

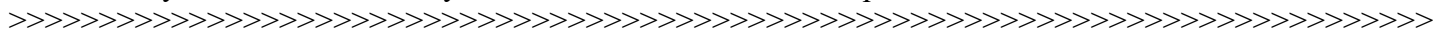
“LOVE LIFE LIVE LENT” a five-week course for Lent in collaboration with our friends from St Patricks Powerscourt

Love Life Live Lent is a different way of approaching Lent, one which focuses on taking up positive actions for the good of all. Often Lent has been about giving up things – traditionally some sorts of food, but these days more likely chocolate or alcohol. We give up things with a view to focus more closely on our relationship with God. While there are elements of ‘giving up’ in the daily actions, the focus of the actions is on generosity and being ‘life-giving’. **Week 1:** Wednesday 21 February 11am Sy Mary’s The Wedding at Cana 'Love Life'. **Week 2:** Wednesday 28th February 11 am St Patrick’s The Bethesda Pool 'Letting Go' **Week 3:** Wednesday 6th March 11 am Sy Mary’s Feeling Good or Washing Feet? 'What's in it for me?' **Week 4:** Wednesday 13th March 11am St Patricks Feeding 5000 What’s in it for them?' **Week 5:** Wednesday 20th March 11 am St Mary’s Man Born Blind ‘Taking Action’ Making a difference.....
**If you would like to attend but cannot be available in the morning, we will happily repeat this in the evening. Contact 0868182241**

LENT WEEK 1 THEME Flood and Desert

There is no life without water. We cannot survive without it. Sometimes we call Planet Earth, the Blue Planet. Saltwater accounts for 97.5 per cent of all water in the earth, the remaining 2.5 per cent is fresh water. This 2.5 per cent sustains human life on earth - our life. In a real sense it is the foundation of all human civilisation; however, because it seems to be in such abundance, we appear to take water for granted. While fresh water is a global concern, it is always a local issue. Most people drink from the well in their own yard. In the past one hundred and fifty years, with the significant industrialisation of society and of agriculture, the demand for fresh water has increased exponentially, and the effects of vastly increased urban living can be seen in our rivers, lakes and oceans.

#2.1 The Cry of the Earth, The Cry of the Poor^[1] Archbishop Dermot Farrell

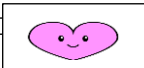


WHAT CAN WE DO?

SEE What effects of flooding are you noticing in our country and world?

DISCERN How much water does your household use for cooking, bathing and cleaning?

ACT What could you do differently this Lent to preserve water?



ACCORD

The Share collection will be replaced this Sunday by the annual collection for accord. This is the Dublin diocesan agency for the support of marriage and the family. They provide Marriage preparation courses, online counselling and Relationship courses for schools. They would greatly appreciate your support.

RETIREMENT!!!

As most of you probably know by now, our beloved Margaret is retiring from St Mary’s parish office. By way of marking the occasion, a mass will be celebrated at **11 am in St Mary’s on Sunday 3rd March** for her family, friends, and parishioners. Refreshments/ light lunch and a presentation will take place directly after mass in the Summer Hill hotel. All are welcome.
MARGARET YOU WILL BE SO MISSED

PRAYER FOR LENT. The Fast Life

Fast from judging others;
 Feast on Christ dwelling in them.
 Fast from fear of illness;
 Feast on the healing power of God.
 Fast from words that pollute;
 Feast on speech that purifies.
 Fast from discontent;
 Feast on gratitude.
 Fast from anger;
 Feast on patience.
 Fast from pessimism;
 Feast on hope.



Fast from negatives;
 Feast on encouragement.
 Fast from bitterness;
 Feast on forgiveness.
 Fast from self-concern;
 Feast on compassion.
 Fast from suspicion;
 Feast on truth.
 Fast from gossip;
 Feast on purposeful silence.
 Fast from problems that overwhelm;
 Feast on prayer that sustains.
 Fast from anxiety;
 Feast on faith.
 - Author Unknown

PARISH LINK

February 17th/18th



LENT

Mass Intentions 17th/18th February

St. Mary's 6pm: Mary Cronin (1st A), Joan Nolan (2nd A)
Anna Allen (Rec Dec'd)

St. Patrick's 10am:

St. Mochohog's 10am: Kit & Annie King (A) Dick Redden (A)
Kevin Redden (A)

St. Mary's 11am: John Callan (1st A), Bill & Gretta Seery (A),
Peter & Mary McCarthy (A)

Mass Intentions: 24th/25th February

St. Mary's 6pm:

St. Patrick's 10am: Kathleen Blackbyrne (A)

St. Mochohog's 10am: Margaret Draper (A) Robert Bob Draper (A)

St. Mary's 11am: Mary Hunt (25th A), Tony Hunt (A), Brian Prosser (A)

A few **MAD** ideas of what to give up or take up for Lent

- **Don't buy anything or ask for anything that you don't really NEED** - If you can live without it, you don't need it. Give it up for Lent. Ask yourself do I really need it or do I just want it? Put the money that you would have spent into a jar. You will be surprised at how quickly you build up your savings.
- **Throw Away or Donate 40 things for 40 days** - Every day, you walk around your house and collect something to donate or throw away (*as it is too old, broken or worn out*) every day, until Lent ends. (*If possible donate, because you are helping others*).
- **No Gossiping**- Give up gossiping for Lent. That means you cannot do any gossiping. None! If someone says something negative about another person, either say something nice or don't say anything at all. You would think this is going to be SO easy, but when you can't say anything negative about anyone else, you realize how often it happens, sadly.
- **No eating after dinner**- Try it, not a easy as you think!
- **Say 3 nice things to your each of your family members daily** - You may think this is easy, but try to say things that aren't the normal "Thanks" or "You look nice." or "Well done."
- **Don't eat out for 40 days** - Except for parties or celebrations, try not to eat out or go to fast food restaurants. Try and sit together as a family for at least one meal a week.
- **Replace 20 minutes of TV time with 20 minutes of prayer time or quiet time** - In the busy-ness it can be hard to take a bit of time for yourself. Try and gift yourself 10 - 20 mins a day to relax, recharge or say a prayer. Maybe go for walk, be creative.
- **Do not complain** - We often complain and whine about things, but we need to try to have a positive outlook on things. It's VERY hard. You don't realise how much you complain until you give it up...
- **Turn off all your mobile phones, tablets & games consoles for 1 night a week and get out a family board game!** - Even better: create phone-free zones (*like the dinner table*).
- **Before you sleep** - think of one thing you could have handled differently today & say sorry. Think of one thing that you were pleased with and say thanks. Think of one thing you will hope to do tomorrow and ask for strength.
- **Spread the Good News** - Either tell one person a week what you love and appreciate about them, or write a letter or an email to one person a week and tell them what you love and appreciate about them. Or if you want to go for the full marks - write a letter or an email to one person, each of the 40 days of lent, and tell them what you love and appreciate about them.

**CAN YOU
CHOOSE 3 TO
DO AS A
FAMILY?**



MEETING

KNOCK PILGRIMAGE – SAVE THE DATE

SATURDAY 27th APRIL. COFFEE ON THE WAY DOWN
DINNER ON THE WAY BACK

INTERESTED? If so ,we need your name now please

PLEASE CONTACT ST MARYS PARISH OFFICE 012760030

Sadie O Connell 0876955154. Or Aideen 0868182241 for further details



ATTENTION

A meeting will be held on Saturday 2nd March at 10 45 in St Mary's church for all who would like to can express their views on the removal of the benches.