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WEEKLY, JAN 14TH, 2017, (917)

'Two Lives, One Love!'

"Women's lives are precious, to be loved, valued and protected. Their babies' lives are precious, to be loved, valued and protected. Two lives, one love! Both lives deserve protection from the tragedy and irreversible decision of abortion.

It is falsely claimed that wide access to abortion will mark Ireland out as a "modern" country, placing the needs of women "at the centre". Abortion ends the human life of an unborn girl or boy. It deceives women - and men - by creating a culture where the decision to end the life of an unborn child is portrayed as simply a matter of individual "choice".

Since the introduction of the 1967 Abortion Act in Britain there have been almost nine million abortions. One-in-five pregnancies in Britain end in abortion; one-in-four in Sweden. International experience shows a similar trend elsewhere. Are these the so-called "modern abortion regimes" that Ireland is seeking to emulate?

When women are in crisis during pregnancy, feeling frightened or isolated, they need to know they are not alone. A woman facing such a crisis deserves time, compassion, meaningful support and life-affirming alternatives to abortion and its harmful legacy. Our ambition as a people should be to guarantee genuine care for pregnant mothers, encourage responsible support from fathers, and to truly cherish all children equally.

We should focus our energies and resources on making Ireland the most welcoming country in the world for a woman and her baby in the womb. Our doctors, nurses, midwives and other care professionals have already helped to earn Ireland's place as one of the safest countries in the world for mothers and their babies during

pregnancy. Ireland now has an opportunity to give even stronger witness that: we value all life equally; we care for the weakest and smallest, the strongest and healthiest, the youngest, the oldest, and the whole wonderful and beautiful spectrum of life in-between.

Intervention: Regarding medical intervention, Catholic teaching is clear: where a seriously-ill pregnant woman requires medical treatment which may put the life of her baby at risk, such treatments are ethically permissible provided every effort is made to save both the mother and her baby. Such an intervention would be different from an abortion, which is the direct and intentional taking of the innocent life of the unborn.

Be missionaries for life! The innate dignity of every human life, from conception to natural death, is a value for the whole of society, rooted in reason as well as in faith. The Catholic Church, in common with many other people of goodwill, teaches that ending the life of an unborn child, like the taking of any other innocent human life, is always evil and can never be justified".

Archbishop Eamon Martin, Archbishop of Armagh and Primate of All Ireland January 6, 2018

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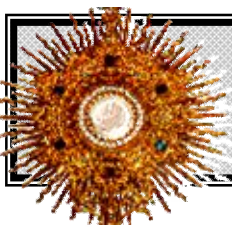
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The Week Ahead

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• Sunday 14

1 Sam 3:3-10, 19, Psalm 39:2, 4, 7-10,
St John 1:35-42

We have been called by Christ to become children of God. How we respond is illustrated in Today's Readings. There is a seeking which develops into a search that leads to seeing and believing.

• Monday 15

1 Sm 15:16-23, Psalm 49:8-9, 16-17, 21, 23,
St Mark 2:18-22

Saul is failing as king because he does not act with authority. He allows the people to make decisions even though he knows they are not according to God's plan. Obedience, he is told, is better than sacrifice.

St Ita was born in Co. Waterford of noble and Christian parents. Early on she set her mind on serving Christ in religious life. She founded a monastery in Killeedy, Co. Limerick, which attracted a great variety of young people. She was given the title 'foster-mother of the saints of Ireland'. She died in 570.

• Tuesday 16

1 Sm 16:1-13, Psalm 88:20-22, 27-28,
St Mark 2:23-28

The Sabbath was to give freedom to all. The Christian Sunday is a day of joy and celebration of the freedom given by the Risen Christ. It unites all Christians in its observance.

St Fursa was born in Ireland and became one of the great monastic missionaries abroad. He went first with his brothers Foillan and Ultan to live the monastic life in East Anglia. But as great numbers continued to visit him there he left Foillan as abbot and sought refuge in France around 644. A patron gave him a hermitage at Logny on the Marne. He died about 650 at Mezerolles and was buried in Peronne, which became a great centre of devotion to him.

• Wednesday 17

1 Sm 17:32-33, 37, 40-51, Psalm 143:1-2, 9-10,
St Mark 3:1-6

In the work for Christian unity it is necessary not to lose confidence in God, who can work through weak human instruments.

St Anthony, died 356. 'Father of monasticism,' lived a life of solitude but also attracted many others to form communities of hermits.

• Thursday 18

Jonathan brings a reconciliation between David and Saul. Jesus brings healing to many afflicted.

1 Sm 18:6-9, 19:1-7, Psalm 55:2-3, 9-14, St
Mark 3:7-12

• Friday 19

1 Sm 24:3-21, Psalm 56:2-4, 6, 11, St Mark
3:13-19

'Relations between Christians call for every

possible form of practical cooperation at all levels: pastoral, cultural and social, as well as that of witnessing to the Gospel message...Unity of action leads to full unity of faith' (Ut Unum Sint, 40).

• Saturday 20

2 Sm 1:1-4, 11-12, 17, 19, 23-27, Psalm
79:2-3, 5-7, St Mark 3:20-21

At every Mass, the Church prays for unity and peace, mindful of the prayer of Jesus: 'may they all be one.'

St Fabian had been Pope for fourteen years when martyred under Decius in the year 250.

St Sebastian may have been a soldier and was martyred in the persecution of Diocletian. He sustained many others in their trials.

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The Pope's Intention for January 2018

Evangelization: Religious Minorities in Asia That Christians, and other religious minorities in Asian countries, may be able to practise their faith in full freedom.

Loss & Bereavement

The Irish Hospice Foundation provides a range of training services in the area of Loss and Bereavement. Places on all workshops are limited - early booking is advisable.

The website is www.hospice-foundation.ie
A full list of all workshops can be found under Training. Further information info@hospice-foundation.ie or phone 01 6793188.

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WHAT IT SAYS IN THE GOSPEL

2nd Sunday in ordinary Time



Word of ETERNAL LIFE

**'We have found
the Messiah!'**

The Holy Gospel
St John, chapter 1, verses 35-42

**They saw where he lived,
and stayed with him.**

As John stood with two of his disciples, Jesus passed, and John stared hard at him and said, 'Look, there is the Lamb of God.'

Jesus looked hard at him and said, 'You are Simon son of John; you are to be called Cephas' – meaning Rock

Hearing this, the two disciples followed Jesus. Jesus turned round, saw them following and said, 'What do you want?'

They answered, 'Rabbi,' – which means Teacher – 'where do you live?'

'Come and see' he replied; so they went and saw where he lived, and stayed with him and the rest of that day. It was about the tenth hour.

One of these two who became followers of Jesus after hearing what John had said was Andrew, the brother of Simon Peter.

Early next morning, Andrew met his brother and said to him, 'We have found the Messiah' – which means the Christ – and he took Simon to Jesus. Jesus looked hard at him and said, 'You are Simon son of John; you are to be called Cephas' – meaning Rock.

This is the Gospel of the Lord.

From today's Reading of the Holy Gospel God's calling is revealed to us by the actions of the two disciples of John the Baptist who followed Jesus.

For it is Jesus that we must follow in order to be saved. He is the Lamb of God, the perfect human sacrifice for the redemption of our sins. Jesus is our Rabbi, our Teacher. He shows us the way, the truth and the life. From the Gospel we also learn how Peter came to follow Jesus. His call came through his brother Andrew who was God's instrument of grace to call Peter. Throughout the Holy Bible and even in our daily lives, we see how the grace of God works through His children to implement His Divine calling.

So, I ask you again, "What are you looking for? Are you looking to answer the calling of the Lord?" If you are looking for the way, the truth and the life, then you must fix your eyes on Jesus. You must answer your calling by living holy lives.

Our presence at Mass is a spiritual sign that the grace of God is at work in us. It is an indication that we are longing to participate in fellowship as one in the Body of Christ so you may share together in the great spiritual Feast with Christ. It is an indication that we desire to receive the Sacrament of the Holy Eucharist, the Bread of Life. As long as we continue to receive the Sacrament of the Holy Eucharist *worthily*, in the state of grace, there is hope. And as long as there is hope, the grace and mercy of God will not let us down.

You have the assurance of the Church built by Jesus on the rock of Peter, led by his successor, the Pope!

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 **Wedding Feast at Cana**
Everyone knows the story of the first of the Lord's "signs" -- how Jesus changed water into wine at the wedding feast of Cana at the request of Mary, his mother. But there is more to the story than at first meets the eye.

Epiphany, to most of us, means the three kings. But the term Epiphany means "manifestation" or "revelation," and traditionally the Feast of the Epiphany celebrates three revelatory events, the Magi's visit, the Lord's baptism, and the wedding feast at Cana.

The link is not hard to see. The Magi's homage shows divinity of this child-king who is to die for his people. Jesus' baptism in the Jordan reveals a glimpse of God's inner life as Trinity. And the wedding feast of Cana reveals the divine power at work in this carpenter from Nazareth. And it does so smack dab in the middle of everyday life, at a wedding reception.

The fourth gospel calls the Lord's miracles "signs." They all point to Jesus' divinity. But they also profoundly symbolize what it is that he has come into this world to do for us. At Cana, he transforms water into wine. Now water is good but rather ordinary. It does not have much taste. Wine in ancient Israel was special, generally reserved for feasts and Sabbaths. It is a symbol of joy, and the exhilaration it provides is a great blessing. Note that the wine Jesus provided was rich, flavourful, and of the very best quality.

The Old Covenant was good. It was good to know that God is one that the way to please him is through just actions. That's really what the ten commandments are all about—justice to God, who alone deserves our worship, and justice to other human beings who all deserve our respect, seeing that they are made in God's image. But this covenant did not tell the whole story—the inner life of God as Trinity, this is present there only in hints and shadows. Neither does the Old Covenant provide people with the power to live the commandments. The law is written on stone tablets, and people must try to live it through sheer will power.

Jesus transforms this situation. Religious life now becomes intimacy with God, sharing in the eternal celebration of love between Father, Son and Spirit. And the new law is written in hearts by the Holy Spirit who empowers Christians to live it. But the new supernatural life brought by Christ is richer and much more flavourful.

How does Jesus work this transformation? Through the power of the Holy Spirit, the same power that transformed chaos into paradise, a virgin into the mother of the messiah, and bread and wine into the body and blood of Christ. Christ was anointed with this wonder-working Spirit following his baptism. We share in this anointing through confirmation. So why do we think that the gifts of the Spirit were only for New Testament times?

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The Month of January
Month of the Holy Name of Jesus

The month of January is dedicated to the Holy Name of Jesus. "In the name of Jesus every knee should bow, of those that are in heaven, on earth and under the earth" (Phil 2:10). Christ's name is chosen in heaven, and the Angel Gabriel announces it when he informs the Blessed Virgin of the incarnation: "Behold thou shalt conceive in thy womb and shalt bring forth a son, and thou shalt call his name Jesus". It is a name that has marvellous implications, for it means "savior." The very name bespeaks the magnitude of His mission, His infinite love, a love that will cause Him to offer Himself up for us. He who bears the name is most worthy of all love. He who calls Jesus his friend can be assured that this friend is the most devoted of all friends.

Kildare West Wicklow
INDOOR BOWLS

To join any of the clubs, please contact Development Officer: Olivia Maguire on 087- 7538664. New members always welcome.

Kill History Group
 The Kill History Group meets on the fourth Monday of every month in the Parish Meeting Room in Kill, Co Kildare @ 8.30 p.m. Admission is free and all are welcome.
 Contact Brian Mc Cabe; 045-894412 or brianfrancis.mccabe@gmail.com

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Latin Mass

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The Gregorian Masses consist of thirty individual Masses said over thirty consecutive days for one person who has died. Gregorian Masses are widely known and used in Italy and other parts of the world to help people who have died. In his Dialogues, Saint Gregory tells the story of a monk named Giusto, who with the permission of his superiors was also a doctor. On one occasion he accepted a certain sum in gold, and that was a grave sin against his vow of poverty. Afterwards he was so humiliated by the reports and by his penalty that he became gravely ill and died. He had confessed and made his peace with God.

St Gregory ordered the thirty Masses said for the deceased monk...

One night the deceased person appeared to him and told him that he had just been freed from the sufferings of Purgatory and had gone to Paradise. It was discovered that it was thirty days since the Masses had been started.

From that time onward, the custom of having the thirty Masses said for the soul of a deceased person came into practice.

Because of normal parish schedules, it may not be possible to have these 30 consecutive daily Masses said in most parishes; it is better to have them said by priests on the missions, thus helping them financially in their evangelical work.

- For information on the thirty Gregorian Masses please call 087-9381997.

Purgatory truly is God's Mercy in action!

The Church teaches the importance of praying for deceased people... 'It is a holy and a wholesome thought to pray for the dead that they may be loosed from their sins...' 2 Mac, Ch 12, V 43-46.

Note: The existence of Purgatory has always been a doctrine of the Catholic Church and is a required belief. If anyone doubts the existence of this great gift of God's mercy, it only takes a glance at the teachings of the early Church Fathers, people who learned the Faith at the feet of the Apostles! Apart from Church teaching & Tradition, clues to its existence can also be found in Sacred Scripture, Old & New Testaments!

So pray for our deceased- they will not forget us!

'A very powerful prayer for our deceased ...

'Eternal Father, I offer You the most precious blood of Your Divine Son Jesus, in union with all the Masses said throughout the world today, for all the holy souls in Purgatory, for sinners everywhere, for sinners in the Universal Church, those in my own home and in my own family. Amen

Straffan Toddler Group

This is a great chance for mams, dads, minders and toddlers to meet up...

It is on every Friday, during term time from 9:45 to 11:45 in Straffan Community Hall.

This community group is run by volunteers and is a lovely get-together for all ages.

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Kildare Parish Cell Groups

- **Parish Cell meetings** are hosted on a fortnightly basis in Leixlip, Confey, Celbridge, Straffan and Newbridge.

An invitation is extended to everyone, without exception, to come and experience a cell meeting in a home morning or evening.

Meeting dates: Dec 5th and 19th. For further information please contact: Bridie Clancy 086.3807917. Email: leixlipparishcells@gmail.com

- **Family Cell Meeting:** A cell meeting for parents/grandparents/expectant parents and babies/toddlers will be hosted in Our Lady's Parish Centre, Leixlip on Tuesdays 1-2pm.

Volunteers will lead the meeting, prepare refreshments and help with the toddlers.

This is a space where families can come to reflect on scripture, pray and play.

