

## Pentecost Prayer

Breathe in me O Holy Spirit  
that my thoughts may all be holy;  
Act in me O Holy Spirit  
that my works, too, may be holy;  
Draw my heart O Holy Spirit  
that I love but what is holy;  
Strengthen me O Holy Spirit  
to defend that is holy;  
Guard me then O Holy Spirit  
that I always may be holy.

- St. Augustine of Hippo (AD 354-430)



## PRAYER FOR EXAMS

Dear God,

We bring all the students before you  
who will be writing exams.  
We ask your Holy Spirit to guide them  
and give them the understanding and  
knowledge that comes only from you.  
Grant them favour, and bring the in-  
formation that they have studied to  
mind that is needed for each exam  
they take.  
Bless each student, In Jesus name  
we pray,  
Amen

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 IN 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.

SPIRITUAL ACT OF  
COMMUNION



The Parish Office will be closed on  
Tuesday 7th & Thursday 9th June

## Lough Derg 2022

PILGRIMAGE SEASON RE-OPENS SUNDAY 1st MAY 2022



### Limerick Walking Association

Wednesday walk will start again from  
Wednesday 1st June 2022 and will  
continue during all summer.  
Starting at 7.30pm from O'Driscolls Bar,  
Corbally.  
For directions check our website  
<http://www.limerickwalkingassociation.com/walks/weekly-walks/>

Lough Derg three day pilgrimage runs

Wed 1st June until 15th August (Sat 13th Aug is final day  
to begin the Pilgrimage).

Admission €80 | Booking advised | Concessions availa-  
ble for students, seniors and groups.

All booking info, including organised parish groups avail-  
able at [www.loughderg.org](http://www.loughderg.org), email [info@loughderg.org](mailto:info@loughderg.org) or  
telephone 0 71 9861518.

Lough Derg, Pettigo, Co Donegal, F94 N289

## CHILDREN'S CHOIR

It is hoped to reintroduce the children's choir, sadly  
missed during Covid, in September. Musicians are  
needed and also adult volunteers to assist in the prepa-  
rations over the Summer months and later running  
practice sessions etc. Please contact Fr Derek if you  
are interested in being involved in this wonderful asset  
to our parish.



St Nicholas' Pastoral Parish Council meets  
on a monthly basis. The meetings  
generally take place early each month. If  
you would like to raise any items/issues at  
a meeting you could email your item to the  
following email:  
[saintnicholasparishoffice@gmail.com](mailto:saintnicholasparishoffice@gmail.com)

## World Elder Abuse Awareness Day

"Rights Don't Get Old"  
Wednesday 15th June 2022

The United Nations General Assembly has designated  
the 15th June annually as World Elder Abuse Awareness  
Day. It is well documented that there will be a significant  
growth in the population of older persons between the  
years 2015 – 2030 and with this increase come the in-  
crease and risk of abuse. The abuse of older people is  
an increasing and serious problem so it is vital to raise  
awareness of it in an effort to prevent it. Raising aware-  
ness of what constitutes abuse and ensuring that people  
know how to report any concerns they have is important  
in this regard. This day focuses our attention on the need  
for all of us, to take responsibility in preventing elder  
abuse for those with whom we work to care for and those  
within our community.  
The theme of this year is 'Rights Don't Get Old'.  
All are encouraged to wear the purple ribbon or the  
colour purple to mark the day.



# ST NICHOLAS PARISH NEWS

Sunday 5 June

Pentecost

## CONTACT NUMBERS

Fr. Derek Leonard P.P. 087 6261287  
Fr. John O'Byrne 085 7491268  
Fr. Gerard O'Leary 087 9378685  
Salesian Sisters 061 348510  
PARISH OFFICE 061 341300

**OFFICE OPENING TIMES:** Tues 2pm–4pm and Thurs 9.30am -1.30pm for Church related enquiries. If you wish to book a mass, order a cert or leave in your offerings to support your parish, please phone or call at opening times to the office, based at St Nicholas Church, Westbury.

With Sympathy mass cards & Christmas Mass Bouquet cards are now available from the Parish Office.

email: [saintnicholasparishoffice@gmail.com](mailto:saintnicholasparishoffice@gmail.com)

## WEEKDAY MASSES

9.45am Mon, Tues, Wed, *St Munchin's College Chapel*.  
10am in *St Mary's* : Thurs and Friday.

## WEEKEND MASSES

Sat.6pm, Sun.10.30am, *St Nicholas' church*  
Sun 12 noon , *St Munchin's College Chapel*

## PARISH LIVE STREAMING MASSES

Masses from *St Nicholas Church* can be viewed live via the parish webcam at the parish website [www.saintnicholasparish.ie](http://www.saintnicholasparish.ie) or

<https://www.churchservices.tv/limerickstnicholas>

You can download the free app from the App store and click on St Nicholas church in the Limerick section.

## ITEMS FOR NEWSLETTER

We encourage local groups to avail of the newsletter to promote upcoming events, share good news, etc. please send details to

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

Maura. 086 0429952 or Grace. 086 8296193

**FACEBOOK** [www.facebook.com/Saintnicholasparish/](http://www.facebook.com/Saintnicholasparish/)

**BAPTISM** are held every 2nd and 4th weekend on Saturday at 4.30pm in St. Nicholas Church and on Sunday at 1pm in St. Munchin's College Chapel. Contact the Parish Office for further details.



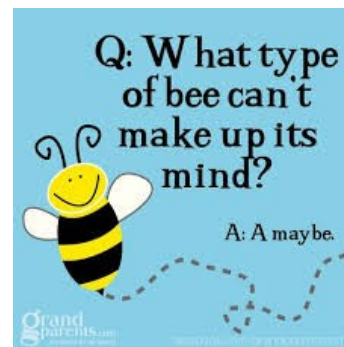
Let us continue to pray for those who are ill at this time, those who are preparing for and awaiting results of tests, those in hospital.

Please pray especially for Frank, Fiona, Eoin, Mary, Michael, William, Méabh, Anna, Eamon, Declan, John, Agnes, Muirinn, Ruby, Carmel, Ralph, Karen, Pat, Martina, Ciara.

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.



for your continued support at the weekly church collections. Contributions for the Week ending 29 May 2022 was €1080.00



**ALONE** are currently looking for befriending volunteers in your area. Support and Befriending is a supported one-to-one relationship between a volunteer and an older person who has been linked in with ALONE.

The ALONE Support and Befriending service provides companionship and practical support to older people who would like extra social contact through a weekly volunteer visit. The Support and Befriending service is designed to reduce feelings of isolation and loneliness, provide assistance to solve everyday problems and enable older people to feel secure at home. Visit [www.alone.ie](http://www.alone.ie) for more details and to sign up.

If you have concerns about your own wellbeing or you are an older person who would like to receive ALONE's Support & Befriending services, contact ALONE on 0818 222 024 from 8am - 8pm, seven days a week."