



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

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

Second Sunday of Lent [Year A] (16th March, 2014)

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

Website: greencastleparish.com Tel: (028) 8164 8474 Email: greencastlepp@yahoo.com



Liturgy Schedule for the Second Week of Lent [Year A] (17 th March, 2014 – 20 th March, 2014)		
Saturday Evening (15th March)	St. Patrick's	5.30pm Confessions 6:00pm Vigil Mass: John Tuohey (6 th Anniversary) 9.00am Mass (Missa Pro Populo) 10.30am Confessions 11.00am Mass 8.00pm Vigil Mass for Feast of St. Patrick
Sunday 16th March Second Sunday of Lent [Year A]	St. Patrick's Our Lady of the Wayside	
Sunday 16th March	Our Lady of the Wayside	7.30pm Confessions 8.00pm Vigil Mass for Feast Day 11.00am Mass
Monday 17th March St. Patrick (bishop and Patron of Ireland)	St. Patrick's	11.00am Mass
Tuesday 18th March St. Cyril of Jerusalem (bishop and Doctor of the Church)	St. Patrick's	7.00am Mass NOTE TIME
Wednesday 19th March St. Joseph (husband of the Blessed Virgin Mary)	St. Patrick's	10.00am Mass
Thursday 20th March Second Week of Lent	St. Patrick's	10.00am Mass
Friday 21st March St. Enda (abbot)	St. Patrick's	8.00pm Mass
Saturday 22nd March Second Week of Lent	St. Patrick's	10.00am Mass
Saturday Evening (22nd March) <i>Do This In Memory Week (week 6)</i>	St. Patrick's	5.30pm Confessions 6:00pm Vigil Mass
Sunday 23rd March Third Sunday of Lent [Year A]	St. Patrick's Our Lady of the Wayside	9.00am Mass (Missa Pro Populo) 10.30am Confessions 11.00am Mass
Weekly Offerings: Thank you for your generosity to last week's collection which amounted to £1,105 .		
Remembering Our Dead: We pray for Bridget 'Trish' Ward (Formil) , whose Requiem took place on Thursday, we offer our prayerful support to her husband at this time of loss. We also pray for John Tuohey, Fr. Patrick McCrea, Mary McCaffrey and Pauline Montague , whose anniversaries occur at this time.		
Trócaire Lenten Campaign: Please support our campaign as generously as you can this year.		
Anniversary of Episcopal Ordination: Thursday marks the anniversary (Sunday 20 th March, 1988) of Episcopal Ordination of the Most Reverend Francis Lagan, retired auxiliary bishop of Derry. <i>Remember him in your prayers</i>		
Safeguarding of Vulnerable Adults: In conjunction with the Western Health and Social Care Trust, the Diocese of Derry is raising awareness of the safeguarding of Vulnerable Adults. Information Cards will be distributed over the next couple of weeks to parishes in the Western Trust Area by the Safeguarding Office, Pastoral Centre, Bishop Street, Derry. They will also be available directly from the Safeguarding Office, opening hours are Monday – Wednesday, 1.30pm – 5.00pm. <i>Info will also be available on the Diocesan Website</i>		
Annual Pioneer and Friends Buffet and Dance: Friday 2 nd May in Shepherd's Rest. <i>Ticket only is £12.50</i>		
Diocesan Lourdes Pilgrimage (1st to 6th July): £599. The new Bishop of Derry, Bishop Donal McKeown, is delighted to be able to lead the Pilgrimage this year. <i>As many pilgrims as possible is appreciated</i>		
Pilgrimage to Medjugorje (7th to 14th September): Half board and all taxes and insurance £499. Spiritual Director is Fr. Mark Monaghan. <i>For more details call Maria on (028) 8164 8357</i>		
Parish Finance Committee Meeting: Monday 14 th March at 9.00pm.		
Thanks to the young people from the Loreto 'Witness to Faith Team' who visited us on Monday 10th March		
Next Sunday's Readings: Exodus 17:3-7; Psalm 94:1-2, 6-9, R/v8; Romans 5:1-2, 5-8; John 4:5-42; Lectionary 1 (page 245) <i>Sunday Scripture Readings cycle [Year A] • Weekday Scripture Readings cycle [Year 2]</i>		
Lotto Results: F • H • R • V • Y (1 drawn with 4 letters, winning £100) Next Jackpot: £1,900		

