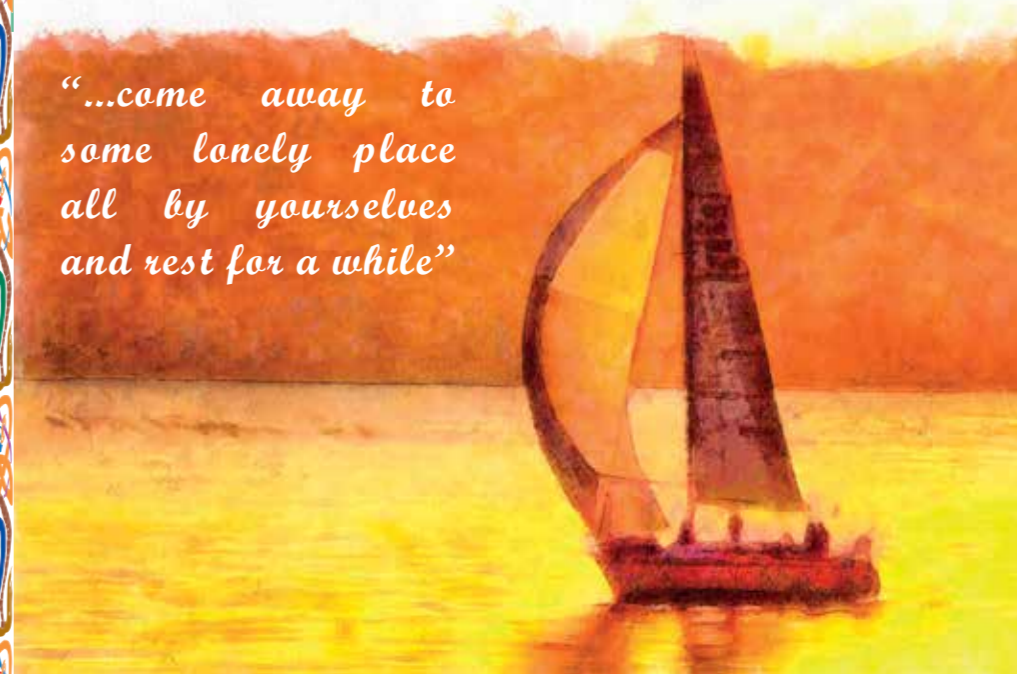


focus on sunday

The heart of Jesus is the "heart of compassion".
He sees his people in need of his teaching and of his love, and so he gives us his word and his body and blood, food for mind, heart, soul and body.

"...come away to some lonely place all by yourselves and rest for a while"



A friend often said: 'Nothing is as enjoyable as a nap!' Most of us like a rest. Sit down at the end of a day's housework. Holidays are planned well in advance. We need time off to think, reflect, relate and pray. Jesus offers rest to his followers in today's gospel. The apostles would be drained and lost without time with him.

We can get lost in chasing transitory relationships, addictive travel, TV or other addictions. Facebook and twitter may take too much time. We can feel important because we are busy. The cult of money can take over from family life or marriage.


Jesus' invitation is to rest awhile with him. He does not say don't plan, don't spend time caring for family. But he wants time given to the better things of life. With him you can find yourself. He likes to be with you. It may be hard to believe that sometimes; that the Son of the God and of the universe has time for me, for you and everyone.

We need to give time to what is restful. The holiday that enhances friendship and health, the retreat day that refreshes the soul, the time given to friendship, love, music, art and other good things of life. Moments of prayer each day.

The place can be inside ourselves also. We could have a type of 'mantra' - a word, a prayer, a song that brings us to a quiet place in ourselves. A line of Scripture can do that for us or a favourite prayer, bringing us into the centre of being where we find the Creator of our being.

Donal Neary SJ, Editor, Sacred Heart Messenger.

Jesus' Story Fr. Liam Hickey



God asks us to take "rest". I hope that people that go for a walk in the park find "rest". The different sounds of bird song in the trees and hedges is worth a listen. I hear them saying "You don't even notice me and I come to sing for you and for free. We hear with our ears, but we listen with our hearts. That tells us to be grateful and show respect, sing a song today.



EUCHARISTIC PRAYER

The Lord be with you.
And with your spirit.
Lift up your hearts.
We lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right and just.

SANCTUS

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord. Hosanna in the highest.

AFTER THE CONSECRATION

The mystery of faith.
We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.

INVITATION TO HOLY COMMUNION

Behold the Lamb of God,
Lord, I am not worthy that you
should enter under my roof, but only say
the word and my soul shall be healed.

COMMUNION ANTIPHON

Behold, I stand at the door and knock,
says the Lord.
If anyone hears my voice and opens the
door to me, I will enter his house and
dine with him, and he with me.

PRAYER AFTER COMMUNION

Graciously be present to your people,
we pray, O Lord, and lead those you have
imbued with heavenly mysteries to pass
from former ways to newness of life.
Through Christ our Lord.