Meeting dates are: October 17th, November 7th, 21st and December 5th and 19th.

For further information please contact: Kate Cavanagh 086 4132511

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Household Pests

- ALL YOU NEED TO KNOW
with Mervyn Walsh

Let's talk about Mr Fox

Foxes often carry a range of parasites and diseases that can be passed on to humans and domestic pets. The risk of exposure to rabies, leptospirosis, salmonella, campylobacter, e-coli or bovine tuberculosis (TB) from direct contact with foxes cannot be discounted.



I like foxes, you the public and many wildlife organisations like to see their presence in urban areas and don't see them as a public health concern, but rather as a welcome addition to urban wildlife.

The fox is a member of the dog family with reddish fur and a white tip to the tail. The female (vixen) is slightly smaller. In some urban areas the red fox reaches its highest densities but varies from town to town. Foxes mate during late January and early February and it is their barking and screaming that frightens urban dwellers.

Litters are born in late March and early April after a gestation period of 53 days. Average litter size is five. Weaning of cubs starts at four to five weeks but they remain with the vixen until they are three or four months old. Wild foxes have a short life span no more than a couple of years.

They eat a wide variety of foods ranging from wild game birds, rabbits, mice, voles, insects, worms, as well as fruit from wild or garden plants. They scavenge from bird tables, compost heaps and pick up road kill by the roadside.

Both myself and my son had a conflict last summer with our local rural fox when he started digging up the grave of our family pet – Darby, our golden retriever of 13 years. Like our own domestic, many of the complaints against foxes are about nuisance rather than damage, e.g. screaming and barking, digging gardens, interference with rubbish bins.

Studies by the Universities of Bristol, Oxford, York, Aberdeen and Brighton have found there is no point killing foxes as it just creates vacancies in territories for other foxes. The most effective methods include: proofing, habitat management, removing food supplies and deterrence techniques such as scent based repellents, which encourage resident foxes to relocate voluntarily. I have never encountered an aggressive fox by the way and did you know that foxes do bounce on trampolines.

Happy new year !

Next week..... we learn about Integrated Pest Management and new legislation restricting the use of rodenticides to licensed trained users.

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Mervyn Walsh, Field Biologist Ecologica Pest Control www.ecologica.ie



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Neck Headache

Neck Headaches or Cervicogenic Headache, is when your headache is caused by a neck joint problem. Your neck headache can come from different areas in the neck, including the upper neck joints, upper neck discs and neck muscles. Your neck and shoulder blade muscles that originate from your neck will cause pain if they are overworking, tight or in spasm. Your neck muscles work correctly when they have normal length, strength, power and endurance. Neck headache sufferers may experience tenderness at the top of their neck and base of the skull. They may also suffer from neck stiffness or a mild loss of movement.

Other symptoms include:

- Your headache can radiate from the back of your head to the front.
- Your headache be made worse or eased by a neck movement, a sustained position, stomach sleeping or turning your head to one side.
- Your headache is commonly worse on one side of your head. The side is usually constant.
- Your headache can be eased temporarily when you apply pressure or you massage your neck or the base of your skull.

Even if your neck isn't sore or painful, you can still experience neck headaches. Remember that your neck joints may not be sore at rest, but they may be tender to touch or painful on movement.

Your neck headache treatment may include the following techniques:

- **Stiff neck joints** may need to be loosened or unlocked with joint mobilisations, or joint traction.
 - **Hypermobile** joints may require specific deep neck muscle strengthening exercises to stabilise, control and limit the joint movement available.
 - **Tight or overactive muscles** may require stretching, massage, or dry needling, techniques.
 - **Weak muscles** may require specific strengthening exercises. This may include your shoulder blade and neck muscles.
 - **Postural correction** may be recommended via specific exercises, postural awareness techniques and taping.
 - **Helpful advice** on how to prevent neck dysfunction in the future eg postures to avoid.
- If you suffer from neck headaches, I can assess you and treat your symptoms at Motion Physio Clinic, Prosperous.



Avril Barrett BSc (Physio), MSc, MISCAP, Chartered Physiotherapist. **045 841010**, www.motionphysio.ie, motionphysioclinic@gmail.com, www.facebook.com/MotionPhysioClinic
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- **North Kildare (Leixlip) Arch Club** is a voluntary social club for adults with disabilities. We are based in Scoil Eoin Phoil hall, Green Lane, Leixlip- 7pm to 9pm on Wednesday evenings during the school year. Contact Valerie at northkildarearchclub@gmail.com
 - **North Star Swimming Club** is a voluntary swimming club for people with disabilities. We swim on a Sunday afternoon from 1.45pm to 2.30pm and 2.30pm to 3.15pm in St. Raphael's swimming pool, Celbridge. Contact Valerie at northstarswimmingclub@gmail.com
- Sadly due to a lack of volunteers we are unable to provide the best quality service to members.

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Although Retrouvaille is based in the Catholic tradition, couples of all faiths and those with no faith are welcome and encouraged to attend.

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Smokers Cough Or COPD?

Chronic Obstructive Pulmonary Disease covers the conditions chronic bronchitis and emphysema, The Irish Thoracic Society (ITS) has launched a new web site to help promote awareness. www.itsbreathtaking.ie. The site provides a 5 point survey that you can complete and bring to your G.P. to assist in the diagnosis of the condition. It also has useful up-to-date information re COPD treatment & management. Another useful site/contact is www.copdsupport.ie For further information about any of the above talk to your G.P or practice nurse.

Celebrate the CATECHISM

He Will Come Again in Glory Christ already reigns through the Church

668 "Christ died and lived again, that he might be Lord both of the dead and of the living." Christ's Ascension into heaven signifies his participation, in his humanity, in God's power and authority.

Jesus Christ is Lord: he possesses all power in heaven and on earth. He is "far above all rule and authority and power and dominion", for the Father "has put all things under his feet." Christ is Lord of the cosmos and of history. In him human history and indeed all creation are "set forth" and transcendently fulfilled.

669 As Lord, Christ is also head of the Church, which is his Body. Taken up to heaven and glorified after he had thus fully accomplished his mission, Christ dwells on earth in his Church. the redemption is the source of the authority that Christ, by virtue of the Holy Spirit, exercises over the Church. "The kingdom of Christ (is) already present in mystery", "on earth, the seed and the beginning of the kingdom".

670 Since the Ascension God's plan has entered into its fulfilment. We are already at "the last hour". "Already the final age of the world is with us, and the renewal of the world is irrevocably under way; it is even now anticipated in a certain real way, for the Church on earth is endowed already with a sanctity that is real but imperfect." Christ's kingdom already manifests its presence through the miraculous signs that attend its proclamation by the Church. . . . until all things are subjected to him

671 Though already present in his Church, Christ's reign is nevertheless yet to be fulfilled "with power and great glory" by the King's return to earth.

This reign is still under attack by the evil powers, even though they have been defeated definitively by Christ's Passover. Until everything is subject to him, "until there be realized new heavens and a new earth in which justice dwells, the pilgrim Church, in her sacraments and institutions, which belong to this present age, carries the mark of this world which will pass, and she herself takes her place among the creatures which groan and travail yet and await the revelation of the sons of God."

That is why Christians pray, above all in the Eucharist, to hasten Christ's return by saying to him: Maranatha! "Our Lord, come!"

www.vatican.va

Catechism of the Catholic Church.

Youth Catechism: www.youcat.org

'Saw your ad in the Open Door' 7

Volunteers for SVP

The Society of St Vincent de Paul in Dublin 15, requires volunteers to be based in home visitation branches across the Dublin 15 area, we also need some volunteers in hospital visitation conferences, and the Society of St Vincent de Paul food-bank in Dublin 15.

Anybody interested in joining please call Joe Dolan, Dublin 15 SVP area president, 087 7164073.

ALATEEN

Teenagers: If you have a parent, family member or friend who drinks too much, you can see what it's doing to them.

But can you see what its doing to you?

For information and help phone; Al-anon information centre: 01 8732699, or

www.al-anon-ireland.org

Alateen meet in Ballycane Church, Naas, Mondays 8.15. No meeting on bank holiday.

Information 087 7920101

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At Equine Therapies Ireland we offer physical and emotional relief for horses of all shapes, sizes, ages and disciplines. I have loved horses since a very young age and of course have one of my own, Dynamo Dan, an ex-racehorse none the less although he only answers to Dan these days. It was my difficulties with Dan that led me to learn more about the horse on a deeper level.

How they think, how they feel and how they cope with the lifestyle we offer them. This journey led me to train to be an exceptional therapist so that I could provide horses with an intuitive form of healing that they could participate in. Over the coming weeks I'm going to write a weekly column to give some insight into what I have learned about horses over the past few years.

"We often hear tales of the Horse Whisperer and I have had some people refer to what I do as whispering but I prefer to call it Horse Listening. Horses, like all animals try to communicate with people all the time. That soft nudge in the direction of the bag of carrots or those pinned ears when a horse they don't like walks past. Once you start to look for it you see it in everything animals do.

I've been fortunate enough in my training to have spent many years learning how to see and feel these subtle communications and have learned how to use them to help horses feel better in themselves. Combining physiotherapy techniques and other healing I utilise the horse's subtle responses to my touch to get them to engage in the work which helps speed up the healing process. Horses are prey & herd animals therefore it is in their best interests to brace their system and mask pain to deter predators. However this instinctive survival technique doesn't always make the physical therapists job any easier. So how does this work differ to what other equine therapists do?

By working with the horse in a soft and intuitive way I give them time to respond which gives me feedback on how they are feeling in their body. Continuing to use this method I can bypass the horse's central nervous systems response to block out painful stimulus. To understand this more I ask clients to visualise themselves in the physio's chair, at some point they are going to want to brace their system in anticipation of pain but knowing that the treatment is good for them their muscles to stay relaxed.

By listening to the horse and working "with" them instead of working "on" them I can convince the horse to stay soft.

I believe this is what makes the work that I do unique."

More next week...

NIAMH, 086-0211923

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STAYIN' ALIVE WITH THE 8TH



Holle & Mary

The Annual Pro Life Campaign Conference was held in the RDS on the 3rd of December. There were a thousand people of all ages and from all walks of life in attendance.

Speaking were Lord David Alton, Cora Sherlock, Liz Mc Dermott, Senator Ronan

Mullen, and the keynote speaker, Abby Johnson.

They all instilled a passion for protecting life in everyone and renewed our zeal in defending our Life Saving Amendment.

Cora Sherlock, a spokesperson for the Pro Life Campaign talked about a volunteer who was leafleting around Dublin when a woman came up to him and put her newborn baby in his arms and said, "you saved this baby's life!" She was planning an abortion when he gave her a pro-life leaflet that changed her mind. We don't always know the impact that our work will have on people. But that baby's life was saved that day due to that volunteer doing his little bit to save the Eighth Amendment.

Liz Mc Dermott, a mother who found out that she was expecting a baby with no limbs and possible brain damage spoke about her experience giving her testimony to the Oireachtas Committee. Liz admitted that she was in two minds about accepting the invitation to the Oireachtas Committee as it has been very biased towards the pro choice side.

The Oireachtas Committee heard just 4 pro-life speakers compared to 24 abortion advocates, a clear bias. Liz said that we "mustn't feel defeated."

Katie Ascough, Former UCD President spoke about how she is now more determined than ever to stand up and actively protect the Eighth Amendment.

Lord David Alton gave us the grim reality of abortion. David, a member of Parliament in the UK, specified the consequence of abortion being legal in a country. In the UK, 1 in 5 pregnancies are ended every year, that's 185,000 abortions annually. Babies with abnormalities like Down Syndrome, Cleft Lip and Spina Bifida can be aborted right up to birth.

This is the sad reality of abortion, where some human life is deemed more worthy than others.

Abby Johnson, the keynote speaker, echoed this. Abby was a former director of one of the largest abortion clinics in the US. She gave her testimony about how she went from Pro Choice to Pro Life.

Abby told us about what happens behind closed doors at a Planned Parenthood clinic. But she also gave us hope. She pleaded with us not to go down the road of the USA where, abortion is legal up to birth on demand.

Abby encouraged us to "get uncomfortable", and to discuss the issue with family and friends because you could be the reason someone changes their mind.

It's time to join the campaign to protect the Eighth Amendment. Get uncomfortable.

Mary Kenny



MENTAL MEDICINE

Samantha Yap, M.I.A.C.P.

Your mental health/ wellbeing Stop undermining your Self-Esteem

We can all do with a little help improving our self-esteem, especially when we've had a hard time or things haven't gone the way we wished. Here are some ways to get you feeling good again.

Change your inner dialogue.

To increase self-esteem improve the way you talk to yourself. Stop the inner dialogue that you are not good enough or that you must prove your worth. That causes you to be inauthentic and to over-function.

Find balance. If you are not getting your important needs met because you put yourself second to meeting the needs of others, start putting your needs first. When you put yourself first you give yourself the sense of importance you so desperately seek to feel from others.

Know your worth. If your worth is dependent upon pleasing others you will come up empty. Nothing you do for others will be enough to make you feel valued and appreciated in the way you desire. Knowing your worth has to come from within. Your worth is determined by the treatment you accept or expect for yourself, not by how much of yourself you give away.

Be proud. Do things you are proud of. Take care to dress nice. Be nice, be calm, be loving and have boundaries. Work hard, achieve all you can, and be kind. Kindness will take you further in life than any other characteristic. Walk tall. There is so much about you that is good, regardless of what you have been told. Choose to believe in who you are and be proud of that. Do not compare yourself to others. Like the snowflake, you are not repeatable.

Work hard. Happiness is a by-product of achieving and having a purpose. Hard work trumps genius, so let go of the idea you have to have a stellar IQ to be successful. The hard workers in life, void of entitlement, are the people who succeed at the highest levels. There is nothing that can make you feel better about yourself than being committed in life, to your life and to yourself through hard work. With hard work, success is a guarantee. Success naturally brings us self-love, self-respect, self-esteem, recognition and happiness.

Choose healthy connections. It only takes one toxic person to destroy your entire sense of self. Choose people that treat you with dignity and respect. Refuse to participate in relationships where you have to constantly prove your worth to keep their interest. Conversely, to have a healthy self-esteem avoid demanding others to constantly bend to your needs for you to feel alive and worthy.

Let others be themselves. If you are needy, insecure, entitled or demanding you become controlling. When you are controlling you compromise the freedoms of the important people in your life through fear, abandonment or engulfment. When you love yourself, you will not need to make demands because you will already have your needs taken care of. This makes you easier to work with; people will respond to you the most when you give them the freedom to be themselves.

