

We remember recently deceased Prudence (Pru) McGlinchey.  
May she rest in peace.

**Sat 6.30pm (Vigil Mass)** John Lennon (A), Ned Dempsey (A),  
Andrew & Martha Blaney (A), Daniel & Mary Dunne (A), John Darby (A),  
Michael Coleman (A) & Joseph Burke (Snr.) (A), Har O'Brien (A).

**Sunday 22nd** Mt 4:12-23

**Gormanstown 9.30am** Mass

**Kilcullen 11 am** Evelyn Doran (A), Jack Bathe (A), Laurence Moran (A),  
Alan Fleming (A), Tom Morris (A), May & Frank McNally (A), John McGrath (A)

**Mon 9.30 am** Mk 3:22-30 Mass

**Tues 9.30 am** Mk 3:31-35 Mass

**Weds 9.30 am** Mk 16:15-18 Mass

**Thurs 9.30 am** Lk 10:1-9 Mass

**Fri 9.30 am** Mk 4:26-34 Remembrance Mass for living and deceased

**Sat 10 am** Mk 4:35-41 Mass

**Sat 6.30pm (Vigil Mass)** Mt 5:1-12 Mass

#### Recent tweets by Pope Francis @ Pontifex:

- Christian unity is not the fruit of our human efforts but a gift that comes from above.
- We invoke Christian unity because we invoke Christ. We want to live unity: we want to follow Christ and to live in His love.
- Peace is an "active virtue", one that calls for the engagement and cooperation of each individual and society as a whole.

**Confession:** Saturday: after 10am Mass & on request before Vigil Mass.

**Eucharistic Adoration:** Mon-Weds:10am, Thurs 10am-7pm (Parish Centre), Sat: 10.30am.

**Rosary:** before 9.30 Masses

#### **Fr. Niall Mackey:**

Phone no.: 045 481 230

#### **Fr. Martin Harte:**

Phone No.: 045 481 222

#### **St. Vincent DePaul**

087 1506099 / 01 8550022

**PARISH CENTRE:** Phone No.: 045 480 727

Parish Office open: Mon, Weds &- Fri 10 a.m. - 1 p.m. & 2pm - 4pm  
Tues & Thurs : 10a.m. - 1p.m. only.

Email: kilcullenparish@gmail.com

Newsletter email: kilcullennews@gmail.com

Lotto Office: Phone No. 045 482 657

Broadcast mass radio frequency: 107 FM

Online information: www.kilcullenparish.com



# Kilcullen Parish Newsletter

Church of the Sacred Heart & St. Brigid, Kilcullen.  
Church of St. Joseph, Gormanstown.

**Sunday 22nd January, 2017**

**3rd Sunday in Ordinary time (A)**

## A Week of Guided Prayer, 29th January- 4th February

Through the **Office for Evangelisation and Ecumenism** we have a number of Prayer Guides available to us who will facilitate a week of guided prayer in our Parish Grouping.

### What is guided prayer?

This is a retreat with a difference – sometimes called a 'Retreat in Daily Life', or a 'Busy Person's Retreat', as you don't have to go away to a quiet, beautiful place to find God. It is a way of making a retreat in the midst of daily living, as by taking some quiet time each day on your own you are enabled to find God in your everyday life, in all its ups and downs.

Participants are invited to do two things every day for the week.

Firstly, to spend half an hour in personal prayer at home and

secondly, to meet with a prayer guide for half an hour at an agreed time. The

prayer guides will accompany you and guide you each day with short texts from the scriptures. You do not need to have any previous knowledge. There

is a group session for all participants and prayer guides on the **Sunday** at the beginning of the week and on the **Saturday** at the end of the week.

### Who are the prayer guides?

The guides are lay men and women, religious sisters, brothers and priests who are trained and qualified in spiritual guidance and experienced at helping people in their prayer life.

Contact the Parish Office for details:  
kilcullenparish@gmail.com & 045 480 727



## THE DEEP END The choice is ours

You may have heard this story before: 'An old Cherokee is teaching his grandson about life. "A battle is going on inside all of us," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good – joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. This same fight is going on inside you – and inside every other person, too." The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?" The old Cherokee simply replied, "The one you feed".'

