

SPANISH LESSONS available for adults or children. Lessons can be given in person or online. If interested please contact 087 6006655 for more information.

LIVING WELL

This is a free online self-management programme for adults with long term health conditions. For more information please contact Ciara on 087 4088325. Website: www.hse.ie/LivingWell

St. Anne's College of Further Education

Tullow Community School

- ◆ One Year Advanced Business and Information Technology Training Course (Full-Time). Back to education grants, maintenance grants, Fas funding and Vtos grants available for those who are eligible.
- ◆ One Year Retraining/Back to Education Information Technology Course (Part-Time).

Application forms and further information are available from the school office. Phone 059 9151473.

MENSANA FEST CARLOW MENTAL HEALTH FESTIVAL

October 9th - 11th, 2020

Most events are at An Gairdin Beo (Dublin Road, Carlow, beside St. Leo's Convent and College (R93 E1HF).

All events have to be booked. Small numbers due to Covid 19. Full timetable on our Facebook page, and some events also streamed live on our Facebook page, Carlow Mental Health Association. Contact us on 085 8181353.

Email: carlowmentalhealth@hotmail.com.

Friday 9th/Saturday 10th/Sunday 11th October

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| ◆ Conversation with Grief. | Wilderness Walks. |
| ◆ An Evening with Brent Pope. | KCLR Outside Broadcast |
| ◆ Living Longer and Happier. | Maternal Mental Health |
| ◆ Mindfulness for Children. | Your Mind, Friend or Foe? |
| ◆ Gardening for Wellness. | How to Quieten the Mind. |
| ◆ Healing with Plants. | Fit to Go Workout |
| ◆ Walks for Wellness. | Mindfulness. |

TULLOW, GRANGE AND ARDATTIN PARISH NEWSLETTER

11th October, 2020

Twenty Eighth Sunday in Ordinary Time.

A place at the Table

When Jesus and his apostles ate the Passover meal, the Last Supper, they were keeping a thousand year old tradition of Jewish people having meals and sharing food with one another. As a result the New Testament has many food and meal based episodes – the feeding of the 5000 and the wedding feast of Cana for example.

When the Chief Priests and the elders in our Gospel ate with other people, they only invited their friends and their equals to dine with them. Jesus, on the other hand, ate with people like Matthew the Tax Collector, the writer of our Gospel, who was considered a sinner by the Jews. The King in the Gospel invited everyone to his feast. Everyone, especially sinners, are also welcome in the Kingdom of God and at the table of the Lord. This is a very positive and reassuring message for us today. However there is a warning in the Gospel too.

We can also become comfortable in the company of other "Church people" who agree with us and think like us. This can lead us to become judgemental and exclusive in the same way the Chief Priests and the elders did. We must be humble in our Faith. We cannot exclude others or believe we are better than them.

"Blessed are the humble, for they shall inherit the earth".

We are all welcome in the Kingdom of God. But we must be careful not to then lose our place at the table of the Lord.

PLEASE PRAY FOR Kathleen Doyle, Castledermot Road and Una Donnelly, Roscatt who died recently.

ANNIVERSARY MASSES FOR SATURDAY 10TH OCTOBER, 7.30 P.M.

Jim Kennedy, Coppengh. Eamon Nolan, Hillbrook Estate. Josephine Cosgrove, St. Austins Terrace. Robert Ward, Widnes, Cheshire. Catherine O'Flaherty, late of Athy & Abbey Street, Tullow. Tom Darcy, St. Austins Terrace. Kathleen & Alec Young, Mill Street. Frank Tooher, Dundalk.

FIRST ANNIVERSARY MASS for Martin Flynn, Grangeford today Sunday 11th October at 11 a.m. in Tullow Church.

FIRST ANNIVERSARY MASS for Luke Jackman, Crosslow today Sunday 11th October at 11 a.m. in Tullow Church.

ANNIVERSARY MASSES FOR SATURDAY 17TH OCTOBER, 7.30 P.M.

FIRST ANNIVERSARY MASS for Mary Gorman, 31 Dublin Road next Saturday night 17th October at 7.30 p.m.

Paddy Howard, 38 Hillbrook Estate. Deceased members of the Wybrant and Hickey Families, Ardoyne. Pauline Hogan, Hillbrook Estate. John McCabe, Tintean Phadraig.

ANNIVERSARY MASSES FOR SUNDAY 18TH OCTOBER, 11.00 A.M.

Michael Byrne, Kill. Mary Byrne, Slaneyville. Katie Byrne, Tullowhill.

Covid 19 Update

No public Masses are allowed in Level 3. Mass will be celebrated at the usual times behind closed doors and will be available on line via the webcam.

Baptisms have to be deferred until the Restrictions are lifted.

The maximum number allowed to attend a funeral or wedding in Level 3 is 25.

Private Prayer

The Church in Tullow will be open each day after the 9.30 a.m. Mass.

Adoration on Tuesdays and Wednesdays will be in the Parish Church.

This is a very difficult time for everyone. Let's do all we can to present the spreading of the disease.

We are deeply grateful to all those who have been dropping in their envelopes and donations. Normal expenses have still to be met - especially monthly insurance, heating and lighting. May God reward your kindness and generosity.

Parish Centre Opening Hours for Month of October

Monday - CLOSED

Tuesday: 9 - 1 p.m. 2 - 4 p.m.

Wednesday: 9 - 1 p.m. 2 - 4 p.m.

Thursday: 9 - 1. 2 - 4 p.m.

Friday: 9 - 1 p.m.

Praying with the Scriptures in time of a Pandemic

When praying we can use our own words and tell God how we are feeling, share our fears and anxieties and ask God's help for ourselves and our families.

Unfortunately many people are not familiar with the Scriptures and may be slow to use Scripture passages in their prayer. You might find it helpful to use the following pieces.

*"The Lord is my Shepherd
there is nothing I shall want". Psalm 23.*

*"If I should walk in the valley of darkness
no evil would I fear.
Near restful waters you lead me
to revive my drooping spirits". Psalm 23.*

*"Out of the depths I cry to you O Lord
Lord hear my voice
O let your ears be attentive
to the voice of my pleading". Psalm 129.*

*"My soul is shut out from peace;
I have forgotten happiness.
And now I say, 'My strength is gone,
That hope which came from the Lord.'
Brooding on my anguish and affliction
is gall and wormwood.
My spirit ponders it continually
and sinks within me.
This is what I shall tell my heart,
and so recover hope:
the favours of the Lord are not all past,
his kindness are not exhausted;
every morning they are renewed;
great is his faithfulness.
'My portion is the Lord' says my soul
'and so I will hope in him.'
The Lord is good to those who trust him
to the soul that searches for him.
It is good to wait in silence
for the Lord to save".*

Book of Lamentations

MISSION SUNDAY

Please use your special envelope next weekend 17th/18th October for Mission Collection. Many thanks.

Email: tullowparish@outlook.com

Tullow Parish Community Centre. Phone: 059 9151277.