Next week - How to stop over-thinking

Samantha Yap M.I.A.C.P. is a fully qualified and accredited psychotherapist working in private practice with both adults and adolescents. Appointments are available in two locations: Prosperous & Leixlip, Ph 083-4585938

UNDER THE COOLIBAH TREE A Postcard from Oz ...



Losing Trust

There are all sorts of reasons why many Catholics don't go to Mass: it might be lack of faith or simply laziness; or perhaps a row with the priest, or scandalous behaviour from those who should set the good example; but I wonder if there are those who miss Mass because of sins, past or still present. They might consider themselves unworthy of going into Jesus' presence as He continues the Sacrifice He made for them on the Cross. They feel too ashamed of their behaviour: the 'how could God love me' mentality.' They lose trust in themselves.

We should never lose trust in ourselves - because we shouldn't have it in the first place. The stupid world tells us to have faith in ourselves: stupid advice indeed! How can we have faith in something so unstable and weak-willed as ourselves. When faced with our sins and sinfulness, we have to be careful not to lose heart; on the contrary, because realizing that, on our own, we're no good, is opening the door to joy, because then we can see the Sacred heart's open arms welcoming us. He can't do that without our repentance, our change of heart.

The hardest thing for us is to accept the obvious fact that we did not make ourselves, or give ourselves the gifts we might have. If we do accept it, we become wise: if we don't, we are fools indeed. What an idiotic phrase - 'the self-made man,' the man who looks at his achievements and says: "To think I did all that...I did it my way"- good song, terrible philosophy. Things have to be used for what they're made for and in the way they're made: no use trying to pour tea into an upside-down cup - the tea is spilled and cup frustrated. So with us: God can't pour his gifts, most of all the gift of Himself, into a proud man's soul - it's upside-down

What fish is happy out of water? It is utterly impossible for us to be happy outside of God. And then there is the future: the poor old proud fellow - what has he got to look forward to as his energies decline with the years, and how shall he face his ultimate demise in this world? Some people refuse to think of death: that's like fearing having the door being opened to let you out of prison, for the immortal soul in this world is trapped in a mortal body.

Poor old body! Cheer up! You are made for glorification, like Christ in His Resurrection - then you will be perfectly suited to me as I look upon and experience the glorious Presence of Father, Son and Holy Spirit.

Fr John W. Ó Néill, PP, S.T.B, NSW, Australia
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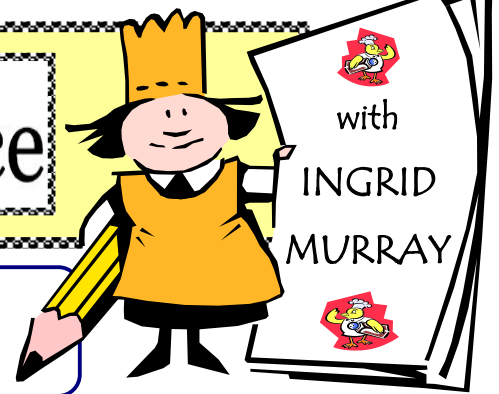
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Cooking with Confidence



Gratin Dishes...



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I have two Gratin dishes for you this week. These are great recipes to cook in the oven along with a roast. The first one uses a vegetable called a celeriac which you may or may not be familiar with. It's in all the supermarkets now and it's a rather ugly looking root winter vegetable with the texture of a parsnip but has a subtle taste of celery. It adds a very subtle flavour to the potato gratin and is well worth trying if you have never used it before. It is also lovely in soups.

The second gratin is a butternut squash gratin which I came across recently. It could be served as a vegetarian dish or as a side dish with any meat or fish. It's a bit more work but well worth the effort. You could prepare it in advance up to the cream stage; just add the cream and hazelnuts when you are ready to cook it.

Potato and Celeriac Gratin

Serves 8

1 kg potatoes, peeled and sliced into 1cm slices
1 large celeriac, peeled and sliced into 1cm slices
1 onion, peeled and finely sliced
Sea salt & freshly ground black pepper
2 cloves garlic, peeled and finely chopped
50g Cheddar cheese, grated
600 ml cream

1 small bunch fresh flat-leaf parsley

Preheat your oven to 200°C/400°F/gas 6. Layer half of the potatoes, celeriac and onion in an earthenware-type baking dish. Season generously. Repeat the layer with the rest of the vegetables and season again. Add the chopped garlic to the cream, mix well and pour over the potatoes, celeriac and onion. Sprinkle the cheese over the top, and bake in the preheated oven for 50 -60 minutes, or until tender and golden. When baked sprinkle over the parsley leaves.

Butternut Squash Gratin

Serves 8

2 medium butternut squash, peeled, seeded, cut into ¾ - to 1-inch cubes
2 tablespoons olive oil
Sea salt and pepper
3 tablespoons butter
3 large leeks washed and sliced
1 ½ teaspoons chopped fresh sage or thyme
400g log soft fresh goat cheese or Feta cheese
225ml cream
115g hazelnuts, toasted, skins removed and coarsely chopped

Preheat oven to 200°C/ Gas 6. Place butternut squash cubes and olive oil in large bowl; sprinkle with salt and ground pepper and toss to coat. Spread out squash cubes on large rimmed baking sheet. Roast until just tender and beginning to brown, stirring occasionally, about 35 minutes. Meanwhile, melt the butter in heavy pan over a medium-low heat. Add the sliced leeks and chopped sage or thyme; sprinkle with salt and pepper. Sauté until tender but not brown, about 15 minutes. Spread half of the leek mixture over bottom of a large prepared baking dish. Sprinkle with half of squash and half of the cheese. Repeat the layering with leeks, squash, and cheese.

Reduce the temperature of the oven to 190C / Gas 5. Pour the cream evenly over the gratin. Sprinkle with toasted chopped hazelnuts. Bake uncovered until the gratin is heated through and cream is bubbling, about 30 minutes.

COOKERY CLASSES

Cooking with Confidence



I run cookery courses throughout the year and my schedule for Spring / Summer 2016 is now available.

You can contact me on 086 7359190 or cookingwithconfidencecelbridge@gmail.com for details of my upcoming cookery courses. I also do private classes and private group classes which can be arranged upon request

Volunteer Drivers WANTED

Wanted volunteer mini bus drivers for Stepping Stones Special School for Children with Autism and Complex Needs, Kilcloon, for short weekly trip to Maynooth, must have mini bus driver's licence.

Contact Eimear on 01-5054398

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MOTORING MATTERS

with Breda Corrigan



The acceleration of electrification – New Nissan LEAF

Ten thousand European customers have pre-ordered a new Nissan LEAF in just two months.

This represents an unprecedented level of customer interest since the new Nissan LEAF received its European unveiling in October 2017. This strong and consistent demand for the new LEAF across European markets confirms the growing demand for electric vehicles. Production of the new LEAF is currently underway in order to support customer deliveries commencing in February 2018.

As the global leader for electric vehicles, Nissan is well placed to judge the customer reaction towards the forthcoming launch of its pioneering, all-new LEAF EV (Electric Vehicle). Back in 2010, when the first-generation LEAF was introduced in Europe, most competitors were sceptical towards this Nissan innovation. They continued their focus mainly on internal combustion engine improvement.

At the same point back in 2010, orders for the original LEAF could be counted in the hundreds as customers were presented with this new and exciting – but still unproven – technology.

Since its global unveiling in Japan in September, consumer interest and momentum for the new LEAF has built steadily across Europe. In early October initial vehicle specifications and pre-sale pricing were released at Nissan's Futures 3.0 event in Oslo, Norway. Since then, customers have been able to place orders for new LEAF through their local Nissan retailer.

To date, customer interest in the new LEAF has been stimulated through positive media coverage. The car has been praised for the host of new innovations and technologies it brings, including Nissan ProPILOT driver assistance technology, and Nissan e-Pedal, with a driver reducing the usage of the brake pedal by 90% as he/she activates the one-pedal drive mode.

The Leaf's interior has also taken a step forward. The cluttered dashboard of the outgoing car has been replaced with a neater design with fewer buttons. The new Leaf is marginally wider and longer than its predecessor, and it will certainly feel airier than before. Legroom in the rear seats is said to be particularly good, with enough space for someone 6ft tall to sit in comfort.

The middle seat will be slim and its occupant has to split their legs over a hump in the floor, but three adults will be able to sit across the rear bench comfortably.

In addition, with 435 litres of boot space, the new Leaf should allow you to carry more luggage than its direct rivals. I am looking forward to driving and reviewing the new Nissan LEAF when it is available in Ireland next Spring.

Check out the entire article on www.motoringmatters.ie
Until next time. Drive Safely!! Breda Corrigan, bcorriganmotoring@gmail.com

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Clane Bridge Club
 Clane bridge club meets Thursday nights 7.30
 Manzors lounge, Clane upstairs.
 New members welcome.
 Contact secretary Rita McCormack 045 868234.

Give Guiding a Go! CGI
Come along to your local group for fun, team spirit, friendship and adventure for all girls.
Group Ages: Cygnets, 5-6 yrs, Brigins 6-11 yrs Girl Guides 11yrs- 17yrs!
 • **Scoil Ui Riada, Killocock, Weds 6pm-7.30pm,** (cygnets 6.00pm to 7.00pm). Jacqueline Harris is the contact - 087 2994645.
 • **St Brigid's School Hall, Celbridge** Monday Evenings (excluding B/H) Brigins 6yrs-11yrs @ 6.30pm to 8.00pm Guides 11yrs - 17yrs @ 8.00pm to 9.30pm
Contact Sandra Whelan on 0877797948 / 086 8420336 celbridge.cgi@hotmail.com or visit www.girlguidesireland.ie

Fearful, Anxious, Depressed?

Recovery Int. offers you a way out!

Weekly Recovery Meetings

Abbey St.: Wesley Room, D. Cen. Mission, Lr. Abbey St., D. 1(16-35 ages) Wednesday @ 7.00pm
Blanchardstown: St. Bridget's Comm. Centre, Main St., Friday @ 8.00pm
Clondalkin: Pastoral Centre, Village Church, Monday @ 8.00pm
Lucan Village: St. Mary's Parish Centre, Friday @ 8.00pm
Newbridge: Dominican College, Tuesday @ 8.00pm
Rowlagh: (Clondalkin North) Community Room, Rowlagh Church, (Side entrance) Monday @ 8pm
Tallaght: Social Room, beside St Martin De Porres Church, Old Bawn, Tallaght, Mon @ 8.00pm
www.recovery-inc-ireland.ie Phone 01-6260775
 e-mail: info@recovery-inc-ireland.ie

Leixlip Parish Notes

Suicide Support Group - is held every 1st Tuesday of the month in Our Lady's Parish Centre, Leixlip from 7.30 - 8.30 pm. All those affected by suicide are welcome.

A short prayer to become a spiritual child of St Padre Pio:

Dear St Padre Pio:

I recall to mind your promise to Jesus: *"Lord, I will stand at the gates of heaven until I see that all of my spiritual children have entered"*.

Encouraged by your loving promise I ask you to accept me as your spiritual child and to always intercede for me before Jesus and Mary. And as my spiritual father, I ask you to obtain mercy for me from God for all of my sins and be with me throughout my entire life, *Amen*

An Ghníomhaireacht um Leanáí agus an Teaghlach

Child and Family Agency

There is an urgent need for foster carers willing to provide a home to children and adolescents in this area. Foster families are needed for children of all ages, from birth to eighteen years and beyond.

The Child and Family Agency is currently running a campaign to find families who are willing to provide safe, loving and secure homes for children and adolescents. For information 076 6955550, www.fostering.ie

HOMO SAPIENS

The Power of Baptism!



Joseph Stalin once asked derisively, "How many divisions does the Pope have?"

He was a materialist and supremely confident that the only real things in the world were power, steel and death.

He presided over an ideology that once held a third of the world's population in its thrall.

He is now dust and the empire he dominated fell down in a heap less than 40 years after he went to face his Maker with the blood of tens of millions on his hands. "One death is a tragedy," he had once said, "a million deaths is a statistic."

As he breathed his last, a certain Polish priest a few hundred miles to the west of Stalin was engaged in a long, slow and stubborn process of refusing to regard himself or any human person as a statistic.

He was also refusing to adopt the Western European and American belief that the cure for communist materialism was hedonistic materialism, that the atheistic vacuum of the East could be filled by the spiritual emptiness of the West, or that the Soviet worship of centralised power could be healed by the American worship of individualistic selfishness.

In short, the priest (who became Pope John Paul II) held fast to the truth that we do not fight hell fire with hell fire but that we quench it -- *with the waters of Baptism!*

The devil always presents us with two bad options. Reject them both and receive only what Jesus gives!

JEFF

For the weapons of our warfare are not worldly but have divine power to destroy strongholds.

2 Corinthians 10:4

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▪ Eucharistic Adoration

Tuesday 9am to 9pm

Thurs 9am to 10 pm

Thursday 3pm: Chaplet of Divine Mercy

8pm: Ceneacle prayers in response to the
Church's call to honour the Blessed Sacrament



KNOW WHAT TO BELIEVE!

24 Hour Catholic TV now on SKY & UPC
Eternal Word Television Network, EWTN, the
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network founded by Mother Angelica — is now
on Sky TV, channel 589, and on UPC, channel
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ROOM IN YOUR HOME?

Do you have room in your home and in your
heart for a 16 to 18yr old young person. The
HSE have limited openings in our in our
Supported Lodgings Scheme in the Kildare area.
Assessment will include undergoing a structured
assessment, garda clearances, references,
medical. For further information please contact
social work dept on 045 873200 and leave a
message for Mary Clancy, social worker, to call
you back

Dignity of Life at All Stages

A weekly prayer vigil and guided holy hour for
the protection of human life at all stages takes
place in the St. John of the Cross oratory, St.
Teresa's Church, Clarendon St. Dublin 2, every
Wed evening, 7 to 8pm (+ cup of tea!)
All welcome.

Eucharistic Adoration

St. Conleth's Parish Church, Newbridge,

Silent Adoration daily 10 am - 10pm daily.

Extended Adoration every first Friday
From 10.am to 12.00 midnight.

Could you commit to adore Jesus in
the Blessed Sacrament for an hour
per week, particularly during lunch or
supper time period? Please do call in
and place your petitions in our petition box.



The Irish Hospice Foundation LOSS & BEREAVEMENT

The Irish Hospice Foundation provides a range
of training services on Loss and Bereavement.

