



## St Brigid's Parish Cabinteely



### November 28<sup>th</sup> 2021 -1st Sunday of Advent

Staying awake can often be a challenge, especially when we are exhausted. Life's demands have a way of zapping every last bit of energy out of us. When we are tired it affects us not only physically, but psychologically and spiritually as well. All of our senses are dulled and diminished. We can overlook details, become disinterested, lethargic and apathetic, and detached. Getting sufficient physical rest only helps so much. We need to be rejuvenated, refreshed, and reenergized in other ways. If we are psychologically exhausted, we need to understand what is draining our emotions and taxing our relationships. If we are spiritually tired, we need to find the necessary "shot in the arm" to put us back in touch with God. Unfortunately, exhaustion is seldom limited to just one part of who we are. When we lack energy and zeal it is usually the case that everything suffers. We not only are affected physically, but psychologically and spiritually as well. In short, when we run out of gas the engine stops.

And yet, our Lord's directive is clear, "Be vigilant at all times." Even Jesus knew what "the anxieties of daily life" can do to us. One day pours into another and time quickly flies by. Any one of us can take a moment and reflect on how many wonderful, creative opportunities we miss because there is always so much "stuff" to do and so little time to do it. Usually these are missed moments of love, and if we are missing love encounters we are also missing God. Sleepwalking through life, we check the boxes next to our list of "must and have to dos" and justify it all by convincing ourselves that tomorrow is another day and there'll be more time. It may surprise us, but tomorrow is here, and time is running out. While we may like to believe that we have an "eternity" of time to do all those things that require the focus, energy, and desire we do not currently have, we don't. We're on a limited ride and time is short.

Jesus is also clear on another point. "That day [will] catch you by surprise like a trap." If we are going to be judged on love and so easily justify not having all that much time to do so, then it seems we must shift focus a bit. St. Teresa of Calcutta tells us, "We desire to be able to welcome Jesus at Christmas-time, not in a cold manger of our heart, but in a heart full of love and humility, a heart so pure, so immaculate, so warm with love for one another." Getting to this place doesn't "just happen." It requires vigilance and discipline both with a knowledge of what is really of importance and what really needs to be the focus of our energy and time. Pray, starting now and not tomorrow, that we can stay alert, be strengthened in our faith, & prepared for whatever will come. Don't miss another opportunity to love.

### WEEKLY

### NEWSLETTER

**Nov 28th 2021**

***St Brigid's Church closed on  
Nov 1st for essential  
maintenance work which is  
expected to take approximately  
4 months.***

We are encouraging our parishioners to attend Masses both on the weekday and Sundays in the other two Churches in the Pastoral area, namely Johnstown and Foxrock. Masses can also be viewed online from these Churches.

<https://www.churchservices.tv/foxrock>  
<https://www.churchservices.tv/johnstownour lady>

<https://cabinteelyparish.ie/mass-times-in-neighbouring-parishes/>

Parish of St Brigid's Cabinteely

[www.cabinteelyparish.ie](http://www.cabinteelyparish.ie)

[info@cabinteelyparish.ie](mailto:info@cabinteelyparish.ie)

Fr. Aquinas Duffy 01 5672374

[pp@cabinteelyparish.ie](mailto:pp@cabinteelyparish.ie)

Fr Arthur O'Neill and Fr Tom O'Keeffe

Parish Office/Sacristy 01 2858835

Monday - Friday 9 - 1pm

Registered Charity Number (RCN) 20016166  
and CHY 7424



**Our Church is Closed for Essential Works until early 2022**  
**Thank you for your continued support**

[www.cabinteelyparish.ie](http://www.cabinteelyparish.ie)

**Parish Office & Centre  
will remain open**

**PLEASE TAKE HOME A COPY OF THIS NEWSLETTER**



### BE STILL – DAILY ADVENT REFLECTIONS

The Office for Mission & Ministry are offering daily reflections for the Advent Journey. The theme of these reflections is 'Be Still'. This is a great opportunity for everyone to take time during advent to be still. The reflections will be posted each morning on the Facebook page for the office of Mission and Ministry. [www.facebook.com/officeformissionandministry](https://www.facebook.com/officeformissionandministry)

I would like to express my deepest thanks to all the members of the previous **Parish Pastoral Council** under the Chairperson Mary Delaney, who gave excellent service to the parish over a number of years. I also welcome and thank the members of the newly established Parish Pastoral Council which has just completed a period of training. The new Chairperson is Mr Ger Daly. May God bless all of them on the journey ahead where ever the Spirit may lead it.