6.00pm Saturday Vigil	Offertory Gifts Rota	9.00am Sunday Morning
Saturday 15 th March The family of Neamh Donnelly	Second Sunday of Lent	Sunday 16 th March The family of Meaghan Clarke
Saturday 22 nd March* The family of Aimee Gumley	Third Sunday of Lent	Sunday 23 rd March The family of Aine Lucas
First Confessions (Reconciliation) is scheduled for Friday 28th March at 6.30pm		
Saturday 29 th March The family of Odhran Hughes	Fourth Sunday of Lent	Sunday 30 th March The family of Micael McCann
Saturday 5 th April The family of Cody McAleer	Fifth Sunday of Lent	Sunday 6 th April The family of Daniel McCrory

As a wider parish community we thank these young people and their families for this valued task of leadership. **What can you volunteer to do in your parish?** Thanks to all who participates in the life and work of our parish faith-community. ***Do This In Memory Week 6** *We need new volunteers in every aspect of life*

St Canice's Oratory, Celtic Prayer Garden, Lenamore Road, Muff – Mass for Healing: To be celebrated by Fr. Neal Carlin on Sunday 16th March at 3.00pm. This will be followed by a Prayer for the Spiritual Renewal of Ireland around the Celtic Garden which is shaped like a map of Ireland. *Refreshments afterwards in the IOSAS Centre*

Mental Health Awareness Training: By the end of the session participants will be able to:
Describe what is meant by the terms mental illness and mental health
Recognise some of the symptoms of the most common mental illnesses
Discuss recovery for those experiencing mental illness
Challenge some of the stereotypes and stigma associated with the term mental illness
Identify ways of promoting your own mental health and wellbeing
Places are limited. Please contact Fiona 07813 935 996 to register
Location: GAA, St. Patricks, Greencastle, 49 Mullydoo Rd, Greencastle Monday 31st March, 6.00pm to 9.30pm

Cappagh, Badoney CCE – Monthly Seisium: Friday 21st March in Eddie's Bar, Greencastle at 9.00pm.
Proceeds to Kidney Dialysis Unit, TCH, Omagh • Admission: Voluntary Donation • Supper Served.
Please come along & support a local facility which has and continues to provide dialysis and kidney transplant aftercare

It is very hard to convince those whose lives are dominated by feeling that faith has nothing whatever to do with emotion. Nor does it have anything to do with "feeling good," because very often faith recommends something that is very difficult, such as taking up a cross. *Venerable Archbishop Fulton Sheen*

Sculpture Classes at Broughderg: An extremely enjoyable course for everyone If anyone is interested in a new hobby Broughderg Area Development will be holding a short course in figurine making using Paverpol, a textile hardener that enables you to work with fabrics such as cotton, you can sculpt and these then can be displayed both in and outside your home. Thursday 20th March from 7.00pm to 9.00pm Classes are £15 for 3 weeks. *Please call Terry or Anne on (028) 8675 2004 if interested*

St. Patrick's Breastplate Prayer		
I bind myself to-day The strong Name of the Trinity, By invocation of the same, The Three in One and One in Three.	I bind unto myself today The virtues of the star-lit heaven, The glorious sun's life-giving ray, The whiteness of the moon at even, The flashing of the lightning free, The whirling wind's tempestuous shocks, The stable earth, the deep salt sea, Around the old eternal rocks.	Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.
I bind this day to me for ever By pow'r of faith, Christ's Incarnation; His baptism in Jordan river; His death on Cross for my salvation; His bursting from the spic'd tomb; His riding up the heav'nly way; His coming at the day of doom; I bind unto myself today.	Christ be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me,	I bind unto myself the Name, The strong Name of the Trinity; By invocation of the same, The Three in One, and One in Three. Of Whom all nature hath creation: Eternal Father, Spirit, Word: Praise to the Lord of my salvation, Salvation is of Christ the Lord.

