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<p>Thought for the Week: "The presence of constantly new gadgets, the excitement of travel and an endless array of consumer goods at times leave no room for God's voice to be heard. We are overwhelmed by words, by superficial pleasures and by an increasing din, filled not by joy but rather by the discontent of those whose lives have lost meaning. How can we fail to realize the need to stop this rat race and to recover the personal space needed to carry on a heartfelt dialogue with God? Finding that space may prove painful but it is always fruitful. Sooner or later, we have to face our true selves and let the Lord enter."</p> <p><i>Pope Francis' Apostolic Exhortation on the Call to Holiness (section 29)</i></p>			
<p>Liturgy Schedule for the Fifth Week in Ordinary Time [Year A] (9th February – 16th February)</p>			
Saturday 8th February	St. Patrick's	6.00pm	Vigil Mass: Mary Anne McCullagh (4 th Anniversary)
Sunday 9th February Fifth Sunday in Ordinary Time [Year A]	St. Patrick's Our Lady of Wayside	9.00am 11.00am	Mass (Missa Pro Populo) Mass
Monday 10th February St. Scholastica (virgin)	St. Patrick's	NO MASS	
Tuesday 11th February Our Lady of Lourdes	St. Patrick's	10.00am	Mass
Wednesday 12th February	St. Patrick's	12 noon to 7.15pm	Adoration 7.30pm Mass followed by Padre Pio Novena
Thursday 13th February	St. Patrick's	10.00am	Mass
Friday 14th February St. Cyril (monk) and St. Methodius (bishop) (both Patrons of Europe)	St. Patrick's	10.00am	Mass
Saturday 15th February	St. Patrick's	6.00pm	Vigil Mass
Sunday 16th February Sixth Sunday in Ordinary Time [Year A]	St. Patrick's Our Lady of Wayside	9.00am 11.00am	Mass (Missa Pro Populo) Mass
Weekly Collection: £1,080		<i>Thank you for your generosity</i>	
<p>World Day of the Sick – Lourdes Hospitalite Collection: On Tuesday 11th February we will celebrate the World Day of Prayer for the Sick on the Our Lady of Lourdes. The annual collection to support the work of the Lourdes Hospitalite who bring and look after the sick on the Derry Diocesan Pilgrimage to Lourdes this coming July will take place as a second collection after communion at all masses this weekend (8th and 9th February).</p> <p><i>Please be as generous as you can</i></p>			
<p>Feast of Our Lady of Lourdes: Tuesday 11th February 10.00am mass will be celebrated in St. Patrick's Church to mark The World Day of Prayer for the Sick and the Patron of Our Lady of Lourdes Primary School. <i>We will be joined by pupils from school</i></p>			
<p>Baptism: We offer our prayers and best wishes to the families and friends of Tadhg Joseph and Rian Patrick McGarvey who were welcomed into the family of God through the Sacrament of Baptism on Saturday 1st February in St. Patrick's Church.</p>			
<p>Remembering our Dead: We pray for the happy repose of the souls of Mary Anne McCullagh (4th) and John Joe Hollywood (40th) whose anniversaries occur at this time and for Jeannie Morris, Vincent Donnelly, Maureen McKnight, Eileen Warnock, Eamon McAleer, Bridie Tuohy and Sean McCrory, recently deceased and enrolled in the Derry Diocesan Society.</p>			
<p>Derry Diocesan Pilgrimage to Lourdes (led by Bishop Donal McKeown): Thursday 2nd July to Tuesday 7th July. To make enquiries or to book call (028) 7126 0293 or email derrypilgrim@outlook.com. Doctors and nurses are invited to consider taking part to assist those in need. <i>Contact Lourdes Office for details</i></p>			
<p>Dún Uladh – Daoiri Farrell is back! Join us for a night of entertainment by "One of the most important singers to come out of Ireland". Daoiri will delight Dún Uladh Saturday 15th February from 8:30pm with special early-bird rates available for £12 (standard £15), £8 for U16, £40 family (2 A & 2 C) at dunuladh.ie. <i>Alternatively, you can purchase on arrival or reserve tickets by calling Dún Uladh Cultural Heritage Centre on (028) 8224 2777</i></p>			
<p>Monthly Devotions Through the Intercession of St. Pio of Pietrelcina: Wednesday 12th February after 7.30pm mass in St. Patrick's Church.</p>			
<p>SMA Retreat Centre, Dromantine – Lenten Retreat Days: Saturday 14th March (led by Fr. Damian Bresnahan) and Saturday 28th March (led by Fr. John Gallagher). These Days of Reflection offer opportunities to prepare our hearts and minds to celebrate Holy Week and Easter. 9.30am to 5.00pm. Cost £25, including lunch. <i>To book call (028) 3082 1964 or email sma.dromantine@sma.ie</i></p>			
<p>Next Week's Readings: Sirach 15:15-20 • Psalm 118:1-2, 4-5, 17-18, 33-34, R/ v1 • 1 Corinthians 2:6-10 Matthew 5:17-37 • Lectionary 1:652 Sunday [Year A] • Weekday [Year 1]</p>			

