

Pillars of Lent

Pray, Fast, Start Up, Give, Begin Again.

Think about how you could:

Pray: spend a little more time with God.

Fast: from something that keeps me from spending time with others or being as active or healthy as I can be.

Start Up: I could also decide to start doing something that will help me to be more like Jesus:

Give: Adding to my Trócaire box, helping someone who does not have as much as I have, sharing with those I care about.

Begin (Again): Even if I haven't done anything up to now, I can begin again today!

Reflection: You Say, God Says.

You say: I can't manage.

God says: I will supply all your needs. (Phil 4:19).

You say: I can't do it.

God says: You can do all things in me. Phil 4:13)

You say: It's impossible.

God says: All things are possible with me. (Luke 18:27)

You say: I can't forgive myself.

God says: I forgive you. (1John 1:9)

You say: I feel worthless.

God says: You are my work of art (Eph 2:10)

You say: I can't figure it out.

God says: I will direct your steps. (Proverbs 3: 5-6)

You say: I'm too tired.

God says: I will give you rest. (Matt 11: 28-30)

You say: I can't go on.

God says: My grace is sufficient for you. (2Cor 12: 9)

You say: I'm afraid.

God says: I did not give you a spirit of fear. (2 Tim 1:7)

You say: I'm always worried and frustrated.

God says: Cast all your anxieties on me. (1Peter 5:7)

You say: I feel alone.

God says: I will never leave you or forsake you. (Hebrews 13:5)

You say: Nobody really loves me.

God says: I love you. (John 3:16; John 13:34)

**Parishes of St. Mary's, Dungarvan, An Rinn and Sean Phobal ,
Kilgobinet, Colligan and Kilbrien**

March 2026

Baptised and Sent.

Since 2021, people across Ireland have gathered, listened, prayed and shared their hopes for the Church in Ireland. From those gatherings, seven priorities have been identified by the National Synodal Team. **They are: belonging, healing, shared responsibility, family, faith formation, the role of women and young people.**

Baptised and Sent. A programme over the 5 Sundays of Lent has been put together to reflect on these priorities. This programme is offered in 3 venues in the diocese over the 5 Sundays of Lent. **Here in dungarvan these reflections will take place in St Mary's Parish Pastoral Room, which is located in the building to the right of the Deise Day Centre. Sundays: Feb 22nd and March 1st, 8th, 15th, & 22nd. 2.30pm - 4.00pm each Sunday. Parish Pastoral Room X35 DE98. See noticeboards.**

The Seven Priorities

- 1. Belonging:** fostering a Church of welcome, inclusion, and safety where each person finds a home in community and in Christ.
- 2. Co-responsibility and Lay Ministry:** empowering all the baptised, women and men, to share responsibility for leadership and mission through new models of ministry and decision making.
- 3. Family:** supporting the domestic Church as the primary place of faith transmission and belonging and strengthening its connection with parishes and schools.
- 4. Formation and Catechesis:** deepening faith through lifelong formation that is Christ-centred, experiential, and equips the baptised for discipleship in today's world. Rooted not only in learning but also in liturgy and sacramental life, so that prayer and worship become living sources of faith, understanding, and mission.
- 5. Healing:** acknowledging wounds, especially those caused by abuse; committing to accountability, justice, and reconciliation; and ensuring safe spaces for survivors and all who carry pain.
- 6. Women:** recognising and including women's gifts, leadership, and co-responsibility at every level of Church life, as a matter of justice and credibility.
- 7. Youth:** engaging young people with authenticity, offering them meaningful roles in leadership and mission, and listening to their hopes and challenges.

These priorities, rooted in baptismal dignity and mission, are not an end but a beginning. They point towards a renewed Church in Ireland; one that is healing and welcoming, participatory and missionary, faithful to Jesus Christ and open to the Spirit's leading.

Venue: St Mary's Parish Pastoral Room which is located in the building to the right of the Deise Day Centre. X35 DE98

Dates: Sundays, Feb 22nd. and March 1st, 8th, 15th & 22nd

Time: 2.30pm - 4.00pm each Sunday.

Pope Leo XIV: Refrain from words that offend and hurt.

.....I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbour. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace.

(from Pope Leo XIV's Message for Lent 2026: Listening and Fasting)

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)

Trócaire 2026 - The Family from Rawanda on this Year's Trócaire Box.

Uwamahoro (28), her mother, Verediana (68), Uwamahoro's daughter Ineza (7) and her niece Vanessa (12).

Their stories are told on the Trócaire Campaign Leaflet.

Uwamahoro's Story: 28 year old Uwamahoro searches for work every morning - picking beans, cleaning - for barely 60c a day. That determination to protect her family, "that is love", she says, but it is never enough. **"The very biggest challenge that I have is this house"**. When floods tore the roof away, she covered it with banana leaves so the rain wouldn't pour directly over them. Now the family live with almost nothing: **"we share one cup, one plate, one saucepan. We share everything."** But along side the worries, she still holds onto a dream for her young ones: **"I want our children to be educated, because when you are educated, you have a future."**

Verediana's Story: At 68, Verediana has lived through three wars and a lifetime of loss and hunger. Disabled and often in pain, she still sweeps, cooks what a little food there is, and helps raise her granddaughters with a quiet strength that has carried her family through so much already. But the conditions of her life are as precarious as ever. She has no income, no safety net. When food runs out, she goes without. Her home is crumbling: **"It is old, so it can fall down any time"**. On nights of heavy rain, the family comfort each other: **"no one sleeps, we just talk during the night when it's raining"**. She still refuses to give up. **"If I only get what I need to eat and drink, that is enough."** And most of all, she draws on her faith: **"we believe in God, and we are hopeful that the God who created us will make sure we have a good life in the future, because he knows more than we do."**

Ineza and Vanessa Story: Ineza is 7. Vanessa is 12. Every morning they set out together, climbing the hills to school. They love to learn, but hunger, poverty and extreme weather all threaten to hold them back. Roads flood. Books are ruined. Some mornings they go without food before class. Uwamahoro never had the chance of an education. She is determined that the children wont miss out, but the school fees and supplies are a constant struggle. Vanessa dreams of a different future: **"I want to be a nurse, a farmer, a teacher of a tailor."**