CONCLUDING RITE

The Lord be with you.
And with your spirit.
May the peace of God,
which surpasses all understanding,
keep your hearts and minds
in the knowledge and love of God,
and of his Son,
our Lord Jesus Christ. Amen

And may the blessing of almighty God, the
Father, and the Son, ✠ and the Holy Spirit,
come down on you and remain with you for
ever. Amen

Go in peace,
glorifying the Lord by your life.
Thanks be to God.

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, 'You must come away to some lonely place all by yourselves and rest for a while'; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

The Gospel of the Lord.
Praise to you Lord Jesus Christ.

NICENE CREEED

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with
the Father; through him all things were made.
For us men and for our salvation
he came down from heaven,
All bow for following three lines:

and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified
under Pontius Pilate, he suffered death and
was buried, and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven and is seated at the
right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver
of life, who proceeds from the Father
and the Son, who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.
I believe in one, holy,
catholic and apostolic Church.
I confess one Baptism for the forgiveness
of sins and I look forward to the resurrection
of the dead and the life of the world to come.
Amen.

LITURGY OF THE EUCHARIST

Pray brothers and sisters,
May the Lord accept the sacrifice at your
hands for the praise and glory of his
name, for our good and the good of all his
holy Church.

PRAYER OVER THE OFFERINGS

O God, who in the one perfect sacrifice
brought to completion varied offerings
of the law, accept, we pray, this sacrifice
from your faithful servants and make it
holy, as you blessed the gifts of Abel, so
that what each has offered to the honour
of your majesty may benefit the salvation
of all. Through Christ our Lord.

ENTRANCE ANTIPHON

See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen.
The Lord be with you. And with your spirit

PENITENTIAL ACT

You were sent to heal the contrite of heart: Lord, have mercy. Lord, have mercy.
You came to call sinners: Christ, have mercy. Christ, have mercy.
You are seated at the right hand of the Father to intercede for us: Lord, have mercy. Lord, have mercy.
May almighty God have mercy on us.....

THE GLORIA

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.
Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.
For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

OPENING PRAYER

Show favour, O Lord, to your servants and mercifully increase the gifts of your grace, that, made fervent in hope, faith and charity, they may be ever watchful in keeping your commands.
Through our Lord Jesus Christ....

LITURGY OF THE WORD

FIRST READING Jeremiah 23: 1-6

A reading from the prophet Jeremiah.
'Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered - it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel, says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds - it is the Lord who speaks! But the remnant of my flock I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures; they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost - it is the Lord who speaks!
'See, the days are coming - it is the Lord -

who speaks - when I will raise a virtuous Branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence. And this is the name he will be called: The Lord-our-integrity.
The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM Ps. 22

R. The Lord is my shepherd; there is nothing I shall want.
1. The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit. (R)
2. He guides me along the right path; he is true to his name. If I should walk in the valley of darkness no evil would I fear. You are there with your crook and your staff, with these you give me comfort (R)
3. You have prepared a banquet for me in the sight of my foes. My head you have anointed with oil; my cup is overflowing. (R)
4. Surely goodness and kindness shall follow me all the days of my life. In the Lord's own house shall I dwell for ever and ever. (R)

SECOND READING Ephesians 2:13-18

A reading from the letter of St. Paul to the Ephesians
In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God. In his own person he killed the hostility. Later he came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to the Father.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
The sheep that belong to me listen to my voice, says the Lord. I know them and they follow me. Alleluia!

GOSPEL Mark 6: 30 - 34

The Lord be with you
And with your spirit.
A reading from the holy Gospel according to Mark.
Glory to you, O Lord.





Sunday Masses:

SS John & Paul (Webcam): Friday 7pm;
Saturday 6:30 pm; Sunday 10 am and 12:15 pm
Mary Immaculate Church - Saturday 12 noon;
Sunday 9 am and 11 am

Weekday Masses:

10 am Mon-Fri Mary Immaculate
7 pm Thursday SS John & Paul Church **(Webcam)**

SHANNON PARISH NEWSLETTER

Parish Office: 4, Dún na Ri, Shannon
Tel 061 363243

Tuesdays & Wednesdays: 9.30am - 12.30pm
(lunch 12.30pm-1.30pm) 1.30pm - 5.30pm
Thursdays: 9.00am - 1.00pm

Email: office@shannonparish.ie www.shannonparish.ie

Tune in and Follow us on:

Radio 105.6 FM for Mass from SS John and Paul
Webcam: <https://www.shannonparish.ie/web-cam/>
 www.facebook.com/Shannon.Parish.Killaloe/
 <https://www.twitter.com/ShannonParish67>
 www.youtube.com/c/ShannonParish67

Parish App



1 8 J u l y 2 0 2 1
16th Sunday in Ordinary Time

Anniversaries: Pat Barry, Mick Keane, Jackie Keane, Dan Fitzgerald, Ted McKee, Mary Walsh and we pray for all those whose anniversaries occur around this time.

