



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

February 18th 2024 - First Sunday of Lent

Our Prayers and Sympathies to: Maureen Meaney on the death of her brother Jerry O'Donovan, Bandon. The Phylan family on the death of Joseph Phylan, Westbury, Limerick. The Kenny family on the death of Jonathan Kenny, Cambridge, England and formerly of Cluain Airne. Ann McAllen, Smithstown and Kathleen Cottrell, De Lacy Park on the death of their sister Pat Delaney, Newmarket on Fergus. The Garrihy family on the death of Colman Garrihy, Carraig Lia. May God grant them eternal rest.

Month's Mind Mass for: Bridie Wynne will take place in Mary Immaculate Church Saturday February 24th at 12 noon. Gerard (Ged) Ferns will be held Sunday 25th of February at 12.15pm in SS John and Paul Church.

First Anniversary Mass for: Frances O'Neill will be celebrated Sunday 25th of February at 12.15pm in SS John and Paul Church.

Anniversaries: Lynn Connolly, Michael Dillon, Rose France, Eileen Garvey, Vincent Howard, Mike Liddy, Kathleen McMullan, Frank and Nellie McMullan, Michael and Margaret O'Connor, Tom Ryan, Bernadette Shaw, Christy Sherlock, Bridget Costello and Bee Smyth and all those whose anniversaries occur at this time.

Lectio Divina

Lectio Divina will take place every Wednesday during Lent after 10am Mass in the Jubilee Chapel in Mary Immaculate Church. All are welcome.

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. Tom Whelan Co-PP: 087 273 0299

Fr. Michael Geraghty Co-PP: 087 992 6519

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

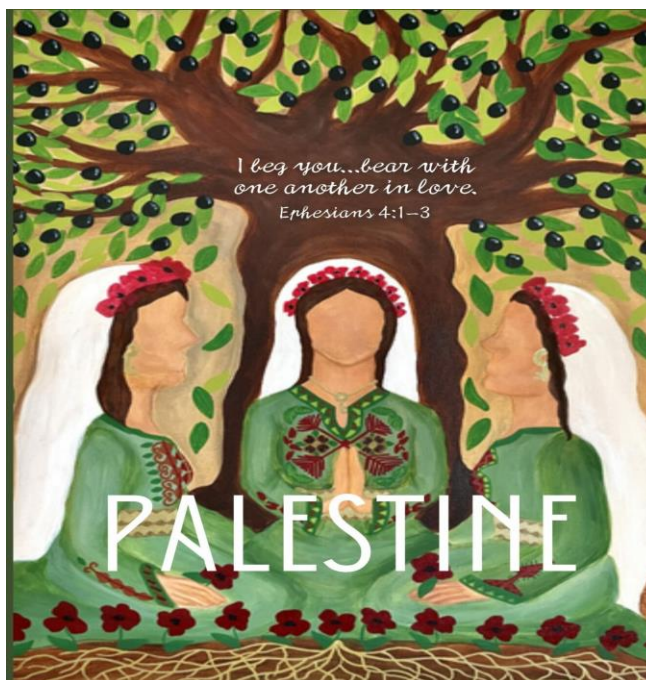
St. Senan's School Enrolment

St. Senan's National School, Corrib Drive is currently taking enrolments for the academic year 2024/ 2025. Please contact the school on 061- 472005 or email contact@stsenansns.com. The application form can be accessed on their school website.



World Day of Prayer

Informed Prayer, Prayerful Action



Sunday March 3rd at 3pm in the Convent Oratory.
All are welcome to this Ecumenical Service

Tune in and Follow us on:

Radio 105.6 FM for Mass from SS John and Paul
Webcam: <https://www.shannonparish.ie/web-cam/>



Last Sunday's Collection

Last Sunday's collection was €2,198. As always, we thank you for your great support and generosity. There will be a second collection at all Masses next weekend 24th – 25th of February in support of Parish Faith Formation.

Bereavement Support Information Evening

Bereavement Support Information Evening will take place in Milford Care Centre, Education Department on Tue 27th February 2024 from 7pm - 8.30pm. The Bereavement Information evening is designed to give general information on grief and bereavement to bereaved people, their family, and friends. Members of the Bereavement Service will be present to provide general information on grief and bereavement. The information evening is free.