6.00pm Saturday Vigil		Offertory Gift Rota	9.00am Sunday Morning
8 th February • Kelly McDonald		Fifth Sunday in Ordinary Time	9 th February • Laurance McCrory
15 th February* • Kailagh Bradley		Sixth Sunday in Ordinary Time	16 th February • Alice McGlinchey
If you cannot attend please ensure that you have arranged with another family for the gifts to be presented *Do This In Memory (week 6) We need new volunteers in every aspect of life			
Vocations Information Day: Saturday 22 nd February from 10.30am to 6.00pm in Thornhill Retreat Centre, 121 Culmore Road, Derry. For more info email Fr. Chris Ferguson, Diocesan Director of Vocations at chris_l_ferguson@hotmail.com			
Give Blood, Save Lives: Wednesday 19 th February at 2.30pm to 4.00pm and 1.15pm to 8.00pm in Greencastle Community Centre. Text BLOOD to 60081 / call 08085 534 666			
Strule Arts Centre – Irish Cultural Activities (Wednesday 15 th January to Wednesday 1 st April): Sean-Nós and Set Dancing 6.00pm to 7.00pm • Singing in Irish 7.00pm to 8.00pm Irish Language Classes for Beginner, Improver and Advanced Levels 8.00pm to 9.30pm Irish Conversation (Friday 17 th January to Friday 3 rd April) 10.30am to 12 noon For more information and to book call (028) 8224 7831			
Clanabogan Drama Circle – The Two Loves of Gabriel Foley (a comedy written by Jimmy Keary): Friday 14 th , Saturday 15 th and Sunday 16 th February in St. Joseph's Hall, Omagh. Doors open at 7.30pm with curtains up at 8.00pm sharp. Admission is £10 (concession is £8) [pay at the door]. Come along and enjoy a brilliant night's craic			
Derry Diocesan Pilgrimage to Lourdes in 2020: Thursday 2 nd to Tuesday 7 th July. Applications are now being sought for the 2020 Youth Pilgrimage, from those who will be age 17 at time of travel. Forms can be requested through schools or directly from the Lourdes Pilgrimage Office, 164 Bishop Street, Derry, BT48 6UJ (email derry pilgrim@outlook.com). Gift Vouchers for all pilgrims to the value of £25 and £50 can be ordered via these same contact details			
ASPIRE Omagh – Open Day: Thursday 13 th February from 10.00am – 3.00pm in the Connect Centre, 16 High Street Omagh. A fantastic opportunity to meet the mentors and IT Tutors, take a tour of ASPIRE offices and training rooms, find out about their accredited training opportunities, learn more about their employability support options and get any questions you have answered. Email shannon.maclennan@fermanaghmagh.com for more information			
Greencastle Community Association – Upcoming Events in Community Centre:			
