

*Prayer before
Holy Communion*

Lord Jesus,
come to me.
Lord Jesus,
give me your love.
Lord Jesus,
come to me
and give me yourself.
Lord Jesus,
friend of children,
come to me.
Lord Jesus,
you are my Lord
and my God.
Praise to you,
Lord Jesus Christ.

Prayer after Holy Communion

Lord Jesus, I love and adore you.
You're a special friend to me.
Welcome Lord Jesus,
O welcome, thank you for coming to me.
Thank you Lord Jesus,
O thank you, for giving yourself to me.
Make me strong to show your love,
Wherever I may be.
Be near me, Lord Jesus, I ask you to stay,
Close by me forever and love me, I pray.
Bless all of us children,
in your loving care
and bring us to heaven,
to live with you there.
I'm ready now, Lord Jesus,
to show how much I care.
I'm ready now to give your love,
at home and everywhere. Amen

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



June 2026

31st May: Trinity Sunday

The Blessed Trinity

St Patrick and the Shamrock (c432)

The story goes that one day his friends asked Patrick to explain the mystery of the Trinity. He looked at the ground and saw shamrocks growing amid the grass at his feet. He picked one up one of it's trifoliate leaves and asked if it were one leaf or three. Patrick's friends couldn't answer - the shamrock leaf looked like one but it clearly had three parts. Patrick explained to them: 'The mystery of the Holy Trinity - one God in Three Persons: The Father, the Son and the Holy Spirit.

St. Cyril (c.827-869)

St. Cyril, the teacher of the Slaves, tried to explain the Mystery of the Most Holy Trinity using the sun as an example. He said, 'God the Father is that blazing sun. God the Son is its light and God the Holy Spirit is its heat - but there is only one sun. So, there are three Persons in the Holy Trinity but God is One and indivisible.

St. John Marie Vianney (1786-1859) and The Trinity

St John Marie Vianney used to explain Holy Trinity using lighted candles, roses on the altar, and water in the cruets. 'The flame has colour, warmth and shape. But these are the expressions of one flame. Similarly the rose has colour fragrance and shape. But these are expressions of one reality, namely, rose. Water, steam and ice are three distinct expressions of one reality. In the same way one God revealed Himself to us as Father, Son and the Holy Spirit,' *Fr. Antony Kadavil: Intercom May 2026 P.40*

The Sign of the Cross in the Name of the Blessed Trinity.

While touching my forehead, I pray 'In the name of the Father' who speaks to me in my mind.

While touching my chest, I pray 'and of the Son' who touches my heart.

While touching my shoulders, I pray 'and of the Holy Spirit', who gives me strength.

May God be in my mind and in my heart and give me strength each day.

Exam Students' Prayer

Lord Jesus,
for me and all my fellow students,
may we have your help today
and all the days of these exams.
May I be assured of your friendship and
the friendship of all who wish me well.
Just give me a clear mind,
a reassurance that the work I've done
will be enough and that I can believe in
myself and my ability.
If, for the moment, that belief should
fail, may I depend on those I know

*Prayer for
Students Sitting Examinations*

Lord, pour out your spirit of
Wisdom upon them
Help them to remain calm, to
focus carefully on the questions
asked, to think clearly, to
remember accurately, and to
express themselves well.

Grant that they may reflect the
best of the work they have done,
and the best of the teaching they
have received.

May your love be upon them,
O Lord, as they place all their
trust in you. Amen

7th June	The Most Holy Body and Blood of Christ - Corpus Christi
9th June	St. Columba/Colmcille
12th June	The Most Sacred Heart of Jesus
14th June	11th Sunday in Ordinary Time
20th June	The Irish Martyrs
29th June	Ss Peter & Paul, Apostles

The Body and Blood of Christ / Corpus Christi

Food of life for the journey

Deut 8:2-3, 14-16; 1 Cor 10:16-17; Jn 6:51-58

In the gospel reading, Jesus offers himself to us as the one who can satisfy this deep hunger in our heart. He speaks of himself as the living bread, as the life, and he invites us to come to him, to enter into communion with him. If, according to the first reading, we live on every word that comes from the mouth of God, Jesus is the Word of God in a unique sense. He is the Word who was with God in the beginning, who was God, and who became flesh, and is now with us until the end of time as risen Lord.

Our presence at Mass, at the Eucharist, is a very privileged way of receiving the Word into our lives and entering into communion with him. This is what St. Paul tells us in today's second reading. Speaking about the celebration of the Eucharist, he says, 'the blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ'. This letter was written only about twenty-five years after the death and resurrection of Jesus. So, from its very earliest days, the Church believed that when we gather at the Eucharist, we enter into communion with the Lord, with his body and blood. That is why we often speak of receiving the Eucharist as the moment of Holy Communion.

In the gospel reading, Jesus speaks of this communion 'between himself and us at the Eucharist, 'Whoever eats my flesh and drinks my blood lives in me and I live in them'. It is through our loving communion with the Lord in the Eucharist that we draw life from him. As Jesus says in the gospel reading, 'whoever eats me will draw life from me'. As we draw life from Jesus in the Eucharist, the deeper, spiritual, hunger in our heart is being satisfied.

We come to the Eucharist, especially the Sunday Eucharist, because the Lord calls us to the Eucharist to remind us that we do not live on bread alone but on every word that comes from the mouth of God, especially himself, the Word made flesh, the Bread of Life. As we draw life from him in the Eucharist, he sends us out to be a life-giving presence to one another. As we enter into a communion of love with the Lord in the Eucharist, he commissions us to build communities of love, in our homes, our parishes, our cities, and our world.

(Fr Martin Hogan: *Make Disciples of All Nations* PP115-116)

12 June: The Most Sacred Heart of Jesus, Sacred Heart Novena 4-12 June 2026

Novena Prayer

Lord Jesus Christ, your heart was moved with love for those who came to you for help: you healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem.

Above all, you showed to those who were prepared to listen the way to true life, for you are the Way, the Truth and the Life.

Lord, your heart is still moved today by your people and their many needs. Open my heart to hear your Word, to accept your love and to respond to your call. In particular, I beg you to grant me the favour I ask during this novena (make your request silently), provided that it will contribute to my own eternal good and to the building up of your kingdom of love, peace and justice here on earth. Most Sacred Heart of Jesus, I place all my trust in you.

The Sacred Heart Today

Devotion to the Sacred Heart is not a relic of the past. How often do we hear a reference to the 'heart' in songs and poetry. The Sacred Heart is a spiritual lifeline for our families, our youth, and our parishes today. In this most Sacred Heart, wounded and yet triumphant, we find the courage to resist the ideologies that diminish the importance of marriage, motherhood and fatherhood, the dignity of every person, and the sanctity of human life.

In June, the month of the Sacred Heart, I strongly encourage every family to:

- Pray daily to the Sacred Heart of Jesus, especially the Litany of the Sacred Heart.
- Place an image of the Sacred Heart in your home. Make your home a domestic church consecrated to Him.
- Trust in the promises He made to St Margaret Mary Alacoque especially the promise that "I will bless every place in which an image of My Heart is exposed and honoured."
- Attend First Friday Masses, and if possible, spend time in Eucharistic Adoration.

(From He Loved Us First: Pastoral letter from Bishop Alphonsus Cullinan for the month of the Sacred Heart, June 2025)