Congratulations to Ciara Fox who will receive her Gold John Paul II Award in Armagh on Wednesday 20th March

Parish Liturgy for March, 2014	St. Patrick's (6.00pm Vigil Mass)	St. Patrick's (9.00am Mass)	Our Lady of the Wayside (11.00am Mass)
Readers	Francis McDermott	Siobhan McKenna	Anne McKenna
Eucharistic Ministry	Mary Tracey	Eileen McKenna	Mary McCrory
Prayers of Intercession	Aidan Clarke	Peter Fox	Claire Coyle
Collectors	Mary Bradley Raymond Bradley	Peter Tracey Colm Keenan	Sean McKenna Tony Donnelly
Altar Society	Mary McNamee, Patta McDermott and Mary McCrory		Anne McDermott Martina McBride
New choir members will always be welcomed – contact Sinead			

Beyond the Great Lenten Facebook Fast – Some Ideas for Sacrifice This Season:

By Tom Hoopes

We are fast approaching Ash Wednesday, and it is time to start planning your Lenten fast.

Lent is about recommitting to prayer, fasting so as to make room for God and almsgiving to relearn self-giving love — and for many of us, the biggest obstacle to prayer is social media, the biggest time-waster (and stressor) is our phone and computer, and the location of our frivolous, self-centered spending has moved online.

So as so many Catholics gear up to turn off Facebook for Lent here are some more nuanced ideas for what to give up for Lent (as previously published at Catholic Vote).

1. Moderation instead of fasting on Facebook

Every Lent sees a mass Catholic exodus from Facebook. I like this; I have done this. It may be just what you need to make your Lent more focused on God. But if I have learned anything in the spiritual life it is that it is harder to have a little cake than no cake, it is easier to control your environment than to control yourself ... and moderation can be as great a sacrifice as fasting. Instead of no Facebook time, why not a set Facebook time? Sunday afternoon? Saturday morning? Thursday evening? Then you might just form a new habit, instead of following a forty-day fast with a 320-day binge.

2. Turn off your phone

I was struck by a Facebook status update from Brendan Vogt: "Leaving your phone at home on purpose when you hang out with someone is the new way to show them you care about them." For Lent, why not sacrifice the phone at key events: When you spend time with your children, in business meetings, with your date, with your spouse, and, heck, when you are waiting somewhere and in a position to meet new people?

3. Use paper in church

There are some great apps that aid prayer and provide liturgical readings. I love them, use them frequently, and even take them to my Holy Hour. They are great, as long as they don't lead the user to start clicking on the e-mails and texts and Tweets and notifications that light up our phones. It may not even take that: I have found myself sitting in an adoration chapel idly surfing the Internet from habit before realizing how I was behaving in the presence of God and apologizing profusely. You're better off with the phone off, alone with a prayer book and the Blessed Sacrament, the Great App that accomplishes what it signifies.

4. Choose group entertainment

The evolution of isolating entertainment went something like this:

First, we sat connecting with each other over conversation on porches and at card tables. Then we stopped talking and winked at each other as we listened to the family radio. Then we were silent and unaware of each other in the glow of the television. Then we were sitting alone in separate rooms looking at individual laptop screens. Now we are alone all over town, with earbuds and screens of our own. Don't let this happen in your life! This Lent, ban Netflix unless a family or a group is watching; play music that everyone can agree on through good old fashioned speakers ... and reclaim togetherness!

5. Uproot your ear buds

The Rule of St. Benedict says every guest should be treated as Jesus Christ, and as Benedictine College's president likes to point out, "If you met Jesus Christ wouldn't you take your ear buds out?" Do so. Interact with other people this Lent — and wean yourself of the need to have a soundtrack accompanying your every move.



