



St Brigid's Parish Cabinteely



February 26th 2023 -1st Sunday of Lent

The Spirit leads Jesus into the desert to be tempted by the devil, and we hear this: "He fasted for forty days and forty nights, and afterwards he was hungry." Seems like a questionable battle preparation plan. When I fast, I usually feel grouchy at best, and at worst, like I might pass out from longing for a hamburger. Isn't it better to be well-fed and fully hydrated, especially to face spiritual struggles? Why fast?

This might help. The origin of the word "fast" means to "hold firmly." We still use it that way when we say, "I held fast to my original decision." We human beings are a bundle of desires which vie for our attention: food, drink, comfort, safety, sex, laughter, beauty, and so on. If we can't manage to have firm grip on them, in short order they'll have a firm grip on us. By fasting from our lower desires, we learn to firmly grip on to what is greater. Fasting leads to us to a firmer hold on our body and mind.

Jesus fasts for us. He's showing us that his grace can help us regain this firm hold of our lives, which makes it more difficult for the devil to tempt us. But take it one more step. Fasting also teaches us to finally hold fast to Jesus, the Word of God in flesh. "Man does not live by bread alone," he says, "But by every word that comes forth from the mouth of God." Jesus' fasting reveals his fast hold to the Father in everything. May our fasting help us to grasp ourselves more firmly, and then to hold fast to Jesus alone. — **Father John Muir**



Parish of St Brigid's Cabinteely

www.cabinteelyparish.ie : email info@cabinteelyparish.ie

Fr. Aquinas Duffy 01 5672374 pp@cabinteelyparish.ie

Fr Arthur O'Neill and Fr Tom O'Keeffe

Office/Sacristy 01 2858835. Monday - Friday 9 - 1pm

WEEKLY NEWSLETTER

MASS INTENTIONS

Weekdays

Mon. Tues. Thurs. Fri. at **10am**

No mass on Wednesday.

Bank Holidays at **11am**

Weekends

Vigil Mass (Saturday) **5.30 PM**

Sunday: 10.00am & 12.30am

All masses available online

www.churchservices.tv/cabinteely

Sat Feb 25th —5.30pm

Anne Mallon—13th Anniversary

Sun Feb 26th — 10am

Sun Feb 26h —12.30am

Philip Ryan—30th Anniversary

Maeve & Denis Bree—Anniversaries

Recently Deceased

Monday - 10am

Christopher & Elizabeth Donlan

Tues - 10am

Michael & Annie Murney

Thurs - 10am

Special Intention

Fri Jan—10am

First Friday

PLEASE TAKE HOME A COPY OF THIS NEWSLETTER

Escorted Pilgrimage to Knock Shrine, Ireland,
Mon 27th March 23. €599.00 per person sharing. Price includes return train, 4 nights' in Knock House Hotel full board. All entertainment & excursions included. Day trips to Westport, Ballintubber Abbey, Croagh Patrick, Fr. Peyton Centre & National Museum. Single supplement €100.00. Contact Patricia on [087 1890 236](tel:0871890236) or email knockpilgrimages@gmail.com

Sally noggin Parish – Lenten Talks Series

02/03 'Deciding to Follow' speaker: Rosemary Swords.

09/03 'Called to Community' speaker: Orla Nolan.

16/03 'The moral life of the Disciple' speaker: G. Casey.

23/03 'Sharing the Gospel' speaker Gerard Hanley.

30/03 'Sacramental Life' speaker Fr Conor McDonagh

There will be small discussion groups following the talks. We are broadcasting on our webcam and will facilitate viewers to participate in a zoom conversation if the demand is there. It is necessary to register for this through the Sallynoggin parish office on 01 2854667.

You are warmly invited to a series of three Lenten talks being hosted by the **Loyola Institute**. We will be looking at the question of 'true and false reform in the Church', inspired by the book of this name published by Yves Congar OP in 1950. This will help us to see how Congar can help us in our synodal journey today.

Tues Feb 28th: "What is Reform?", Dr Cornelius Casey

Tues March 14th: "Is Reform Possible? Conditions for Authentic Reform", Dr. Fáinche Ryan

Tues March 28th: "True and False Reform Today", Dr Gemma Simmonds.

All three lectures begin at 7.30, at the Loyola Institute, Trinity College Dublin. They are free and all are welcome

Study looking for adults (70+) to take part in our Protein and Online Exercise classes for 12 weeks by PhD student Catherine Fallon from UCD. All appointments and classes will be done from your own home. Please contact [0867240910](tel:0867240910) or Catherine.fallon@ucdconnect.ie. For info.

The Garda Older Persons Association (GOPA) would be very grateful if we could help spread the word in the community about their upcoming Safety & Security Seminar taking place in the Talbot Hotel, Stillorgan on the 3rd March from 11 – 2p.m. All welcome

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 Maintenance Fund



Online Retreat: Lives to Inspire

We all know of people whose lives inspire us by their courage, generosity, imagination or brilliance. People who encourage us to live better, more fulfilled lives. Christian churches either informally, or formally present us with inspiring people that they call 'saints'. Over Lent, the Lives to Inspire retreat from the Scottish Jesuits will focus on 40 people, some canonised saints, others renowned for their lives of love and public service. The range is diverse – including Francis of Assisi, Dorothy Day, Nelson Mandela, Elizabeth Ann Seton, St Brendan the Navigator, Hildegard of Bingen and many more. Each reflection is accompanied by a passage of Scripture, a piece of music and a thought-provoking image. For this, and many more valuable Lenten resources, visit www.newpilgrimage.ie.

Pilgrimage to the Holy Land 5th – 13th May 2023

Spiritual Directors: Sr Consilio Rock (Navan) & Fr Tom Dalzell (Ballybrack-Killiney) Cost: €1995.00 pp sharing. Dinner, B&B in 4 star hotels in Tiberias & Jerusalem. Deposit: €300, payable to Navan Travel at 046 9068600 or by email at: info@travalue.ie see www.travalue.ie. More information from Fr Tom Dalzell at 01-2826404.

Collection in support of the people of **Turkey and Syria** affected by the devastating earthquakes will take place **this weekend** and will replace the SHARE collection.

Couples Marriage Retreat—More to Marriage

Johnstown Killiney Parish Pastoral Centre Sat 11th. March 2023—Full Day €35 per Couple (includes light lunch) Please sign up in the parish office Facilitated by Martin & Mary Moran who have married for 36 years, have 5 children and 8 grandchildren. They have 35 years of ministry experience including couple to couple support, pre-marriage courses and marriage courses

The March 1st Saturday Book Sale which supports the Shankill Old Folks Association, will take place from 10am to 1pm on Sat Mar 4th in the Shankill Day Care Centre, Lower Road, Shankill, and all are welcome to attend. The 1st Saturday Book Sale continues to adhere to strict safety guidelines with all precautionary health measures in place. Donations of books, which must be in a clean and good condition appreciated.

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 & information & most importantly help people who are in distress to know they are not alone in their experience. For more info. <https://www.aware.ie/support/support-groups>

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