**Fr. Aquinas**

### SDVP Virtual Christmas Food & Toy Appeal

This year, more than ever, we still need your help to make sure that children and families have what they need to share in the magic of the season. We are asking you to give the gift of choice this Christmas, it's the most magical gift you could give a child in need this Christmas.

#### Virtual Gift Appeal

To take part in our Virtual Gift Appeal, you can go to the **SVP website** and buy a voucher for someone that can be used in your local community. Just select who you would like to buy the voucher for and the area you'd like it to be used in. We are partnering with the Irish company Me2You Gift Cards, who will be providing the vouchers that can be used across a wide range of retail outlets.

#### Virtual Food Appeal

If you would like to take part in our Virtual Food Appeal you can buy a hamper on the **SVP website** so some essential food items and Christmas treats can be given to people in your community. See <https://www.svp.ie/appeal-2021/virtual-gifts.aspx> for more information

You can choose to donate a virtual hamper to one person, two people, or a family, to help them this winter and beyond. Your support will ensure that families in your local area can have the gift of choice to get what they need this Christmas. We will make sure your donations reach a good home in time for Christmas.

**Thank you to  
Johnstown and Foxrock  
Churches for facilitating  
Cabinteely parishioners during  
the temporary closure of our  
Church.**

### AWARE - SUPPORT & SELF CARE GROUPS

If you wish to connect with people in relation to your mental well-being, please consider using the Phone In and Zoom Support & Self Care Groups, the Support Line or Support Mail. These services provide support, coping skills and information and most importantly help people who are in distress to know and feel that they are not alone in their experience. For more info. about the groups <https://www.aware.ie/support-support-groups>

### Website of the Week: Advent Online Retreats

The season of Advent – for Christians of many denominations - is a time of light amid deep darkness, a time of waiting in hope and preparing ourselves to receive Christ into our hearts and our lives. New Pilgrim Path offers a range of wonderful online retreats – from Catholic and Anglican traditions - designed to help participants come to know Christ in a new and deeper way as we journey through the season of Advent, preparing to welcome the Light of the World, Jesus Christ, at Christmas. The retreats vary in duration, from half a day to several days. To access these rich spiritual resources, visit [www.newpilgrimpath.ie](http://www.newpilgrimpath.ie).

### Annual Mass for Deceased

We will hold our Annual Mass for Deceased in the Spring when the Church reopens after the Renovations. Altar List for the Dead can be dropped into the centre while the church is closed.

**COVID-19 - Support Line for Older People - ALONE** manage a national support line & supports for older people who have concerns or are facing difficulties relating to COVID-19. Professional staff are available to answer queries & give advice. The line is open 7 days, 8am- 8pm, by calling. **0818 222 024.**

As part of our bereavement support function at **Irish Hospice Foundation** we are arranging our annual event for the public entitled 'Living with Loss'. This event is free to attend, but registration is required using the following link: [Living with Loss Tickets, Wed 8 Dec 2021 at 19:00 | Eventbrite](https://www.eventbrite.co.uk/e/living-with-loss-tickets-15082888888). This public event aims to provide information about grief and the range of supports available to bereaved people

### Supporting St. Brigid's Parish-

Registered Charity Number (RCN) 20016166 and CHY 7424

The Easy Payments online donate button is below through which you can set up once off or monthly payments to all the collections. Also here are Print Version of Standing Order Forms

For First and Second Sunday Collections  
[standing-order-collections](#)

For Parish Planned Giving to support the Parish

[Standing Order FAMILY OFFERING](#)

For Church Renovation Fund

[Standing Order FUNDRAISING](#)



### Thank You for Your Generosity

Thank you to those who continue to contribute to the 1st Collection (Common Fund which pays an allowance to priests) and the 2nd Collection (Share which supports developing parishes & the Diocesan Administration) in addition to the planned Giving which supports the running of the parish. There are permanent boxes in place for 1st & 2nd Collections. There is also a double envelope for the 1st & 2nd Collections. **If you put your name and address on the envelope we can claim the tax back on it.**

**Fr Aquinas**