



## St. Nicholas' Parish News

Sunday 26th July 2020  
17th Sunday Ordinary Time

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Please feel free to take home a copy of this newsletter. A neighbour or friend who does not attend church in our parish might also welcome it. If you decide otherwise, please leave it on the table at the Exit on your way out. Thank you.

We also encourage groups to avail of it to promote upcoming events, letting know of someone who needs prayers etc. Items for the newsletter to be in to:

Maura. 086 0429952

Grace 086 8296193

**by Wednesday please**

E-mail:

[Stnicholasnewsleter@gmail.com](mailto:Stnicholasnewsleter@gmail.com)

### Children's Newsletter



Download this week's Children's Newsletter to find out about next Sunday's Gospel. We have our Saint of the Week, Video of the week as well as a picture to colour!

<https://www.limerickdiocese.org/resources/childrens-newsletter101/>

## Every Sunday Holy Mass Online

St Nicholas church celebrates live mass every weekend. Masses can be found on <https://www.churchservices.tv/limerickstnicholas>

Mass times are:

Saturday: 6pm

Sunday 10:30 am and 12

Monday, Tuesday, Wednesday: 9:45am

For the time being we will only be using St Nicholas church, Westbury.

Because of social distancing guidelines, spaces are limited. We ask that you please follow the stewards and public health guidelines in place.

For a complete list of online Masses please see <https://www.limerickdiocese.org/news/masses-available-online-and-on-the-radio-in-the-diocese-of-limerick/>



### Prayer for when you can't receive Communion

My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.

#### Useful Contacts/Numbers

- ◆ COVID-19 Support Line for Older People—ALONE - 0818 222 024.
- ◆ Community Call—Limerick City and County Council Tel 1800 852 389 E-mail [covidsupport@limerick.ie](mailto:covidsupport@limerick.ie)
- ◆ The Irish Hospice Foundation Bereavement Support Line is a national freephone service 1800 80 70 77 which is available from 10am to 1pm, Monday to Friday. The line aims to provide comfort and emotional support.



### Parish Office Opening hours

Tues 2pm—4pm. Thurs 9.30am—1.30pm for anyone who may need to book Masses get certificates or any other church related enquiries. Entrance to the office is through the Adoration Chapel opposite the priest's house. Phone: 061-341300



Baptism bookings will be taken from mid July. Baptism time will be on 1st & 3rd Saturday at 4.30pm and on the 2nd & 4th Sunday at 1.00pm. Contact the church office.



### Thought For The Week

*'Joy is the infallible sign of the presence of God.'*  
~Pierre Teilhard de Chardin

A lot of people say joy and happiness are exactly the same thing, just different words. But there is actually a big difference between the two. Happiness comes from what we do, joy comes from God. Happiness is based on circumstances; joy is born in the heart and has strong spiritual connections.

Happiness can change like the wind but joy is much more stable and always around. A joyful person thinks different, is usually upbeat and positive and always makes good company. They gently encourage and make the most of the present moment. A joyful person is slow in allowing bitterness, anger, jealousy or hatred to take a hold in their life.

So if there is no joy in our lives at the moment, then there is a leak or a blockage somewhere. Due to the current covid pandemic, the news headlines have been predominantly negative and are no help to any leaks in our lives. But any leak can be repaired and at least plugged to stop the flow.

In our Gospel stories Jesus did a lot repairing and fixing of leakages. He gave people a renewed sense of hope and brought much joy into their lives. Most important he showed them a way forward in how to find lasting joy. The same way is extended to us too.

Perhaps during the coming week a good place to start might be to embrace a joyful moment. Sometimes we have to pause and slow down to enjoy the moment. Life will always be a mixture of joy and sadness. We must do our best to find the balance. That is why when we are grateful for one joyful moment, we will soon find another one somewhere else.

James McSweeney

[www.todayismygifttoyou.ie](http://www.todayismygifttoyou.ie) or [www.2u.ie](http://www.2u.ie)



**PRAY**  
FOR THE SICK

### Remembering those who are Sick

Let us continue to pray for those who are ill at this time, those preparing for and awaiting results of tests, those in hospital. Continue to pray for Maurice, Ailish R, Pat, Annette, Aidan, Gabriel, Jim, Kathleen, Garrett, Helen, Philip, Tony, John, Brian, Muirinn, Ken, Orla, Ciara, Paddy, Michael, Vera, Ailish, Frank, Ger, Bernadette, Fiona, Niamh, Jesse, Eoin, Mary, Young Michael, William, Méabh, Anna, Amy and Agnes.

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 let Maura/Grace know by E-mail: [stnicholasnewsletter@gmail.com](mailto:stnicholasnewsletter@gmail.com) or Tel. Maura 086 0429952 / Grace 086 8296193

*May you see in what you do  
The beauty of your own soul*

*May the sacredness of your work bring  
healing, light and renewal  
to those who work with you ...  
to those who see and receive your work ...*

*May you be present in what you do ...  
May the day never burden.*

*May you go into the night blessed, sheltered and  
protected  
May your soul calm, console and renew you.*

*John O'Donohue*

### Quote of the week

*" Do your little bit of good where you are;  
it's those little bits of good put together  
that overwhelm the world"*

Desmond Tutu, human rights activist