Places on all workshops are limited -early
booking is advisable. See [www.hospice-
foundation.ie](http://www.hospice-
foundation.ie).

• info@hospice-foundation.ie

Phone 01 6793188

Arthritis Ireland

Kildare Branch Activities

Newbridge - Beginners Seated Exercise classes for
people with arthritis take place in Newbridge
Daycare Centre every Monday at 11am sharp.
Admission €5

Kilcullen - Beginners Seated Exercise classes for
people with arthritis take place in Kilcullen Parish
Centre every Tuesday at 10.30am sharp. Adm €5

Suncroft - Beginners Seated Exercise classes for
people with arthritis take place in Suncroft
Community Centre every Tuesday at 2.30pm sharp.
Admission €5

Clane Swim & Aqua exercise in Westgrove
Hotel. Wednesdays 11am - 11.30am Fridays Time:
2pm-2.30pm Admission €5, participants will also
have access to the pool, jacuzzi and steam-room
facilities.

Newbridge Gables Swimming Pool Aqua exercise
for people with Arthritis starts on Wednesday
September 14th for 6 weekly sessions until Wed 19th
Oct. Time 2-3 pm Admission €5 (Sponsored by
Arthritis Ireland Kildare Branch)

Celbridge Warm Water pool, Swim &
Aqua Classes for people with Arthritis takes place at
St Raphael's Hydrotherapy Pool, Celbridge every
Wednesday:5pm-6pm. Cost €5 includes instruction
and use of warm water pool.

Naas K Leisure Aqua - Please ring K Leisure Naas
at 045 881655 to see when next 6 week course start
for the over 55s and people with arthritis. €30 for 6
sessions

Newbridge Walking Group for People with
Arthritis. Meet at Lumville Hse Car Park every
Tuesday at 10.30am sharp for walk on the Curragh.
Contact Johnny at 431399 or Claire at 433803 for
further details. Wear comfortable clothing and
footwear and bring rainproof gear!

Maynooth Walking Group for People with
Arthritis. Meet on Mondays at 12 noon at Maynooth
Community Space (near Post Office) in Tesco Car
Park Contact Michael at 0876622740

Athy Walking Group for People with Arthritis.
Meet on Mondays at 2.30 at O'Brien's Emily Square.
Phone Mary 0863594633 or Monica 0876257252

Alanon Meetings

(Alanon meetings in Blessington, Rathcoole ended)

The Naas meeting is 8pm, Athy is 8pm
Tullamore is 8pm, Portlaoise - Friday 8pm, St.
Fintan's Hospital, Dublin Road, Portlaoise.

We are in the process of opening a new meeting in
Kilcullen.

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The option to the former
defender of (all) life –
'Amnesty International', the
Benenson Society was set up
in protest at the about-turn
by Amnesty, despite colossal
worldwide protest, in no
longer defending the most
vulnerable of all human
beings – the baby in the
womb.

Peter Benenson (31 July
1921 – 25 Feb 2005) was an
English lawyer and the
founder of Amnesty
International.

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This unique country nursing home provides nutritious homemade cooked food with produce from their vegetable garden. Along with the idyllic gardens the nursing provides pet therapy through their three house dogs, a house cat and laying hens.

These pets are in the nursing home 24/7 interacting with residents on a daily basis and provide hours of entertainment.

The Ave Maria country nursing home provides single en-suite rooms to ensure privacy and comfort for every person who stays and provides a 'home away from home' environment for people who want their independence, yet want security and the companionship of other people.

The Ave Maria nursing home is ideally located to all service, 10 minutes to Ballyhaunis railway station, 10 minutes to Ballyhaunis bus service, 12 minutes to Knock Airport, 15 mins Knock Shrine.

With a friendly-family atmosphere, this is a unique nursing home where you can sit, relax and take in the views while enjoying home baking and a great cup of Mayo tea!



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ENQUIRIES - re Baptism, Confirmation,
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Email: Stephen.neill@gmail.com,

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St Joseph's Young Priests' Society

A society of lay people, approved by the Irish
Episcopal Conference, was founded in 1895, to
foster vocations to the priesthood and religious
life, and to assist financially in the education of
students for the priesthood.

The Society also seeks to promote the vocation
of the laity, foster a greater understanding and
love of the Holy Eucharist, and help members to
be Christ's presence in every aspect of life.

You can support St Joseph's Young Priests'
Society by supporting the branch in your parish
or contact the General Secretary of the Society
at: St Joseph's Young Priests' Society, 23
Merrion Square, Dublin 2. Tel: 01-6762593 Fax:
01-6762549. Email: sjyps@eircom.net.



with Michael Matthews

The Four Marks of Christ's Church

*"We believe in One, Holy, Catholic and
Apostolic Church."* part 1

These words from the Nicene Creed have been part of
Christian doctrine for over 1600 years. The same
Church Council of Nicea that formulated what
Christians believe about Jesus also recorded this
statement about His Church. The Apostles' Creed,
which dates back almost to the time of the Apostles,
states, "I believe in.. the Holy, Catholic Church."

Today these statements of faith are used by most of the
professing Christians of the world, especially by those
with a set liturgy. When one examines the Creeds, one
sees that there are four distinguishing characteristics of
the Church that Jesus established:

1. One.

"Upon this Rock I will build my Church, and the gates
of Hell will not prevail against it." (Matt.16)

Jesus established one Body to be His physical presence
on earth, one assembly to take His Word to the nations,
One Church. Before His passion and death, Jesus
prayed that His followers might be one (John 17:11).
Years later, St. Paul further emphasized the need for
Christian unity when he wrote to the church at Corinth,
even lambasting them for divisions within the church.
For over 1500 years, there was no question as to what
was Christ's One Church.

When we look at the state of Christianity today, can we
honestly say that there is such unity among Christians?
Hardly! For the last 500 years, since the Protestant
"Reformation", Christians have seemed to pursue a
policy of "multiplication through division."

Today there are over 30,000 Protestant denominations,
all bickering about various points of doctrine formed
through private interpretation of Scripture. Even the
Eastern Orthodox, who agree with the vast majority of
Catholic doctrine but disagree about the role of the
Pope, have split along ethnic and national lines.

In North America alone, there are any number of
Orthodox "jurisdictions" that are identical in
doctrine but have no concord with one another.

It can be no coincidence that when a group leaves the
fold of the Catholic Church, that group soon begins to
fracture. If St. Paul's body had not long since returned
to dust, he would be rotating in his grave!

Of all the Christian denominations in the world today,
only the Catholic Church has maintained the unity that
it had from the beginning. One wonders how non-
Catholic Christians can proclaim the Nicene Creed
with a straight face!

*Michael Matthews is a Catholic evangelist,
apologist, author and conference speaker, and a
former ordained independent, fundamental Baptist
minister. Email - triumph@catholicexchange.com*

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at 8.00. No meeting on bank
holiday Monday weekends

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A listener listens with the
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young French women,
Victoire Larmenier listened to
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of the young, old and
abandoned in London. She
felt compelled to provide a
'home' for the aged and
education for the young. With
the assistance of many
generous friends and
surmounting many obstacles,
she established the first
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WHAT EVERY WOMAN SHOULD KNOW ...

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Holy Water- What is it?



Holy water is a sacramental instituted and blessed by the Church as a protection for ourselves, our families and our homes.

For anyone who has a problem with the use of holy water, look up Numbers 5:17, where a ritual is being described and the text says;

"And the priest shall take holy water in an earthen vessel and take some of the dust that is on the floor of the tabernacle and put it into the water." (Num 5: 17)

This shows that holy water not only has a basis in the Bible, but that it has been around since the days of Moses and was used for numerous Old Testament ceremonies.

The fact holy water was used then and is recorded in the Bible, the word of God, proves that it is not a superstitious or invalid practice!

It is important to have the Holy Water openly exposed in our homes, at the hall door, in the bedrooms, in the car. The Devil goes about "like a roaring lion seeking whom he may devour", but one thing makes him keep quiet - and keep away - he hates it - *Holy Water!*

Going out sprinkle some drops on yourself & others for God's protection & blessing. Sprinkle it for your loved ones at home or away, for protection on soul and body and on your car or bike. Sprinkle it for the Holy Souls in Purgatory, it can relieve them & help them get to Heaven.

Here are some of the petitions the Church makes when the priest blesses the water. They should make one think

O God grant that this creature (water)

- (1) May be endowed with Divine Grace to drive away the devil & to cast out diseases,
- (2) That whatever in the houses or possessions of the faithful may be sprinkled by this water, may be freed from everything unclean & delivered from what is hurtful.
- (3) Let everything that threatens the safety or peace of the dwellers therein be banished by the sprinkling of this water, so that health which they seek by calling upon Thy Holy Name be guarded from all assault. We ask this through Christ Our Lord. Amen

These prayers go up to heaven when we sprinkle (*prayerfully*) this great gift of Holy Water. It has always been a sacramental of the Church down through the ages so why not use it? God has given us these means of protection for a reason and, remember, our forebears in the Old Testament (*Numbers 5:17*) used holy water to combat evil. So why do we neglect this great treasure & fail to use it profusely? *Get it from your sacristy!* Fr T Ingoldsby, SDB

The free CD talk is still available - on 'the Healing Power of Confession'. If you would like a copy, just text "Confession CD" with your name and address and I'll gladly send it. (085) 85 85 308.

Fr Eamonn McCarthy, Radio Maria, Dublin

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WHY I'M CATHOLIC!

Understanding the Tax Collector and his Gospel

By Steve Ray
Part 4



Some have questioned Jesus' intent to establish a Church! Matthew alone among the Gospel writers incorporates the word "church" (*ecclesia*) and makes it clear that Jesus fully intended to build a hierarchical Church. Jesus, the king apparent to the eternal throne of David (Lk 1:32), renames Simon "Peter" (*Cephas*, meaning "rock"; cp. Jn 1:42) and appoints him as the foundation rock of the Church (Mt 16:18). Why does Jesus establish such a Petrine office in the Church?

Because he is King of the Jews. Every Jewish king appointed a Steward who carried the delegated keys of the kingdom (cp. Is 22:15-25). Keys represent *exclusive dominion*. Jesus also gave a like authority to the other apostles (though not the keys) investing them with legislative and judicial authority (Mt 18:15-18). Believers are to "listen to the Church" and are excommunicated if they refuse to do so. Matthew also gives Peter the title of "first" not only as heading the list, but *protos*, first among the apostles (Mt 10:2). The Mosaic system has ended, as symbolized in the torn curtain of the Temple (Mt 27:51), the new era of the Church has begun. Matthew's Gospel served as a bridge from the "national kingdom" of Israel to the Church, the Kingdom of Heaven.

The majesty and simple elegance of Matthew's style makes this Gospel stand as one of the greatest writings of all time, and the content makes it arguably the most important document ever bequeathed to mankind. Matthew is quoted more frequently by the Church Fathers than any other Gospel. The breath of the Holy Spirit can be deeply sensed in this inspired text as this account of Jesus' life and words rise high to the heavens and permeate deep into the soul.

The Church has always and everywhere held and continues to hold that the four Gospels are of apostolic origin. For what the apostles preached in fulfillment of the commission of Christ, afterward they themselves and apostolic men, under the inspiration of the divine Spirit, handed on to us in writing: the foundation of faith, namely, the fourfold Gospel, according to Matthew, Mark, Luke and John" (*Dei Verbum* 18).

Steve Ray, a convert from Evangelical Protestantism, is author and speaks worldwide on the authentic Catholic Faith.
www.CatholicConvert.com

EAT my WORDS!

BETA-CAROTINE

I have mentioned beta-carotene numerous times when I have been writing about various foods. It is so important and so nutritious that I think it deserves an article of its own! Beta-carotene is the red-orange pigment that gives some fruit and vegetables its bright vibrant colour. Beta-carotene is a phytonutrient, which is a nutrient that comes from plants and is mainly found in orange coloured foods such as sweet potato, carrots, tomatoes, onions, butternut squash, apricots, grapefruit, peppers, pumpkin, chilies and dark greens such as kale, broccoli and spinach.



Beta carotene is converted into vitamin A by the body. Vitamin A is essential for healthy eyes, a healthy immune system, healthy mucous membranes and healthy skin.

Vitamin A has been linked to anti-aging benefits and cancer prevention, and, according to a study done by the Harvard School of Public Health Dept. of Nutrition, a diet rich in beta-carotene has been shown to play a protective role against prostate cancer.

Vitamin A also plays a vital role in the function of hormones and is therefore important for pregnant or lactating women. Vitamin A is important for good eyesight and contributes to eye health by protecting the eyes from infection, and according to some studies it can reverse eyesight degeneration. Studies conducted have found a link between correcting vitamin A deficiencies (with foods high in beta-carotene) and restored vision.

Beta-carotene is a powerful antioxidant. Antioxidants inhibit oxidation and works by collecting free radical cells that are wandering around the body. Free radicals damage cells which over time causes premature aging, cancers and various other diseases.

In one study conducted it was found that older men who ate more foods with beta-carotene were less likely to develop heart disease and diabetes. The men also had less body fat and lower triglycerides in their blood (the worst and most dangerous kind of cholesterol).

As Vitamin A (absorbed from Beta carotene) is a fat soluble vitamin, it requires a fat to be eaten alongside it. Try to include some olive oil or avocado when eating beta-carotene rich foods!

Too much vitamin A in the body can be harmful as it is stored in the body (unlike water soluble vitamins that leave the body if unused via urine). Therefore there is no need, unless prescribed by your doctor, to take beta carotene supplements. Ensure a varied diet, and ensure you consume plenty of bright orange coloured foods!

Hannah BSc (science & nursing) Dip(nutrition)
eatmywords101@gmail.com

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Total Consecration to Jesus through Mary

Ever considered consecrating yourself to Jesus through His Mother? The ideal way to do this is to make the 33 day consecration as given to the Church by St Louis de Montfort. (A.D. 31 January 1673 - 28 April 1716). He founded the Daughters of Wisdom -- an Order devoted to hospital work and educating poor girls -- and the Company of Mary (the Montfort Fathers), a missionary group of priests. It was for his devotion to Mary that he is most remembered.

"I am all thine, and all that I have is thine, O most loving Jesus, through Mary, Thy most holy and Immaculate Mother."

There are 'modernised versions' of this epic book, but best to stick to the original one by St Louis and stay clear of copies.... This is the original 33 day total consecration which lay buried for 126 years.

