



Parish of Murhaun

Email: drumshanboparish@gmail.com....Phone 0719641010



Saturday
Sunday
Sunday

March 2nd 7.00 p.m.
March 3rd 9.00 a.m.
March 3rd 11.30 a.m.

Jerome McKiernan
Pro Populo.
Micheál McKeon & deceased family members.

Masses: Eight Sunday in Ordinary Time. March 3rd to Sunday 10th March 2019.
Day of Prayer for Temperance

Monday	8.00 a.m.	Private Intention.
Tuesday	7.00 p.m.	
Wednesday	7.00 a.m.	
Wednesday	7.00 p.m.	
Thursday	7.00 a.m.	
Thursday	7.00 p.m.	Benefactors living and deceased of Poor Clare Community.
Friday	7.00 a.m.	Pro Populo
Friday	7.00 p.m.	James Moffatt & deceased family members.
Saturday	10.00 a.m.	Mary Murray.
Saturday	7.00 p.m.	Mick (Michael) Gormley
Sunday	9.00 a.m.	Jim McGovern
Sunday	11.30 a.m.	O'Connor Family

Ministers of the Word: Vigil. Ciara & Rachel McCormack, Shane & Clare McKeon.

11.30 a.m.: Mary Gilhooley & Pádraig McLoughlin . **Convent : A**

Eucharistic Ministers: Group A **Altar Society:** Month of March: Group B

Offertory collection: € 1611.00 . Thank You.

Prayer Meeting: Monday @ 8.00 pm. in Aras Phádraig. All welcome.

Senior Citizens : Wednesday @ 2pm. Aras Phádraig. New members welcome.

Folk Choir Practice : Monday at 9pm Parish Church. New members welcome.

Rosary Walk : Sunday 3rd March, meeting at Parish Church Carpark at 3pm finishing in Peace Garden at Parochial House. All welcome

Stations of the Cross every Friday for Lent in the Parish Church , Commencing on Friday the 8th March .The stations will start at 6.15pm.Evening Mass for Lent will be 7pm.

Women's Group: Yoga classes March 5th :@ 7.30 pm. Aras Phádraig. All welcome

Deaths: We remember in our prayer Margaret Deignan, sister of Berney McCauley who will be laid to rest in London during the week. May she rest in peace.

I congratulate the 25 boys and girls from the Confirmation Class, who will make a promise this Sunday that will keep them safe from all addictive substance and alcohol in their teenage years.

Charity walk : Sunday March-3rd @2pm Kilonan woodlands. Contact 0863234846.

Drumshanbo Traditional Irish Music Course: "Cairde Le Chei" Friday 8th March @ 8pm.
Proceeds : St. V De Paul, STOP Suicide and School Instrument Fund. Tks. €7 : und.12 free.

The Tony McGowan Run Committee: thank community of Drumshanbo that supported the recent event through sponsorship, food, donations, stewarding and participation. The day was an unprecedented success and a reflection of volunteerism at its best.

Lent a time to fast.: To fast in a different way:

- 1 Fast from noise. Turn off TV , radio, iPod's and phones at some time during the day. Create spaces of silence in our homes that will create spaces of silence in our heart. In the silence God speaks. A voice that speaks of peace.
2. Fast from gossip: It's so easy to start, like a little fire, but hard to quench when started. Afterwards we feel diminished and deflated. We never know where our words will end.
- 3 : Fast from "Creature Comforts" the dessert, the chocolate biscuit or bun, the glass of wine, that extra hour in bed. What we save we share with Trócaire as a gift for our brothers and sisters who do without every day. I invite you to the 7am Mass in the Convent Chapel each morning— Monday to Friday.
4. Fast from excuses. Remove the words "I can't" from my vocabulary. Practice saying: I am sorry, I was wrong, I made a mistake,
- 5: Fast from complaints: from blaming other people, from being negative. Practice forgiveness, forgiveness, forgiveness.
- 6 Fast from Busyness: Busyness is the drug of the 21st century. Slow down. Take your time ... One thing at a time and one day at a time.
- 7: Fast from being ungrateful; Scientists have done research that shows grateful people sleep better, are healthier, less stressed and are more positive.

Let our Fit bit count how many times we say "Thank you" during the day.