In a way, it is as simple as that. Each one of us faces hundreds of choices every day. Mostly, they are minor decisions that may not seem important at the time. But they all add up to something. They make us the person we are. Do our choices make us the kind of person who follows Jesus, or the kind of person who goes in the opposite direction?

We can stay stuck where we are, repeating the same old patterns, or we can leave it all behind and choose a new path, like Peter, Andrew, James and John did. They were called, and they took decisive action. This initial choice to follow Jesus was reinforced and remade, day in and day out, during their discipleship journey, just as it is on ours. Triona Doherty Email [trionad@gmail.com](mailto:trionad@gmail.com)

**Tai Chi** Wednesday mornings, 10am to 11am in the Parish Centre. Contact Yuki for enquiries on 086 341 2006, all welcome.

**YOGA** with Janine. Thursday mornings at 10.30am in the Parish

Knock, knock!  
Who's there?  
Spell.  
Spell who?  
W-H-O



## St. Joseph's N.S, Halverstown:

We are now accepting applications for enrolment for September 2017. Enrolment application forms are available from the school by contacting us on (045) 485 374 and by emailing us at [halverstownschool@gmail.com](mailto:halverstownschool@gmail.com). Please feel free to contact the principal Barry Whelan to make an appointment to come and talk to him and see the school in advance of making an application for enrolment. He would be more than happy to facilitate you in this regard. Please "Like" our very active Facebook page "St. Joseph's National School, Halverstown" and view our updated website [www.halverstownschool.eu](http://www.halverstownschool.eu) as both give you a very good sense of what we are about and what life is like in our school.

"One way to stop doing things you'll later regret is to stop doing things you already regret." Robert Brault

**St Kevin's Dunlavin.** Class Reunion for those who started in St Kevin's during the year 1978. Would you like to relive the good old days? Crookstown Inn at 8pm until late on Saturday

**Home Instead Senior Care** the largest non-medical home care provider in Ireland **urgently require CAREGivers** in County Kildare.

All candidates must have a kind, dependable and trustworthy nature. Experience is an advantage, FETAC training provided, Fluent English and own transport is essential. Please call Agnes on 045 484623 or email C.V to [agnes.moloney@homeinstead.ie](mailto:agnes.moloney@homeinstead.ie)  
Thank you

## Exercise Dementia Prevention study:

A new study involving Trinity College Dublin seeks volunteers over 50 with mild memory problems to search for possible links between exercise and dementia prevention.

Do you have memory problems that don't interfere with your day-to-day function?  
Are you becoming more forgetful?

Would you be interested in taking part in a 12 month exercise based research study?

Potential participants will be screened over the phone initially, and the researchers will link with candidates' GPs and carry out an exercise test to ensure they can take part. If you are interested and would like to receive more information, please contact a member of the research team: Email: [Neuroexercise@tcd.ie](mailto:Neuroexercise@tcd.ie) Phone: 085-2239249

**Parish Lotto** Numbers drawn on Tuesday 17<sup>th</sup> January were **8, 13, 17, 24**. There was no winner. Next week's Jackpot will be €4,000. €50 winners were Matthew McGuirk (Leanne Clifford), Marie Clifford (Kilcullen Credit Union) and Mick Meredith (Vivian Clarke). Promoter winners were Miriam Mc Donnell and Mick Dunne. Fr. Niall Makey won €25 in Draw for those present. Lotto Draw takes place on Tuesdays at 9pm in the Parish Centre and everyone is welcome. Tickets €2 each from Lotto Office, Parish Office and local outlets.

<b>Monday</b>
<b>8pm</b> AA Meeting
<b>Tuesday</b>
<b>10am</b> Teas & Scones, all welcome
<b>10.30am</b> Knitting group, new knitters welcome
<b>10am</b> Arthritis seated exercises, all welcome
<b>9pm</b> Parish Lotto draw
<b>Wednesday</b>
<b>10am</b> Carer & Toddler group
<b>10am</b> Tai Chi, all welcome
<b>7.30pm</b> Bridge Club
<b>7.50pm</b> Prayer Group, all welcome
<b>Thursday</b>
<b>10am-7pm</b> Eucharistic Adoration
<b>10.30am</b> Yoga with Janine, all welcome
<b>6.15pm</b> Irish Dancing
<b>Friday</b>
<b>10am</b> New Abbey Bridge Club.