Recommended by many popes for these times... It was the basis for St Pope John Paul's motto of 'Totus Tuus' consecration to Our Lady. The format can be downloaded on these sites, free of charge.

WWW.IIPG.ORG/CONSECRATION1.HTM
www.fisheaters.com/totalconsecrationmontfort

Fáilte

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Welcoming migrants through Conversational English Classes – The Fáilte Isteach Centre, Salesian College, Celbridge, needs a Coordinator and additional Tutors for the term beginning September 2016. If you would like to volunteer 2 hours per week please contact Síle McGowan at smcgowan.hbx@gmail.com /01 6288459
No teaching experience required



'Gianna Care is a confidential, life-affirming organisation which helps and supports women in unexpected pregnancies and those suffering after abortion, completely free of charge.

Our centre provides counselling, ultrasound scanning, baby equipment and many other services. These services are provided by volunteers.

We are looking for new volunteers to help us to continue to reach out to women.

We need help with general office work, cleaning, organising baby clothes/equipment and directly helping women in crisis situations.

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Contact Carolyn anytime 086 029 3727 or email info@giannacare.ie for any questions or information. Visit website www.giannacare.ie.

Dignity of Life

at All Stages

A weekly prayer vigil and guided holy hour for the protection of human life at all stages takes place in the St. John of the Cross oratory, St. Teresa's Church, Clarendon St. Dublin 2, every Wed evening, 7 to 8pm (+ cup of tea!) *All welcome.*

Autistic Children Kildare / West Dublin Support

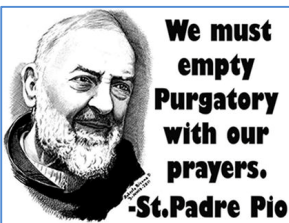
Parents and carers of Autistic children! We meet on last Wednesday of month at 8.30pm
Riverforest Hotel Leixlip.

A variety of issues are discussed, empathy assured and practical help available.

For information come along or ring

John Hanlon 087 2621309

How Pope Pius IX Cured a Bad Memory



We must empty Purgatory with our prayers.

-St.Padre Pio

The venerable pontiff Pius IX appointed a certain religious, Father Thomas, as bishop of a diocese. The bishop-elect, alarmed by the responsibility

placed on his shoulders, earnestly begged to be freed from this appointment. His protests were in vain; the Holy Father knew his merits.

Overcome with apprehension, the humble religious solicited an audience with the Pope, who received him most graciously. Once again he pleaded most earnestly to be excused, but the Pope was immovable. As a last recourse, Father Thomas said that he had a very bad memory, which would naturally prove to be a grave impediment in the high office placed upon him.

Pius IX answered with a smile: "Your diocese is very small in comparison with the universal Church which I carry on my shoulders. Your cares will be light in comparison with mine. I, too, suffered from a grave defect of memory, but I promised to say a fervent prayer daily for the Holy Souls who in return have obtained for me an excellent memory. Do likewise, dear father, and you will soon have cause to rejoice."

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CASA provide much needed respite care for children and adults with physical and intellectual disabilities and has two houses for this purpose, in Malahide and Swords, where those in need of a break can stay for up to three days at a time. The Association is funded voluntarily and much of the work is done by volunteer staff. Volunteers needed.

Sharon Reynolds 086 3831035

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BLUE Collar APOLOGETICS John Martignoni

APOLOGETICS *Part 15*

The Bible says to call no man Father, so why do we call our priests "Father"?

Matthew 23:9, "And call no man your father on earth, for you have one Father, who is in Heaven."

Notice, however, that this makes no distinction between spiritual fathers, which is what our priests are to us, and biological fathers.

In other words, if you interpret this passage to say, absolutely, that no man is to be called father, you cannot distinguish between calling a priest, father, and calling the man who is married to your mother, father.

But, is that actually what this passage is saying? Or is Jesus warning us against trying to usurp the fatherhood of God? Which, in many ways, is what the Pharisees and Scribes were doing.

They wanted all attention focused on them...they were leaving God, the Father, out of the equation. Which is why Jesus goes on to call them hypocrites, liars, and whitewashed tombs.

If you interpret this passage from Matthew 23 as an absolute ban against calling anyone your spiritual father, then there are some problems for you in the rest of Scripture.

For example, Jesus, in the story of Lazarus and the rich man in Luke 16, has the rich man referring to Abraham as "father" several times. Paul, in Romans chapter 4, refers to Abraham as the "father" of the uncircumcised, the Gentiles.

That's referring to spiritual fatherhood, not biological fatherhood.

In Acts 7:1-2, the first Christian martyr, St Stephen, referred to the Jewish authorities and elders who were about to stone him as brothers and "fathers," as does Paul in Acts, chapter 22.

This is referring to spiritual fatherhood.

So, if you interpret Matthew 23 as saying we cannot call anyone our spiritual father, then you have a problem with Jesus, Paul, Stephen, and the Holy Spirit...they must have all gotten it wrong!

It is okay to call priests "father", just as it was okay for Jesus and Paul to call Abraham "father" and for Stephen and Paul to call the Jewish elders "father."

As long as we remember that our true Father is God the Father and that all aspects of fatherhood, biological and spiritual, are derived from Him.

And as long as we do not allow anyone else to usurp that role in any way, shape, or form, as the Pharisees and Scribes were prone to do.

(Continued next week)

www.BibleChristianSociety.com
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Starting today the healthy way!

Series on Food & Health

This week I thought I would share with you top essential oils which I find help my clients feel more calm and relaxed.



They are so easy to use and ideal to carry with you... the scents are immediately picked up by the nervous system which means it reaches the brain cells within moments.

They really can work wonders for all kinds of low mood disorders, when you are feeling stressed, anxious, tense and or have a very busy day ahead where you need to ensure you are focused and on top of your game.

I either dab a little to the inside of my wrists and inhale with a few deep breaths throughout the day or add a few drops to my diffuser...which runs for hours in my treatment room and other part of my home too throughout the day. For most oils you need to use a carrier oil such as grapefruit oil or coconut oil, just mix a few drops of the essential oils into the carrier oils to protect your skin.

So the first one, yes of course you guessed it...

Lavender...Very commonly known to have a soothing calming effect...but do you use it? There are so many things we know but forget to put them into practice. Clinical studies now show a reduction in stress and anxiety. Use as often as you feel is necessary. Many find it helps with sleep too, so spray in and around your bed area or diffuse the oils while you sleep or add a few drops to a warm bath.

Frankincense: I LOVE this oil, it is very uplifting and yet at the same time grounding and helps you to feel good. It is great for calming the nervous system and reducing anxiety and depression too. It can be used with any other oil and enhances their benefits.

Chamomile: Very calming and relaxing too, promotes sleep. A cup of chamomile tea before bed can really help you to have a better nights sleep. Using the essential oil throughout the day can keep you in a more clear headed focused calmer state.

Ylang Ylang..A funny name! A little strong smelling for some so only a drop required but it is also fantastic for calming, relaxing and strengthening the immune system.

Vetiver is a wonderful essential oil too, however it can be quiet expensive and more difficult to get but well worth every cent...it is also widely known for its tranquillity properties and restoring a stressed out nervous system.

There you go, I hope this acts as a reminder to get using your essential oil more often if you have them to hand or if you do not have any and are feeling stressed out, panicky and anxious I would definitely recommend you start with one or two of the above and make them part of your daily self-care routine.

Food for though "Serenity can be at the heart of the busiest person. It is the quietness at the core of the being" Pam Brown. Doterra oils are an excellent brand, be aware not all brands of essential oils are equal. Irish brands include ogam, & Atlantic aromatics.

Wishing you a relaxing week.

Gertrude Lawler Health for life practitioner, Food Technologist, practices in Clane. Enquiries or to obtain your FREE 'Healthy Mind Steps' call 086 3888535
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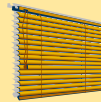
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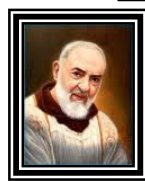
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myfirstholychommunion.com

This is an inspiring website dedicated to the Holy Eucharist, First Communicants and everyone who wants to learn more about Our Lord truly present in the Blessed Sacrament. With video clips and audio files, the stories of Eucharistic miracles, child saints of the Eucharist, catechetical material and much more to inspire, educate and nurture devotion to Jesus really present in Holy Communion. The website already has had a record number of hits from all corners of the globe. It is one to visit frequently as content expands. Share it with family and friends, especially children!



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A short discussion on traditional medicine

Traditional medicine is defined by the World Health Organisation as "the knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures, used in the maintenance of health and in the prevention, diagnosis, improvement or treatment of physical and mental illness".

A long and convoluted sentence that seeks to say that systems of traditional medicine tend to share a common philosophical approach which includes a holistic approach to life, a balance in terms of the mind, body, and the environment, and an emphasis on health rather than on disease. Generally, the focus is on the overall condition of the individual, rather than on the particular ailment or disease from which the patient is suffering.

The use of herbs is a core part of all systems of traditional medicine. Even today approx. 11% of the 252 drugs considered as basic and essential by the WHO are exclusively of plant origin. The World Health Organization has also estimated that 80% of people worldwide rely on herbal medicines for some part of their primary health care.

In this respect most people are familiar with the use of plants to treat medical problems such as arthritis, digestive problems and heavy periods or chest infections. Different parts of the plant are used including the seeds, berries, roots, leaves, bark, or flowers. What is probably not as well known is that traditional medicine also uses more than plants and includes animal and mineral based treatments.

Traditional Chinese medicine uses animal and minerals as part of formulations although plants still retain a central and primary role in treatments. Before use, the plants are processed in some way such as stir-frying or soaking in vinegar or wine.

Ayurveda is a traditional medical practice from India and also includes the use of animal products (milk, bones and fat) plus minerals such as sulphur, arsenic, lead, copper and gold. It has been practiced for nearly 5000 years and emphasizes the body, mind and spirit in disease prevention and treatment. Did you know that more than 1500 animal species have a recorded medicinal use in Traditional Chinese Medicine while nearly 15-20 % of Ayurvedic medicine is based on animal-derived substances. In Bahia State, in the northeast of Brazil, over 180 animals have been recorded as having a medicinal application.

Studies on the therapeutic use of animals has been neglected when compared to plants. Their use can be controversial but it has been argued that if researched appropriately and ethically they can provide valuable therapeutic approaches in the future. It has been reported that an increasing dialogue between those involved in animal conservation and traditional medicine around the world could open up the prospect of more research. There is also a growing respect for traditional knowledge and to see where traditional medicine as a body of knowledge fits into discussions on conservation, public health policies, sustainable management of natural resources, biological prospecting, and patents.

Anna-Maria Keaveney BSc., MSc., is a qualified Medical Herbalist and member of the Irish Institute of Medical Herbalists (IIMH, www.iimh.org). She can be contacted on 087 237 8183 for further information.

PARISH NOTICES

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The site provides a 5 point survey that you can complete and bring to your G.P. to assist in the diagnosis of the condition.

- For information talk to your G.P or practice nurse.

Got a Problem?

"There is no problem, no matter how difficult it is, whether temporal, or above all - spiritual, in the personal life of each one of us, of our families, of the families of the world, or of the religious communities, or even the life of people and nations, that cannot be solved by the Rosary. There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary. With the Holy Rosary, we will save ourselves. We will sanctify ourselves. We will console Our Lord and obtain the salvation of many souls." (Sister Lucy, one of the three 1917 Fatima seers)

BLUE Collar APOLOGETICS John Martignoni

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Wishing you a relaxing week.

Gertrude Lawler Health for life practitioner, Food Technologist, practices in Clane. Enquiries or to obtain your FREE 'Healthy Mind Steps' call 086 3888535
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The Pope SPEAKS

'Let Divine Mercy Transform & Convert You!'

December 18, 2017



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Reflecting on Penitential Rite, Pope Francis Reminds the Importance of Not Pointing Fingers Even if fearful or ashamed, ask sincere pardon for your sins to God and let His merciful gaze transform you, as he did many figures in the Bible.

Pope Francis stressed this during his morning's General Audience in the Vatican's Paul VI Hall, Jan. 3, 2018, as he continued his catechesis on the Holy Eucharist, and today considering the penitential rite.

In acknowledging our sinfulness in front of God and others, the rite intends to help dispose oneself to celebrate worthily the holy mysteries. The Pontiff reminded those gathered that the priest's invitation is addressed to the whole community in prayer, because we are all sinners. "What can the Lord give to one whose heart is already full of himself, of his success? Nothing, because one who is presumptuous is incapable of receiving forgiveness, satiated as he is with his presumed justice."

Yet one who is aware of his miseries and lowers his eyes with humility, the Pope reminded, feels God's merciful look resting on him, noting we know from experience that only one who is able to acknowledge his mistakes and asks for forgiveness, receives the understanding and forgiveness of others.

To listen in silence to the voice of conscience, the Holy Father continued, enables us to recognize that our thoughts are far from divine thoughts and that our words and our actions are often worldly.

Let God's Merciful Gaze Rest on You

For this reason, at the beginning of the Mass, the Pope explained, we as a community carry out the penitential rite through a formula of general confession, pronounced in the first person singular. Each one confesses to God and to brethren to have sinned much in thoughts, words, deeds and omissions.

The words we say during the rite, the Pope reminded, are accompanied by the gesture of beating our breast, acknowledging that we sin out of our own fault, not that of others.

The Pope then warned against our tendency to often point our fingers at others, even if at times, out of fear or shame.

"I remember a story, which an old missionary told, of a woman who went to confession and began to tell the errors of her husband; then she went on to tell the errors of her mother-in-law and then the sins of neighbours. At a certain point, the confessor said to her: 'But, lady, tell me, have you finished? — Very good: you have finished with others' sins. Now begin to tell yours.' We must tell our sins!"

"Sin," the Pontiff underscored, "breaks: it breaks the relationship with God and it breaks the relationship with brethren, the relationship in the family, in society and in the community: Sin always breaks, separates, divides."

Stop Pointing Fingers

After confessing our sin, the Pope reminded we beseech the Blessed Virgin Mary, the Angels and the Saints to pray to the Lord for us.

"Sacred Scripture offers us luminous examples of "penitent" figures that, looking into themselves after having committed a sin, find the courage to take off the mask and open themselves to the grace that renews the heart."

Some of these figures we can remember, he said, include King David, Saint Peter, the Prodigal Son or the Samaritan woman.

"To measure oneself with the frailty of the clay of which we are kneaded is an experience that strengthens us: while it makes us deal with our weakness, it opens the heart to invoke the Divine Mercy, which transforms and converts."

