

**ENTRANCE ANTIPHON**

Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

**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**

Lord Jesus, you have shown us the way to the Father:

Lord, have mercy. **Lord, have mercy.**  
Lord Jesus, you have given us the consolation of the truth:  
Christ, have mercy. **Christ, have mercy.**  
Lord Jesus, you are the Good Shepherd, leading us into everlasting life:  
Lord, have mercy. **Lord, have mercy.**  
May almighty God have mercy on us....  
**Amen.**

**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**

Grant us, Lord our God,  
that we may honour you with all our mind,  
and love everyone in truth of heart.  
Through our Lord Jesus Christ....

**LITURGY OF THE WORD****FIRST READING Jeremiah 1: 4-5. 17-19**

**A reading from the prophet Jeremiah.**

In the days of Josiah, the word of the Lord was addressed to me, saying,  
‘Before I formed you in the womb I knew you; before you came to birth I consecrated you; I have appointed you as prophet to the nations. So now brace yourself for action. Stand up and tell them all I command you. Do not be dismayed at their presence, or in their presence I will make you dismayed. I, for my part, today will make you into a fortified city, a pillar of iron, and a wall of bronze to confront all this land: the kings of Judah, its princes, its priests and the country people. They will fight against you but shall not overcome you, for I am with you to deliver you - it is the Lord who speaks.’

**The word of the Lord.**  
**Thanks be to God.**

**RESPONSORIAL PSALM**

**Ps 70:1-6. 15.17**

**R. My lips will tell of your help.**

1. In you, O Lord, I take refuge;  
let me never be put to shame.  
In your justice rescue me, free me:  
pay heed to me and save me. **[R]**
2. Be a rock where I can take refuge,  
a mighty stronghold to save me;  
for you are my rock, my stronghold.  
Free me from the hand of the wicked. **[R]**
3. It is you, O Lord, who are my hope,  
my trust, O Lord, since my youth.  
On you I have leaned from my birth,  
from my mother's womb you have  
been my help. **[R]**
4. My lips will tell of your justice and day  
by day of your help.  
O God, you have taught me from my  
youth  
and I proclaim your wonders still. **[R]**

**SECOND READING 1 Corinthians**

**(Shorter form only: 13:4-13)**

**A reading from the first letter of  
St. Paul to the Corinthians**

Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes.

Love does not come to an end. But if there are gifts of prophecy, the time will come when they must fail; or the gift of languages, it will not continue forever; and knowledge - for this, too, the time will come when it must fail. For our knowledge is imperfect and our prophesying is imperfect; but once perfection comes, all imperfect things will disappear. When I was a child, I used to talk like a child, and think like a child, and argue like a child, but now I am a man, all childish ways are put behind me. Now we are seeing a dim reflection in a mirror; but then we shall be seeing face to face. The knowledge that I have now is imperfect; but then I shall know as fully as I am known. In short, there are three things that last: faith, hope and love; and the greatest of these is love.

**The word of the Lord.**  
**Thanks be to God.**

**GOSPEL ACCLAMATION**

**Alleluia, alleluia! I am the Way,  
the Truth and the Life, says the Lord;  
no one can come to the Father except  
through me. Alleluia!**

**GOSPEL Luke 4:21-30**

**A reading from the holy Gospel  
according to Luke.**

Jesus began to speak in the synagogue, ‘This text is being fulfilled today even as you listen.’ And he won the approval of all, and they were astonished by the

gracious words that came from his lips. They said, ‘This is Joseph's son, surely?’ But he replied, ‘No doubt you will quote me the saying, “Physician, heal yourself” and tell me, “We have heard all that happened in Capernaum, do the same here in your own countryside.” ‘ And he went on, ‘I tell you solemnly, no prophet is ever accepted in his own country.

‘There were many widows in Israel, I can assure you, in Elijah's day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to a widow at Zarephath, a Sidonian town. And in the prophet Elisha's time there were many lepers in Israel, but none of these were cured, except the Syrian, Naaman.’

When they heard this everyone in the synagogue was enraged. They sprang to their feet and hustled him out of the town; and they took him up to the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away.

**The Gospel of the Lord.**

**Praise to you, Lord Jesus Christ.**

**NICENE CREED**

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 Lord, we bring to your altar  
these offerings of our service:  
be pleased to receive them, we pray,  
and transform them  
into the Sacrament of our redemption.  
Through Christ our Lord.

**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**

**Let your face shine on your servant.**

**Save me in your merciful love.**

**O Lord, let me never be put to shame,  
for I call on you.**

**PRAYER AFTER COMMUNION**

Nourished by these redeeming gifts,  
we pray, O Lord,  
that through this help to eternal salvation  
true faith may ever increase.  
Through Christ our Lord.

**CONCLUDING RITE**

The Lord be with you. **And with your spirit.**

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.

