

MASS INTENTIONS

Sat Vigil Feb 3rd — 5.30pm

Special Intention

Murth Kehoe—Month Mind

Sunday Feb 4th - 10am

Mary Cremen—2nd Anniversary

John Stanley—Recently Deceased

Sunday Feb 4th— 12.30pm

Michael Colbert—Months Mind

Special Intention

Audrey Lawlor—Recently Deceased

Bank Holiday Mon—11am

Special Intention

Tues 10am

Special Intention

Thurs—10am

Holy Souls

Fri - 10am

MASS TIMES

Weekdays

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

No mass on Wednesday.

Monday Bank Holidays at **11am**

Weekends

Vigil Mass (Saturday) **5.30 PM**

Sunday: 10.00am & 12.30am

All masses available online

Confessions available after the 5.30pm vigil mass in the side chapel & weekday mornings after mass - on request

www.churchservices.tv/cabinteely

PARISH OF ST BRIGID'S CABINTEELY — FEBURARY 4TH 2024

Fr. Donal Roche 086/8247132 donaljroche@gmail.com. Fr Arthur O'Neill & Fr Tom O'Keeffe.

Website. www.cabinteelyparish.ie **Email** info@cabinteelyparish.ie.

Office/Sacristy/Child Safeguarding Rep - 01 2858835. Mon-Fri 9 -1pm.

Registered Charity No. (RCN) 20016166 & CHY 7424



Our local conference of **St. Vincent de Paul** will hold their usual monthly Collection at all masses **NEXT weekend - 10th / 11th of February**

The team are very grateful for your support and generosity which enables them to help local people who are struggling this winter. It is very much appreciated.

6-week Lent course on Spiritual Conversion

Would you like to take part in something new this Lent? Bayside Alpha are running a free 6-week Zoom course called Metanoia. Metanoia means a transformation of the heart, a spiritual conversion. The videos contain half hour episodes shot in locations throughout the Holy Land and there is an opportunity to meet other people, to share your journey and listen to other people's journeys. The course starts on Tues 13th Feb 2024 at 7.30pm and is hosted by Franciscan Friar, Fr Dave Pivonka, and other speakers. If you would like to take part please email Paul at alphabayside@gmail.com

Carmelites—White Friar Street.
World Day of the Sick
Anointing of the Sick—within the celebration of mass.

Sunday 11th Feb 2024
[Memorial of our Lady of Lourdes]
Mass 4pm
Preacher. Martin Baxter O.Carm

Rathmichael Historical Society
Colmán Ó Clabaigh will present 'Sanctuary in Medieval Ireland' at 8pm. on **Wed Feb. 7th** in St. Anne's National School, Stonebridge Road, Shankill, Co. Dublin. All are welcome admission is €5 for non-members.

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 & address on the envelope we can claim the tax back on it.... **Fr Donal.**

BEREAVEMENT SUPPORT

The Irish Hospice Foundation provides a free Bereavement Support Line. This National Freephone Service is available from 10am to 1pm, Mon to Fri, by calling **1800 807077**. Visit www.hospicefoundation.ie for more info

Are you caring for a loved one at home with additional needs? A spouse, partner, child, close relative or neighbour? Then you are a family carer! Become a member of Family Carers Ireland, the national charity supporting Ireland's 500,000+ family carers nationwide. Contact 057 93 70221 and hear how we can support you or for more info visit www.familycarers.ie.

Adoration of the Blessed Sacrament
after 10am mass until 4pm on Mondays and from 7-8pm on Thursdays in Church of the Assumption, Dalkey.

GOSPEL CONTEMPLATION.

Gospel Contemplation, also known as Ignatian Contemplation, is a method of prayer which makes use of guided imagery in a Gospel passage of Jesus' life. We read the Gospel then share what we have learned from the passage. We finish with prayers for our families and friends. If this is a type of prayer you would be interested in trying we invite you to join us any Friday, from **11.00-12.00 in the Pastoral Centre**. There is no charge for this group.

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, for more info. <https://www.aware.ie/support/support-groups>

The African Gospel Choir will be performing in Tullow Church, Brighton Road, Foxrock on **Saturday 10th February at 7.30pm**. Tickets are €15/20 and are available on Eventbrite.ie

Anam Cara South Dublin, the organisation that supports bereaved parents, is holding it's monthly Parent Evening for bereaved parents on Monday 12th February at 7:15pm in the Maldron Hotel, Whitestown Way, Tallaght.
This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether their death was recent or not.

LIFT UP THEIR HEARTS Visiting Older People

This booklet by Mary Threadgold RSC has just been published by Messenger Publications. It is a practical booklet for the benefit of those committed to visiting older people on a regular basis, either in nursing homes or their own homes, whether they are family, friends or volunteers. The main part of the booklet is focussed on companionship and befriending in general while the final section is relevant to those with an interest in spirituality and religious practice. The booklet acts as a guide and resource to the visitor to help make visits more meaningful, enjoyable and uplifting for all concerned, including those who are living with dementia or approaching the end of life. It is available from Messenger Publications, Leeson Street, Dublin, Veritas Bookstores & Knock Shrine Bookshop. Also available Online from www.engagingdementia.ie Price: €6.95



Hymns for Sunday Mass

Christ Be our Light

Longing for light, we wait in darkness.
Longing for truth, we turn to you.
Make us your own, your holy people,
light for the world to see.

Christ be our light! Shine in our hearts.
Shine through the darkness.
Christ, be our light! Shine in your church gathered today.

Longing for peace, our world is troubled.
Longing for hope, many despair.
Your word alone has power to save us.
Make us your living voice.

Chorus Repeat

Longing for food, many are hungry.
Longing for water, many still thirst
Make us your bread, broken for others,
shared until all are fed.

Chorus Repeat

Now Thank we all our God

Now thank we all our God,
With heart and hands and voices,
Who wondrous things has done,
In whom the world rejoices
Who from our mother's arms
Has blessed us on our way
With countless gifts of love,
And still is ours today

O may this bounteous God
Through all our lives be near us
With ever joyful hearts
And blessed peace to cheer us
And keep us in his grace
And guide us when perplexed
And free us from all ills
In this world and the next