Pope Francis concluded, reminding this is exactly what we do in the penitential rite at the beginning of Mass.

Statement issued by the Vatican...

Unlike the absolution granted in the Sacrament of Confession, this absolution after the penitential rite at Mass *does not* remit mortal sins, yet it expresses our trust in God's promise of forgiveness and reconciliation.

We thus join the great line of biblical figures – like David, the Prodigal Son and Saint Peter – who, conscious of their sin, acknowledged it before God with confidence in the transforming power of his grace.

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Colitis & Crohn's

Irish Colitis & Crohn's Support is a helpline for adults and parents of children who have been diagnosed with the long term illness Crohn's disease or Ulcerative colitis.

Support Helpline: Phone 01-6282618

BEGINNING EXPERIENCE

B.E. is a support group for those coping with the pain of loss of their life partner, through Death, Separation or Divorce. Seeking help is a sign of strength and self-knowledge – not weakness. This is a healing ministry, which helps to resolve the grief that goes with the end of a marriage or relationship. A team, who are themselves widowed, separated or divorced share their experiences with you.

Coping Programme in White Friars Community Centre, Aungier St., D 2. For further information please phone 087 2742451.

bedublin@gmail.com

What is Sarcoidosis?

Sarcoidosis is an inflammatory disease which can affect any organ of the body, although it most commonly affects the lungs, eyes, lymph nodes and skin.

Do you know...

Ireland has one of the highest incidences of it.

- It affects 1000's of Irish people.
- It mainly affects 20-40 year olds.
- There is no known cause or cure.

For further information please contact us:

ISARC, Ard Aoibhinn, Mount Bolus,
Tullamore, County Offaly

Aware

Volunteering Opportunities

Aware, the national organisation providing support and information to individuals and families impacted by depression and bipolar disorder is now recruiting new volunteers to train on a number of services.

Aware has received the Investing in Volunteering Standard in recognition of the level of training and support it provides for its 400 volunteers.

See www.aware.ie for specific info and requirements for all volunteering opportunities including the Aware Support Line (phone)& Support Groups (face-to-face).

Minimum commitment is 18 months.

Help Aware continue to be a supporting light through depression. www.aware.ie

HURT BY ABORTION?

Rachel's Vineyard is a healing place for people hurt by abortion. Their weekend retreats are an opportunity for any person who has struggled with the emotional or spiritual pain of an abortion.

The retreat is a very specific process designed to help you experience the mercy and compassion of God. Retreats are held throughout Ireland in a confidential setting.

Call Bernadette on 087 8592877 or Marian on 07814 748 744 or look up

www.rachelsvineyard.org or

www.rachelsvineyard.ie

If you are hurting after an abortion, please call.

'Field of Miracles'

Eddie Stones is based in Emmanuel House of Providence, Clonfert, where he conducts a healing service twice weekly and a healing day on the last Saturday of each month.

Emmanuel House of Providence, a Catholic centre for prayer and evangelisation, is located in Clonfert; the Irish version of the name means

'field of miracles', on the site of a 6th century monastery of St. Brendan the Navigator, near Ballinasloe.

Emmanuel House of Providence is under the ecclesiastical authority of Bishop Kirby of Clonfert and it invites people to experience the healing power of God in spirit, mind and body.

For further information, call 057 9151552.

St. Joseph's College Car Park CAR BOOT SALE

Lucan, Co. Dublin

- 2nd Sunday of every Month

From 9.00am - 1.00pm (gates open to sellers at 8.00am). Sellers: €15 cars and small vans. No large vans allowed. No pre booking required just turn up and pay on site.

Public admission Free. Refreshments / toilets available. Further date 9th July.

The Little Way Association

The Little Way Association supports religious and other charitable work, and to upkeep the Association's religious centres at Lourdes, Fatima, Walsingham (UK) and Knock, Co Mayo.

'At present, more money than ever goes overseas to mission countries, yet missionaries themselves are still in need. Regular Mass offerings help them to meet basic personal needs which will give them enough strength and energy to serve their people. Your Mass offerings are the means by which missionaries can be helped. We like to send them a minimum offering of €7.50 for each Mass.

All intentions and offerings are sent to the Missions. Assuring you of a remembrance in our daily Mass and prayers. The Little Way Association, Sacred Heart House, 119, Cedars Rd, Clapham Common, London SW4 OPR

EUCCHARISTIC ADORATION

St Oliver Plunkett Church, Kilcloon,
near Maynooth.

- Eucharistic Adoration

Tue 9am to 9.30pm, Thurs 9am- 10pm

In response to the Church's call to honour the Blessed Sacrament there is also Benediction and Rosary every Tues night at 9pm. *All welcome.*

KNOW WHAT TO BELIEVE!

24 Hour Catholic TV now on SKY & UPC

Eternal Word Television Network, EWTN, the 24 hour, 7 days a week Catholic television network founded by Mother Angelica — is now on Sky TV, channel 589, and on UPC, channel 815.

For more info contact St Brigid Media Ltd, PO Box 352, Limerick. 061-394400, ewtn@eircom.net

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CHESS CLUBS

• **Children's Chess Club**
meet every Monday evening between 6-7pm in Maynooth Community Library

• **Adult Chess** meets every Monday evening, 6-8pm in Maynooth Library. New members welcome!

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Pieta House

Based in Lucan, Co. Dublin, Pieta House, the centre for the Prevention of Self-harm or Suicide, is Ireland's first community-based centre for the prevention of self-harm or suicide. Services at Pieta House are free of charge. Pieta House has outreach centres in Tallaght and Finglas. Online and postal registration available

How much energy do we use doing different activities?

When we talk about activities it is important to understand the energy cost of what we are doing. The common term of reference for activity is the metabolic equivalent (MET).

This is defined as the rate of energy consumption relative to when the energy expenditure of an average person seated at rest i.e when you are sitting on a chair resting you are using one MET. Every activity that you complete is a multiple of the amount of energy you use while seated.

For example

- | | |
|--|--|
| Seated in a chair = 1 MET | |
| Weeding the garden 2.0METs | |
| Walking at a slow pace (1-2 miles per hour) 2.0 Mets | |
| Taking a shower 3-4 METs | |
| Climbing stairs 4 METs | |
| Digging the garden 6METS | |
| Hiking 6-7 METs | |

6 METs **3-4 METs**

Quite often if you are recovering from a cardiac event you may find the shower very tiring. This is because the MET level is quite high.

When you complete an exercise test you will be given a MET result as well as your heart rate and blood pressure response.

If you score a MET level of 5 on your exercise you will be able to climb the stairs relatively comfortably but you do not have the capacity to dig the garden.

The very good news is that exercise training can improve your MET level.

- Professor Blair demonstrated that if you increase your MET level by 2 MET you will reduce your risk of death by almost one third.
- Comparing 8 MET with 10 METS in 45 year old males you have less than half the risk of CV disease.

Your exercise should consist of 150 minutes per week or 30 minutes per day, five days per week. If you have had a cardiac event you will need to be more specific- 15 warm up, 20 – 60 walking minutes at a walk talk unable to sing intensity followed by a 10 minute cool down. Start at 10 minutes and work up over 6-8 weeks to this level. Remember you should always be able to walk and talk at the same time as you are exercising.



Karen Cradock, B.Physio, MSc, Heart 2 Heart Cardiac Physiotherapy, Unit 5 Kilcullen Business Campus, Kilcullen, Co. Kildare, 045484000, 0877667465, info@h2hcardiacphysio.com, www.h2hcardiacphysio.com.



Putting Your Website to Work

When I'm asked by my clients to build a website, or upgrade a pre-existing website they invariably ask me "How much will it cost?" and "How long will it take?"

Perfectly valid questions but before we even get to price and time we should be clear about the most important thing. What do we want the website to do for our business, in other words what is its function.

Of course it goes without saying that any business, institution or club must have a website in order to look professional. It offers a way for people to find them and information about their products or services.

So before we go gung-ho into throwing money at somebody like me, we should consider all our stakeholders. That's everybody involved in our enterprise from the staff, the customers, our suppliers, regulating bodies, and of course you, the business owner.

When we carefully think about all the dynamics of our business, we may discover an easier more efficient way of doing things.

If we provide a service that requires booking, like a restaurant, doctors office, physiotherapy clinic we can easily set up our website to take appointments, bookings, deposits or payments saving us valuable time, cutting down on staff costs and improving efficiency and management.

If we run classes like yoga, Pilates, dance etc we can set up a scheduling calendar on our site which will give access to your clients to choose their class and make their booking.

If we sell a product we can completely manage both our online and offline stock through our website. We can track our best sellers, when they're being sold and even get stock notification if something is running low without checking our warehouse.

These are the kind of things that will take some of the workload from you the business owner so that you can concentrate on building your business. We can also keep a tab on our accounts and revenue which is helpful at the end of the year.

So the cost will really be determined by what you want your website to do, if it's just a brochure site the cost is easy to calculate depending on the size of the site, but if it's something that requires more functionality well then each item is priced accordingly.

Booking facilities, payment gateways, social media integration, mailing list integration with the likes of Aweber or mail chimp, Sales force software for your staff, the list goes on.

For more info please contact Paul on 085 7053575 or email paul@digimark.ie

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Irish Girl Guides

Come and join in ...

Do you know a girl who would like to make new friends, have fun and participate in exciting activities? Girl Guides are aged 10½ - 15 yrs. For fun and friendship and new exciting opportunities and much more you and your daughter would be welcome in The Maynooth Girl Guides- the place to be.

Jackie 085-1413787

Catherine 087-7724235

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Maynooth Bethany Bereavement Group

Maynooth Bethany Bereavement Support Group: will hold support meeting last Thursday of each month in Community Space, Maynooth at 8pm. All Welcome.

Please contact: 086 2700740

CELBRIDGE WHIST

Now in its 56th Year, every Monday night at The Mill, Celbridge, 8.45pm.

Admission €5.00 inc raffle & refreshments.

- Further info; Mary Donovan 01 6288174.

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Eucharistic Adoration every Wednesday in the *sacristy* 10.00 a.m. to 6.00p.m. All welcome to come and spend some time in quiet prayer.

Freedom from Drug Addiction! Community Cenacolo

You are not alone anymore! Further information contact

Contact

- Damien 086 0644662
- Jean 087 2687040
- Pdraig 087 2483343

CENACOLO Break the Drug Habit!

The Community Cenacolo was started in Italy in 1983 by Mother Elvira an Italian nun. Mother Elvira, concerned by the destruction caused to young people through drug abuse, felt called by God to help them.

To-day there are houses spread around the world including houses in North and South America and Liberia. A house for men was opened three miles from Knock, Co. Mayo in 1999. The Cenacolo in Knock does not receive State funding and relies totally on voluntary donations.

Unlike government funded centres it does not believe in giving methadone. The Community prefer to have the freedom to do things Mother Elvira's way through prayer, hard work and friendship. The men work with the animals on the farm, learn skills like metal-work and carpentry, cooking and housework.

There is no charge for staying at the Cenacolo. The only criterion for entry is a desire to become free from addiction. For details please contact the Community in Knock 094 93 88286 or

- Damien 086 0644662
- Jean 087 2687040
- Pdraig 087 2483343

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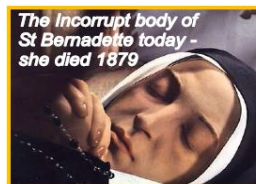
LIFE Pregnancy Care have announced the launch of our FREE services in St John the Evangelist National School, Adamstown, Lucan. LIFE pregnancy care are a registered charity funded by the H.S.E (Crisis Pregnancy Programme) providing FREE pregnancy and parenting counselling/support.

Are you Pregnant? Are you a parent? Have you just had a baby? If you answered yes to any of these questions and would like some support we are here to help.

Our services are open to Mums, Dads & Grandparents and include the following:

- Pregnancy Counselling, Support, Pregnancy Testing
- Social Welfare Advice & Entitlements
- Parenting Support for Mums & Dads
- Parenting Courses
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- FREE Helpline 1800 281 281

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The incorrupt body of St Bernadette today - she died 1879

Relic of Saint Bernadette

If you would like this relic of St. Bernadette to be brought to your parish, you may contact me at any of the numbers so

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Please see www.emmanuelcommunity.ie

The cornerstones of the Community are evangelisation, adoration, and compassion.

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Celbridge Tennis Club is situated on the Hazelhatch Road. We have six all weather floodlit courts. Our club caters for all levels of tennis player from the competitive League player to the purely social player.

For more information see our website at

www.celbridgetennis.ie or contact our membership secretary Muireann 087 8335800.



Prayer to Saint Michael

Saint Michael, the Archangel, defend us in the hour of conflict. Be our safeguard against the wickedness and snares of the devil. May God restrain him, we humbly pray; and do thou, O Prince of the Heavenly Host, by the power of God, thrust Satan down into hell and with him all the evil spirits who wander through the world for the ruination of souls. Amen.

(Composed by Pope Leo XIII after his prophetic vision Oct 13, 1884)

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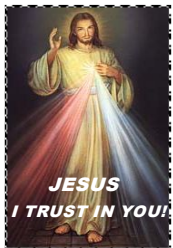


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The Little Way Association supports religious and other charitable work, and to upkeep the Association's religious centres at Lourdes, Fatima, Walsingham and Knock, Co Mayo.

'At present, more money than ever goes overseas to mission countries, yet missionaries themselves are still in need. Regular Mass offerings help them to meet basic personal needs in the way of clothing, shelter and food, which will give them enough strength and energy to serve their people. 'Your Mass offerings are the means by which missionaries can be helped. We like to send them a minimum offering of €7.50 for each Mass. All intentions and offerings are sent to the Missions. Assuring you of a remembrance in our daily Mass and prayers.

- The Little Way Association, Sacred Heart House, 119, Cedars Road, Clapham Common, London SW4 OPR



Divine Mercy

Rathcoole: Divine Mercy devotions takes place in the Parish Church each Saturday morning following the 10am Mass.

Celbridge: every Monday evening after the 7pm Mass. All welcome.

CASA

Caring & Sharing Association

CASA provide much needed respite care for children and adults with physical and intellectual disabilities and has two houses for this purpose in Malahide and Swords, where those in need of a break can stay for up to three days at a time.

The Association is funded voluntarily and much of the work is done by volunteer staff. Short/ long term volunteers are needed.

