

CASTLEBAR PARISH NEWSLETTER

Website: www.castlebarparish.ie

email: cbarpres@eircom.net

Sunday Mass times

Parish Church: 7pm (Sat), 8.30am, 10.30am, 12pm Ballyheane Church: 8pm (Sat) Breaffy Church: 10am, 11.30am

PRIEST ON CALL: tel 094 9021844



Mass Intentions for the Week

PARISH CHURCH

Monday 3rd September:

10.00am - Michael & Mary Ellen Curtin & dec relatives, Co. Clare. Special Intention.
John & Bridget Kilcourse, daughters Patricia & Bridie, Rocklands.
Liam Heaney, 24 Drumconlon Close. (1st Anv.)

7.00pm - Teresa & Francis Kerrigan, Sean Campbell & dec family, Ballyshannon.

Tuesday 4th September:

10.00am - Private Intention.

Wednesday 5th September:

8.00am - Holy Souls. John & Annie Conway, Westport Road.

10.00am - Private Intention.

Thursday 6th September:

10.00am - Eveleen & Tom Cahill, late of Main Street & Curragh.

Friday 7th September:

8.00am - Private Intention.

10.00am - Dec McNicholas family, Ballynew & Hyland family, Bohola.
John & Mary Staunton, Ballydavock, Belcarra.

Saturday 8th September:

10.00am - Poraic McNeela, Riverdale Court. Mark Jordan, Knockthomas. Dr. John Cahill, Dublin.

7.00pm - Mary Fitzpatrick, Station Road. (1st Anv.)

Sunday 9th September:

8.30am - Tom Lally, Derrinmaunis. (M.M.)

10.30am - Michael McDermott, New York & late of Ballymacragh. (M.M.)

BREAFFY CHURCH

Mon 3rd September: 7.30pm

- Private Intention.

Wed 5th September: 7.30pm

- Dec Lyons & Walsh families.

Fri 7th September: 7.30pm

- Patrick, Tessie & Mary Kate Dolan & dec family.

Sat 8th September: 10.00am

- Private Intention.

Sun 9th September: 10.00am

- Private Intention.

11.30am - Jimmy McEvilly & Noel Lydon.

BALLYHEANE CHURCH

Fri 7th September: 8.00pm

- Paddy Gibbons, Kinturk & dec family.

Sat 8th September: 8.00pm

- Joe Moran, Westport Road. Aine & Mike Deasy, Errew.
Lana Jordan, Coolodge. John & Lila Vahey, Carrowclogher.
John McNamee, Westland.



ALTAR SERVERS

6th Class – Sun 9th

8.30am - C

10.30am - D

12.00pm - A



ALTAR SOCIETY: 8th September

Sally Hopkins Helen Ryder Mary Nolan

DAILY READERS

Mon - Mary Bourke

Tues - Bernie Johnson

Wed - Mary Foy

Thurs - Noreen Feely

Fri - Úna Ní Ghabhláin



MINISTERS OF THE WORD: 8th/9th September

7.00pm - Padraig Flynn

8.30am - Ciara O'Malley

10.30am - Bernadette Watkin

12.00pm - Padraig Glynn

REST IN PEACE

Anthony Hoban, Westport, brother-in-law of Joe Staunton, Cashel Park.



Catholic Grandparents Association Annual National Grandparents Pilgrimage

The Annual National Grandparents Pilgrimage to Knock Shrine takes place on Sunday September 9th at 2.30pm. Everybody is welcome to honour and thank Grandparents alive and dead for all they have done for us down through the ages. Chief Celebrant: Archbishop Jude Thaddeus Okolo, Apostolic Nuncio.

Seven Deadly Sins

Jesus says in the Gospel today that it is from within, from our heart that evil emerges. Anyone who's honest with themselves knows that's true of us all. We have certain inclinations that we have to fight against and overcome. These inner tendencies are described in many places and ways but one of the most common in the Catholic tradition is the Seven Deadly Sins. They're considered deadly because of how harmful they are to our souls, to our relationships and to our becoming who we want to be. People used to learn these- you might remember them from school! But here they are below listed from most serious/dangerous to least, along with the virtues we should practice to counter them.