6. Give up video games

The Hoopeses have experimented with video games over the years with our nine children, and we have always disliked the results. The boys especially become obsessed, sullen, less helpful, and too focused on entertainment. We know families who have used Wii and other systems constructively to encourage children to interact with each other, but we decided it is better to encourage our children to find entertainment in the real world and in each other. We have been delighted by the results. Why not give up virtual reality for Lent? Real reality is a subtler pleasure ... but it has much to recommend it, once you reacquire the taste for it.

7. Unplug the Internet

Why not simply unplug the Internet during certain hours of each day? That way you will have to rediscover the world that exists outside your screen. (By the way, if you haven't done so yet, filter your Internet the first week of Lent. Web filters are not just for kids — with the proliferation of pornography, adults need extra help in making choices, too. You can find Internet content filters online in three basic kinds: Filtering software; hardware filters at your router; and Internet proxy filters from your provider. Look them up and get it done. We use the free OpenDNS.com filter software.)

8. Give up your extra technology for Lent

Here is a revolutionary idea: Maybe you should only have as much technology as your job, or state in life, demands. Why do teens need smart phones? Why not have a family laptop? Why not resist a little to the tendency to wire everybody into a different frequency? Use Lent as an experiment in simplicity. Our kids have minimal (old, cheap) iPods ... and if they want to hear music, they play it out loud so we can all share in the fun or the shame of it. We also try to follow the best practices for Internet responsibility: Everybody should use one centrally located charging station, where you can see everyone's machine from an hour before bedtime until an hour after wake time.

9. Read real books for Lent

Paper with words on it has changed lives before and can change yours. "The value of reading is best demonstrated by noting the ill effects of its absence in the lives of those who give themselves to idleness and fantasy," said one wise monk. "We need space to step back from issues to assess their significance more surely." Real reading is the opposite of Twitter ... it immerses us in ideas where we can take our time to sort out what is being said in the privacy of our thoughts.

10. Call people

So, to end all of this advice against technology, I would recommend a piece of technology: Your telephone. Disembodied voices aren't quite as intimate as one-on-one conversation, but they are a lot better than disembodied thumbs. Why not commit to three real-person-encounters each week in Lent. I plan to do so. Maybe on a land-line with an extra-long curly cord that stretches from the handset to the wall.

*Reprinted with permission from the Gregorian Institute at Benedictine College
Dr. Mulholland can be reached at emulholland@benedictine.edu*

Pope Francis' Intentions for March (please remember these in your personal prayer)

Universal: That all cultures may respect the rights and dignity of women.

For Evangelisation: That many young people may accept the Lord's invitation to consecrate their lives to proclaiming the Gospel.

St. Joseph's Church, Galliagh, Derry – Annual Diocesan Mass for those with Special Needs:

Saturday 5th April at 3.00pm. If you have a child who wishes to receive the Sacraments of Confirmation or First Holy Communion at this Mass call the Catechetical Centre on (028) 7126 4087 / email ddcc@derrydiocese.org.

Rural Support: Provides a listening and signposting service for farming and rural families through its helpline. Rural support can provide practical and emotional support with regards to a variety of issues including farm paperwork, financial concerns, physical and mental health and general stress. The helpline is confidential and operated from 8.00am to 11.00pm seven days a week (voicemail and support options available at all other times). The helpline number is 0845 606 7607. Rural support is currently recruiting volunteers for various roles within the organisation. If you would be interested in volunteering with Rural Support you can visit ruralsupport.org.uk

This Week's Calendar of Feasts and Saints:

Sunday 17th March – St. Patrick (bishop and Principal Patron of Ireland) Born in Roman Britain in the early 5th century, Patrick was taken captive at 16 years of age and brought by pirates as a slave to the Braid Valley in the glens of Antrim. He worked as a shepherd around Sliabh Mis (Mt. Slemish) near the present-day town of Ballymena. After six years he escaped back to Britain, but he heard God's call to return to convert the Irish. After studies for the priesthood in France, he returned as Bishop c. 432 and commenced the remarkable conversion of the Irish. Died in 491.