- Contact Sharon Reynolds 086 3831035

THE VILLAGE BRIDGE CLUB - CLANE

This friendly and sociable club meets Wednesday nights upstairs in Manzor's Lounge at 7.30. New members welcome. Call Brigid 0876992977

NEW Bridge Club

Every Tuesday AM, Restaurant, Weston Airport, Lucan, from 10am to 1.00. All grades are Welcome. **Bridge classes for beginners also**



The Restaurant, Weston Airport, from 10.00 to 12.00. Call Yvonne 086 8592638 ymedalton@gmail.com

The Irish Hospice Foundation LOSS & BEREAVEMENT

The Irish Hospice Foundation provides a range of training services on Loss and Bereavement.

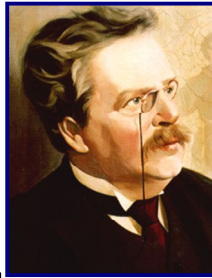
Places on all workshops are limited -early booking is advisable. See www.hospice-foundation.ie.

- info@hospice-foundation.ie

Phone 01 6793188

The wit & wisdom of GK CHESTERTON

(Article 193)



Well, the minced pies are all eaten, so it's time to come back out of Christmas mode and return to our long trek through *Orthodoxy*, G.K. Chesterton's great masterpiece of Christian apologetics.

As we saw before Christmas, Chesterton argues in Chapter Eight that the religions of the world differ radically. In this he is

arguing against the view, which was fashionable in his time and is still fashionable in ours, that the differences between religions are all on the surface and their teaching is essentially the same.

He goes on to write: "Even when I thought, with most other well-informed, though unscholarly, people, that Buddhism and Christianity were alike, there was one thing about them that always perplexed me; I mean the startling difference in their type of religious art. I do not mean in its technical style of representation, but in the things that it was manifestly meant to represent. No two ideals could be more opposite than a Christian saint in a Gothic cathedral and a Buddhist saint in a Chinese temple. The opposition exists at every point; but perhaps the shortest statement of it is that the Buddhist saint always has his eyes shut, while the Christian saint always has them very wide open. The Buddhist saint has a sleek and harmonious body, but his eyes are heavy and sealed with sleep. The mediaeval saint's body is wasted to its crazy bones, but his eyes are frightfully alive. There cannot be any real community of spirit between forces that produced symbols so different as that. Granted that both images are extravagances, are perversions of the pure creed, it must be a real divergence which could produce such opposite extravagances. The Buddhist is looking with a peculiar intentness inwards. The Christian is staring with a frantic intentness outwards. If we follow that clue steadily we shall find some interesting things."

This is not simply an arbitrary example on Chesterton's part. Indeed, we might say that this image goes to the very heart of Chesterton's argument in *Orthodoxy*, and indeed of his defence of Christianity in general. *Outwardness* was a constant theme in Chesterton. Whereas the Buddhist seeks to lose himself in the spirit of the universe, the Christian rejoices in the eternal difference between himself and God, in the fact that he is a created being. The Christian does not ask "make me one with everything", like the Buddhist at the hot-dog stand in the joke. He loves God and his neighbour as things outside himself.

Maolsheachlann O Ceallaigh

Maolsheachlann@gmail.com

<http://irishpapist.blogspot.ie/>



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The St. James Camino Network was founded in 1997 to provide a holistic approach to the rehabilitation and education of young men with drug dependencies. Rehabilitation in our centre focuses on the primary nature of addiction and the resulting harmful consequences for the dependent person and his family.

- We are based at Meadowbrook, Cloncurry Cross, Enfield, Co. Meath. Anyone who is seeking help should contact us at 046 9549241 (CONFIDENTIALITY ASSURED)

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Men's ABUSE SUPPORT

'AMEN' is an organisation, which provides a confidential helpline, information and support service for male victims of domestic abuse. Weekly emotional support meetings are held in our office, on Tuesdays from 8pm to 10pm.

If you are interested in attending please contact the office for more information 046 9023718 One to one meetings are also available by appointment on Tuesday nights 8pm -10pm and during office hours, Monday to Friday. Court accompaniment /counseling services available. www.amen.ie Helpline 046 9023718.

Bereavement Support

- Dunboyne

The Bethany Bereavement Support Group is a Parish based ministry to help those bereaved and those suffering loss of any kind. We offer one-to-one support, group support if desired and home visits. Meetings are held in: 41 Avondale Square, Dunboyne, on first Wednesdays at 8pm. Contact Mary/Gerry 086-8497176

PRAYER BOOKLET for those affected by addiction

The Irish Bishops' Drugs Initiative, an initiative of the Irish Catholic Bishops' Conference, is a cross community support working in over 250 parishes involving over 1000 volunteers, to assist parishes and communities to address the challenges of alcohol/drugs misuse which affects every quarter of the country. It was founded in 1997. This new book of prayers and reflections is intended as a pastoral and spiritual resource that is available through contacting: The IBDI, Columba Centre, Maynooth, Co Kildare, or can be ordered through the website www.irishbishopsdrugsinitiative.com.

Eucharistic Adoration in your parish -

Do you want help to get Eucharistic Adoration started in your parish?

If so contact the Apostolate of Perpetual Eucharistic Adoration for help and assistance. Tel: (01) 6625899 Mobile: (087) 2478519 info@eucharisticadoration.ie



MEDITATION the Rosary Way!

MAKE THE WILD ROSE BLOOM!

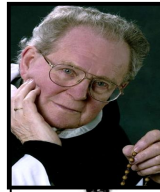


THE ROSARY ... THE WEAPON!

MEDITATION MADE EASY

BE STILL AND KNOW!

The first requirement for meditation is stillness; stillness of body but more importantly, stillness of the heart - "Be still and know that I am God."



"Be still before the Lord and wait for him." (Psalm 37,7) The New American Bible puts it forcibly: "Leave it to the Lord." It is a kind of letting go and letting God. Psalm 131 invites us to rest like a child in the arms of the Lord: "I have stilled and quieted my soul, like a child quieted at its mother's breast."

Christian contemplation does not end in the mind or the heart. It is not merely a mental exercise, but goes on to engage the whole personality and to overflow in love of others.

The fruit of Rosary meditation shows in the transformation it effects. The words of St Paul in Romans 12: 2 are pertinent: "Do not be conformed to the world, but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect."

As we look to the Lord, we radiate something of his glory. It is told of Moses that on coming down from the mountain where he had conversed with God, the people could see the radiance on his face, so much so that he had to keep a veil over it. This is what St. Paul was referring to when he wrote: "All we, with unveiled faces, reflecting the glory of the Lord, are being changed into his likeness from one degree of glory to another; for this comes from the Lord who is the Spirit. (2 Cor. 3: 18) We too are being changed into his likeness. Meditation or contemplation is nothing more than this looking, this lingering in love with the Lord.

All one has to do is to recall the scene, to picture Jesus in the inner heart, to recognise his presence, enfolding you in his love. Underpinning all fifteen secrets of the Rosary is this one all pervading secret, that as you surrender to it's graced process you are being renewed, restored, revitalised, transformed. Do not be diverted from this lingering in love with the Lord himself, by the multiplicity of mysteries and vocal prayers. A lot of things in books and sermons on prayer, are simply the gathering of bricks and boards for the building of your house. When the labour of building is over, just sit at the fire and enjoy your home and dream along with the lover of your soul. *Fr Gabriel Harty*

Dominican Priory, Anne St. Dundalk
 042 935 6071, 085 240 5372 hartygabriel@gmail.com

Free Pregnancy & Parenting Support Service

LIFE pregnancy care are a registered charity funded by the H.S.E (Crisis Pregnancy Programme) providing FREE pregnancy and parenting counselling/support. Are you Pregnant? Are you a parent? Have you just had a baby? If you answered yes to any of these questions and would like some support we are here to help. Our services are open to Mums, Dads & Grandparents and include the following: Pregnancy Counselling, Support, Testing, Social Welfare Advice & Entitlements, Parenting Support for Mums & Dads, Parenting Courses. Accommodation Services (Expectant Mums/ with babies under 6 mts).
 • **FREE Helpline 1800 281281. 01 6351492**

Carers' Association

If you care at home for an elderly or disabled person, we can help with information, training and short respite breaks. Please call or phone - Carers Association, Carers Association C/O Aras, Main Street, Newbridge, Co Kildare.

Equipes Notre-Dame (Teams of Our Lady)

There are 15 Teams in the Dublin region and each Team consists generally of 4-6 couples and a Teams Chaplain.

Equipes Notre-Dame was founded by Fr. Henry Caffarel some 60 years ago and since then, Teams has spread to more than 70 countries around the world. It is a Movement for Christian Married Spirituality with over 100,000 members.
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Pioneer Total Abstinence Assoc.

Founded in Gardiner Street Church in 1898 by Fr James Cullen SJ, the Pioneer Association has played a vital role in Irish society for over a century. The mission of the Association is to help build a society where people can live full lives without being dependent on alcohol or drugs. There is another way...

PTAA members seek to address alcohol-related problems in society, mainly through prayer, self-denial, and the promotion of positive life-styles.

Men's Shed

CELBRIDGE MILL, UNIT 20

The Men's Shed is ideal for men who are keen to meet up, chat, work on projects, develop ideas, to socially integrate with other men.

Catering for 18 - 80 years the Men's Shed is ideal for men - retired, unemployed, on shift work, with time on their hands, new to the area, on long term sick leave or recuperation etc & may want to contribute in any way possible. They meet presently on Wednesdays, 12-4.30pm & require new blood...

Contact Gerry Plumber 086 4056220

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Advice and help on your options
Women's Counselling Network

Information on services related to unexpected pregnancy - Pregnancy Testing - Post Abortion Counselling.

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The Ronald McDonald House is situated in the grounds of Our Lady's Children's Hospital, Crumlin Dublin 12. Since 2004 we have provided in excess of 1,600 families with accommodation, care and support when their child was seriously ill in hospital. We urgently need Volunteers to help with Housekeeping: Hoovering, Dusting, Ironing, Changing Beds, Cleaning Kitchens, Bedrooms, Bathrooms - A few hours a week or a month is all we ask at a time that suits you.

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Celbridge Mill Community Sports Centre

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www.celbridgemillcommunitycentre.ie

Face- book "The Mill Community Centre".

Mon-Fri 8am-10.30pm, Sat 9.00-6pm, Sun 9.30-6pm



Your Community Centre

-Free Career Skills Programme commences 23rd Jan - with Modules - Health Food Made Easy, Manual handling, QQI Level 3 career preparation, & First Aid. Organised by Kildare Leader - Contact Breda 086 7916933

- Coming Soon from Wed 24th Jan

Aerobics Dance and Retro Fun Class to the sounds of the 80s and 90s. Wednesdays at 8pm. Get out your leggings and leotards for the return of Aerobics!!! More details

- Stott Pilates weekend classes starting at the centre from Mon 15th Jan- Book now to avoid disappointment.

-Salsa Dancing / Line Dancing Tuesdays at 7.30 / 8.30pm

- Kettle Bell & Spin Circuit Mon & Wed at 8.15pm

- New Callanetics / Pilates drop in class 9.45am on Tuesdays

-Community Choir practise is now on Wed Mornings - 11am-1pm .Ideal for people living with dementia and their carers.

Contact Ann Harris - 087 6057264

-Open to all Casual Badminton Mondays 6-8pm

-Children's Birthday Dance Party Service now on Fri/ Sat / Sun from only €80

-New Walking Indoor Soccer Over 50s / 60s/ 70s soccer Tuesday nights at 7pm

- Over 66 years of Age and retired? Then you can join our Gym for just €50. See reception for details.

-Men's and Women's Basketball Open session on Mondays 8pm

-Fitness Classes - Spin, Circuits, Kettle-bells, Pilates, Box -Fit, Weight Training, Zumba,

-Abbey Badminton Wed and Fri 9 -10.30pm

- Whist now on every Monday Night 8pm

-Sports Hall and Rooms available for Hire at reasonable rates Mon - Sun

-Gym / Sauna/ Steam / Fitness Studios / Spin /Circuit Training/ Personal Training.

North Kildare Junior Arch Club

North Kildare Junior Arch Club is a friendship club for children and young people with special needs, along with their parents and siblings. The club meets Tuesdays during term-time, from 7pm-8:30pm in Leixlip Youth and Community Ctr. We aim to develop member's social skills and self-esteem through a range of activities and games, and most importantly, to provide a fun, secure social outlet for children and young people with special needs. During school holidays we organise day trips. The club is for children and young people aged 5 to 15 years. The emphasis is on participating in and enjoying the activities. As our members have a variety of abilities, activities are always offered at a variety of levels suits individual member.

Contact: Una 086 408 4857, Carol 087 325 2798

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 Kathleen B.Agr.Sc H. Dip.Ed.

Violin wanted, old preferred, reasonable, needing repairs acceptable. 087-9381997.
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Indoor Bowling Clubs



Join an Indoor Bowling Club in your area. Kildare West Wicklow Indoor Bowls have over 30 Clubs and are always seeking new members.

A list of Clubs is available on our Facebook page. (Kildare West Wicklow Indoor Bowling Association), or contact the Development Officer:

Olivia Maguire on 087-7538664!

