

SUNDAYS/DÉ DOMHNAIGH

Sunday- Invitation

As you go to Mass, be conscious of those going into the Church alongside you, each with their own needs, hope and struggles. Remember that we go to God together... reach out with a smile or a greeting to those you meet.

Take part in the Mass, pray in every fibre of your being, pray aloud, pray in gesture, pray in the silence, pray in the communal prayers, and pray in your standing and in your sitting.

PRAY/GUÍ

Lord, let me participate in this Mass with all my heart, in my words and my actions, as I give thanks with my sisters and brothers for the gift of you, your life and your hope to us. Amen.

MONDAYS/DE LUAIN

Recognising God in the bits and pieces of the day

Each life that we encounter is a gift deserving acceptance, respect and love. The word of God helps us to open our eyes to welcome and love life, especially when it is weak and vulnerable. (Pope Francis 2018.)

Invitation Notice, really notice, the people you meet today, the daily tasks and the particular demands of this day...Can I let God be present at each moment? Can I be present to God?

PRAY/GUÍ *Loving God, you send me to serve the needs of others. May I recognise your Presence in the people I meet today... my family and co-workers, neighbours, and friends all who cross my path. May I notice your Presence in the different moments of my day, the usual daily tasks and the unexpected phone call or the chance encounter, and the frustrating tasks. May I be encouraged and strengthened by your Presence in each and every moment. Amen*

TUESDAY /DE MAIRT.

Recognising God in the Stranger

PRAY/GUÍ

A child, a woman and a man
Are people dear and close to me
a name, a smile, a voice I know,
a hand I touch, a face I see.
Yet more than I can see and know,
My saviour knows and fully loves
That very woman, child and man.

A child a woman, and a man
are people in a foreign land,
whose word I doubt, whose hopes
I fear,
whose ways I cannot understand,
and yet I need to feel and know
How Christ our Saviour knows and loves
that very woman, child and man.

CAHERCONLISH/CAHERLINE PARISH

JOURNEYING THROUGH LENT

Lent is a new beginning.... This season urgently call us to conversion. Christians are asked to return to God "with all their hearts" (Joes 2:12), to refuse to settle for mediocrity and to grow in friendship with the Lord.

Jesus is the faithful friend who never abandons us. (Pope Francis.)

WEDNESDAYS/ DÉ CÉADAOIN

Opening our hearts to God



LENT

Lent is a time to learn to travel light, to clear the clutter from our crowded lives, and find a space, a desert.

(Ann Lewin)

Wednesday -Invitation

Take a moment today to notice what you do to fill spaces or emptiness in your life. Just notice how the empty spaces feel and invite God to help you stay with the emptiness, the desert spaces of your life.

During the day, become aware of when you are tempted to fill up these spaces and feelings or emptiness and pray for the courage to be open to what God is offering you.

PRAY /GUÍ

*Day by day,
dear Lord, three things we pray
to see you more clearly
to love you more dearly
to follow you more nearly
day by day.*

THURSDAYS/DÉ DÉARDAOIN

Listening to God's word for life



Scripture Reading Joel 2:12-13

Return to the Lord, your God,
for God is gracious and merciful,
slow to anger, and abounding in steadfast love,
and relents from punishing.

Thursday- Invitation

Read the passage aloud and notice and hold onto a word or phrase that catches your attention...

Read the passage again slowly...again notice which word or phrase attracts you... in the silence, speak aloud the word or phrase you noticed.

Read the passage aloud and, again listen for a word or phrase that lights up for you... hold your word/phrase in the silence and ask yourself: What has this word /phrase to say to me today?

PRAY /GUÍ

Living God, when we close our hearts to the gift of your word, we end up closing our hearts to the gift our sisters and brothers. Open our hearts this Lent that we might hear your word and live its invitation of love in our lives. Amen.

Fridays /Dé hAoine

Becoming God's heart of compassion in the world.

Eating can be a frenzied practice, where we consume too much with little thought as to whether we need this food, now. By fasting, we become more aware of the millions who go hungry every day. Fasting keeps us conscious of our obligations to create a more just society and world.

Friday - Invitation

Today, pay attention to the food you eat. Give thanks to God for the gift of this food. Eat only what you need. Fast in solidarity with those who do not have enough to eat today.

PRAY/GUÍ

Nourish me, Lord, nourish my hunger for what I need, and quench by thirst for what distracts me from you. Nourish me Lord; open my eyes and heart to those who are hungry and thirsty... for food, for hope, for love, for justice. Amen.

SATURDAYS/DÉ SATHAIRN

Standing in solidarity with those who are suffering

Most of us have at least a few precious photographs in our homes. They remind us of the most important people and events of our lives. The Rosary is much like our precious photos: it's a simple, tangible way of keeping the most important person in our life-Jesus-front and centre. Because the Rosary is a prayer, it actually connects us to Jesus and helps us to deepen our relationship with him.



(Sr. Johanna (Marie Melnyk, OSB))

Invitation.

Focus on one area where people are suffering today. Trócaire invites us to be aware of the people of Uganda, Guatemala and Syria. How can you respond lovingly? What can you give of your time, talent or treasure to alleviate something of another's suffering?

PRAY/GUÍ

With Mary, our mother, pray the Sorrowful Mysteries of the Rosary today, aware of the suffering Jesus experienced. Pray each mystery in solidarity with those through whom Christ suffers today.

- ***The Agony in the Garden***
- ***The Scourging at the Pillar***
- ***The Crowning with Thorns***
- ***The Carrying of the Cross***
- ***The Crucifixion.***

SUNDAYS/DÉ DOMHNAIGH

Giving thanks to God for the gift of life.

Worship is a way of knowing, a way of learning about our faith, of who God is and how we respond to the One who gave us life and who sustains our lives. We worship in order to stand in relationship with God.

This is why participation is important. Active participation is not something added on to the Mass simply to enliven the liturgy: it is fundamental to how we express ourselves as members of the Body of Christ.

(Thomas J. Scirghi, Pastoral Liturgy)

.