**Thanks be to God.**

Liturgical texts: concordat cum originali: †Diarmuid Martin, Archbishop of Dublin Other texts: cum permissu: †Diarmuid Martin, Archbishop of Dublin. Excerpts from the English translation of the Roman Missal: © 2010, International Committee on English in the Liturgy Corporation. All rights reserved. Used with permission. The Jerusalem version of the Scripture is copyright Darton, Longman & Todd & Doubleday & Co. Inc. Responsorial psalms are copyright The Grail & or Geoffrey Chapman Ltd. Published by Logos Publications, 26 Tolka Valley Business Park, Ballybogan Rd, Glasnevin, D11 WK38 Phone (01 830 6751).

**Jesus found much rejection of his message, especially in his own town. The follower of Jesus will find rejection and even mockery of his message. Those who work for goodness and for justice will experience persecution for their faith and action. We pray to be true to our calling in this gospel.**

*“Love is  
always  
patient  
and  
kind.....”*



Some turned against Jesus. Was it the one who spoke gracious words, or the one who spoke challenging words?

He was liked and not liked. There were some who were very religious and liked him, who were the backbone of Judaism, and others who went off him when he said what they didn't like or agree with. Just as today, there can seem to be a conflict between a love of God and a love of orthodoxy. He started with the Scripture - but then went on to point out bits of the scripture they didn't like to hear - about foreigners. And later they would say— sure we knew him as a kid and his family. That meant they could write off what he said.

He was inviting them to the purity of their religion. This often happens when there are new challenges in the church. What is happening in the church where the world we live in challenges old customs and beliefs about marriage, civil partnerships, divorce, and how to welcome people to church who don't feel they belong. All are welcome here in the love of God. We don't give up what is essential to our church, but we are brought into rethinking and sometimes to change. Sometimes change is necessary in order to stay with what is an everlasting truth.

This happens in the church and in the family. We need to be able to live in love with different points of view and different ways of life. Jesus is challenging them to see everyone as important, and especially the poor. He would always do this. And they would kill him for it.

The words which are at first upsetting may proved to be gracious words as they were from the mouth of the Lord.

*Donal Neary SJ (Editor, Sacred Heart Messenger)*

**Jesus' Story**

*Fr. Liam Hickey*



Jesus is telling the people that God Our Father loves every person everywhere. Some people listening were not friends with their neighbours, who hurt them, and even kill people. How could God love enemies like that? God does not want people to hurt others. But God sees good in every heart that can change from bad ways into good ways of forgiveness, sorrow and thanks.





### 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](mailto:office@shannonparish.ie) [www.shannonparish.ie](http://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/>  
**Facebook:** [www.facebook.com/Shannon.Parish.Killaloe/](https://www.facebook.com/Shannon.Parish.Killaloe/)  
**Twitter:** <https://www.twitter.com/ShannonParish67>  
**YouTube:** [www.youtube.com/c/ShannonParish67](https://www.youtube.com/c/ShannonParish67)

**Parish App**



## 30 January 2022 Fourth Sunday in Ordinary Time

**Sympathy:** to the Burke family, Tullyvarruga Crescent on the death of Nancy Burke whose Funeral Mass will be celebrated this Sunday at 12.15pm in SS John and Paul Church. May Nancy rest in God's eternal peace.

**Months Mind Mass** Next Sunday 6th February at 11am in Mary Immaculate Church for John Carrig, Corrib Drive.

**First Anniversary Masses** This Saturday for Emily Regan 29<sup>th</sup> January at 6:30 pm in SS John and Paul Church. Next Sunday 6th February at 11am in Mary Immaculate Church for Eileen Garvey, Tullyglass Hill.

**Anniversaries:** Jimmy Slattery, Rosaline Hasty, Michael Greaney, Nora & Edward Geary, Sr. Marguerite Kelly, Patrick & Bridie Grue, Dolores Gavin, Mike Mulcahy, Marian Hogan, Teresa O'Mara, Jim & Eileen Kennedy, Louis & Margaret Quinlivan.

### Thank you for your wonderful support to the parish.

As well as the usual way to donate to your parish you can also use our new method of using the QR code (here) which is also placed at the doors and shrines of our Church's, Adoration Chapel Notice Board, and Parish Office. It's another easy way for you to support your parish using your smart phone.



**Parish Tax Rebate Scheme:** If you are part of the Tax Rebate Scheme where the parish benefits, you're new box of envelopes are available in the sacristy. If you're interested in being part of the scheme please contact the Parish Office for details.

**Mass and Baptismal Bookings:** Baptisms celebrated on the 1st and 3rd Saturday every month. If you are intending to book a Mass or a baptism we would ask you to book through the Parish Office. Email [office@shannonparish.ie](mailto:office@shannonparish.ie) or phone 363243.