Card Playing: Sunday 9 th February at 7.00pm			
Membership Registration: Saturday 15 th and Sunday 16 th February after Mass			
AGM: Monday 24 th February at 8.30pm			
Cappagh / Badoney CCE – Upcoming Events: For more info call Tom on (028) 816 48719			
Fundraiser	Tuesday 11 th February, 8.00pm in St. Eugene's Hall, Newtown Stewart. The Island Players will perform the hilarious two act comedy, The Island Wake. Admission £8. Proceeds in aid of Glenock Chapel Restoration Fund and Branch Music classes.		
Monthly Seisiún:	Saturday 15 th February from 8.30pm in The Glens Cottage, Lislap (Adjacent to the Ulster History Park on Gortin / Omagh Road). Admission free and supper served. Everyone welcome		
An Bruach Dearg Community Centre – Card Playing: Every Friday night at 8.00pm. Refreshments served			
Annual Pilgrimage to Medjugorje: Tuesday 1 st to Tuesday 8 th September. £549 (includes half-board, tax and insurance). Call Maria on (028) 8164 8357 or Whatsapp 07768 395 038 for further details			
Catechetical Centre – Derry Diocesan Youth Pilgrimage to Medjugorje: Tuesday 28 th July to Tuesday 4 th August (ages 16 to 18). A unique experience for young people and an opportunity to engage with peers from around the world in a faith context. Up to 50,000 young people attend the Medjugorje Youth Festival each year. Cost is £599 and there will be a budget plan to help with this. Names and a deposit of £100 are due by Sunday 1 st December. For more info or to book email lizzie.rea@derrydiocese.org or call 00 44 2871264087			
Cappagh / Badoney CCE – Fundraiser: The Branch will host The Island Players, Donegal Tuesday 11 th February, 8.00pm in St. Eugene's Hall, Newtown Stewart. The Island Players will perform the hilarious two act comedy, The Island Wake. Admission £8. Proceeds in aid of Glenock Chapel Restoration Fund and Branch Music classes. Call Tom on 07704 526 870 / (028) 8164 8719 for tickets or pay at the door			
Spiritual Benefits of Weekly Eucharistic Adoration It helps us to grow in holiness. Jesus is ready to lavish on us, many extra graces and blessings, when we come and spend time with Him in Adoration. It helps us to appreciate Priesthood. Remember, "No Priests, no Eucharist". It is an established fact that where Jesus in the Blessed Sacrament is worshipped and adored vocations flourish. When we spend time with Jesus in Eucharistic Adoration each week or more often, we experience a great peace and contentment. "...of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments themselves". Pope St. John Paul II			