Tuesday 18th March – St. Cyril of Jerusalem (bishop and Doctor of the Church) St. Cyril became the Archbishop of Jerusalem at 35. He was present at the Council of Constantinople in 381, where Jerusalem was first recognised as a patriarchal See, along with Rome, Antioch, Alexandria and Constantinople. This council is responsible for the Nicene Creed which was promulgated in its final form. Died on the 18th March, 386 at the age of 70, after 35 years as a bishop, of which 16 were spent in exile.

Wednesday 19th March – St. Joseph (husband of the Blessed Virgin Mary) The Bible pays Joseph the highest compliment: he was a "just" man, which means he was a man who was completely open to all that God wanted to do for him. The main feast of St. Joseph is on this date - 19th March. It was believed his death occurred on this day. The feast was fixed in the 15th century and was extended to the whole Church by Pope Gregory XV in 1621. On December 8th 1870, Pope Pius IX ordered that this feast be celebrated throughout the Church. Holy Church also dedicates to St. Joseph the entire month of March. In addition, by custom, Wednesday of each week is dedicated to St. Joseph. The lineage of Mary's husband as the legal father of Jesus is traced in Matthew's gospel (1:18-25). Matthew sketches the confusion, humiliation and misery experienced by Joseph when he recognises that Mary is *with child*. This just man was simply, joyfully, and wholeheartedly obedient to God; in marrying Mary, in naming Jesus, in shepherding the precious pair to Egypt, in bringing them to Nazareth and in years of quiet faith and courage.

Friday 21st March – St. Enda (abbot) Considered to be one of the three great late vocations (athlaech) of Ireland. His sister Faenche, a nun, set his thoughts on a religious vocation. He made a small foundation in Cell Aine, Co. Louth and after studies in Scotland under Ninian made several foundations in the Boyne valley. On Faenche's urging he went to Aran. Thought to have died in 520 and is considered as one of the early models of ascetic monasticism in Ireland.

Sunday 23rd March – St. Turibius of Mongrovejo (bishop) [1538-1606] A layman when he was appointed archbishop of Lima, Peru by King Philip II. He combated all the abuses of the conquerors in Peru and built up the Church there. [Not Celebrated this Year]

Prayer for the Diocese of Derry at this time

Fr. Kieran Devlin P. Em (Badoney Lower, 2012)

God our Father, we your people of the diocese of Derry, turn to you in prayer, as our ancestors have done, In good times and bad, since the days of Saint Columba and Saint Eugene, Saint Lurach and Saint Mura.

Although aware that we are unworthy of your grace, with confidence in your love we ask your help.

Support and care for our bishops in their retirement, give courage and vision to those who are called on to administer the diocese at this time.

Grant your wisdom and discernment to those charged with the task of choosing your next bishop.

We ask you this in the name of Jesus, your Son, our Lord.

Mary Mother of the Church, pray for us, Saint Columba, pray for us, Saint Eugene, pray for us, Saint Lurach pray for us, Saint Mura pray for us, all you saints of the diocese pray for us.

Knock Marriage Introduction Bureau: The aim of the Bureau is to introduce people considering marriage to a suitable marriage partner. Over 800 marriages have taken place as a result of these introductions. If you are searching for a suitable partner, why not consider applying?

For further information contact the Bureau at Knock, Co. Mayo on 00353 94937 5960 or visit our website at knockmarriagebureau.com and read about the workings of the Bureau

ACCORD Marriage Preparation Courses 2014 (028)8224 2439 accordomagh@btopenworld.com

4th and 5th April • 9th and 10th May • 6th and 7th June

Applications to Secretary, ACCORD, Mount St., Columba Pastoral Centre, 48, Brook Street, Omagh BT78 5HD
Courses are limited to 15 couples and must be completed at least 6 months before your wedding

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 the Safeguarding Policy and Procedures, published on behalf of the **Diocesan Safeguarding Committee***

Greencastle Parish Pilgrimage Sunday to the Mass Rock in the Townland of Dorville (3rd August): For

3.00pm. There are three penal Mass sites in the parish and in previous years we have made pilgrimage to Formil (2012) and Crouck (2013). Dorville will be a physically challenging experience as well as an opportunity to express our faith.