First and most serious is pride: pride is putting yourself in God's place, #1 in your life, as the one solely responsible determining your own identity, meaning of your life, right/wrong. We might ask ourselves: who do we think about more than anyone else? Whose plans matter? Do I think about what God wants for me? His plans? The remedy to pride is humility and obedience to the ways God speaks to us.

The second Deadly Sin is envy. Envy is sadness at the good of others or gladness at their misfortune. It's the attitude of an unhealthy soul, focused only on itself and jealous of what others have. The antidote for envy is: practice gratitude for what you and others have, admire and praise others, don't begrudge them!

The third Deadly Sin is anger. Some anger is a natural emotional response. That's not what we're talking about here. The deadly sin of Anger is the irrational, unreasonable desire for vengeance, hurting those who hurt you. It divides families, ends friendships. The antidote: forgive and quickly! (scripture says before the sun sets, before bringing gift to the altar), also watch your tongue! Don't speak words that hurt or damage someone's reputation, speak only words that build up and edify.

The fourth Deadly Sin is sloth. Sloth is a sorrow in regard to spiritual good. You can't muster the energy/interest in the spiritual. Indifference and complacency. Plenty of this in the Church! Antidote: (re)discover your mission- you must become a saint if you want to get to heaven, suck it up and serve (spiritual/corporal works of mercy).

The fifth Deadly Sin is avarice. Avarice is the unreasonable or immoderate desire for riches. We are sometimes unaware that we are stewards for goods entrusted to you by God for a purpose beyond yourself- even if you've earned them by the sweat of your brow/creativity! The antidote: practice generosity, give freely.

The sixth Deadly Sin is gluttony. Gluttony is the immoderate or unreasonable pleasure in food or drink. When that desire for food/drink is undisciplined it comes to dominate us and we overindulge at the expense of the spirit. Think here of comfort eating, binge drinking, spending lots of money in restaurants or on takeaways, etc. The antidote is asceticism (discipline your lower nature), fast.

The seventh Deadly Sin is Lust. Lust is the objectification of another human being for the satisfaction of your sexual desire. Your sexual desire is not a bad thing! Lust is a MISUSE of what is a good God-given desire. Antidote: chastity (note: this is not not having sex, but working for a disciplined sexual desire, integrated with your profound respect for the other and yourself as a person).

All the reflections on the Seven Deadly Sins taken from an excellent talk by Bishop Robert Barron entitled "Seven Deadly Sins, Seven Lively Virtues." - Fr. Shane

Extended Adoration for the Unborn

You are welcome at the Monastery from 7pm on the First Friday 7th Sept to 9.30am on Saturday 8th Sept. If you would like to help tel 086-8197111.

Knock Mini Vigil

A bus will leave the Courthouse on 7th Sept at 7.30pm for a Mini Vigil in Knock. For info tel Margaret at 098 27109.

Volunteers Needed

Volunteers needed to help a child with homework in the Acorn Club in Castlebar. For details tel Sr. Margaret at 087 2072102.

Charity Soccer Match

Between Mayo Fire Service and London Fire Service on Sat 8th Sept at 2pm in Castlebar Celtic. In aid of local charities in Mayo. Everybody welcome.

Charismatic Renewal

Prayer meetings will resume on Wed Sept 5th at 8pm in the Social Services Centre, Castle Street. All are welcome.

Monthly Meditation Group

This will be offered on the first Tues of each month commencing on Tues 4th Sept in the Family Centre from 7.30pm - 8.45pm. Facilitator: Maura Flynn RSM.

Free Training

Courses in IT and Business Skills, Sports and Gym Instructor studies and more. QQI and ECDL accredited courses. If you need additional support and are registered with the Dept of Social Protection you could be entitled to free training. Tel NLN, Breaffy Rd at 094 9022770 Castlebar@nlm.ie