

## The Food Channel

I overheard a conversation lately while waiting in an airport. It seemed to be between a brother and a sister. The brother was a priest. The lady said that she found watching Mass on the TV very helpful and didn't see any reason to go back to Mass in the church. She said this almost as a challenge to her brother. Not only she, but I also wanted to see where this was going. After a few moments of silence he asked then why she didn't simply watch the Food Channel all day and in a few weeks she wouldn't need to cook anymore and wouldn't feel hungry. That was the end of that conversation.

Fr John Harris OP. the Irish Catholic, September 14, 2023 P.40

### Yesterday.. Today and Tomorrow

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is **Yesterday** with his mistakes and cares, its faults and blunders, its aches and pains. **Yesterday** has passed forever beyond our control. All the money in the world cannot bring back **Yesterday** we cannot undo a single act we performed; we cannot erase a single word we said, **Yesterday** is gone.

The other day we should not worry about is **Tomorrow** with its possible adversaries, its burdens, its large promise and poor performance.

**Tomorrow** is also beyond our control. **Tomorrow's** sun will rise either in splendour or behind a mask of clouds—but it will rise. Until it does we have no stake in **Tomorrow**, for it is yet unborn.

This leaves only one day, **Today**. Any man can fight the battles of just one day. It is only when you and I add the burdens of these two awful eternity's—**Yesterday** and **Tomorrow** and the dread of what **Tomorrow** may bring.

**Let us, therefore, live but one day at a time.**

### Religious Goods.

A selection of Mass Cards, Mass Bouquets and Get Well Cards are on sale in the Parish Office. Statues, medals, prayer cards, and other small religious goods are also on sale in the Parish Office.

## St. Mary's Parish Dungarvan

October 2023



### Prayer for Mental Health

O' Lord our God, for those of us whose lives are strained and stressed...

**Hear our prayer and pour out your peace.**

For those of us whose hold on life is fragile...

**Hear our prayer and pour out your peace.**

For those of us whose illness makes them vulnerable...

**Hear our prayer and pour out your peace.**

For those of us whose families struggle to understand them...

**Hear our prayer and pour out your peace.**

For families and friends, nurses doctors and therapists and all who seek to walk alongside the stressed and strained, the vulnerable and the fragile...

**Hear our Prayer and pour our your peace.**

O'Lord our god for all whose lives are in turmoil through the effects of mental illness...

**Hear our prayer and pour out your peace. Amen.**

Hail Mary....

**St. Dymphna, patron of all those who suffer from mental illness, pray for us.**

Intercom—September 2023

### Novena Prayer to Our Mother of Perpetual Help.

*This novena continues until Monday 30th October No 9.30am Mass during the novena. We include the Novena Prayer for those joining us at home.*

**Mother of Perpetual Help**, with the greatest confidence we come before your holy picture to be inspired by the example of your life. We think of you at that moment when, full of faith and trust, you accepted God's call to be the mother of His Son. Help us, your children, to accept with joy our own calling in life. When you learned that your cousin Elizabeth was in need you immediately went to serve her and offer your help. Help us, like you, to be concerned for others. We think of you, Mother, at the foot of the cross. Your heart must have bled to see your Son in agony. But your joy was great when he rose from the dead, victorious over the powers of evil. Mother of Sorrows, help us to realise that we must expect trials and disappointments. Help us not to lose heart. May we share with you and your Son the joy of having courageously faced up to all the challenges of life. **Amen.**

# World Mission Day, 22<sup>nd</sup> October 2023

## Hearts on Fire, Feet on the Move (cf. Lk 24:13-35)

For this year’s World Mission Sunday, I have chosen a theme inspired by the story of the disciples on the way to Emmaus, in the Gospel of Luke (cf. 24:13-35): “Hearts on fire, feet on the move”. Those two disciples were confused and dismayed, but their encounter with Christ in the word and in the breaking of the bread sparked in them the enthusiastic desire to set out again towards Jerusalem and proclaim that the Lord had truly risen. **In the Gospel account, we perceive this change in the disciples through a few revealing images: their hearts burned within them as they heard the Scriptures explained by Jesus, their eyes were opened as they recognized him and, ultimately, their feet set out on the way**.....Just as the two disciples of Emmaus told the others what had taken place along the way (cf. Lk 24:35), *so too our proclamation will be a joyful telling of Christ the Lord, his life, his passion, his death and resurrection, and the wonders that his love has accomplished in our lives.*



So let us set out once more, illumined by our encounter with the risen Lord and prompted by his Spirit. **Let us set out again with burning hearts, with our eyes open and our feet in motion.** Let us set out to make other hearts burn with the word of God, to open the eyes of others to Jesus in the Eucharist, and to invite everyone to walk together on the path of peace and salvation that God, in Christ, has bestowed upon all humanity. Our Lady of the Way, Mother of Christ’s missionary disciples and Queen of Missions, pray for us!  
(From Pope Francis’ Message for World Mission Day, 22<sup>nd</sup> October 2023)

### Mission Sunday Collection.

The Mission Sunday Collection will be taken up as a second collection at all Masses on the weekend of October 21/22, 2023. Please use the white envelope in your box of envelopes or put your donation in an envelope marked Mission Sunday Collection with your name on it. Thank you.

### Our Lady and Saturdays

**For at least the last 1200 years** the tradition of the church has been that Saturdays are dedicated to the Virgin Mary.

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Each Saturday the Church remembers Mary’s courageous faith on that first Holy Saturday, when from a human point of view, everything seemed lost. Jesus was dead. Like so many parents, Mary Knows the extreme pain of losing her child. No one brings a child into the world thinking they will bury their own son or daughter. This is especially true for Mary since at the Annunciation the Angel Gabriel had said of Jesus that he would be great and called Son of the Most High. And yet she has seen him in agony on the cross, she has held him dead in her arms and stood at his tomb. Who could blame her if she had doubted God and his promises? Unlike the rest of the disciples, she was not tempted to run back to Nazareth and hope that this was all a bad dream. Unlike the two disciples on the road to Emmaus she did not walk away into the darkness of despair.

Mary’s faith, love and hope was in God and in the fidelity of God to his promises. She never doubted God, she was the one in the Upper Room who kept the disciples together, waiting on God to show his victory. She was the one who remained faithful when all of the other disciples were willing to give up. Mary always keeps the disciples, as the Church today, faithful to God. Even when things don’t turn out as we think or rightly expect, it is Mary’s example and prayers that keep us from giving up on God. True devotion to Mary, the Saturday devotion to Mary keeps us all faithful in times of doubt and discouragement. I know at times in my own life, I need Mary’s Saturday faith.

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### Priests...First Responders... Fishers of Men

A number of years ago the American Catholic bishops released a vocations’ video encouraging men to think of the priesthood. One of the scenes in the video was a car accident and it showed a young priest running through the traffic to get to the scene of the crash. It is like a scene from an action movie. I was made to recall it over these past weeks as I have read about the horrific crashes in our country and how our priests have responded. **Our priests are indeed first responders, but not like in action movies but in real life, with real people.** Their responses are not in a moment, their care for the families will continue long after the press coverage is over and the rest of us get back to our lives. **Please pray for all our priests who respond each day to the tragedies of life and bring the healing presence of Jesus into all situations**

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