6.30 p.m. Padhraic Moran; 8.30 a.m. Paddy McGuire; 11.00 a.m. Mary Grace

**Masses during Lent : 8.00 a.m. & 10 a.m. each morning, Mon – Frid.; regular weekend Mass schedule applies.**

**Parish Lenten Programme of quiet prayer and reflection:** The L'Arche Community is organising a 'Quiet Hour' each Wed. night, during Lent 7.00 - 8.00 p.m. in Br. Rice Centre, Westcourt. This will consist of a scripture reading, quiet time for prayer and meditation with relaxing background music and some intercessory prayers. All are welcome. One way of confirming one's commitment is to arrange to bring along another person with you. This makes the commitment easier for both.

**Kilkenny Age Friendly Older Peoples Forum:** The Kilkenny Older Peoples Forum is a group that represents the voice of the older people in Kilkenny. This voluntary group enables people to share their concerns as an older person living in their community and to work with other agencies and service providers. The aim of this Forum is to make sure that Kilkenny is a great place to grow old in. **We would encourage people to join us by contacting** Mary Holden, Secretary on 056-7772787, alternatively phone 087-6218589 or Email: [agefriendlycounty@gmail.com](mailto:agefriendlycounty@gmail.com). Membership is free.

**Blood Transfusion Unit will be in the parochial hall, Callan on Thur. 25 Feb. 4.30- 8p.m..** The Service is currently finding it difficult to harvest 3,000 units of blood per week to meet the needs of hospitals and clinics. If you are eligible to give blood please come along to do so.

**Pope Leo the Great from the middle of the 5<sup>th</sup> century sheds light on the real meaning of Lent.** Leo I was pope 440-461, in other words a contemporary of St. Patrick. In one of his sermons he exhorts the faithful to take on board the discipline of Lent. "The special feature of Easter is the occasion when the whole Church rejoices over the forgiveness of sin. Certainly it is true that the waters of baptism brings about our new life of grace, but for us all it remains necessary to struggle every day against the rust of our earthly nature. Whatever steps forward we make, there is not one of us who is not always bound to do better. All of us must strive hard and so on Easter day no one should remain bound by the vices of his old self. What every Christian must always be doing must now be performed more earnestly and more devoutly. These forty days, instituted by the apostles, should be given over to fasting which means, not simply a reduction in our food,

but the elimination of our evil habits. To these sensible and holy fasts we should link almsgiving which under the one name of mercy covers a multitude of praiseworthy deeds of charity. It is our duty to love both God and neighbour and, however, we may be hindered in other ways, we are always sufficiently free to wish well to others. There is rich variety of ways we can do good and hence we have no excuse for not doing so. Thus, even if we are not all equal in our worldly goods, we can achieve an equal standard in the love of our fellows”.

**Kilkenny Bereavement Support** is hosting a Public Talk entitled, “Understanding Self-harm and Suicide in Young People” in the **Newpark Hotel, at 7.30pm Thursday March 3<sup>rd</sup>**. Adm. €5. This talk will explore the psychology of self-harm and suicide among young people.

The speaker is Dr Eoin Galavan, a Senior Clinical and Counselling Psychologist working in Adult Mental Health services. He and Dr Olivia Murphy, Senior Clinical Psychologist working in the Child and Adolescent Mental Health services will hold a workshop for parents and concerned adults on Saturday March 19<sup>th</sup>.

Please note that **Callan Parish Newsletter** is available each week on [www.dioceseofossory](http://www.dioceseofossory) under **Callan Parish**. This also contains up-to-date Mass times, email address etc.. The older dedicated **Callan Parish website** is now stranded in outer space and not welcoming any contact from mere terrestrial beings. Consider it obsolete.

### **Prayer for Healing:**

**Lord, I ask your mercy and favour in a special way on me this day. I ask for the gift of healing, spiritual, physical and emotional. I ask to be released from my brokenness which my sins and those of others have caused. I do so with trust knowing that you care for me and know me even better than I know myself. I am precious to you even if within myself I feel worthless and unloved.**

**I ask you to release me from any slavery to sin, any attitudes, habits, compulsions, or depraved ways of thinking, speaking, acting that keep the cycle of sins alive and active within me. Pull down those barriers that prevent me from opening my heart, mind and body to your healing love. I ask you Lord to unlock the chains of my guilt that stop me believing that what you want is always for my good and my happiness.**

**Help me Lord not to punish or accuse myself in an unhealthy way; let me believe in your loving mercy. Set me free from any self-pity that weights me down. Allow me to reach out to others that are hurting in an honest and compassionate way so that I might radiate to them your healing power. May I never lose faith in your healing presence and in your power to heal and save me”.**