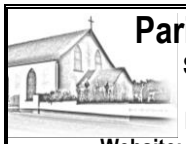
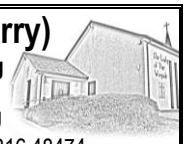


Parish of Greencastle, Co. Tyrone (Diocese of Derry)



St. Patrick's, Greencastle **Our Lady of the Wayside, Broughderg**

Sixth Sunday in Ordinary Time [Year A] (16th February, 2020)

Parochial House, 164, Greencastle Road, Sheskinshule, Omagh, BT79 7RU

Website: greencastleparish.com • **Email:** greencastlepp@yahoo.com • **Tel:** (028) 816 48474

Thought for the Week: -"We need a spirit of holiness capable of filling both our solitude and our service, our personal life and our evangelising efforts, so that every moment can be an expression of self-sacrificing love in the Lord's eyes. In this way, every minute of our lives can be a step along the path to growth in holiness."

Pope Francis' Apostolic Exhortation on the Call to Holiness (section 31)

Liturgy Schedule for the Sixth Week in Ordinary Time [Year A] (16th February – 23rd February)

Saturday 15th February Do This in Memory (week 6)	St. Patrick's	**6.00pm**	Vigil Mass: Gerard McCullagh Myles (12th Anniversary) Bernadette Caruso (2nd Anniversary)
Sunday 16th February Sixth Sunday in Ordinary Time	St. Patrick's Our Lady of Wayside	**9.00am** **11.00am**	Mass (Missa Pro Populo) Mass
Monday 17th February St. Finton (abbot) and Seven Founders of Order of Servites (religious)	St. Patrick's	**10.00am**	Mass
Tuesday 18th February	St. Patrick's	**NO MASS**	
Wednesday 19th February	St. Patrick's	**12 noon to 7.15pm** **7.30pm**	Adoration Mass: Mary Fox (2nd Anniversary)
Thursday 20th February	St. Patrick's	**10.00am**	Mass
Friday 21st February St. Peter Damian (bishop and doctor of the Church)	St. Patrick's	**10.00am**	Mass
Saturday 22nd February Chair of St. Peter the Apostle	St. Patrick's	**6.00pm**	Vigil Mass: Rose Morris (10th Anniversary)
Sunday 23rd February Seventh Sunday in Ordinary Time	St. Patrick's Our Lady of Wayside	**9.00am** **11.00am**	Mass (Missa Pro Populo) Mass

COLLECTIONS **Weekly:** £960 **Lourdes Hospitalité:** £605 *Thank you for your generosity*

Baptism: We offer our prayers and best wishes to the families and friends of ***Peter Joseph Tracey*** and ***Páidi Peter Teague*** who were welcomed into the family of God through the Sacrament of Baptism on Saturday 8th and Sunday 9th February respectively in St. Patrick's Church.

Remembering our Dead: We pray for the happy repose of the souls of ***Mary Fox (2nd), Gerard McCullagh Myles (12th)*** and ***Bernadette Caruso (nee McCullagh Myles) (2nd)*** whose anniversaries occur at this time and for ***Jeannie Morris, Vincent Donnelly, Maureen McKnight, Eileen Warnock, Eamon McAleer, Bridie Tuohey*** and ***Sean McCrory***, recently deceased and enrolled in the Derry Diocesan Society.

Diocese of Derry – *Vocations Week*: Sunday 16th to Saturday 22nd February. During this week of prayer centred on Vocations, parishioners in all parishes across the Diocese of Derry are encouraged to pray for hearts open to the presence of the Holy Spirit. The Spirit continues to provide the People of God with numerous gifts. Can we be brave and generous enough to respond to the promptings of God's Spirit? Without the Holy Spirt there would be no ministries alive and active in the Church, helping to build the Body of Christ. During Vocations Week can we become aware of our role in God's plan to heal and redeem a broken world? How can we use our gifts to promote the reign of God? How is God calling each one of us to live out our lives in response to His call? As we search our hearts, are we being called to priesthood, Religious life, married or single life?

More information can be found on derryvocations.org

Annual Diocesan Mass for those with Special Needs and their Families and Friends

Saturday 25th April at 3.00pm in Our Lady of Lourdes Church, Steelstown, Derry.

If you have a child who wishes to receive the Sacrament of Confirmation or First Communion at this Mass please call the Catechetical Centre on 0044 28 7126 4087 or email ddcc@derrydiocese.org

Next Week's Readings: Leviticus 19:1-2, 17-18 • Psalm 102:1-4, 8, 10,12-13, R/ v 8 • 1 Corinthians 3:16-23 Matthew 5:38-48 • Lectionary 1:656 **Sunday [Year A] • Weekday [Year 1]**

6.00pm Saturday Vigil	**Offertory Gift Rota**	**9.00am Sunday Morning**
15th February* • **Kailagh Bradley**	Sixth Sunday in Ordinary Time	16th February • **Alice McGlinchey**
22nd February • **Michael McGlinchey**	Seventh Sunday in Ordinary Time	23rd February • **Cira McLaughlin**

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

Children in Crossfire – *Advent Campaign*: Thank you to the parishioners of Greencastle for their generous donations of ***£1283.58***. These donations will help provide vital health care to children suffering from severe acute malnutrition in Ethiopia this year

Vocations Information Day:

Saturday 22nd 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 19th 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*

Clanabogan Drama Circle – *The Two Loves of Gabriel Foley (a comedy written by Jimmy Keary)*:

Saturday 15th and Sunday 16th 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 2nd to Tuesday 7th 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 derrypilgrim@outlook.com).