Last Sunday's Offerings: €1,663

The Priests' Summer Collection:

Thank you from the Priests of the Parish

Thank you for your tremendous support to us for the priests' Summer Collection. Your contribution is still very welcome. The next Priests collection will be in the Autumn. God bless you as always for your great generosity to us which is very much appreciated.

Readers and Eucharistic Ministers: If you have not already done so, please collect your new roster in the Church sacristy. Thank you for your ministry.

Exposition of the Blessed Sacrament:



Every Sunday in Mary Immaculate Church from 12noon-6pm and 2-6pm in SS John and Paul Church. With the current safety protocols in place adoration is for private prayer only. All are welcome to visit our Church's.

Mass and Baptismal Bookings:

If you are intending to book a Mass or a baptism we would ask you book through the Parish Office. This enables us to ensure all Masses and Baptisms are scheduled. You can book by emailing office@shannonparish.ie or calling 363243.

Reek Sunday:

Normally the National Pilgrimage to Croagh Patrick takes place on the last Sunday of July. For this year, Reek Sunday has been extended to incorporate the whole month of July; each weekday from Wednesday to Saturday in order to facilitate those who wish to fulfil the Reek Sunday Obligations. Mass on the Summit: Wednesday to Friday 12 noon, Mass on Saturday 10am (Weather permitting). Confessions before and after Mass 11am-1.45am, 12.45pm-1.15pm

Shannon Tidy Towns making a colourful splash!

What a Summer of colour in Shannon! Huge congratulations and well done to the wonderful volunteers of Shannon Tidy Towns who are doing an incredible job around town, planting flowers, painting pots/containers, weeding, litter picking etc etc. We can all do our bit to keep Shannon in tip top shape by not throwing litter or bottles. Always return your trollies to Skycourt and 'scoop the poop' after your dog when out walking. The wonderful addition of our new Park is a major addition and is being enjoyed by all the community with it's lovely facilities. Shannon is YOUR town...treat it with respect and care and be proud of where you live!!!



Religious Gifts: For all occasions are available from the Parish Office. If there is a particular religious item you are looking for we will source it for you.

A Summer Prayer:

Father, Creator of all, thank You for summer!
Thank you for the warmth of the sun and the increased daylight.
Thank You for the beauty I see all around me and for the opportunity to be outside and enjoy Your creation.
Thank You for the increased time I have to be with my friends and family, and for the more casual pace of the summer season.
Draw me closer to You this summer.
Teach me how I can pray, no matter where I am or what I am doing.
Warm my soul with the awareness of Your presence and light my path with Your Word and Counsel.
As I enjoy Your creation, create in me a pure heart and a hunger and a thirst for You.

The Lough Derg Pilgrim Path:

The Lough Derg Pilgrim Path on the lough shore is now open daily. The full route is a 12km loop, with a shorter 8km option, and several information boards highlight features of particular interest. Leaflets are available at the Visitors Centre.

A guided walk experience will be offered on Sunday 25th and Saturday 31st July, with Mass outdoors, weather permitting. Further dates for these guided walks will follow for late August and early September.

For bookings and further information email info@loughderg.org or telephone 0(0353) 71 9861518.

www.loughderg.org Lough Derg Pilgrim Path, Pettigo, Co Donegal. F94 N289

Note of Thanks from Fr. Arnie

Dear friends and parishioners,
On Monday July 5th I experienced an emergency on a visit to my GP Dr Fabian. I was admitted for kidney failure, drop in blood pressure, and other issues. Enroute I had to be revived in the ambulance. I was placed unconscious in the intensive care unit of UHL for a week and then moved to the high dependency unit. In short, I have a long ways to go to restore my health.

I take this opportunity to thank everyone for their prayers, messages, and support. As many of you know I have been blessed with energy and health. I ask you not to take your health for granted, cherish the small things, and offer hope to another.

I am going to be in hospital for some time as I'll require surgery, but rest assured you'll be in my thoughts and prayers. St Paul reminds us of strength in weakness so I trust in the goodness of God for you and yours.

Finally, I wish to thank my colleagues Brendan, Francis, and James. To Ann and Dr Fabian Akamnonu, the parish staff and sacristans, and anyone who in anyway has offered love, and support.

May God bless you for your thoughts, prayers, and kindness.

Arnie

Prayer for Healing for Fr. Arnie, Pope Francis (recovering from surgery) and all who are sick in our Parish:

Almighty God, You are the only source of health and healing. In You there is calm, and the only true peace in the universe. Grant to each one of us your children an awareness of your presence, and give us perfect confidence in you. In all pain and weariness and anxiety, teach us to yield ourselves to your never-failing care, knowing that your love and power surround us, trusting in your wisdom and providence to give us health and strength and peace when your time is best; through Jesus Christ our Lord, Amen.