



St Brigid's Parish Cabinteely



Sunday Feb 8th 2026 - 5th Sunday in Ordinary Time

Salt for the Eucharist

In Galilee around the time of Jesus, there was a flourishing fishing industry. Peter, James and John were part of it, and they were big-time fishermen. Fish from Galilee went all over the then known empire, and to Rome along the trade route, which went through Galilee. It was kept fresh, as much food was, as we kept food fresh for years before freezers - by salting it. The word of God is kept fresh within us by prayer; otherwise our Christian life may become weak and tasteless. **A** big food of Jesus is the Eucharist. His bread of life can go stale unless we 'salt' it. We salt the Eucharist by our lives.

We keep the Mass alive by the way we live.

The Eucharist is entrusted to us. God gives us his Son, his food, and leaves it to us how we live by it.

Jesus invites us to be the '*salt of the earth*' - to be people whose lives are centred on helping others and making the places around us places of kindness, compassion, hope, fun and life. We don't say '*You're salt of the earth*', if someone just receives communion. We are the salt of the earth if we live out our communion. The bread of Jesus is salted with the goodness of men and women, young and old, everywhere.

Our response then links in with the first reading - if we feed, shelter, clothe and help our neighbour, we are '*the light that rises in the darkness*'.

Recall when you helped someone recently.

Give thanks you could do this.

Lord may your kingdom come in every part of the world.

Donal Neary SJ:

Mass times - Weekdays. Mon. Tues. Thurs. Fri. at **10am**
Including Bank Holidays. No mass on Wednesday.

Weekends. Vigil Mass (Saturday) **5.30 PM**

Sunday: 10.00am & 12.30pm

All masses available online

Confessions available after the Saturday 5.30pm vigil mass and the Friday 10am mass in the side chapel

www.churchservices.tv/cabinteely

Parish of St Brigid's Cabinteely
www.cabinteelyparish.ie : email info@cabinteelyparish.ie
Fr. Paul Ludden – PP. 01 -2858835
Fr Arthur O'Neill, Fr Paddy Devitt and Fr Tom O'Keeffe
Child Safeguarding Representative— 01 -2850455
Office/Sacristy 01 2858835. Monday - Friday 9 - 1pm
Registered Charity Number (RCN) 20016166 & CHY 7424
You can contact St Vincent de Paul at www.svp.ie or by phoning 01-8550022.

WEEKLY NEWSLETTER

FEAST DAYS

Tues 10th — St. Scholastica, Virgin

Wed 11th — Our Lady of Lourdes

Sat 14th— SS. Cyril & Methodus

MASS INTENTIONS

Saturday Vigil Feb 7th — 5.30pm

Sunday Feb 8th— 10am

Fr Jim & Fr Pat Stanley—Anniversaries

Deirdre Corr — 1st Anniversary

Special Intention

Sunday Feb 8th — 12.30pm

Mary Brophy — 6th Anniversary

Gerard Comiskey — 9th Anniversary

Josephine Larkin—Birthday Remembrance

Edith Goff — Anniversary

Kieran Dalton — 28th Anniversary

Mon - 10am

Pat O'Donnell - Recently Deceased

Tues—10am

Eileen, Peter & John Brennan—
Anniversary

Thurs —10am

Special Intention

Fri—10am

Special Intention

PLEASE TAKE HOME A COPY OF THIS NEWSLETTER

SENIORLINE

Would you like someone to talk to? **SeniorLine** is Ireland's national telephone service for older people open every day of the year. SeniorLine's older volunteers are trained to listen, to support, to discuss options and to refer callers to other helpful services if necessary. So don't be alone if sharing a problem would help. **Phone 1800 80 45 91, open every day of the year 10am-10pm**

Encounter Jesus this Lent:

This Lent our **Partnership of Parishes** invite you to explore who the person of Jesus is and perhaps encounter him in a new way. **First 5 Fridays of Lent 20th & 27th February & 6th, 13th & 20th March** in Johnstown Parish Centre, Churchview Rd, from 7.30pm to 9pm. Tea/coffee at 7.30pm. Concluding with a 3 evening Partnership Retreat led by Fr. Pat Collins from **Tues. 24th to Thurs. 26th March** in the Church of the Apostles in Ballybrack with Confessions from 7pm. Enquiries: spartnership2026@gmail.com See flyer at back of church. **All are welcome**