<p>Pope Francis' Intention for February (please remember this in your personal prayers) Listen to the Migrants' Cries: We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.</p>
<p>Medjugorje Irish Centre Pilgrimages: April – October. 7 night stay and airport shuttle service from Dubrovnik or split for €266 per person sharing. Book any flight - any time and we provide guaranteed airport shuttle service. Call us for more info and book the dates that suit you. 0144 345 10 • reservations@med-irishcentre.com</p>
<p>Accord Counselling Services: Ireland's leading agency supporting marriage and relationships, nationwide through its 60 Centres. Our aim is to help couples prepare for, achieve and sustain their marriage and family relationships, offer ongoing support and assist them in times of difficulty or crisis. Available to couples regardless of their faith, denomination or none. To avail of this service call (028) 8224 2439 or email omagh@accordni.com</p>
<p>Trócaire – Recruiting Volunteers: To support their fundraising, campaigning and education work in Ireland. If you are interested in volunteering visit trocaire.org/getinvolved/volunteer or call (028) 9080 8030 for more info</p>
<p>Foyle Hospice – Become a Compassionate Neighbour: Do you have 1-2 hours free once a week to support Foyle Hospice's Compassionate Communities 'Reach Out' voluntary befriending service. It might be as simple as calling in for a cup of tea and a chat, or taking someone out to do a bit of shopping. A volunteer's visit is invaluable to someone who is feeling lonely and isolated due to an illness. Full training and ongoing support with additional training opportunities are offered to all volunteers. Call Tracy Gray, Volunteer Coordinator on 07841 101 932 or email tracy@compassionatecommunitiesnw.com</p>
<p>ASPIRE Employability Programme – Free CSR Card and Forklift Licence Training To be eligible you must be unemployed or working less than 16 hours a week. Omagh Office: (028) 8224 6535 • Enniskillen Office: (028) 6632 6478 • Facebook: Aspire Employability Programme <i>The Aspire Employability Programme is part funded by the European Social Fund and Department for the Economy</i></p>
<p>Medjugorje Irish Centre Pilgrimages (April to October): 7 nights B&B and Airport Shuttle service from Dubrovnik or Split for €279 per person sharing. any flight, any time and we provide guaranteed airport shuttle service. Call us on 01 4434510 or email reservations@med-irishcentre.com for further info and book dates that suit</p>
<p>MARA (Maximising Access in Rural Areas): Find out if you're missing out on benefits, services or grants by booking your FREE home visit. Referrals can be made for benefits checks, home safety visits, occupational therapy assessments as well as others. You'll also receive a FREE bag containing £25 worth of items to help keep you warm this winter. Call Carol on (028) 8225 1559 to book</p>
<p>Commercial Free Catholic Talk-Radio Station for Ireland – Radio Maria Ireland (RMI): Prayer, catechesis, uplifting music, talks, interviews and testimonies Listen via the app 'RADIO MARIA IRELAND' on mobile devices, streaming on radiomaria.ie or listened to on the phone via a live radio feed by calling +353 (0) 1 437 3277 (no extra charges apply) • Join our faith family!</p>
<p>Accord Counselling Services: Available to couples regardless of their faith or denomination. If you would like to avail call (028) 8224 2439 or email omagh@accordni.com</p>
<p>Join the Derry Youth Community (DYC) Adventure: If you are between the ages of 18 and 25 and considering a Gap Year experience why not consider one with a difference? The DYC are a community of faith and service located in the heart of Derry City and serving the young people of the Diocese of Derry. If faith is important in your life, and you are attracted to the ideal of service, you can find more information by visiting derryyouthcommunity.com or emailing dyc@derrydiocese.org</p>
<p>Support Foyle Hospice by hosting a Coffee / Tea Morning with friends, family, groups or work colleagues: All funds you raise will play a vital role in funding the essential care and support Foyle Hospice provide to people in our communities affected and living with terminal illness For a free pack and more info call Michelle McGinn on (028) 7135 9888 or email michellemcginn@foylehospice.com</p>
<p>Drink Wise, Age Well: Are you over 50? Are you worried about your own or someone else's alcohol use? For confidential information, advice and support call (028) 8283 9240</p>

