

St. Patrick

Apart from Christmas no other day of the year links families and friends from Ireland with one another across the globe like St. Patrick's Day. And for those away from home St. Patrick's Day has a meaning that goes deeper than all the hoopla and paddywhackery; the green-dyed beers and rivers and the Disneyfied Leprechauns.

For exiles and emigrants especially there's real resonance with the life and message of Patrick, the boy who was firstly an unwilling captive from his family and homeland and the man who was later a willing exile for the sake of the Gospel he loved.

Patrick's writings reveal a man of passion and humility keenly aware of what he was missing in leaving his home and family. As he grew older he reflected on how much he would have loved to have returned to them but was worried that if he did so, then much of the good he had achieved would unravel.

Patrick probably died on one of his many journeys around Ireland, sacrificing the comfort and joy of being among family in the land of his birth during his final hours. But from his own words, home and family were never far from his heart. As we think of and pray for family members and friends abroad we should also remember those who now live among us in exile from their own countries.

The stranger can often be the first victim when times get hard. Patrick too was once a stranger in our land and did us a great turn. So let us welcome the stranger because who knows, we may be entertaining another Patrick in disguise.

P.O Connor: Intercom March 2022

Hail Glorious St. Patrick

Hail, glorious St. Patrick, dear saint
of our isle,
On us thy poor children bestow a
sweet smile;
And now thou art high in the
mansions above,
**On Erin's green valleys look
down in thy love. x2**

Ever bless and defend the
sweet land of our birth,
Where the shamrock still
blooms as when thou wert on
earth,
And our hearts shall yet burn,
wherever we roam,
**For God and St. Patrick, and
our native home. x2**

St. Mary's Parish Dungarvan

March 2022



8th Sunday in Ordinary Time: 27th February 2022

Day of Prayer for Temperance. (Sunday before Ash Wednesday)

Temperance means balance, moderation. It applies not only to drink and drugs and other substances, but to exercise, entertainment, food, in fact, every area of life where there is a danger of excess, of going overboard and of losing a balanced approach to life. Examples of this are spending, shopping, watching television, computer games, internet, Facebook, twitter and other social media, eating, slimming, drinking, exercising, working and so on.

Temperance applies to any behaviour or anything we do which takes over our lives or limits or takes away our freedom, and so becomes an addiction.

Shrove Tuesday: 1st March 2022

The name Shrove Tuesday has nothing to do with pancakes! The word 'shrove' is from the word 'shrive' which means to have one's sins forgiven or shriven. Shrive comes from the same root as the word 'scrape' - we are, as it were, having our sins scraped away when we confess them and receive absolution from the priest. Shrove Tuesday is Pancake Day, the day before the beginning of the weeks of Lent. It's goodbye to meat for the whole of Lent. Or at least, it used to be. Pancakes are made with eggs - which along with meat and dairy products were given up for Lent. Shrove Tuesday is followed by Ash Wednesday which is a day of fast and abstinence.

Ash Wednesday: 2nd March 2022

Ash Wednesday is the beginning of the weeks of Lent. It is our annual journey from the Ashes of Ash Wednesday to the Alleluia of Holy Saturday night. On that journey, we hear the call of Jesus to turn away from sin and be faithful to the Gospel. In our efforts to live like Jesus we are helped by the three traditional practises of Lent—to grow in love of God in prayer (prayer), to grow in love of others by giving (almsgiving), and to grow in love of ourselves by denying ourselves and making sacrifices for the good of others (fasting)/ At the end of Lent, we will have done well if others have benefitted by what we have done for Lent.

Trocaire Box 2022.

Because a better tomorrow belongs to us all: Please help this Lent.

This year's Trocaire Box features Thandekile (31) and her son Forward (8) and her daughter Normatter (11). They live in Zimbabwe. Thandekile's husband died of COVID. Zimbabwe which is suffering the cruel effects of poverty, the pandemic and climate change has left people on the brink of catastrophe. Thandekile carries her grief alone. She is struggling to provide for her son and daughter. She longs to be self-sufficient. So, she and her children can have a future. Now she fears her efforts will not be enough to keep the family alive, and it's not just. This Lent, please give families like Thandekile's a chance to build a better tomorrow. Please, if you can, give. (Information on the side of the Trocaire Box.)

Please take a Trocaire Box home with you and give it a prominent place in your home during Lent, so that at the end of Lent we will be able to help many families like Thandekile's. It is our Lenten gift for a better tomorrow for many people who will be helped by Trocaire.

Lenten Fast and Feast

Fast from judging others, feast on Christ in them.
Fast from wanting more, feast on being thankful.
Fast from anger, feast on patience.
Fast from worry, feast on trust.
Fast from complaining, feast on enjoyment.
Fast from negatives, feast on positives.
Fast from stress, feast on prayer.
Fast from anger, feast on forgiveness.
Fast from self-concern,
feast on compassion for others.
Fast from fear, feast on truth.
Fast from discouragement, feast on hope.
Fast from gossip, feast on silence.
Fast from fighting, feast on peace. Amen.
(Adapted from A Lenten Prayer by William A. Ward)

**Leave
The
Past
In
ashes**

Pillars of Lent: Pray, Fast and Give

Think about how you could:

PRAY: spend a little more time with God

LIFT UP

FAST: from something that keeps you from spending time with others or being as active or healthy as you can be

GIVE UP

You could also decide to start doing something that will help you to be more like Jesus

START UP

GIVE: Adding to your Trócaire box, helping someone who does not have as much as you have, sharing with those you care about .

HAND UP

LIFT UP.....GIVE UP.....START UP.....HAND UP.

Ireland and the Synod

“In Ireland, given the current malaise that besets us, the synodal Process could easily get bogged down and sink into the valley of negativity. Instead let us fix our eyes on the summit of the mountain. What is our vision for the Church in Ireland? How can the strengths of our tradition be expressed in the next fifty years? **These could be listed as the spirit of prayer in the home, our missionary contribution to the wider Church; our commitment to those in need, our tradition of pilgrimage, the perseverance of our people in times of trial, the high value we put on education, our sense of community, our love for our native place.** The list is not exhaustive. The Irish Church can be lifted out of the present malaise if we focus on the positive and if we listen to what the Spirit is saying to the Churches.”

(Fr Edmond Cullinan, The Furrow, January 2022, P. 51)