

Ardmore Parish Newsletter

Sixteenth Sunday in Ordinary Time

Sunday, 18th July 2021

Take a break

We all need a break sometimes. I remember once reading a selection of entries for a Mother's Day competition, in which people were asked why their mother deserved to win a prize. They all had themes in common – she never does anything for herself; she's always thinking of other people; I can't remember the last time she took a break.

In today's Gospel, the disciples need a break. They have returned from their mission, eager to catch up with Jesus, but there is so much happening that they barely have time to eat. Jesus sees their need and invites them to take a boat with him to a quiet place and rest for a while. But there is no time for rest, as the crowds have followed them on foot. Jesus is moved by them because they are 'like sheep without a shepherd'. He is the Good Shepherd who always cares for his flock, and he responds with compassion and love.

No doubt the disciples are drafted in to help: it turns out it is not break time! We can imagine their exhaustion. We all feel tired or overwhelmed from time to time, from work or family pressures or simply trying to balance everything. Postponing our own needs to care for others is familiar to every parent or caregiver. We don't know if the disciples got a rest at that point, but we know that Jesus valued time apart as he later sends the disciples off in the boat again while he goes away by himself to pray. In the chaos of life, even when there are demands on our time and energy, it is important to take some time to reflect and to pray.

Triona Doherty

Pope Francis has established a World Day for Grandparents and the Elderly, which will take place for the first time on Sunday, 25th July 2021 on the theme 'I am with you always' (Mt 28:20). PRAYER FOR THE FIRST WORLD DAY FOR GRANDPARENTS AND THE ELDERLY I thank You, Lord, for the comfort of Your presence: even in times of loneliness, You are my hope and my confidence, You have been my rock and my fortress since my youth! I thank You for having given me a family and for having blessed me with a long life. I thank You for moments of joy and difficulty, for the dreams that have already come true in my life and for those that are still ahead of me. I thank You for this time of renewed fruitfulness to which You call me. Increase, O Lord, my faith, make me a channel of your peace, teach me to embrace those who suffer more than me, to never stop dreaming and to tell of your wonders to new generations. Protect and guide Pope Francis and the Church, that the light of the Gospel might reach the ends of the earth. Send Your Spirit, O Lord, to renew the world, that the storm of the pandemic might be calmed, the poor consoled and wars ended. Sustain me in weakness and help me to live life to the full in each moment that

You give me, in the certainty that you are with me every day, even until the end of the age. Amen.

World Day for Grandparents and the Elderly will be celebrated on Sunday 25 July. The Theme is 'I am with you always.' For more information log onto: <https://www.catholicbishops.ie/2021/07/06/resources-for-the-world-day-for-grandparents-and-the-elderly/>.

Foyle Hospice

Foyle Hospice is currently seeking new volunteers to join our Day Hospice. With services re-opening we are in urgent need of volunteer *Hairdressers, Complementary Therapists and Beauticians/Nail Technicians*. Our Day Hospice is a friendly and welcoming environment where patients receive specialist palliative care services and support combined with key complementary therapies. The Day Hospice is operational on Tuesday, Wednesday and Thursday each week. If you have any of the skills or qualifications and you have a few hours to spare then please contact Rachael Osbourne on 71351010 or email rachael@foylehospice.com

Feasts during the Week: Wednesday - St. Lawrence of Brindisi (1559 - 1619): Capuchin who preached the Counter-Reformation. He led German armies against the Turks in Hungary and gained peace for the people of Naples. **Thursday - St. Mary Magdalene:** Stood by the cross of Jesus; with two other women she discovered the empty tomb; she was granted an appearance of the Risen Lord early the same day, from which incident she has been described as 'the apostle to the apostles'. The Gospels give no warrant for identifying her with the 'woman who was a sinner' who anointed Christ's feet (Lk 7:37) or Mary the sister of Martha who also anointed him (Jn 12:3). **Friday - St. Bridget:** Was born in Sweden in 1303. She brought up eight children, and after the death of her husband dedicated her herself to an ascetical life. Later she founded the Bridgettine Order and lived in Rome. She wrote many works about her mystical appearances. She died in Rome in 1373. She was declared a Patron of Europe in 2000. **Saturday - St. Declan:** Is considered to be one of the pre-Patrician saints. He was of noble blood. Colman, a local priest, baptised him. Later he went to Europe to continue his studies where he was ordained priest and possibly bishop. He settled in Ardmore and evangelised the Decies country.

The Lough Derg Pilgrim Path: On the lough shore is now open daily. The full route is a 12km loop, with a shorter 8km option, and several information boards highlight features of particular interest. Leaflets are available at the Visitors Centre.