<p>Parish Liturgy for February, 2020</p>	<p>St. Patrick's (6.00pm Vigil Mass)</p>	<p>St. Patrick's (9.00am Mass)</p>	<p>Our Lady of the Wayside (11.00am Mass)</p>
Readers	Nuala Glass	Mary Clarke	Brendan / Helen McKenna
Eucharistic Ministry	Kathleen Bradley	Louise Coyle	Peter Noel McAleer
Prayers of Intercession	Chloe McGurk	Meaghan Clarke	Grace Conneely
Collectors	Margaret Morris Michael McNamee	Patrick Tuohy Michael Clarke	Pat McGuigan Brendan Daly
Altar Society	Anne McAleer	Eileen McKenna	Anne Mc Dermott and Josephine Clarke
<p>Armchair Exercises: Continues every Monday night in the Community Centre at 7.30pm. <i>Suitable for all ages</i></p>			
<p>Rural Support: We could help you with financial stress by Providing free, confidential face-to-face support • Easing the burden of dealing with debt Helping you identify a way forward • Supporting you to take action Email: info@ruralsupport.org.uk Website: ruralsupport.org.uk To speak with someone in confidence call our helpline on 0845 606 7 606</p>			
<p>The Spiritual Benefits of Weekly Eucharistic Adoration It helps us to grow in holiness. Jesus is ready to lavish on us, many extra graces and blessings, when we come and spend time with Him in Adoration. It helps us to appreciate Priesthood. Remember, "No Priests, no Eucharist". It is an established fact that where Jesus in the Blessed Sacrament is worshipped and adored vocations flourish. When we spend time with Jesus in Eucharistic Adoration each week or more often, we experience a great peace and contentment. "...of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments themselves". <i>Pope St. John Paul II</i></p>			
<p>Eucharistic Adoration Prayer Intentions for each hour of weekly Adoration 12noon – 1.00pm Vocation to Priesthood and Religious Life 1.00pm – 2.00pm Married couples and those preparing for Marriage 2.00pm – 3.00pm Sick and the Housebound • 3.00pm – 4.00pm Strengthening of Faith in our young people 4.00pm – 5.00pm Parish Unity • 5.00pm – 6.00pm Protecting life and the Earth 6.00pm – 7.00pm The Holy Souls and the Bereaved</p>			
<p>The Millennium Forum – Changing Place Facility: This is a space which provides a private area for people who require an adult changing bench, hoist and toilet. Over ¼ million people need Changing Places toilets to enable them to get out and about and enjoy the day-to-day activities many of us take for granted. The Millennium Forum Changing Place is open to all members of the public, not only people attending the theatre. Call our Access and Inclusion Officer Lisa Heaney on (028) 7126 4455 (choose option 1) or email lisah@millenniumforum.co.uk</p>			
<p>Kindercare Fostering NI: Could you help a child in need? Northern Ireland is currently experiencing a severe shortage of foster carers and particularly carers from the Catholic Community. We are a not-for-profit organisation which works to find safe, secure and loving homes for children and young people in need in Northern Ireland. If you are interested in finding out more: Tel: (028) 90941690 • Email: gillian.devlin@kindercare.co.uk • Website: kindercareni.co.uk</p>			
<p>Alcoholics Anonymous: Can't stop? There is a solution. Call AA on (028) 9035 1222 or email csoofaa@btinternet.com. alcoholicsanonymous.ie.</p>			
<p>St. Vincent de Paul Helpline: For those in need of assistance please call 07738 837 992</p>			
<p>Volunteer at White Oaks Acorn Organic Farm: If you have an interest in organic growing and have a few hours to spare, why not spend them with us? Contact us using the details below. Address: IOSAS Centre and Celtic Prayer Garden, Lenamore Road, Derryvane, Muff, Co. Donegal Tel: (00353) (0) 74 9384866 • Website: celticprayergarden.com • Facebook: IOSASCentre • Twitter: IOSASCentre</p>			

