

Mass Times

Weekend:-

Tulla Church	Saturday	7.30pm
Freshford Church	Sunday	11.00am

Weekdays:-

Freshford Church	Wednesday	9.30am
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Baptisms:-

Take place on Sundays at 12pm in the Parish Church. One months notice is appreciated.

Marriages:-

Three months notice to Church and State required.

Samaritans 24 hours a day, 365 days a year.

Freephone: 116 123

ALONE For older people call: 0818 222 024

Text About It: If you can't cope and need support text HELLO to 50808

We remember and pray for our dear departed who died recently:

Frances Gray (Month's Mind)

Mick Cleere (Month's Mind)

And those whose anniversaries occur at this time:

John Dermody (Boherkyle)

Jack Cahill (Kilkenny Road)

Johnny Butler (Coolehall)

Canon Seamus Henry (Freshford)

Catherine Tyrell (Leugh)

Mick McGrath (Kilkenny St.)

Margaret Campion (Cascade)



Freshford Parish Newsletter

05 February 2023

Fifth Sunday in Ordinary Time

Monsignor Kieron Kennedy P.P. 056 8832843 / 087 2523521

Parish Secretary Mary Parish Office 056 8832843

[Hours: Tuesday, Wednesday, Thursday 9.30 - 1.30

email freshford@ossory.ie www.parishoffreshford.com

St. Vincent de Paul 051 350725 (Regional Office, ask to leave a message)

Freshford National School 056-8832400 Prague House 056-8832281

SAFEGUARDING

Designated Liaison Person: **Kathleen Sherry** 085 802 1633 dlp@ossory.ie

Deputy DLP: **Cathal Cullen** 087 100 0232 or **Rose Brophy** 087 331 4330 ddlp@ossory.ie

Designated Parish Reps: **Eleanor Cantwell & Gerard Bolger**

Garda National Protective Service: 01 666 3430/35 Tusla - Kilkenny 052 617 7302

Fifth Sunday in Ordinary Time

To some extent we have become our own zookeepers caging ourselves indoors. We've replaced bird song, pine scents and floral patterns for screens and social media platforms. Nature is proven to de-stress us. Screen time is proven to stress us. We need to unlock ourselves from our devices and go barefoot on meadow grass or a forest floor. We need to feel the feelings that come with rest and deep relaxation. We need to teach our bodies that there is another way of being in the world. - Open your front door and go outside.

With every good wish and blessing

Monsignor Kieron

Trócaire

As we mark 50 years of Trócaire, we mark 50 years of perseverance, courage, participation, accountability and solidarity. Trócaire has been proud to work on behalf of the people of Ireland in fighting injustice across the world.

50th Anniversary Prayer

We pray for God's blessing on the work of Trócaire. We pray that all people may continue to work together for the respect of our shared human dignity and shared human rights. Amen

MAY LOVE & LAUGHTER LIGHT YOUR DAYS
AND WARM YOUR HEART & HOME.

MAY GOOD & FAITHFUL FRIENDS BE YOURS
WHERE EVER YOU MAY ROAM.

MAY PEACE & PLENTY BLESS YOUR WORLD
WITH JOY THAT LONG ENDURES.

MAY ALL LIFE'S PASSING SEASONS BRING
THE BEST TO YOU & YOURS.

Reflection on the Word

Jesus uses the image of salt as something that makes food tasty. Without salt food can be tasteless. Who are the people who give zest to your life and make it enjoyable? For whom have you done this? When have you been particularly aware of your potential in this regard?

The second image is that of light. Who have been the people who have a light for you, particularly in moments of darkness? For whom have you been a light? Recall these experiences and give thanks.

The images of salt and light can also be applied to communities to which we belong, a family, a parish, or other group. Thinking of the groups of which you are a member, how can their potential be enhanced to enrich the lives of members and offer them a guiding light? How can you make a contribution to this?

Bereavement Support Line

If you're experiencing grief or loss, the national bereavement support line is available to help you understand and cope. Call: 1800 80 70 77 (Mon - Fri 10am - 1pm)