Please mark this date into your diary and volunteer your services to help prepare for it

Lough Derg Pilgrimage Season (1st June to 13th August): Check out the Lough Derg website for details.

Seeing your life through the lens of the gospels – Matthew 17:1-9:

John Byrne OSA (john@orlagh.ie)

1. The transfiguration experience was one which, for Jesus, clarified his relationship with his Father and strengthened him for the future. It was also a moment of deep revelation for the disciples. What have been the experiences, the moments of insight, which for you have clarified your sense of who you are, and what is your relationship with God?
2. On the mountain, the disciples saw Jesus in a new way. His appearance changed. Sometimes in friendship there are moments of sharing in which we get to know a friend in a new and deeper way. Have you had that experience in human friendship, or in your relationship with Jesus and God. Recall when that happened, and what it was like for you.
3. The clear vision of Jesus with Moses and Elijah was followed by a frightening experience of being in a cloud and it was in the midst of the cloud that the disciples were instructed 'This is my Son, my Chosen; listen to him.' Have you had the experience of learning the truth about life and about your relationship with God from moments of confusion as well as from times of special joy?
4. After their special experience the disciples came down the mountain again. We cannot live each day at the level of special spiritual experiences, but the memory of them can strengthen us in difficult times. What memories encourage you in time of trouble?

Musings

Salvador Ryan (St. Patrick's College, Maynooth)

What Abram was asked to do - to leave his country, his family and his father's house, was a difficult request. The pain of the exile is captured well in the very human admission of St Patrick who writes in his Confession that he would dearly love to return to his family, to 'visit my home country and my parents'. But, he continues, 'I fear, also, to lose the work which I began - not so much I as Christ the Lord, who told me to come here to be with these people for the rest of my life'. Saints are no more shielded from emotion than the rest of us.

The Deep End – It is Wonderful for Us to Be Here:*Jane Mellett (janemellett@yahoo.com)*

We can sympathise with Peter in today's Gospel as he wants to remain on the mountain in this amazing, euphoric experience. We can recall those events in our own lives - we didn't want them to end. But Jesus' way involves coming down from the mountain top. Often we can be content in assuming that our serving God is sufficient at a Sunday Mass. We must awaken that call within each of us to be active in our Gospel living; to listen to the cry of the poor and the oppressed and the challenges that they face in this world.

In a special way this Lent we think about water, we think about Enestina from Malawi who journeys 2km with 20 litres of water every morning before school. What do we have to say to that situation? What do we have to say to our governments about Enestina? Who has the power in these situations? What can we do about it? Wash clothes at 30 degrees; spend less time in the shower; fix those dripping taps; reduce the amount of bottled water we buy. How can such small acts make a difference? They raise consciousness, restore relationship and help us to live more fully in communion together.

Transformation... begins with the people of God who start turning the things of death into things of life. And the kings and presidents and nations will follow. *Shane Claiborne*

Appeal on behalf of Family Care Society: Family Care Society is a voluntary adoption agency with its roots in the Catholic Church and we provide an adoption service throughout all of Northern Ireland.

A core part of our work is to place children with new adoptive families. These children are often from the care system and may have had a difficult start in life. We are experienced in finding families for these children but given the number of children being referred and their specific needs we are always looking for families to come forward. We would like to thank you for the support you have provided to date. It has proved to be a very successful way of finding adoptive families. Given however our urgent need presently to find families for more young children, we are again respectfully asking for your help.

Adoption: Family Care Society is presently seeking adoptive families who would be interested in parenting children aged between 2 to 6 years and need the love and attention of a caring and understanding family. Could this be you?