Next Saturday's Vigil mass [Feb 14th at 5.30pm]

will be a preparation mass for all children making Confirmation in 2026

There will be **Adoration of the Blessed Sacrament** this Thursday [and every Thursday unless notified] from 10.45 to 12noon. **ALL WELCOME**

The annual collection for **ACCORD/Relationship Care** Dublin, the Diocesan Agency for marriage and the family will be made at all masses next weekend **14th & 15th Feb 2026**. Accord offers Marriage preparation courses, Counselling for couples and individuals experiencing difficulties in their relationships and a relationship and sexuality programme for schools

Thank You For your Generosity

Sincere thanks to all who contribute so generously and regularly to our parish collections. The two collections during Mass go to the central administration of the diocese. The First Collection [plus dues] is used to pay the priest's salaries, both working & retired. The second collection (**Share**) pays for the services provided by the diocese and is used to support parishes that are struggling financially. If you want to support the parish at local level, you can use the weekly envelopes or pay by standing order (details in parish office). If you would like to make a donation by credit/ debit card, simply scan the QR code using the camera on your phone and it will take you to our secure online donations page, where you can enter your card details

First Collection



POWERED BY
Payzone

Second Collection



POWERED BY
Payzone

Our local conference of **St. Vincent de Paul** will hold their usual monthly Collection at all masses **THIS** weekend (the 7th and 8th February). The team would like to sincerely thank all those who support us regularly. If you are struggling and need our help, you can contact us at www.svp.ie or by phoning 01-8550022.

AWARE offer a free weekly group for people in the community who may be struggling with depression, anxiety, bipolar disorder & mood related conditions In Cabinteely. Details are on **Aware.ie website**. This group takes place in the **Ash Room, St Brigid's Pastoral Centre, Johnstown Road, Cabinteely, D18YP96. Time: Every Wednesday at 7pm**

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

LENT 2026 – WALKING IN MERCY RETREAT

Mercy International Association (MIA) is offering an online retreat on Tues Feb 17th on the theme 'Walking in Mercy'. The retreat, which will be offered by MIA's Head of Heritage and Spirituality Caroline Thompson, is an opportunity to kick-start your Lenten Journey through the lens of Mercy. The retreat will be offered via Zoom at 10am and 2pm. Self-registration is open now and all are welcome. For more see www.mercyworld.org.

Call-out for Interviews: **Our suburbs in the '60s & '70s**. Did you move to a new housing estate in Dún Laoghaire-Rathdown in the '60s or '70s? Or did you grow up in Dún Laoghaire-Rathdown in the '40s and '50s and witness the emergence of these new estates? If you did, researchers Gavin Murphy and Deirdre Nuttall would like to speak with you as part of a social history of Dún Laoghaire-Rathdown's suburbs. We would like to find out about your memories of this time – your experiences of the houses, estates and wider area, raising families, the communities and friendships that developed, and the activities that you took part in. Email: deirdre.nuttall@adverbage.com
Phone/text/WhatsApp message: Gavin Murphy 087 274 5818

Catechism Study Group is Back!



We are pleased to announce the return of our Adult Studies of the Catechism of the Catholic Church on **11th February 2026**. The group is open to all and the study is done in the context of prayer, study and evangelisation. This group will be facilitated by Caoimhe Frain together with a Priest Spiritual Director. It will meet weekly on **Wednesday evenings at 7.30pm** in the **Presentation Brothers Hall in Glasthule**.

All are welcome. Please email sallynogginparish@gmail.com to register.

Through their studies with our group, two Adults received the Sacraments of Initiation into the Catholic Church; Baptism, Confirmation and Holy Eucharist, whilst another person became a full member of the Catholic Church receiving the Sacrament of Confirmation. We would ask you to continue to keep this group in your prayers