Accord Counselling Services: Ireland's leading agency supporting marriage and relationships, nationwide through its 60 Centres. Our aim is to help couples prepare for, achieve and sustain their marriage and family relationships, offer ongoing support and assist them in times of difficulty or crisis. Available to couples regardless of their faith, denomination or none. *To avail of this service call (028) 8224 2439 or email omagh@accordni.com*

Epilepsy Action NI: Are you, or someone you care for, living with epilepsy or brain injury? Epilepsy Action NI and Headway work in partnership to deliver a community-based counselling service in Omagh. The Counselling service is for people over the age of 18 who are affected by epilepsy and / or brain injury or are caring for someone with epilepsy / brain injury and would like some emotional support.

Mid Ulster Agewell: Are you over 50 years old? Do you live in the Mid Ulster Council area? Would you like a free phone call in the morning to reduce the feeling of loneliness and isolation, reassurance and a listening ear and help keep you up to date with social activities in your local area? A phone call can be arranged between 8.30am and 12.30pm from Monday to Friday.
For more info call Marie Devlin on (028) 796 32170 or email marie.devlin@agewellpartnership.org

Eucharistic Adoration Prayer Intentions for each hour of weekly Adoration
12noon – 1.00pm Vocation to Priesthood and Religious Life
1.00pm – 2.00pm Married couples and those preparing for Marriage
2.00pm – 3.00pm Sick and the Housebound • **3.00pm – 4.00pm** Strengthening of Faith in our young people
4.00pm – 5.00pm Parish Unity • **5.00pm – 6.00pm** Protecting life and the Earth
6.00pm – 7.00pm The Holy Souls and the Bereaved

Red Cross: Can you spare 1 hour a week? Would you like to help the Red Cross care for people in your local community? We are looking for volunteers for our wheelchair service and volunteer drivers to help with deliveries and collections. No experience necessary. Full training provided and volunteer expenses reimbursed.
Call Julie White on (028) 7186 3764 / (078) 0302 4011

The Spiritual Benefits of Weekly Eucharistic Adoration
It helps us to grow in holiness. Jesus is ready to lavish on us, many extra graces and blessings, when we come and spend time with Him in Adoration. It helps us to appreciate Priesthood. Remember, "No Priests, no Eucharist". It is an established fact that where Jesus in the Blessed Sacrament is worshipped and adored vocations flourish. When we spend time with Jesus in Eucharistic Adoration each week or more often, we experience a great peace and contentment.
"...of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments themselves". *Pope St. John Paul II*

String Instrument Music Lessons: Every Thursday evening in Greencastle Hall
For kids to learn banjo, guitar and violin with qualified tutor Frank Nugent
Beginners: 6.00pm to 6.45pm • **Advanced:** 6.45pm to 7.30pm • Call Sinead on 07788 266 387 to book a place

2018	PARISH STATISTICS	2019
(16) 7 Boys • 9 Girls	Baptisms	(19) 8 Boys • 11 Girls
(14) 8 Boys • 6 Girls	First Communion	(25) 12 Boys • 13 Girls
(17) 10 Boys • 7 Girls	Confirmation	(16) 9 Boys • 7 Girls
3 within parish • 3 outside parish	Weddings	1 within parish • 6 outside parish
10	Deaths and Burials	11

Some Important Dates		
Thursday 6 th February at 7.30pm Service of Light for P7 Confirmation children		
Thursday 26th March at 7.30pm First Confession for P4 Children	Sunday 12th April Easter Sunday	Sunday 26th April at 2.00pm Confirmation
Saturday 6th June at 12noon First Holy Communion	Saturday 4th / Sunday 5th July Cemetery Prayers in Greencastle / Broughderg	Monday 2nd November All Souls Day Mass for Faithful Departed

Guidelines on Use of Modern Technology when Working with Children – Use of Photography and Video:
The use of photography and video is an issue of great concern among those working with children. The Diocese recognises that every parish has their own arrangements in relation to its use in schools, youth groups and for the sacraments however the guidelines have been devised below to aid parishes and diocesan groups:

- It is always good practice to seek *written* permission from a parent or guardian before taking any photographs or video footage of children. This written permission must be sought from the parent/guardian or the person who owns the photograph before it can be displayed on promotional materials or websites. This can be incorporated in the registration form when a child joins a group (template permission Resource 10);
- Neither names nor any personal information should be displayed alongside any photographs;
- Special consideration should be given where taking photographs or video footage might be misinterpreted, or the images could be seen as provocative (e.g. beach trip or gymnastics display etc.). It is not to say, however, that with the right planning, these events cannot be recorded and enjoyed.

