

God's People Our Parish

St. James and St Hugh, Kilbeggan and Rahugh

KILBEGGAN: Saturday Vigil 7.30 p.m. & Sunday 11 a.m.

Monday, Tuesday, Thursday & Friday 9.30a.m. Wednesday 7.30p.m. & Saturday 10a.m

Confessions ~ Saturday 10.30a.m. ~ 11.30a.m.

RAHUGH: Sunday 9.30 a.m. & Friday 7.30p.m.

Fr. Brendan, Harbour Rd. 057 9332155 087 2618353

brendanfcorrigan@gmail.com <https://www.kilbegganparish.ie>

Eight Sunday in Ordinary Time

7.30 p.m. Larry Carroll

Johnson Family and Grandson Aaron Keane 2nd Anniversary
Teresa Cunningham, Tullamore Rd.

9.30 a.m.

11 a.m. Jody and Bridget Hogan



Ash Wednesday

Ash Wednesday Masses 9.30 a.m. and 7.30 p.m.
Blessing and distribution of ashes at both Masses

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence. Fridays during Lent are days of

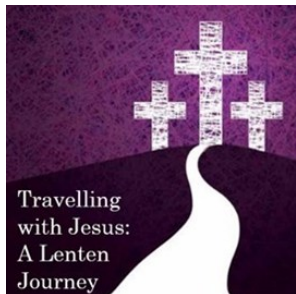
abstinence from meat. The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.



Examples of what we could do for Lent:

Abstaining from meat or some other food;
Abstaining from alcoholic drink or smoking;
Making a special effort at involvement in family prayer;
Making a special effort to participate in daily Mass;
Visiting the Blessed Sacrament;
Making the Stations of the Cross each week;

Fasting from all food for a longer period than usual and perhaps giving what is saved to the needy.
Helping the poor, sick, old, or lonely.
Saying the Rosary each day.
Prepare to make a sincere and humble Confession of sins in the Sacrament of Reconciliation during Lent.
Reducing T.V. or Media time. Read a spiritual book.



Friday (7th March) 7.30 p.m. Ben and Mary Wyer

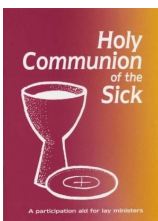
First Sunday of Lent

7.30 p.m.

9.30 a.m. Crombie Family, Monasette

11 a.m. P.J. Smith 20th Anniversary, Parents Pat and Josephine Smith, and brother-in-law Patrick Egan
Larry Carey, Sonnagh,
James and Rosaleen Rock

Please pray for the repose of the soul of Kathleen Finnan, Longford, sister of the late Louie Dillon, who died during the week. May she rest in peace.



Catholic Newspaper is on sale at the entrance for €3 per copy.

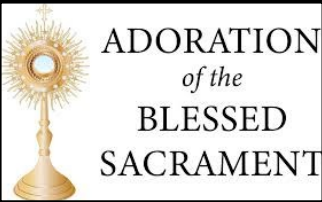
The Irish Catholic

Plate : €1,120; Maintenance Fund: €170. Thanks to all who are so generous.



I will bring Holy Communion to the sick or housebound this week. If a member of your family would like a visit, please let me know, 087 2618353.

For those who wish to go to Confessions, I am available in the Confession Room (beside the organ) before Mass each Saturday from 7 p.m. until Mass time at 7.30 pm. Confessions also available every Saturday 10.30 a.m. – 11.30 a.m. Confessions in Tullamore, Saturday: 12-1pm & 3pm — 4pm, and on the Eve of First Friday: after 10 am Mass.



ADORATION
of the
BLESSED
SACRAMENT

Adoration of the Blessed Sacrament every Wednesday evening from 6.30 p.m. until Mass time at 7.30 p.m. There is also Adoration of the Blessed Sacrament on Monday mornings from 10 -11 a.m. and in Rahugh on Fridays 7—8.30 p.m. with Mass included at 7.30 p.m.

Fasting and Feasting During Lent

Fast from judging others; feast on Christ within in them.

Fast from emphasis on difference; feast on our bonds.

Fast from fear of illness; feast on the healing power of God.

Fast from apparent darkness; feast on God's light.

Fast from words that cut down; feast on speech that uplifts.

Fast from gossip; feast on affirmations.

Fast from discontent; feast on gratitude.

Fast from pessimism; Feast on hope.

Fast from anger; feast on patience.

Fast from negatives; feast on encouragement.

Fast from resentment; feast on forgiveness.

Fast from suspicion; feast on truth.

Fast from self-centeredness; feast on compassion.

Fast from complaining; feast on appreciation.

Fast from giving up; feast on enthusiasm.

Fast from the shadows of sorrow; feast on trust in God.



Fast from focusing on problems; feast on unceasing prayer.

Fast from anxiety; feast on faith.

**Easter is the highpoint of the Church year, we celebrate the death and resurrection of Jesus. Lets make this Easter the one we have celebrated best. We will rejoice in the great Mystery of our Salvation. We begin our preparation now as we take on the three Lenten practices —
*Prayer, Fasting and Almsgiving.***



Psalm 103 "Praise the Lord, my soul; all my inmost being, praise his holy name.

Praise the Lord, my soul, and forget not all his benefits —

who forgives all your sins and heals all your diseases,

who redeems your life from the pit and crowns you with love and

compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust "

Charity Shop - Open Monday to Friday 10am - 5pm. Wide selection of good quality clothing and household goods. We give Dóchas €750 each month to help those with cancer. The Charity Shop also supports the Cosy Café.