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Fr Paul Taylor, P.P. 6275874, Fr Brian McKittrick 01 6288827
Parish Office 6288827, 9.30-1.30 Mon-Fri;
Sacristy 6275942, www.celstra.ie
Mass times; Vigil Sat 630pm, Sun: 8.30am, 9.30, 11, 12.30, 7pm.
Holy Days; 7.00pm (Vigil), 8, 10, 7.00pm. Bank hol 11am
Straffan: Vigil 6.00pm, Sun 11am. Fr-Jacob 01 6012303
Mon to Fri: 10am, 7.00pm (Celb), Salesians 8.00
Confessions: Saturdays: after 10am Mass to 11.30
Divine Mercy Devotions: After 7pm Mass, Mon, + St. Faustina's relic.
 Straffan: Daily Mass, Mon- Fri, 9.15am. Holy day/bank hol 10am

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 St Brigid's Church. last Sunday of month, 12.15pm
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 book contact Myles 01 6275942

Naas, Sallins & Two Mile House

Fr. Liam Morgan P.P. 087 1337879 Fr Joe O'Neill CC 045 876197
 Fr Michael Flattery, 089 4985973 Fr Alex Kochatt, 045 888599
Church of Our Lady and St. David, Sallins Rd
Sunday Mass: Sat. (Vigil) 6pm. Sun. 9am, 11, 6pm.
Holy Days: 7.30am, 10am. (except Sat 10am only)
Weekdays: 7.30am, 10am. (10am on Sat)
Confessions: Sat after 10am Mass, **Baptisms**: 2nd & 4th Sundays
Office/ Shop 045-879730. Mon to Fri 10-5.
Church of the Irish Martyrs, Ballycane, Naas
Sunday Mass: Sat. (Vigil) 7.30pm. Sun. 10.30am, 12noon
Weekdays: Mon. Wed. Fri 7.30pm. **Holydays**: 12, 7.30pm.
Exposition: Mon-Fri, 10am to 7pm and Wednesday 10am -
 9.30pm **Baptisms**: Every Saturday at 12.30pm.
Office: Phone 045-895629; Mon-Fri 10am -1pm
Church of Our Lady and the Guardian Angels, Sallins
Sunday Mass: Sat. (Vigil) 6.30pm. Sun. 10am. 12noon.
Weekdays: Tue & Fri. 10.00am, **Holy Days**: 10.00am.
Confession: Sat. after 6.30pm Mass, **Baptism**: 1st Saturdays, 5pm.
Exposition of Blessed Sacrament, Tues 10.30 - 11am
Parish Office: Phone 045 879730 Mon-Fri 10am to 1pm
Church of St. Peter, Two-Mile-House - Sunday: 11.00am,
 Fri. 7.30pm, Holy day 9.30, **Baptism** 2nd Sun each month 11.45

Parish of Divine Mercy- Lucan South

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 Mon-Fri: 9.15, Sat 10; **Confession** Sat before 6.30 Mass.
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Clondalkin Parish Ph/Fax, 459 3520

Church of The Immaculate Conception and St. Killian
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 clondalkinchurch@eircom.net www.clondalkinparish.com
Administrator: Rev. Damian Farnon, Tel. 459 2665
Assistant Priest: Rev. Padraig O'Sullivan, 464 0441
Masses: *Sundays (Vigil)* 7.30pm, Sunday 9am, (*Gaeilge*) 10.30am
 (*Choral*), 12noon (*Family*) and 5.30pm.
Weekdays (Monday - Friday) - 7.30am and 10am. Saturday 10am.
First Fridays - 7.30am, 10am and 7.30pm.
Holy Days - 7.30pm (*Vigil*), 7.30am, 10am, 1pm, 7.30pm.
Confessions: Saturdays 10.30 to 11am and 6.45pm to 7.15pm.
Baptisms: 2nd and 4th Sundays after 12 noon Mass (by appointment)

St Brigid's Parish, Kill, Johnstown, Ardclough

Priests: Fr Willie O'Byrne, P.P., Tel 045-878008.
 Fr M. Kelly, CC, 045- 877880
Sunday Mass: Kill: Sat. (Vigil) 7.30, Sun: 11am, 12.15pm.
 Ardclough: Sunday 9.30am.
Weekday Mass: Kill: Mon-Sat 10am & Fri. 7.30pm.
 Ardclough: The 1st Friday every month, 8.30pm;
Confessions: Sat after 10am. Mass and 1st Friday
Parish Office: Mon-Fri. 9.30-12.30, (045) 878008

Parish of Clane & Rathcoffey

Fr Paul O' Boyle, PP, 045-868249,
Weekday Mass: Mon-Fri, 10am Clane
Sunday Mass: Sat vigil Clane 6.30pm, Sun 9.30, 11.30
 Rathcoffey: 10.30. **Confessions**: before Saturday 6.30 Mass
Parish Office Mon-Sat 9.30 - 4pm, beside Church 045 861393

Parish of Dunboynne & Kilbride

Parish Office Mon-Fri 9.30-1, 1.30-5pm, 01-8255342,
 Mgr. Dermot Farrell PP, Fr Mark English CC, Fr Gabriel Flynn
 PC. Email- dunboynnekilbride.parish@gmail.com
Mass times **Dunboynne** Vigil Sat 7pm, Sun 9am, 11.30.
Kilbride Vigil Sat 6pm, Sun 10am
Holy Days Dunboynne 9am Kilbride 10am.
Confessions After 10am Mass, before 7pm Mass in Dunboynne.
 Before 6pm Mass in Kilbride.
Daily Mass Dunboynne 9am weekdays, 10am Saturday. 8pm only
 on 1st Fridays.
First Friday Mass Dunboynne 8pm
Exposition of the Most Blessed Sacrament Dunboynne Tuesday
 & Friday 9.30am to 8pm.
Baptisms Please book with Parish Office
Weddings In either churches, minimum of 3 months; must be
 booked through clergy or parish secretary.

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St Charles Borromeo Confey, Leixlip

Fr Tony O'Shaughnessy, 6244637, Fr Pr Clancy, 6243533
Parish Office: 6247410. **Sunday Mass** Sat 7pm, Sunday 9.30,
 11.30; Mon to Fri 9.30am. **Holy Days** vigil 7.30, Holy Day 9.30
Confession after 9.30am daily Mass, & Sat vigil Mass, or on request.
BAPTISM: 3rd Saturday, 12.30; 4th Please arrange with the priests
 about 2 weeks before

Our Lady's Nativity, Leixlip

Parish Office, Mon/ Fri, 10-1pm, Sec. Bernadette Murray,
 Ph / Fax 6243673, leixlip.parish@oln.ie www.oln.ie
 Fr. John McNamara, Administrator, 01- 6245597,
Schedule; **Sundays**: 8.30, 9.45, 11, 12.15, 7.30pm;
Daily Masses: Mon-Friday; 9.30a.m.
Holy Days 7.30pm (Vigil) 7.25am, 9.45, 11am, & 7.30pm
Weekdays of Lent: 9.30a.m. & 7.30p.m.
Saturdays: 10.00a.m. and 6.00p.m. (1st Mass of Sun.)
First Fridays: 9.30a.m. & 7.30p.m.
Confession: Sat: 10.30 to 11.30am & after 6pm Mass
Baptisms: 1st Sunday of month at 1.15. Third Saturday of month
 12.30p.m. Please give one month's prior notice.
Exposition Mon to Thur 10-2, 7-10, **Fri** 10-2, 7-9 all in
 Adoration Chapel except Mon. 7-10 in the main church.
Mass in Irish 3rd Sun of month, & St Patrick's day 11am
 Our Lady's Parish Centre 01- 6245159

St. Mary's Parish, Maynooth

Fr. Frank McEvoy, 01 6286220, Fr Paul Kelly 087-2463876
Parish Office / Secretary 629 3018
Sunday Masses: Vigil 7pm, 8.45, 10.00, 11.30. 1.00, 6.00
Holy Days: Vigil 7pm, 8am, 10.00,
 Lady Chapel: Sunday 10.00am. Holy Day: vigil 8pm
Weekday Masses: 8.00am, 10.00am Mon to Friday
Saturday: 10.00am, 7.00pm (Vigil)
Baptism: 1st & 3rd Sat 12 noon, 2nd & 4th Sunday 2.00pm
Confessions: Saturday after 10.00am Mass
Exposition: Monday to Friday . 3.00pm to 5.00pm
Parish Website: www.maynoothparish.dublindiocese.ie

St Patrick's Esker/Doddsboro/Adamstown

Fr John Hassett, PP, 6812088
 Fr Denis Carroll 6281018; Sacristy 6281018
Sunday Masses: Vigil Sat 7pm, 9, 10.30, 12 noon
Eucharistic Adoration every Saturday from 5.30- 6.45
Weekday Masses: Monday to Sat, 10 am.
Sacrament of Penance: Sat after 10am & 7pm Masses.
Baptisms: 1st, 3rd, 12.45 pm, 2nd Sat 12.30
 At least one-month notice required. Applications at Parish
 Office between 10am -1.00 Mon -Fri. No phone bookings.

Parish of the Sacred Heart

St John's Drive, Sruleen Clondalkin 01 4570032
 Fr Michael Ruddy, Provincial, Fr. Pearse Mullen PP
 Fr. Vincent Fallon CC
Mon-Fri, 9am Morning Office, 9.15am Mass, 9.45am Rosary.
Sat 9.45am Morning Office, 10am Mass, 10.30 Exposition of
 the Blessed Sacrament; Benediction at 12.25; 6.30 Vigil Mass
 of Sunday. **Sunday Masses**: 10.30, 12.00

St Conleth's Parish Newbridge

Masses; Saturday Vigil Mass - 6.00pm. **Sunday**: 8.30am,
 11.00am, 12.30pm. 7.00pm. Holy Day Vigil: 6.00pm.
Holy Days: Masses as on Sunday (no 12.30 Mass)
Weekdays: Monday - Saturday: 9.30am. Fridays only 7.30pm.
Confessions Saturday: 11.00am. - 12 noon & after 6.15 pm
 Mass. First Friday: 9.00am. - 9.30am. Penitential Service Mass:
 7.30pm. No Confessions during Mass. People are always
 welcome to call to any Priest for Confession at anytime.
 Telephone: 045 432808

- **Dominican Church** Masses Sat: Vigil Mass - 8.00pm. Sun:
 9.30am. 10.30am. 12 noon & 5.30pm. Holy days: 7.30am.
 10.00am. 12 noon. 5.30pm. W/days: Mon-Fri: 7.30am. 10am.
 5.45pm. Sat: 8am. & 10am.

Confessions: Saturday: 9.30am. - 10.00am. 10.30am. -
 11.15am. 7.30pm. - 8.00pm. First Friday: 9.30am - 10.00am.
 5.30pm - 6.00pm. No Confessions during Mass. Call to any
 Priest for Confession anytime. Tel 045 487200

- **Cill Mhuire Ballymany** -Masses Sat: Vigil Mass Sat 7.00pm.
 Sunday: 10.30am. Holy Days: 10.30am. Weekdays: Mon -
 Friday: 10am. Confessions Saturday: after 7.00pm. Mass First
 Friday: 9.30am - 10.00am. call to any Priest for Confession at
 anytime. Telephone: 045 432286.

KILCULLEN Church of Sacred Heart & St Brigid -
Fr. N Mackey PP 045 481230, Fr. Martin Harte, 481222
Parish Centre Phone Valarie & Vivienne on 045 480 727
www.kilcullenparish.net
MASSES weekdays 9.30am, Sunday 6.30 (Saturday Vigil),
 11.00am. Confessions on request before vigil Mass
Eucharistic Adoration Thursdays, Parish Centre, 10am- 9pm.
 Contact Marie 086 6088839, Mary 401856, or the Parish Office.
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Church of Our Lady & St. Joseph

Mass times: Saturday:
 Vigil 6:30pm, Sunday:-
 10.00am. Weekly Mass or
 Morning Prayer &
 Communion :- 9.30 am
Caragh Parish Office
 Office Hours Mon - Fri
 9.00am to 1.00pm
 Phone 045 875602
parishoffice@caragh.net

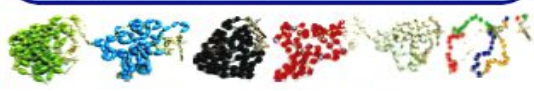
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If we don't drink (and once used to) our drinking buddies can feel very uncomfortable around us. Some may actually feel threatened by being in the company of a non-drinker while they're "giving it a lash". They might even throw out the immortal line "you've become a real dry-bags since you stopped drinking". In reality the opposite is the case.

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Go into any bar at 11pm on a Friday or Saturday night and listen-in to the average conversation. You'll mostly hear boring, incoherent repetitious very loud nonsense. No one is really listening to each other; the noise is ear splitting but they'll tell you "ah! The crack is mighty".

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Sadly many of us Irish just can't seem to have a good night out without heavy drinking. It's these idiots who then become suspicious of someone in the company who isn't drinking.

Aware Dublin Support Groups

For people experiencing depression, anxiety, bipolar or other mood disorders. Walk in service. For details phone: 01-6617211
Dublin Central - St Patrick's University Hospital D8 - Wednesdays @ 7.30pm except the second Wednesday @ 6pm.
Dublin 1 - Evening Group
Dublin Central Mission Hall, Monday @ 7.15pm (Except bank holidays) Tuesdays @ 1pm
Dublin 2 - Day Group
Carmelite Centre, Dublin 2. Saturdays 1p.m.
Dublin 2 - Young Adult's Group. Every Thursday @ 7.30p.m.

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Recent research into the attitudes of drinkers to non-drinkers by N.U.I. Galway came up with some interesting findings. The research confirmed that there is indeed a negative attitude to non-drinkers. This in turn motivates some drinkers to drink more heavily. They are scared of what might happen if they didn't drink, if they weren't one of the gang, one of those odd balls that didn't drink! I know several people that regularly drink much more than they really want to, simply because of peer pressure. They socialise with people who when they go out, drink heavily. Sadly some folk find it difficult to be strong enough to say, "No, I've had enough. They can't bring themselves to say, "Look I've had a great night but I don't want any more and I don't want to wake up in the morning feeling like death".

Co. Dublin
Cabinteely -Family Life Centre, St. Brigid's Church, Every Wednesday @ 7.30p.m.
Northside - Dominican College, Dublin 9. Every Wednesday & Thursday @ 7.30pm
Swords - Senior Citizen Complex, Main Street. Every Tuesday @ 7.45pm.
Blanchardstown
Crosscare, main street. Thursday @ 7.30pm.
Southside - Parochial Hall, Donnybrook, D4. Every Thursday @ 7.30pm.
Tallaght - St Maelruain's Parish Centre & Hall, Tallaght Village, every Monday @ 7.30pm. (except Bank Holidays)

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Its ironic, the drunken bore - off his/her head with booze - desperately wants to ensure that everyone gets/stays in the same stupefied state as he / she is.

Aware Volunteering

Aware, the national organisation providing support, education and information to those impacted by depression, bipolar disorder and other mood related conditions is now recruiting new volunteers to join our Support Services team (Support Line, Support Mail, Support Groups and Life Skills Online). Aware relies on the passion and dedication of our volunteers to provide our free and essential support services to individuals and families throughout the country. For more information, visit aware.ie/volunteer.

Talk to these same people on Monday morning and ask them how the weekend went - you can guess the reply; "I was in bits, destroyed, wrecked" etc. But these negative words have a completely double meaning. He/she does not mean to say it was a bad weekend, rather the opposite.

Society, in this area attributes positive aspects to very negative words. In Ireland many now look upon the hard drinking lunatics as somehow heroic. It's quite difficult to say, "Guys, if this behaviour is your idea of fun - count me out".

Believe me; I don't know anyone who has stopped drinking that's become boring. They are usually sharper, wittier and more interesting. None of these apply to the idiots lying in bed all day Sunday with massive hangovers!

Paul Campbell, Dip Psych, Dip Therapy

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