Photography and video recording are important methods of recording social activity and providing an historic record – illustrating and validating important moments in people's lives. This process is a powerful and personal one, and therefore we must respect the rights of all to make the choice whether or not to be photographed.
*From Safeguarding Policy and Procedures, published on behalf of the **Diocesan Safeguarding Committee***

Child Safeguarding: If you or anyone you know has a concern or wishes to report an allegation directly to the statutory authorities, please contact the PSNI / local Health and Social Care Trust. If you are contacting the latter, ask to speak to the Duty Social Worker. Alternatively, if you have a child safeguarding concern in relation to any member of Church personnel and wish to report it to Church authorities, please contact one of the diocesan designated persons, who will in turn report your concern to the relevant statutory authorities. *See poster at entrance*

Thornhill Ministries, Derry – Holy Land Pilgrimage Retreat (applications now available):
Thursday 24th September to Thursday 8th October.
Tel: (028) 7135 1233 • **Email:** thornhillministries@derrydiocese.org • **Website:** thornhillministries.co.uk

Deanery of Tyrone Statistics
17 Parishes in West Tyrone and East Donegal. An estimated Catholic population of 65,670 people are currently served by 20 Derry Diocesan priests under retirement age with assistance of
3 priests in residence and a chaplain to the Polish community.
8 parishes (47%) have a Catholic population of less than 3,000
6 parishes (35%) have a Catholic population of 3,000-7,000 people
3 parishes (18%) have a Catholic population of greater than 7,000 people
The largest parish serves an estimated 11,500 Catholics
7 parishes have 1,500 parishioners or less (7,900 combined) each with a resident priest. Is this sustainable?
In 2008 there were 27 diocesan clergy under retirement age ministering in the Tyrone Deanery, as of 2018 that number is 20. 7 Parish Priests currently serving in the deanery will reach 75 before 2025.
The maximum number of ordinations across the Derry Diocese by 2025 is 3.
Age profile: 1 priest is in his 30s, 1 in 40s, 7 in 50s, 6 in 60s and 5 in 70s
The clergy population has dropped 26% between 2008 and 2018 and by 2025 will have dropped by 52%

In the Footsteps of St. John Paul II – 10 Night Pilgrimage to Poland: Tuesday 21st April to Friday 1st May, 2020.
Follow in the footsteps of St. John Paul II, visit the capital of Divine Mercy, venerate the messenger of Mercy, St. Faustina's relics, see the cell that imprisoned St. Maximilian Kolbe (martyr) as well as visit the largest Marian shrines and sanctuaries in Poland – daily Mass and spiritual activities. Flights from Belfast, luxury coach travel and excellent accommodation.
For more info, a detailed itinerary and price email Fr. Micheál McGavigan at michealmcgavigan@icloud.com

Family Care Adoption Services *Presently seeking to recruit adoptive families for babies and young children*
For free info contact us **Tel:** (028) 7136 8592 / (028) 9069 1133 (Monday to Friday, 9.00am to 5.00pm)
Email: anne.ohagan@familycaresociety.org • **Website:** familycaresociety.co.uk

This Week's Calendar of Feasts and Saints:

Monday 10th February – St. Scholastica (virgin) Sister of St. Benedict. She spent her life as a consecrated virgin. Patron of convulsive children. Died in 543.

Tuesday 11th February – Our Lady of Lourdes On this day in 1858, Our Lady first appeared to the fourteen year-old Bernadette Soubirous. Later Bernadette was to learn that the mysterious lady was the Blessed Virgin and to hear from her lips, 'I am the Immaculate Conception'. In 1992 Pope John Paul II instituted the World Day of Prayer of the Sick to be held on the commemoration of Our Lady of Lourdes.

St. Gobnait One of the best loved saints in west Cork but only traditions concerning her life survive. The main part of her life was spent in Ballyvaurney, Co. Cork, where there has always been a deep devotion to her, and which is a place of pilgrimage on this day and on Pentecost. Her gifts of caring for and curing the sick have been a significant part of her cult through the centuries. Happily, her memorial coincides with the World Day for the Sick.