**Last Sundays collection:** €1,943. Míle Buíochas.

### Second Collecction 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> January

A second collection will be taken up at all masses this weekend (28<sup>th</sup>/29<sup>th</sup>/30<sup>th</sup> January 2022) to support Bishop Fintan in Diocesan Administration.

**Adoration Chapel:** Monday to Friday 2-6pm daily.

**Exposition of the Blessed Sacrament:** Adoration on Sunday in SS John and Paul resumes on January 9th from 2-6pm

### FIRST CONFESSION DATES

January 31st for St Aidan's at 7pm in SS John and Paul Church  
February 1st for Gaelscoil Donncha Rua at 1.30pm in SS John and Paul Church

February 1st for St Conaire's at 7pm in SS John and Paul Church  
February 2nd for St Tola's at 7pm in Mary Immaculate Church  
February 3rd for St Senan's at 7pm in Mary Immaculate Church

### FIRST HOLY COMMUNIONS/CONFIRMATIONS

#### St Aidan's:

First Communion May 6th at 11am in SS John and Paul Church  
Confirmation April 29th at 11am in SS John and Paul Church

#### St Conaire's:

First Communion May 7th at 11am 1.30pm in SS John and Paul Church  
Confirmation on May 14th at 11am and 1.30pm in SS John and Paul Church

#### St Tola's:

First Communion April 30th at 10.30am in Mary Immaculate Church  
Confirmation on May 6th at 11am in Mary Immaculate Church

#### St Senan's:

First Communion on May 13th at 12noon in Mary Immaculate Church  
Confirmation on May 20th at 12noon in Mary Immaculate Church

#### Gaelscoil Donncha Rua:

First Communion and Confirmation on April 29th at 1.30pm in SS John and Paul Church.

*Wishing all our families every blessing!*

### Prayer intentions of the Holy Father for 2022

#### FEBRUARY -For religious sisters and consecrated women

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.

**A Gentle Reminder the wearing of masks or face visors, and sanitising of hands is mandatory in the Church.**

**Do continue to stay safe.**

### Update on the Synodal Pathway 2021-2023

Since our launch of the Synod the Diocesan Pastoral Council have been busy working on a Communications Strategy and also preparing and discerning what the big questions are that will be given to the various groups as we move forward in Communion, with our Mission, and Journeying together as Church.

When these questions are ready we plan that there will be some discernment at local level in the Parish Pastoral Councils, the Pastoral Council Area Groups, and then through larger gatherings. We look forward to this wider and deeper level of engagement over the next number of months on how we journey together as Church and serve the mission of Jesus Christ. For a video update from Bishop Fintan visit:  
<https://www.youtube.com/watch?v=5TTqgYMQS0c>

### Synodal Pathway Prayer

*We stand before You, Holy Spirit, as we gather together in Your name.  
With You alone to guide us, make Yourself at home in our hearts;  
Teach us the way we must go and how we are to pursue it.  
We are weak and sinful; do not let us promote disorder.  
Do not let ignorance lead us down the wrong path nor partiality influence our actions.  
Let us find in You our unity so that we may journey together to eternal life and not stray from the way of truth and what is right.  
All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever.  
Amen.*

A link to the plans and resources for the synodal pathway as published October 2021 is here:  
<https://www.killaloe-diocese.ie/synodal-pathway-plan-killaloe-diocese/>

### F e a s t o f S t B r i g i d

St Brigid's Day is celebrated on Tuesday 1st February. St Brigid is considered a patron saint of Ireland and February 1st marks the first day of spring. From 2023 it will be the 10th public and bank Holiday in Ireland. St. Brigid is Ireland's first native saint, the most celebrated Irish female saint. She was a pupil of St. Patrick and became famous for her kindness, mercy, and her miracles. In addition, Brigitte founded Ireland's most famous mixed (male and female) monastery in County Kildare. The Bogha Bríde or Brigid's Day Cross is the symbol of the day. Traditionally, reeds or straws are collected from the fields and crafted into a cross. Mass will be celebrated in Mary Immaculate Church at 10 am.

## Candlemas Day February 2<sup>nd</sup>

For most of us Christmas ends on the 6th January, the Feast of the Epiphany, or when we take our decorations down, or when we go back to work. Today, liturgically we celebrate the end of the Christmas season on the Feast of the Baptism of the Lord, the first Sunday after the Feast of the Epiphany. Candlemas, which comes 40 days after Christmas, as a feast day, is not part of the season, but does conclude the focus of the Christmas Cycle during the time after the Epiphany. It is a feast that points back to Christmas, when the Light of the World was born.

Candlemas, also known as the Feast of the Presentation of Jesus Christ, the Feast of the Purification of the Blessed Virgin Mary, or the Feast of the Holy Encounter, commemorates the presentation of Jesus at the Temple. It is based upon the account of the presentation of Jesus in Luke 2:22-40. Mass will be celebrated in Mary Immaculate Church at 10 am.

