

## Eighteenth Sunday in Ordinary Time

### Food that satisfies

Growing up, did you hear any 'old wives' tales' about food - eating carrots helps you see in the dark; bread crusts will make your hair curly; an apple a day keeps the doctor away...? These wise old sayings, passed down the generations, were employed to encourage us to eat certain foods, mainly healthy fruit and veg. Many even had an element of truth. These days we can easily establish the accuracy of such claims, but many parents still find themselves falling back on these nuggets of wisdom. Behind it all is a desire to see children grow up strong and healthy.

Recent years have seen an increased focus on health, both physical and mental. Nourishing one's body and mind and keeping them healthy are essential long-term projects, the work of a lifetime. In today's Gospel, Jesus talks about a different type of nourishment - bread that gives life, food that satisfies, food that endures. 'I am the bread of life,' says Jesus. It is Jesus who nourishes us at the very core of our being, who knows our every need and gives meaning to our lives. He tells us today: 'Do not work for food that cannot last, but work for food that endures to eternal life.' As we continue on our way, learning how to best nourish our body and mind, let us not forget to nourish our spirit with Jesus, the bread of life.

*'I invite all Christians, everywhere, to a renewed personal encounter with Jesus Christ... The Lord does not disappoint those who take this risk; whenever we take a step towards Jesus, we come to realise that he is already there, waiting for us with open arms.'* (Pope Francis, Evangelii Gaudium)



#### First Holy Communion and Confirmation 2021



To help girls and boys prepare for their First Holy Communion and

Confirmation, Fr Chris O'Donnell has worked with iCatholic, on behalf of the Catechetics Council of the Irish Bishops' Conference, to produce video lessons for First Communion/Confirmation children and their families. These are available on the Limerick Diocese website at the links below:

<https://www.limerickdiocese.org/resources/category/resources/first-communion/>

<https://www.limerickdiocese.org/resources/category/resources/confirmation/>

#### Feast of the Transfiguration of 6 August

The feast invites us to 'go up the mountain', to set aside time and space to listen to God's Word, as we are asked to do by the voice from the cloud. Our encounter with God's Word inspires us to 'come down the mountain' and meet God's presence in all those whose lives are blighted by worry, fear, injustice, poverty – materially and spiritually.



**please  
pray for  
the sick**

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 Ailish, Frank, Fiona, Niamh, Eoin, Mary, Michael, William, Méabh, Anna, Eamon, Declan, Ethel, John, Agnes, Muirinn, Orla, Ruby, Carmel.

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.

Stewards are needed for weekend masses. If you can help, please talk to any steward.





# ST NICHOLAS PARISH NEWS

Sunday 1st August 2021

18th Sunday in ordinary time

Fr. Derek Leonard P.P. 087 6261287

Fr. John O'Byrne 085 7491268

Fr. Gerard O'Leary 087 9378685

Salesian Sisters 061 348510



## WEEKDAY

9.45am Monday to Wednesday, St Nicholas church

All are welcome to join us for mass at 10am in St Mary's on Thursday and Friday.

## WEEKEND

Sat.6pm, Sun.10.30am, 12 noon . St Nicholas' church

**TOILET FACILITIES** Please note that toilet facilities cannot be provided in St Nicholas' Church in order to adhere to strict Covid19 guidelines.



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

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

Maura. 086 0429952

Grace. 086 8296193



The parish Facebook is updated daily. You do not need to be a member of Facebook to view the page.

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

**PARISH OFFICE OPENING TIMES:** Tues 2pm-4pm and Thurs 9.30am -1.30pm for Church related enquiries.  
**Phone:** 061 341300

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



Baptism times will be 4.30pm on 1st & 3rd Saturday of the month, and 1pm on the 2nd & 4th Sunday of the month. Contact the Parish Office for further details.

## Public Masses

Numbers will be limited to 80 people per Mass.

We encourage everyone to adhere to the safety protocols when joining us for Mass;

Social distance

Sanitize your hands

Wear a face mask

More information of the Governments decision on the resumption of public worship (including funeral and wedding ceremonies) can be accessed on [www.gov.ie](http://www.gov.ie)

**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**