Friday 14th February – St. Cyril (monk) [826-869] and St. Methodius (bishop) [815-885]

(both Patrons of Europe) Brothers from Thessalonica in Greece. They preached the gospel in Moravia using their own translation of the Scriptures and the liturgy in the local language. These translations into Slavonic were in an alphabet, now called Cyrillic, which they devised. They are honoured as apostles of the Slavic peoples and in 1980 Pope John Paul II declared them Patrons of Europe.

ACCORD – Relationship Counseling: A service which facilitates couples and individuals to explore, reflect upon and resolve difficulties in their marriages and relationships in a confidential, sensitive, respectful and non-judgmental setting.

An appointment can be arranged by calling the Omagh Centre on (028) 8224 2439 or emailing omagh@accordni.com

Pope Francis' Message for World Day of Peace 2020:

"Faced with the consequences of our hostility towards others, our lack of respect for our common home or our abusive exploitation of natural resources – seen only as a source of immediate profit, regardless of local communities, the common good and nature itself – we are in need of an ecological conversion. The recent Synod on the Pan-Amazon Region moves us to make a pressing renewed call for a peaceful relationship between communities and the land, between present and past, between experience and hope.....All this gives us deeper motivation and a new way to dwell in our common home, to accept our differences, to respect and celebrate the life that we have received and share, and to seek living conditions and models of society that favour the continued flourishing of life and the development of the common good of the entire human family."

Towards Peace: A spiritual support service designed for those who have experienced sexual, physical, emotional or spiritual abuse by Catholic Church personnel in Ireland. Support is also available for family members of abuse survivors. The vision of Towards Peace is to provide a safe supportive space, where people who have been affected by abuse in a Church context can be accompanied as they seek their own experience of spiritual peace, one step at a time. Towards Peace provides spiritual support through one-to-one spiritual direction sessions, with a qualified spiritual companion. Up to 9 sessions are offered and they are free.

Website: towardspeace.ie • **Tel:** 01 505 3028 • **Email:** towardspeace@iecon.ie

Seeing your life through the lens of the gospel: *John Byrne OSA (jbyrneosa@gmail.com)*

1. Jesus uses the image of salt as something that makes food tasty. Without salt food can be tasteless. Who are the people who give zest to your life and make it enjoyable? For whom have you done this? When have you been particularly aware of your potential in this regard?
2. The second image is that of light. Who have been the people who have been a light for you, particularly in moments of darkness? For whom have you been a light? Recall these experiences and give thanks.
3. The images of salt and light can also be applied to communities to which we belong, a family, a parish, or other group. Thinking of the groups of which you are a member, how can their potential be enhanced to enrich the lives of members and offer them a guiding light? How can you make a contribution to this?

The Deep End – This Little Light of Mine: *Triona Doherty, Athlone, Co. Roscommon (trionad@gmail.com)*

I'm gonna let it shine! Perhaps you are familiar with this popular hymn. It is often used in children's liturgies, and was in fact written as a gospel song for children in the 1920s. It later became something of an anthem for the Civil Rights Movement of the 1950s and 60s, associated in particular with civil rights leader Fannie Lou Hamer. The song was seen as a way of expressing unity, as people fought for equal rights and freedom.

'This Little Light of Mine' is based on the words of Matthew's Gospel that we hear today: 'No one lights a lamp to put it under a tub... your light must shine in the sight of men.' Without the light of those who were part of the civil rights movement, our world would be a very different place. There are good people everywhere who continue to fight for justice and freedom, who use their 'light' to help others and make sure people are treated fairly and with dignity – both those who campaign and speak out about injustice, and the people on the ground who support the sick, the homeless, refugees and others experiencing difficulties. Witnessing so much suffering, it might be tempting for these 'people of light' to become disheartened, but they carry on, using their compassion and skills to bring about change, shining their light in the darkness. As followers of Christ, we are called to light up the world. Take some time this week to think about how you can let your light shine.

A community of Jesus which seeks to hide itself has ceased to follow him.

Dietrich Bonhoeffer