### Medjugorje Pilgrimage direct from Shannon – 2022

Shannon Airport to Medjugorje – 14th to 21st September – €725 per person sharing. Price increases to €775 after 31st January 2022. Bookings now being taken for this 7 night Group Pilgrimage with Kathleen & Jimmy Morris. Full religious programme operated by Marian Pilgrimages Medjugorje Team. Included are the following:

- Shannon direct to Mostar-Medjugorje – Only a 30 minute transfer from Airport to the Shrine;
- 7 nights air-conditioned accommodation near to St. James' Church;
- Freshly prepared breakfast and dinner each day;
- Luxury coach transfers accompanied by local guide;
- Full religious programme operated by Marian Pilgrimages;
- Assistance of Marian Pilgrimages rep. with 24hr support throughout your stay;
- Travel Insurance up to 84 years of age;
- All airport and local taxes.

*For more information on joining the group, please contact Kathleen & Jimmy Morris at 061 362657 or 086 3271657*



# Bereavement, loss and grief

[hse.ie/grief](https://hse.ie/grief) 



The global COVID-19 pandemic has had a major impact across the globe on our **experiences of death, dying and bereavement**.

The way the virus spreads, the restrictions imposed on travel (domestic and international), visits to healthcare settings, visits to residential and nursing homes, house visits, funeral arrangements – all impacted on death, bereavement and grieving.

[hse.ie/grief](https://hse.ie/grief) 



Working with the IHF and a range of partners, the HSE is promoting supports and services for people who may be struggling and dealing with issues responding to loss – and people trying to support those bereaved.

We have new dedicated content at **[www.hse.ie/grief](https://www.hse.ie/grief)** to increase knowledge about grief, bereavement and supports. Working with the IHF, we have a National Bereavement Support Line, new hospital resource packs and a commitment to funding five hospital-based Bereavement Liaison Officers to support bereaved families.

**[hse.ie/grief](https://www.hse.ie/grief)** 



# Grief is a natural process

Bereavement is the death or loss of someone close to us. It is characterised by grief, which is the process and the range of emotions we go through as we adjust to loss over time.

The death of someone important to us can be emotionally devastating - whether that be a partner, family member, friend or work colleague. It is natural to go through a range of physical and emotional processes as we gradually come to terms with the loss.

In most cases, grief is not a diagnosable mental health problem. Nevertheless, it can impact on our everyday lives and it can take a long time to adapt to life after a loss.

[hse.ie/grief](https://hse.ie/grief) 



# People grieve differently

There is no right or wrong way to feel following a death or loss. Grief will be different for everyone, so try not to expect your grief to follow any set course.

It's not always easy to recognise when bereavement, grief or loss are the reason you're acting or feeling differently. Many different factors will affect your grief experience after someone dies.

[hse.ie/grief](https://hse.ie/grief) 



# There's no time limit

Grief does not come in stages – it can come and go. Some feelings might occasionally come while others might be more prolonged or persistent. Most people move through different feelings in their own way and at their own pace. There is no time limit to grieving and everyone's grief experience is different.

Some people feel a strong range of emotions from early on in their bereavement, while for others, feelings may take a while to develop. More intense feelings might come and go unexpectedly, or at significant times like anniversaries, birthdays and holidays.



# So be kind to yourself

Take each day at a time. You might have good days and bad days, and that's ok.

Be patient and gentle with yourself.

Allow yourself time to experience and express your feelings – remember there is no right or wrong way to be feeling at any particular time, and different feelings might occasionally come and go.

Always look after your physical and mental health, especially when days feel more difficult than others. Get good sleep and regular exercise, try to keep a healthy diet, and avoid alcohol.

[hse.ie/grief](https://hse.ie/grief) 



# Others can support you

Accept emotional and practical support from others who care about you. Let them know how you're feeling and tell them what you find helpful. It's ok to ask others to be with when you need them or when you're finding things difficult.

If you need some extra support, remember there are organisations that provide:

- trusted information
- telephone support
- bereavement self-help resources
- support for people bereaved by suicide
- grief counselling

[hse.ie/grief](https://hse.ie/grief) 



# Share: Support information on grief

Download and help us to share a range of social media images, messages and A4 posters.

Available [here](https://www.hse.ie/grief)



#CopingWithGrief





From the **HSE** in partnership with **Irish Hospice Foundation**



**[hse.ie/grief](https://hse.ie/grief)**

**[hospicefoundation.ie](https://hospicefoundation.ie)**

**#Copingwithgrief**

Call the IHF Bereavement Support Line on

**1800 80 70 77**

(Monday to Friday, from 10am to 1pm)