Daily Lenten Messages

Brief (less than one minute) daily multi-media spiritual reflections from Bishop Fintan will be available on the various social media platforms every day for Lent, Holy Week, and the Easter Octave. Subscribe (at no cost – just click on the subscribe button) to keep up to date with many events around the diocese and beyond.

<https://www.youtube.com/@BishopFintanMonahan>

Charity Race Night

All are invited to attend the charity race night in the Goal Post Bar, Shannon in aid of Milford Care Centre next Saturday 24th of February. First race starts at 7.30pm.

ENTRANCE ANTIPHON

**When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.**

PENITENTIAL ACT

You raise the dead to life in the Spirit:

Lord, have mercy. **Lord, have mercy.**

You bring pardon and peace to the sinner:

Christ, have mercy. **Christ, have mercy.**

You bring light to those in darkness:

Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us. **Amen.**

LITURGY OF THE WORD

FIRST READING **Genesis 9:8-15**

A reading from the book of Genesis.

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.' God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM **Ps. 24:4-9**

**R. Your ways, Lord, are faithfulness and love
for those who keep your covenant.**

1. Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach me:

for you are God my saviour.

(R)

2. Remember your mercy, Lord,
and the love you have shown from of old.

In your love remember me,
because of your goodness, O Lord.

(R)

3. The Lord is good and upright.

He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor.

(R)

SECOND READING **1 Peter 3:18-22**

A reading from the first letter of Peter.

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In

the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

Praise to you, O Christ, king of eternal glory!

Man does not live on bread alone, but on every word that comes from the mouth of God.

Praise to you, O Christ, king of eternal glory!

GOSPEL **Mark 1:12-15**

A reading from the holy Gospel according to Mark

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him. After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

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

PRAYER OVER THE OFFERINGS

Give us the right dispositions, O Lord, we pray, to make these offerings, for with them we celebrate the beginning of this venerable and sacred time.

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

**One does not live on bread alone,
but by every word that comes
forth from the mouth of God.**

PRAYER AFTER COMMUNION

Renewed now with heavenly bread, by which faith is nourished, hope increased, and charity strengthened, we pray, O Lord, that we may learn to hunger for Christ, the true and living Bread, and strive to live by every word which proceeds from your mouth. Through Christ our Lord.

PRAYER OVER THE PEOPLE

May bountiful blessing, O Lord, we pray, come down upon your people, that hope may grow in tribulation, virtue be strengthened in temptation, and eternal redemption be assured. Through Christ our Lord.



focus on sunday

FIRST SUNDAY OF LENT 18th February 2024

As Jesus was ever faithful to his father's will and to his vocation to bring the Good News, we too are promised the strength to resist temptation and be true to our faith.

*Repent,
and believe
the Good News*



Into the Wilderness

Lent is a time to respond to that hunger which lies at the core of our being, the hunger for a deeper connection with the Creator, the hunger to experience freshness in our lives, the hunger for what we truly long for. What better place to work all of this out than "the wilderness"? From time to time, we are landed in the wilderness. Sometimes it is an unpleasant experience and at other times we crave it, in response to a deep desire to step back from the day-to-day and make space in our lives for reflection. In the short passage we read from Mark today, we see that this is Spirit-led, the same Spirit that descended on Jesus at his baptism and 'immediately drove him out into the wilderness'. In the wilderness we can become vulnerable, thoughts and feelings can attack us like "wild beasts". But we should not be afraid; we also read that 'angels ministered' to Jesus; he is not alone.

There is a Zen proverb, 'Let go or be dragged', and no one wants to be dragged around the place. Lent invites us to embrace this wilderness time. As we fast from things that are not life-giving for us, we are also actively making space for God to breathe life and love into our hearts once more. We do this in the trust that God who loves us wants us to choose life and to clear out the blocks that stand in our way. This is 'good news', a true **metanoia** (a change of heart). God's Kingdom is being fulfilled in us and around us, not yet complete, but with every trip into the wilderness we edge closer to that reality. May this Lenten season be a period of grace for all of us.

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).