

Here are some useful Apps to help with prayer and meditation. They are available from the App Store on your phone or other device:-

Pray As You Go - Daily Prayer

This is a lifestyle app which can be downloaded for free. For the past 16 years this app has provided a daily journey and encounter with God for millions of people around the world. It will support your prayer life each day with a short contemplative prayer session and an invitation to go deeper with other prayer tools, series, retreats and resources. It lasts between 10 and 13 minutes and combines music, scripture and some questions for reflection.

Universalis

This app helps you to follow the Mass each day. The "Mass Today" page merges the Order of Mass with the Readings and Prayers for the day, so you can follow the Mass right through without having to jump here and there through a missal. It costs approximately €12.

Your contribution to the Church is your appreciation for your parish. If you would like to become a regular contributor to the Parish, please fill in this slip and return to Parish Office or Sacristy

Name.....

Contact Number.....

Address.....

.....

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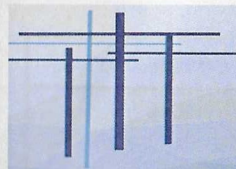
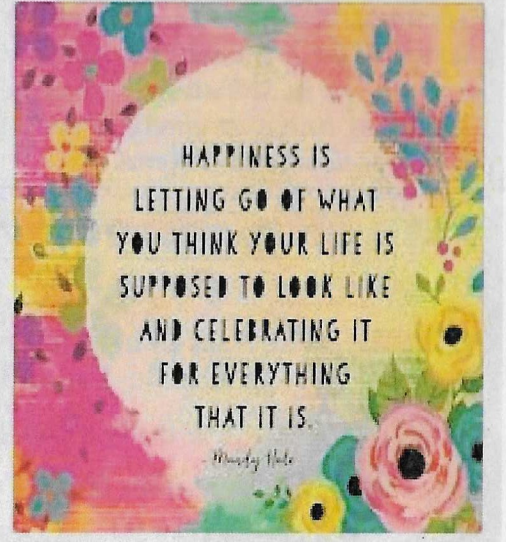
NEW BOXES OF PARISH ENVELOPES

The new boxes of envelopes are now ready for collection from the Churches.

Please note that we are updating the Parish system so numbers have now changed. This will be reflected on the Pastoral Management package that the diocese recommend. If anyone is missing a box of envelopes - we apologise - please ring the Parish Office in Wicklow on 61699 and we will forward you a box of envelopes as soon as possible.

If you would like to receive a box and contribute to the upkeep of the parish, we would be happy to help you out with your request. It is also possible to donate by Standing Order and again we are happy to go through the process with you.

PLEASE ENSURE THAT YOUR MOBILE PHONE IS SWITCHED OFF WHILE IN THE CHURCH.



ASHFORD & GLENEALY PARISH

WEEKLY NEWSLETTER

4th February 2024

Fifth Sunday in Ordinary Time~ Year B

RCN 20016166

Fr Donal Neary, S.J Gospel Reflections for the Year B.

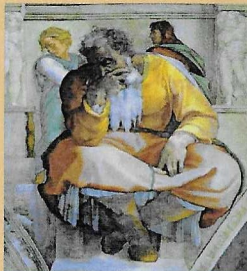
Darkness and Light

The first reading is tough to hear and we admire Job. We talk of 'the patience of Job'. Job is the example and the hero of depression. He just had it bad. All had gone wrong and he felt no good, no hope, no meaning. His family collapsed, his wealth disappeared and he cursed the day he was born. He went through all of the depressions people have, but somehow kept that glimmer of light alive. He never totally lost God, and God never lost him.

Depression is a huge illness. Many suffer; many are affected. Treatment can be of help, and the listening times of friends as well as therapy is healing.

A great priest wrote ".... At the worst of the burn out I couldn't say mass, never mind preach. Dry, empty, with out light or life. Thanks again for the card you sent. It means a lot to me now. Funny, in the worst of my anxiety, nothing, no compliment, and no reassurance meant anything to me."

There are many helps on the human level. There is the help also of faith and prayer at times. And the help of someone who, listens, sympathises, doesn't judge nor give easy cures. Love from God never ends even though it may not appear near just now. This is the Jesus of the gospel - bringing the grace of healing, of freeing from any evil, of constant love.



Imagine a time of darkness in life; picture it in its colour, and imagine the bright light of Jesus penetrate that darkness. Ask for help and give thanks for help. Give light, Good Lord, to all who live in the valley of darkness and the shadow of doubt.

ASHFORD & GLENEALY PARISH - CONTACTS

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PARISH OFFICE WICKLOW 0404 -61699

Office opening times Monday - Friday: 10am - 12.30pm

| | This week we remember | Next week we remember |
|----------------------------|---------------------------------|---|
| SATURDAY 6.00pm ASHFORD | Thelma Monaghan | Caroline Donaldson |
| SUNDAY 10.30am GLENEALY | Mai Flynn Tom Dunbar | Sadie Douglas-Months Mind Bridie O Brien |


World Peace

Our thoughts are with the suffering people of the Middle East and Ukraine. We pray that peace will come to these troubled lands. Remember those who are suffering, displaced and fearful because of war. Enlighten world leaders; make them wise in their decisions. Make all of us instruments of your peace.



The Pope's Intention for February

*For the terminally ill.
We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.*



ASHFORD & GLENEALY PARISH
28th January 2024

ENVELOPE/ CHURCH COLLECTION - goes towards maintaining our parish - €195
 1ST COLLECTION / COMMON FUND - pays salaries of Priests of Diocese - €430
 2ND COLLECTION / SHARE - goes towards Diocesan Administration - €440
 MAINTENANCE - goes towards Parish upkeep - €45

Many thanks for your continued support.

NEXT WEEKEND'S READINGS


To reflect on the readings please check
catholicireland.net / sacredspace.ie / universalis.com

First Reading : Leviticus13: 1-2, 44-46

Psalm : 31

Second Reading: 1 Corinthians 10:31, 11:1

Gospel: Mark 1:40-45



Active Retirement Activities & Trips

Now with 105 members, we are one of the largest Groups in Ireland

Tuesday morning meetings 10.45am.
 Conversational Irish Tuesdays at 10.00 am
 Line Dancing Tuesdays 12.00 to 1.00pm
 Walking on the Murrough Wednesdays at 11.00 am
 Choir Fridays 3.00pm—4.00pm

Follow us on our facebook page: **Wicklow Active Retirement**

If you would like to join active retirement or find out more, please do feel free to ring **Pauline** on 087 227 6760

You will be sure of a Céad Míle Fáilte

PLEASE NOTE

THERE WILL BE NO MASS IN RATHNEW NEXT MONDAY 5TH AND TUESDAY 6TH FEBRUARY.

ALSO, NO MASS NEXT WEDNESDAY 7TH FEBRUARY IN BARNDARRIG AT 10AM.

Please note that there will be NO MASS on Thursday 8th February. Instead, that morning there will be a Eucharistic Service at 10am on in St Patrick's Church Wicklow and everybody is very welcome to attend.

Scripture Reflection

Making time to pause & reflect with others on the Sunday Gospels, on Wednesday mornings from 10.45am till 12noon in the Dominican Ecology Centre. Tea & coffee is provided and everyone is very welcome to join us



WICKLOW COPD GROUP

COPD Exercise class to help improve your breathing every Monday in the De La Salle Pastoral Centre.

Fully qualified Instructors

Further information from Denis Teevan on 086 8174 703