

**Alpha 2022: National Online Alpha with
follow on Course and Scripture Reflection.**

In 2019 St. Mary's Parish and Abbeyside Parish hosted an Alpha Course in Lawlors Hotel which was attended by up to 60 people. Hopes for another course were dashed by COVID- 19.

Alpha-Ireland is now directly organising and hosting an online Alpha Course on a Nationwide basis starting this January 18th. It is called **REFOCUS**.

For full details see alphaireland.org/refocus

It is to start on Tuesday, 18th January for 11 weeks.

It cost nothing, there is no hassle in setting it up or running it, and at the end of the process a dedicated group of people focused on Parish Outreach will be there to help.

Refocus: A fresh start to look again and see how faith fits into everyday life.

Each session consists of a thought-provoking DVD followed by a discussion with a facilitator.

This course is being run on a nationwide basis with each parish having its own small groups of 7 – 8 people. Check out at alphaireland.org/refocus



Mary, Mother of the Life Within.

O Mary, Mother of the Life Within, all life we entrust to you.
The life of every expectant mother and the child within her womb.
The life of every human body, the life of every human soul,
The life of every new-born child and the life of all grown old.
You held the Lord to your heart and drew Him so close in,
So, draw us now in all our needs, O Mother of Life within.
Amen.

St. Mary's Parish Dungarvan

January 2022



Prayer for the New Year.

The new year, like a new-born child, is placed in our hands as the old year passes away. The days and weeks to come are God's gift; they carry God's blessing.

As a blessing we welcome them. Our hope for the year ending is that all that was good in it will remain with us and all that was harmful be left behind.

Bless us, O Lord, and bless the time and seasons yet to come. Teach us to number our days aright, that we may gain wisdom of heart.

And fill this new year with your kindness, that we may be glad and rejoice all the days of our life. Amen.

Blessing of the New Year - Be with us Lord

In January, the month of darkness and frost - Be with us, Lord

In February, the month of rain, wind and snow - Be with us, Lord

In March, the month of farmers, lambs and new life - Be with us, Lord

In April, the month of swallows, growth and green grass - Be with us, Lord

In May, the month of the cuckoo, the flowers and summer - Be with us, Lord

In June, the month of examinations, the mid-summer and sun - Be with us, Lord

In July, the month of holidays, the dry grass and summer's end - Be with us, Lord

In August, the month of harvest, wheat and corn - Be with us, Lord

In September, the month of fruits, schools and St. Michael - Be with us, Lord

In October, the month of falling leaves, nuts and Hallowe'en - Be with us, Lord

In November, the month of the dead, the souls and the saints - Be with us, Lord

In December; the month of the gift, the light and Our Saviour - Be with us, Lord.

‘Ordinary Time’ or ‘Of the Year’ 2022.

In the church year calendar, ‘Ordinary Time’ or ‘Of the Year’, begins on Monday, Jan. 10th, the day after the Feast of The Baptism of the Lord. It was Monday of the 1st Week in Ordinary Time.

Weeks 1 to 8 in Ordinary Time are from Monday, Jan. 10th, until Tuesday, March 2, Shrove Tuesday, Tuesday of the 8th Week in Ordinary Time, the day before Ash Wednesday and the beginning of Lent.

The Weeks in Ordinary Time will resume again at the end of the Easter Season on Monday, June 6th, Monday of the 10th Week in Ordinary Time, the day after the Feast of Pentecost, and will continue until the 34th Week in Ordinary Time, the last week of the church year, and the last days of November, leading in to the First Sunday of Advent, November 27th, 2022.

Ordinary Time is those weeks of the church year outside of the Church seasons of Advent – Christmas and Lent – Easter.

The word ‘ordinary’ is not used in the sense of usual, uneventful, nothing exceptional, or the opposite to extraordinary. Ordinary, in this context, means ‘counted’ ‘ordered’ – Sundays and weekdays counted in order from 1 to 34, with breaks for the church seasons outlined above.

Green vestments are worn in ordinary time, as a sign of growth, and of saying that we grow in quiet ways throughout the year, outside of the high points of the church’s celebrations.

Marriage – The Help of The Sacrament.

‘Marriage, as a vocation, calls you to steer a tiny boat – wave-tossed yet sturdy, thanks to the reality of the sacrament – across a sometimes-stormy sea. How often do you want to say, or better, cry out, like the apostles: “Teacher, do you not care that we are perishing?” (Mk 4:38). Let us never forget, though, that by virtue of the sacrament of matrimony, Jesus is present in that boat; he is concerned for you, and he remains at your side amid the tempest. In another Gospel passage, as they rowed with difficulty, the disciples saw Jesus coming to them on the waters and welcomed him into their boat. Whenever you are buffeted by rough winds and storms, do the same thing: welcome Jesus into your boat, for once he “got into the boat with them... the wind ceased” (Mk 6:51). It is important that, together, you keep your eyes fixed on Jesus. Only in this way, will you find peace, overcome conflicts, and discover solutions to many of your problems. Those problems, of course, will not disappear, but you will be able to see them from a different perspective.’

From Pope Francis’ Letter to Married Couples, 26/12/2021.

Glencairn Cards: A selection of Mass Cards, Mass Bouquets and Get Well Cards, produced at St. Mary’s Abbey, Glencairn are on sale in the Parish Office.

Statues, medals, prayer cards, and other small religious goods in the display cabinet in the main church porch are also on sale in the Parish Office.

Steps to a new beginning.

Our first step is that of **gratitude** - for the gift of another day of life.

Our second step is that of **love** - for the Holy One and for all our family and friends.

Our third step is that of **hope** - for the possibility of new beginnings within our parishes and our diocese.

Our fourth step is that of **compassion** - for those who are grieving the loss of loved ones during the pandemic.

Our fifth step is one of **generosity** - for all that shall be asked of us as we begin new projects.

Our sixth step is one of **laughter** - for the joys that will fill our hearts.

Our seventh step is one of **patience** - for the difficult challenges that may arise. **Be with us Lord, we pray. Amen**

God Always Answers our Prayers – Sometimes the Answer may be ‘NO’.

‘When I was a youngster, my piano teacher once observed to me that God always answers our prayers; the only thing, she added, being that sometimes the answer is ‘No’. That may seem a glib evasion, but it could have a point: it could be that what we are asking God for may not be good for us. Matthew closes Jesus’s remarks about asking and always receiving by having him conclude: ‘If you then, who are evil, know how to give good things to your children, how much more will your Father give good things to those who ask him.’ (Matthew 7:8). What people want is not always what is ‘good’ for them, and Jesus did not promise that God would always give us everything that we ask for. Discouraging though it may appear, God may know better sometimes, and may decide that what we need is something else rather than what we are begging him for. An old saying warns us: ‘Take care what you pray for: you may get it’.

Jack Moloney, SJ: Glimpses of the Gospels (Dublin Messenger Publications) p.162.