



Sunday Masses:

SS John & Paul (Webcam): 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 Monday -Friday Mary Immaculate

7 pm Thursday -Friday SS John & Paul Church

SHANNON PARISH NEWSLETTER

Parish Office: 4, Dún na Ri, Shannon

Tel 061 363243

Tuesday to Friday: 10.00am - 1.00pm
(lunch 1.00pm - 2.00pm) 2.00pm - 5.00pm

Fr. Michael Geraghty Co-PP: 087 992 6519

Fr. Tom Whelan Co-PP: 087 273 0299

Canon Brendan O'Donoghue: 086 8038163

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



January 28th 2024,

Fourth Sunday in Ordinary Time

Our Prayers and Sympathies to: The neighbours of Bridie Wynne, Delginish. The Ferns family on the death of Gerard (Ged) Ferns, O'Brien Park, Shannon

First Anniversary Mass for: Paul Daly will be celebrated next Sunday 4th February at 12.15pm in SS John and Paul Church. Frances Guilfoyle will be celebrated next Sunday 4th February at 12.15pm in SS John and Paul Church.

Anniversaries: Nancy Burke, John and Bridget Cantwell, Mary Chambers, Molly and Jerry Costello, Alan, Albert and Stephen Dowie, Colm and Cathy Fagan, Maura Fitzgerald, Michael Greaney, Patrick and Bridie Grue, Bob Haughey, Ian McDonnell, Mike Mulcahy, Emily Regan and Brendan Regan Jr., Adrian White and all those whose anniversaries occur at this time.

Mass for Deceased Teachers and Staff Members

Mass for the deceased teachers and staff members of St. Patrick's Comprehensive School will be celebrated Tuesday 30th of January at 10am in Mary Immaculate Church.

Meals on Wheels

Mass for Shannon Senior Citizens 'Meals on Wheels' home delivery is available 3 days a week. Each dinner costs €5. Contact "The Kitchen" for lovely fresh homecooked dinners on 061 364144.

Last Sunday's Collection

Last Sunday's collection was €2,051. As always, we thank you for your great support and generosity.

Medjugorje Pilgrimages 2024 - Direct from Shannon



September Pilgrimage: Shannon Airport to Medjugorje Sept 4th – Sept 11th, 2024 – €805 per person sharing. Price increases to €855 after 2nd February 2024.

- 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 24 hour 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 or Jimmy Morris on 061 362657 or 086 3271657.

Irish Blood Transfusion Appeal



The IBTS is facing major challenges in maintaining supply of blood to our hospitals. The hospital requirement for blood is now 6% than for the corresponding period last year. They are urging both existing and new donors to give blood. You can donate at the Oakwood Hotel, Shannon this Monday 29th of January and Tuesday 30th of January between 4.00pm – 7.40pm. To book please ring 1800 222 111.

Lourdes Novena



A novena in preparation for the feast of Our Lady of Lourdes and World Day of Prayer for the Sick will take place in the Cathedral Ennis from Saturday 3rd February to Sunday 11th February. Weekdays at 7.30pm. Saturday 11am and Sunday 11.30am.

Novena prayer cards are available in the Cathedral and Ennis Parish Office. The Novena can be viewed online on the Ennis Cathedral webcam. Petitions can be left at the shrine in the Cathedral by Tuesday 6th February, that will be brought to Lourdes by Fr Tom for the feast day and World Day of Prayer for the Sick on Sunday 11th February.

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.

PENITENTIAL RITE

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 Deuteronomy 18:15-20

A reading from the Book of Deuteronomy

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die.'"

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM PS. 94

R. O that today you would listen to his voice! Harden not your hearts.

1. Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord.
2. Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.

3. O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work'.

SECOND READING 1 Corinthians 7:32-35

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

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

**Alleluia, alleluia! The people that lived in darkness
has seen a great light; on those who dwell in the land
and shadow of death a light has dawned. Alleluia!**

GOSPEL Mark 1:21-28

A reading from the holy Gospel according to Mark

Jesus and his followers went as far as Capernaum, and as soon as the sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

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



[R]

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

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.

AFTER THE CONSECRATION

The mystery of faith.

**We proclaim your Death, O Lord,
and profess your Resurrection until
you come again.**

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.**

Liturgical texts: concordat cum originali: 1Dermot Farrell, Archbishop of Dublin Other texts: cum permissu: 1Dermot Farrell, 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, Ballygrogan Rd, Glasnevin, D11 WK38 Phone (01 830 6751).



focus on sunday

FOURTH SUNDAY IN ORDINARY TIME 28th January 2024

Jesus speaks the words of his Father today with an authority that made a deep impression on his listeners.



*His Authority,
His Ability,
and His Affection*



Mark 1:21-28 - The Holy One of God

Unclean spirits or 'demons' in Jesus' time offered an explanation for physical or psychological illness but having an 'unclean spirit' was a phrase also used to

describe someone who was opposed to that which was considered 'holy'. There is an irony throughout Mark's Gospel in that it is the 'demons' and not the disciples who speak the truth about Jesus: 'I know who you are, the Holy One of God.' While the man in the Gospel today speaks the truth, it is also an example of how it is not enough to *know* a thing. You can *know* the truth and still be opposed to it if it doesn't suit your agenda. The real example of faith involves trusting with the heart and responding with action to the truth. The demons are unable to do this. Jesus responds quite bluntly to 'the unclean spirit', literally telling it to 'Shut up' or 'Be muzzled'.

There are many 'demons' in our world that need to be cast out – hatred towards migrants and refugees, racism, war, discrimination of all kinds, greed, inequality, self-centredness. One message from the narrative today is that it is not enough to know a thing, you can know that Jesus is the Holy One of God, but faith is a way of living, not just believing. Jesus is the one who comes to restore and to liberate, he brings healing and frees people from that which tries to overpower them. As we journey through this week, we might ask ourselves what needs healing in ourselves, in our lives? What needs healing in society, in our church today?

'Once brought into the light of mutual love, demons lose their power and quietly leave us.' – Henry Nouwen

These reflections are extracts from *The Deep End – A Journey Through the Sunday Gospels in the Year of Mark*, Messenger Publications, Dublin, 2023. (Jane Mellett and Triona Doherty).