Gift Vouchers for all pilgrims to the value of £25 and £50 can be ordered via these same contact details

Why Support Life? *A round table discussion of the future of the pro-life movement in Northern Ireland*:

Wednesday 19th February at 7.00pm in the Catholic Chaplaincy at Queen's University Belfast. Chaired by Brett Lockhart QC. Panelists include Dr. Andrew Cupples GP, Dawn McAvoy (Both Lives Matter), Patrick Gallagher (Gaelic Athletes for Life), Kate Meenagh ((Crisis Pregnancy Counsellor) and Sarah Haire (Stanton Healthcare).

Greencastle Community Association – *Upcoming Events in Community Centre*:

Card Playing:	Every Sunday at 7.00pm.
Membership Registration:	Saturday 15th February (7.00pm to 8.00pm) and Sunday 16th February (12 noon to 1.00pm).
AGM:	Monday 24th February at 8.30pm

Cappagh / Badoney CCE – *Monthly Seisiún*: *For more info call Tom on (028) 816 48719*

Saturday 15th 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 1st to Tuesday 8th September. £549.

Includes half-board, tax and insurance). *Call Maria on (028) 8164 8357 or Whatsapp 07768 395 038 for more info*

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.

To book call (028) 3082 1964 or email sma.dromantine@sma.ie

Derry Diocesan Pilgrimage to Lourdes (led by Bishop Donal McKeown):

Thursday 2nd July to Tuesday 7th July. For enquiries / book call (028) 7126 0293 or email derrypilgrim@outlook.com. Doctors and nurses are invited to consider taking part to assist those in need. *Contact Lourdes Office for details*

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

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.

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*

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*

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

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

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
The Aspire Employability Programme is part funded by the European Social Fund and Department for the Economy

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

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*

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!

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

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

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

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

Parish Liturgy for February, 2020	St. Patrick's (6.00pm Vigil Mass)	St. Patrick's (9.00am Mass)	Our Lady of the Wayside (11.00am Mass)
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 Tuohey Michael Clarke	Pat McGuigan Brendan Daly
Altar Society	Anne McAleer	Eileen McKenna	Anne Mc Dermott and Josephine Clarke

Armchair Exercises: Continues every Monday night in the Community Centre at 7.30pm. *Suitable for all ages*

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

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

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

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

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

Alcoholics Anonymous: Can't stop? There is a solution.
Call AA on (028) 9035 1222 or email csoofaa@btinternet.com. alcoholicsanonymous.ie.

St. Vincent de Paul Helpline: For those in need of assistance please call 07738 837 992

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

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 6th 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. Maximillian 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 17th February – ***St. Fintan (abbot)*** Born in Leinster, he received his religious formation in Terryglass, Co. Tipperary under the abbot Colum and was deeply influenced by his penitential practices and the severity of the Rule. Fintan made his own foundation in Clonenagh, Co. Laois. He died in 603.

Seven Founders of the Order of Servites (religious) In the early 13th century seven young merchants of Florence decided to help one another live more perfect Christian lives. As the result of a vision they became known as the 'Servants of Mary' and followed the Rule of St. Augustine.

Friday 21st February – ***St. Peter Damian (bishop and doctor of the Church)*** A reforming monk in The circle of Pope Leo IX and a cardinal. In 1823, he was declared a Doctor of the Church.

Saturday 22nd February – ***Chair of St. Peter the Apostle*** This ancient feast relates to early Roman custom at this time of year of remembering the ancestors of the family, those who presided the Chair of St. Peter over the family fortunes. The texts today celebrate Peter as Bishop of Rome. We recall Christ's choice of Peter for service to the whole Church.

Sunday 23rd February – ***St. Polycarp (bishop and martyr)*** bishop of Smyrna or Izmir in modern Turkey. Born around the year 69 and was a disciple of Saint John the Apostle. He was martyred in 155.

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

1. In this section of the Sermon on the Mount, Jesus proposes standards that go beyond external behaviour. He challenges our inner attitudes. When have you found that living out of inner conviction is more life-giving than keeping up appearances?
2. Jesus applies his teaching to feelings of anger and sexual desire. He suggests that if we do not keep an eye on our feelings and thoughts we will not be able to control our actions. Perhaps you have experienced the truth of this. What has helped you to integrate your feelings so that you were able to live in right relationship with yourself and others?
3. For Jesus, people with genuine authenticity do not need to swear an oath to be convincing. Their 'yes' or 'no' suffices. Recall people who had this kind of credibility for you. When have you found that your simple, direct and honest communication had a positive persuasive force?

The Deep End – *The Bare Minimum*: *Tríona Doherty, Athlone, Co. Roscommon (trionad@gmail.com)*

There are times when we try to get by with the bare minimum. Maybe we have scraped through an exam with the minimum of effort, or done a last-minute rush job to complete a work project. Plenty of us know what it's like to do just enough around the house to keep it from descending into total chaos!

Perhaps unconsciously, we sometimes take the same approach to our relationships – only phoning a parent once in a blue moon to 'check in,' or visiting a friend only when we are reminded. It can be easy to slip into a pattern of acting out of a sense of duty rather than love.

Of course, our faith can go the same way. Are there times when we approach the Eucharist with a niggling feeling that something is not quite right? If so, Jesus has some strong words for us in today's Gospel. If we believe that all we are expected to do is 'follow the rules,' we have missed something important. Jesus does not want us to merely follow the letter of the law. Where is the joy or the challenge in that? He tells us that our virtue must go deeper than simply doing the bare minimum. Not only must we not kill, we must not be angry with others. Not only must we not break a promise, we must be honest in all our dealings and in our speech. If we approach the altar without being on good terms with others, we are not in true communion with God.

Obeying the rules is the bare minimum. The Gospel is calling us to a more radical way of living.

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