Tel: (028) 9069 1133 [Belfast] // (028) 7136 8592 [Derry] • **Email:** email@familycaresociety.org • **Web:** familycaresociety.co.uk

Engaged Encounter – Rules for Arguing: Couples who discover they have a disagreement are invited by Engaged Encounter to share their opinions in the following manner. The sentences following the rules are Jay Keenan's comments from his perspective as an Engaged Encounter leader with his wife Suzanne.

NO NAME CALLING	This includes using affectionate names sarcastically
NO THIRD PARTIES	The argument is between the two of you
NO PAST HISTORY	If it's already been settled, don't bring it up again
STICK TO THE SUBJECT	Identify the real problem — don't go to other issues
NO CHEAP SHOTS	Don't use the other's weakness to gain advantage; you may win the argument, but injure your relationship
DON'T GO TO BED ANGRY	Finish the argument or call a truce and agree on a time to continue
MAINTAIN A SENSE OF HUMOUR	Don't take yourselves too seriously; laughter can be the best medicine
HOLD HANDS WHILE ARGUING	This helps to keep your focus where it belongs — on the person who means more to you than anyone in the world

IMPORTANT DATES FOR THE DIARY IN 2014

Sacramental Celebrations	Friday 28 th March	St. Patrick's	6.30pm	First Confession
	Sunday 1 st June Feast of the Ascension	St. Patrick's	11.00am	First Holy Communion
Solemn Annual Exposition of the Blessed Sacrament		Sunday 11 th May	St. Patrick's	
		Sunday 24 th August	Our Lady of the Wayside	
Derry Diocesan Society Masses in our Parish		Tuesday 8 th April • Thursday 29 th May Saturday 19 th July • Monday 8 th September • Wednesday 29 th October		
		St. Patrick's		
Public Prayers for our Deceased (Cemetery Sunday) (5 th and 6 th July)	Saturday 5 th July	St. Patrick's	Directly after 6.00pm	Vigil Mass
	Sunday 6 th July	Our Lady of Wayside St. Mary's, Broughderg	Directly after 11.00am	Mass
	Saturday 1 st November	St. Patrick's	6.00pm	Vigil Mass: Commemoration of All Souls (remembering all who died in 2013)

'Do This In Memory' liturgies for candidates preparing for the Sacraments of First Reconciliation and First Holy Communion

Saturday 22nd March	Third Sunday of Lent	6.00pm Vigil Mass
Friday 28th March	Third Week of Lent	6.30pm First Confessions (Reconciliation)
Saturday 12th April	Palm Sunday	6.00pm Vigil Mass
Saturday 3rd May	Third Sunday of Easter	6.00pm Vigil Mass
Sunday 1st June	Feast of the Ascension of the Lord	11.00am First Holy Communion
Saturday 22nd June	Feast of Corpus Christi	6.00pm Vigil Mass

Online Lenten calendar: Launched by Archbishop Eamon Martin and can be accessed on the homepage of catholicbishops.ie. New information will be revealed each day of Lent by clicking on a virtual numerical door, and this will include:

- Daily Mass readings and reflections
- Lenten tweets from Pope Francis and other Church sources
- Prayers and Pastoral Letters for Lent
- Suggestions on observing Friday Penance during Lent
- Events taking place across Ireland during Lent
- Details of Trócaire's Lenten Campaign for 2014

Pope Francis' message for Lent and from Evangelii Gaudium • Explanations of Lent and Lenten practices
"Lent is the most solemn season for the Catholic Church and it culminates in the high-point of our liturgical calendar: Easter Sunday. With the help of the word of God and the sacraments, Lent is a time to renew our journey of faith, both as individuals and as a community. With this in mind our new Lenten calendar is a resource to assist the faithful in our preparation for Easter."

"For many years we have provided online resources to assist with our Lenten preparations, but this year we offer the faithful a new online calendar for this purpose. The calendar is designed for people of all ages as a user-friendly resource to help explain the significant season of Lent. The online calendar seeks to guide us as we prepare spiritually for the joy and hope which comes with the Easter season. During the season of Lent, I invite everyone to visit and avail of the information provided by our calendar."