



### Seeing your Life through the Lens of the Gospel

John Byrne Email [jbyrneosa@gmail.com](mailto:jbyrneosa@gmail.com)

1. In this section of the Sermon on the Mount, Jesus proposes standards that go beyond external behaviour. He challenges our inner attitudes. When have you found that living out of inner conviction is more life-giving than keeping up appearances?
2. Jesus applies his teaching to feelings of anger and sexual desire. He suggests that if we do not keep an eye on our feelings and thoughts we will not be able to control our actions. Perhaps you have experienced the truth of this. What has helped you to integrate your feelings so that you were able to live in right relationship with yourself and others?
3. For Jesus, people with genuine authenticity do not need to swear an oath to be convincing. Their 'yes' or 'no' suffices. Recall people who had this kind of credibility for you. When have you found that your simple, direct and honest communication had a positive persuasive force?

### MINDFULNESS CREATIVITY FOR CHILDREN.

**Venue:** Scout hall, Shannon Banks, Corbally

**Dates:** Saturdays, 29th Feb to 28th March

**Classes:** 5 to 9 yrs 11am—12 noon

9 to 13 yrs 12.15pm—1.15pm

**Fee:** €50

This is a 5 week programme, professionally designed to introduce your child into the world of mindfulness and provide them with skills and techniques to live a balanced and happy life.

Please feel free to join Christine and Philomena on their WhatsApp group "Calm" or on facebook at

[www.facebook.com/mindfulnessforchildrenlimerickclare](http://www.facebook.com/mindfulnessforchildrenlimerickclare)

For more information text Christine on 087 9202498

### THE DEEP END : The bare minimum

There are times when we try to get by with the bare minimum. Maybe we have scraped through an exam with the minimum of effort, or done a last-minute rush job to complete a work project. Plenty of us know what it's like to do just enough around the house to keep it from descending into total chaos!

Perhaps unconsciously, we sometimes take the same approach to our relationships - only phoning a parent once in a blue moon to 'check in,' or visiting a friend only when we are reminded. It can be easy to slip into a pattern of acting out of a sense of duty rather than love.

Of course, our faith can go the same way. Are there times when we approach the Eucharist with a niggling feeling that something is not quite right? If so, Jesus has some strong words for us in today's Gospel. If we believe that all we are expected to do is 'follow the rules,' we have missed something important. Jesus does not want us to merely follow the letter of the law. Where is the joy or the challenge in that? He tells us that our virtue must go deeper than simply doing the bare minimum. Not only must we not kill, we must not be angry with others. Not only must we not break a promise, we must be honest in all our dealings and in our speech. If we approach the altar without being on good terms with others, we are not in true communion with God. Obeying the rules is the bare minimum. The Gospel is calling us to a more radical way of living.

Triona Doherty.... Email [trionad@gmail.com](mailto:trionad@gmail.com)

DIOCESE OF LIMERICK  
**YOUNG ADULTS**

# THEOLOGY ON TAP

8PM AT BOBBY BYRNES

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<b>11</b> FEB	<p>PROVE IT! DOES SCIENCE DISPROVE GOD? Fr. Conor McDonough, OP</p> <p style="text-align: center;">○————○</p>
<b>10</b> MAR	<p>FIGHTING THIS PRESENT DARKNESS: IS THERE HOPE? Paul Cesar</p> <p style="text-align: center;">○————○</p>
<b>21</b> APR	<p>YOUNG AND MARRIED: IS IT A THING? Katie and Richie Fenton</p>

FINGER FOOD PROVIDED

Contact [vocations@limerickdiocese.org](mailto:vocations@limerickdiocese.org) for more information



## St. Nicholas Parish News

Sunday February 2nd 2020

The Presentation of the Lord

Follow us on Facebook: @saintnicholasparish

www.saintnicholasparish.ie

E-mail: stnicholasnewsletter@gmail.com



Fr. Derek Leonard P.P. 087 6261287

Fr. John O'Byrne 085 7491268

Fr. Gerard O'Leary 087 9378685

Salesian Sisters 061 348510

### MASS TIMES

#### WEEKDAY MASSES:

St. Munchin's College: 9.45am. Mon, Tues & Wed.

St. Nicholas, Westbury: 7.00pm Thursday

#### WEEKEND MASSES:

St. Nicholas, Westbury:

6pm Saturday, 10.30am Sun

St. Munchin's College: 12 noon Sunday

### ITEMS FOR NEWSLETTER



We encourage local groups to avail of the newsletter to promote upcoming events, pray for the sick etc. To be sent in to: Maura. 086 0429952, Grace. 086 8296193 or Email: stnicholasnewsletter@gmail.com by 6pm Wednesday.

### FEAST DAYS: February

17 St Fintan

21 St Peter Damian

22 The chair of St Peter



The Adoration chapel is open from 9.30am to 6pm daily. We encourage you to come along for a quiet moment of prayer.



Anyone wishing to have their baby baptised must give at least one months notice. Baptisms are on the 2nd and 4th weekend of each month. Times: Saturday 5pm St. Nicholas church and Sunday 1pm St. Munchin's College..



Let us continue to pray for those who are ill at this time, those who are preparing for and awaiting results of tests, those in hospital.

Continue to pray for Maurice, Ailish R, Annette, Aidan, Gabriel, Jim, Kathleen, Garrett, Helen, Philip, Tony, John, Brian, Muirinn, Ken, Orla, Kiera, Paddy, Michael, Vera, Ailish, Frank, Ger, Mary, Fiona, Niamh, Jesse, Amy, Anna, Gwyneth, Young Michael, William, Méabh, Séamas, Eamon and Eoin.

Lord Jesus, you are the true friend of all those who suffer anguish and pain in spirit, mind or body. Please share with them now the gift of your consoling love.

If you know of anybody needing prayers etc. please contact: stnicholasnewsletter@gmail.com or Maura 086 0429952/ Grace 086 8296193

Maranatha prayer Ministry invites you to our February Healing Retreat at St. Pauls Church, Dooradoyle, Limerick at 2.30pm through the Ministry of Bishop Fintan Monahan, Killaloe diocese and Sr. Mary Bridget, Charismatic Renewal, Limerick today, Sunday, 16th February, 2020. Mass at 5pm.

All are welcome.



### ST. NICHOLAS CHILDREN'S CHOIR

The choir sing at 10.30 mass every Sunday. We practice every Wednesday in St. Nicholas Church from 6,30 to 7,15. New members, boys and girls from first class up, any school, very welcome to join.

For more information contact Maura 0879576148

