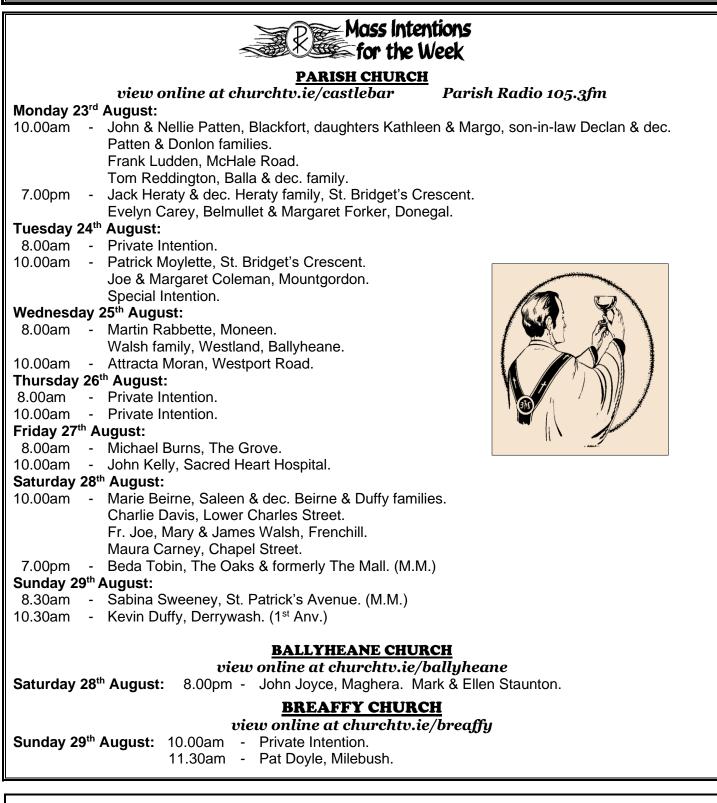
CASTLEBAR PARISH NEWSLETTER

Website: www.castlebarparish.ie

email: castlebarparish@gmail.com

Sunday Mass Times

<u>Parish Church</u>: 7pm (Sat), 8.30am, 10.30am, 12.30pm <u>Ballyheane Church</u>: 8.00pm (Sat.) <u>Breaffy Church</u>: 10am, 11.30am **PRIEST ON CALL: Tel. 094 9021844**





Rest in Peace

Kathleen Ryder, Ballinrobe, mother of Gerry Ryder, The Brambles.

Bridie Prendergast, Logaphuill.

Delia Feehan, Killawalla, sister of Paddy Duffy, Ballyheane.

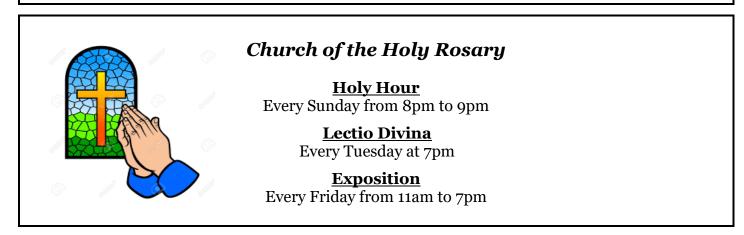
Leap of faith

Children are often adept at looking beyond the practicalities and seeing the possibilities. Where a parent or guardian might only see a messy room in need of tidying, a child sees an obstacle course, a castle, a jungle, a magical fairy forest. It can be refreshing to take a breath and remember that there is more to life than our physical, tangible world with its daily routines and to-do lists. Sometimes circumstances can leave us blinded to life's beauty or meaning.

In today's Gospel, some of Jesus' followers are finding it difficult to see beyond the physical. He has been teaching them that he is the living bread, but it is hard for them to accept. They dismiss it as 'intolerable language' and they wonder 'How could anyone accept it?' His teachings are too difficult to comprehend and they are annoyed and offended. Some of them even walk away.

But Jesus is offering something more than the practicalities, more than physical food or drink: he offers the bread of life, living bread, his very self. It is a difficult message, but Simon Peter gets to the heart of it: 'You have the message of eternal life, and we believe.' He is able to see beyond the obvious, to hear the truth at the heart of Jesus' words. Jesus demands a lot of his followers, who must each decide whether or not they want to follow. Are we ready to make that leap of faith?

Tríona Doherty, Intercom.



Consecration of Home and Family to the Sacred Heart of Jesus and Immaculate Heart of Mary

Would you like this consecration for your home? If so, please tel. Kathleen at 087 9850267.

Wash away iniquities

When the priest washes his hands at Mass, he says a short prayer in a low voice, "Lord, wash away my iniquities; cleanse me from my sin." In a small parish there was a shortage of altar servers, one by one they were leaving on summer holidays until one young boy remained. When the time came for him to go away with his family, the priest was resigned to celebrating Mass without a server. But the boy turned up unexpected one morning. The priest asked, "I thought you were going away on holidays? The boy responded, "But, Father, who would wash away your iniquities?"

Free Online Living Well Programme

This is a six-week programme delivered in 2.5 hour weekly sessions where you will learn new skills to manage your health condition on a day to day basis. Programmes commence on Thursday 9th September, Monday 13th September, Tuesday 21st September, Wednesday 29th September. You must register in advance as places are limited to 10/12 participants. Please contact Liam Gildea on 087 349 0393 or by email at liam.gildea@mayocil.ie Please note you do not have to disclose your health condition on the programme.