A guided walk experience will be offered on Sunday 25th and Saturday 31st July, with Mass outdoors, weather permitting. Further dates for these guided walks will follow for late August and early September.

For bookings and further information email info@loughderg.org or telephone 0(0353) 71 9861518. www.loughderg.org *Lough Derg Pilgrim Path, Pettigo, Co Donegal. F94 N289*

Certificate in Christian Thought: Drumalis Retreat Centre, in association with St Mary's University College, Belfast, invites applications for this two-year, part-time, intensive course which begins in September 2021. The course will be delivered over seven Saturdays in each of two successive years, from 10am until 4pm. The Certificate in Christian Thought programme aims to offer a space where adults can explore, reflect upon, discuss and study faith and how it relates to life in today's world, both at a personal and community level. During the course, participants will cover topics on: Spirituality, Pastoral Theology, The Eucharist, Living the Christian Life, The Sacraments, The Scriptures, where in the World is God? And much more. Full details are available at: derrydiocese.org/news/certificate-in-Christian-thought.

Radio Maria – Ireland: Is an Irish-run Catholic Talk-Radio Station with commercial-free broadcasting of Prayer, Catechesis, Music, Talks, Interviews and Testimonies. If you are not already a follower of the station, Radio Maria Ireland encourage you to join their growing faith family! You can tune in to the station in a variety of ways:

- *Digital TV - Saorview Channel 210/ Freeview TV (Channel number varies per location in NI)*
- *Download FREE App "RADIO MARIA IRELAND"*
- *Streaming on website, www.radiomarie.ie (subscribe and donate here also)*
- *'Listen Live Radio' link on Facebook Page. (Like, Share and Follow us on Facebook)*
- *Phone – get live radio feed by calling 003531 437 3277 (no extra charges apply).*

Prayer and song requests welcome. "A Catholic voice in your home".

Preparing for Marriage. - Accord Derry: Virtual Interactive Marriage Preparation Programme - (limited to 15 couples per course). Booking now online at www.accordni.com. Course Dates August 10th/11th - Sept 14th/15th - Oct 12th/13th - Nov 9th/10th - Dec 7th/8th.

Preparing for Marriage? Catholic Engaged Encounter: A 'Zoom' online Marriage Preparation course is planned for 11th – 12th September. This 2-day course is a positive way of preparing for Marriage where you will discover how you can enrich your future relationship. Information/Booking: marriageencounter.ie or 028276 38512.

Theology of the Arts. Does the Church Need Art?

The Priory Institute week-long online Summer School will run from 8 – 13 August and again from 22 – 27 August. The course includes six recorded presentations and is very flexible as it is delivered entirely online. Find out more and register on www.prioryinstitute.com.

The Derry Diocesan Catechetical Centre: Working in Partnership with Saint Mary's University, Twickenham, offers the Masters in Catholic School Leadership. This is a post graduate degree dedicated to the professional development and spiritual formation of Catholic school leaders. It is a great opportunity for those currently in leadership roles and those who aspire to, or have an interest in, leadership roles within the Catholic School system. The next intake will be Autumn 2021. If you require any further information, please contact the Derry Diocesan Catechetical Centre on 028 71264087 or email tferry@derrydiocese.org.

Prayer for our Parish in Challenging Times: God of love, we the people of the Parish of Errigal, turn to you with prayerful hearts and with confidence in your loving presence among us now and in every moment of our lives. We stand before you as a people of hope, trusting in your care and protection. May we be comforted by your love in these anxious times.

Healing God - Bring healing to those who are sick with the Coronavirus and be with their families and loved ones. We pray especially with those who are isolated, that they may know your love. Stay by our side in this time of uncertainty and sorrow.

Generous and Merciful God: Fill us with compassion and concern for others, young and old; that we may look after each other in these challenging times, especially those among us who are vulnerable. May your example give us the courage we need to go to the margins, wherever they may be. Heal us of our fear!

God of Strength: Accompany all those who serve us with such love and generosity in the medical and nursing professions and in all our healthcare facilities. We give thanks for their continued work in the service of their communities. We ask you to bless them, strengthen them and guide them with your abundant goodness.

Church Safeguarding: If you have any concerns with regard to Safeguarding children or adults in need of protection within the Church please contact: Noel O'Donnell, Diocesan Pastoral Centre, 164 Bishop Street, 71362475, mobile 07596500793 or Celine McKenna, Diocesan Pastoral Centre, 164 Bishop Street, 71362475, mobile 07707311358 or PSNI (Police Service of Northern Ireland) 101 or Social Services.