

**Cardiac Rehab Podcast:** "It's Cardiac Rehab" - A podcast series bringing together experts in cardiac rehab and patients who have attended cardiac rehabilitation. Topics included are exercise, medication, healthy eating and the psychological impact of living with heart disease. If you have had a cardiovascular event such as a heart attack, coronary artery stenting or coronary artery bypass surgery - log onto <https://irishheart.ie/services-for-you/its-cardiac-rehab-podcast/> for information and support.

*Thought for the week*

## Pastor of the Week.

Prayer given in Kansas at the opening session of their Senate.

When Minister Joe Wright was asked to open the new session of the Kansas Senate, everyone was expecting the usual generalities, but this is what they heard: "Heavenly Father, we come before you today to ask Your forgiveness and to seek Your direction and guidance. We know Your Word says, 'Woe to those who call evil good,' but that is exactly what we have done. We have lost our Spiritual Equilibrium and reversed our values. We have exploited the poor and called it the Lottery. We have rewarded laziness and called it Welfare. We have killed our unborn and called it Choice. We have shot abortionists and called it Justifiable. We have neglected to discipline our children and called it building Self-esteem. We have abused power and called it Politics. We have coveted our neighbour's possessions and called it Ambition. We have polluted the air with profanity and pornography and called it Freedom of Expression. We have ridiculed the time-honoured values of our forefathers and called it Enlightenment. Search us, oh, God, and know our hearts today; cleanse us from every sin and set us free. Amen!"

*Have a Wonderful Week*

## PARISH NEWSLETTER



7<sup>th</sup>. August Nineteenth Sunday in Ordinary Time

The Parish Office will be open on Tuesday and Friday from 9.30 - 1.30.

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## Ever-ready

Nowadays, many houses have security systems. We can have our homes monitored, 24 hours a day, to make sure they are safe. The really advanced systems even allow us to tap into the cameras from our mobile phones. We don't have to stay awake all night in case someone tries to burgle our home - the system takes care of everything. There are so many technologies available whose focus is to help us be prepared for all eventualities; we have apps for everything from predicting the weather to alerting us to traffic delays. There are no such luxuries in the parables. The men who are waiting for their master to return from the wedding feast cannot afford to sleep. They won't receive an alert to their phone when their master arrives home. They have no option but to wait up. In the short parable of the householder and the burglar, Jesus again emphasises the importance of 'standing ready.' Of course, Jesus is not really talking about watchmen and burglars, or being physically prepared; he is talking, rather, about spiritual alertness. It might seem morbid, but ask yourself this: if you were to die tonight, would you be ready? Your answer might tell you something about the areas of your life that need work. Another way in which we can be 'ever ready' is to be open to the Holy Spirit. When our hearts are alert and open, we are more likely to see God's goodness in those we meet, and be ready to welcome his grace into our lives. We could not imagine being without our gadgets and apps and all of the things that make our lives easier. Valuable though they are, there is something more valuable - indeed priceless - at stake

### Christian Motivational Phrases

"The spirituality of family love is made up of thousands of small but real gestures. In the variety of gifts and encounters which deepen communion, God has his dwelling place. Pope Francis.

### ANNIVERSARIES - WITH LOVE WE REMEMBER



Saturday 6<sup>th</sup>. Ballyconnell 7.30

Michael Cahill, Killinure

Saturday 13<sup>th</sup>. Ballyconnell 7.30

Mary & Patrick Rooney & Statia Nolan, Rath

### Mass Schedule



Tuesday 9<sup>th</sup>. Mass at 9.30; Wednesday 10<sup>th</sup>. Mass at 9.30; Friday 12<sup>th</sup>. Ballyconnell at 7.30.

Fr. John will bless the graves in the old cemetery Kilquiggan after the mass.

Friday 12<sup>th</sup>. First Friday: Fr. John will attend the sick and the housebound.

**Collections: Weekends: 30/31 July**

**Envelopes: € Baskets: € Envelopes returned:**

**Bingo: € Lotto: €**

### Ballyconnell Bingo

There will be bingo Sunday 7<sup>th</sup>. August @ 5.00 PM. Please spread the word; and thanks for your support



### Coolkenno GAA Lotto

Last week's numbers: 3,7,15,30 No Winner.

Next week's jackpot €6,100. Next Draw: Monday 1<sup>st</sup> August in Clubhouse

Lucky Dip Winners: Jacinta Wash, Eamon Healy, Donal Deegan, Dave Carton.

The sisters of St. Elizabeth Convent in Minsk, Belarus visited our Parish on Tuesday 19<sup>th</sup>. July and they wrote this email of gratitude for the warm hospitality they received.

Thank you to all who supported.

Dear Father and all parishioners of the Parish,

We would like to express our sincere gratitude and appreciation for the decision to kindly grant us the permission to visit Your parish. We heartily thank the Lord for Your and Your parishioners' hospitality and precious help during the visit of our sisters. We do appreciate all your efforts, concern, assistance and kind heartedness greatly.

Our sisters are incredibly grateful for the donation collected in your parish which will allow us to continue our outreach services and programs for orphanage children with psychophysical deficiencies, for people who were led astray by the rough and tumble of life (the homeless, drug and alcohol addicts, ex-prisoners and the less able) including food, shelter and clothing distribution. Let us assure you that You are always welcome here at St. Elisabeth Convent. With deep gratitude and love in Christ,

Sister Olga and sisters of St Elisabeth Convent

PARISH LOTTO: Kildare & Leighlin Co-Op Lotto Results for Wednesday 3<sup>rd</sup>. August 2022 Numbers 1, 24, 29, 31 - No Winner - Next week's jackpot €16,000 - 3 Match 3's - €167 each.

SYNOD NEWS: Walking together as a church means we need to discern together our priorities for these times, how the Holy Spirit is calling us to be the Church in this new reality, how we can proclaim the gospel today, and respond to the great commissioning of the early church to "make disciples of all nations" (Mt. 28,19). There is no instant solution to these challenges. We will need to let go of some of the familiar so that we can create room for new seeds to flourish and grow.

**Bishop Fintan Gavin.**