

**PARISH PERSONNEL:**

V. Rev. Canon Leamy P.P., V.F. Phone: 025-41765.  
Rev. Fr. Pat O'Donoghue C.C. Phone: 025-84077  
Parish Secretary – Patricia Dwane Phone: 025-84062.

**Office Open 9am-12pm Monday to Friday.**

**Sick Call Phone No.: 087 – 2524979**

**PARISH E-MAIL ADDRESS: [mitchelstownparishofficechurch@gmail.com](mailto:mitchelstownparishofficechurch@gmail.com)**

**DEADLINE FOR THE NEWSLETTER IS 10AM WEDNESDAY**

**Office Open: 9 am to 12 noon – Monday to Friday.**

**Parish Website: [www.mitchelstownparish.ie](http://www.mitchelstownparish.ie).**

This is a simple and loving act of Spiritual Communion we are called to make in times which we are unable to attend Mass and receive communion.

**Spiritual Communion**

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.

**Some Light Humour** – A little boy was attending his first wedding. After the ceremony his cousin asked him, “How many women can a man marry?” “Sixteen,” the boy responded. His cousin was amazed that he had an answer so quickly. “Wow! How do you know that?” “Easy,” the little boy said. “All you have to do is add it up, like the priest said: 4 better, 4 worse, 4 richer, 4 poorer.”

\*\*\*\*\*

**The Team Hope Christmas Shoebox Appeal:** This year our Christmas Shoebox Appeal is going to be run differently. Due to the effects of Covid-19 restrictions, it is not possible to send gift-filled shoeboxes from Ireland this year.

You can do your shoebox any time up until 23<sup>rd</sup> December but from 9<sup>th</sup> – 15<sup>th</sup> November, we are running the Christmas Shoebox Appeal Week. During this time we will be encouraging schools, families and communities to celebrate the Christmas Shoebox Appeal by building and donating their shoeboxes online, sharing pictures on social media using #TeamUpForTeamHope, coordinating fundraisers to purchase shoeboxes, and learning about the Appeal and the importance of giving. Although this year may be different, the need for shoebox gifts is more important than ever. Help us spread the word and continue to bring joy to children affected by poverty. Each gift-filled shoebox is €20. <https://www.teamhope.ie/christmas-shoebox-appeal/>

\*\*\*\*\*

**Cork Autism Online Conference 2020 - Autism: Beyond Behaviours.** Sunday, October 11<sup>th</sup>. This online conference offers interventions, skills and strategies to support people on the autism spectrum. Suitable for Parents, Families, Caregivers, Autistics, Employers, Educators, Professionals, Agencies, Advocates and anyone with an interest in autism. Visit: [www.autismcork.ie](http://www.autismcork.ie)

\*\*\*\*\*

**Quote of the Day:** You can't be everyone's cup of tea. Otherwise you would be a mug!

**Mitchelstown Parish & Community Newsletter**

**Volume: 12 Issue: 4 Date: Sunday 26<sup>th</sup> / 27<sup>th</sup> September 2020**

Parish Office, Convent Hill, Mitchelstown, Co. Cork, P67 E303

**Office Phone:** 025 / 84062 **Open:** Monday to Friday 9 a.m. to 12 noon

**Thought for the Day**

During the recent ‘lockdown’ due to the COVID-19 pandemic, many people found themselves turning to nature. There was a surge of interest in gardening. We tended to flower beds, planted seeds, started herb gardens. Lots of people commented that they noticed the birds singing for the first time in years. In the midst of challenging times, we found ourselves tuning in to the wonder of God’s creation all around us.

As life begins to return to ‘normal’, can we retain this sense of wonder and awe? In this Season of Creation, we are invited to discover the presence of God in creation, to give thanks for the gift of the earth, and to change our ways so that we may live in harmony with creation. This requires us to be constantly conscious of how we are living – to not just have good intentions but to follow through in our actions.

In today’s gospel, Jesus tells the parable of the two sons who are asked to go and work in their father’s vineyard. The first son initially refuses, but then thinks better of it and gets to work. While the second son has good intentions, he doesn’t follow through. When it comes to caring for the earth, good intentions are not enough. Our actions matter. We may have been careless in the past but a change of heart is happening, right across our society. It all starts with our actions, as individuals and communities. As we emerge from a challenging few months, let us use the Season of Creation to reflect on how we can do better – to reconnect with God’s beautiful creation and do all we can to love and preserve it.

*‘Teach us to discover the worth of each thing,  
to be filled with awe and contemplation,  
to recognise that we are profoundly united  
with every creature  
as we journey towards your infinite light.’*

\*\*\*\*\*

**Congratulations to the Children** from C.B.S. Primary School, Bunscoil na Toirbhirte Primary School and Glenahulla National School, who received their First Holy Communion on Saturday.

## St. Vincent de Paul's Story – 27<sup>th</sup> September

The deathbed confession of a dying servant opened Vincent de Paul's eyes to the crying spiritual needs of the peasantry of France. This seems to have been a crucial moment in the life of the man from a small farm in Gascony, France, who had become a priest with little more ambition than to have a comfortable life.

The Countess de Gondi—whose servant he had helped—persuaded her husband to endow and support a group of able and zealous missionaries who would work among poor tenant farmers and country people in general.

Vincent was too humble to accept leadership at first, but after working for some time in Paris among imprisoned galley slaves, he returned to be the leader of what is now known as the Congregation of the Mission, or the Vincentians. These priests, with vows of poverty, chastity, obedience, and stability, were to devote themselves entirely to the people in smaller towns and villages.

Later, Vincent established confraternities of charity for the spiritual and physical relief of the poor and sick of each parish. From these, with the help of Saint Louise de Marillac, came the Daughters of Charity, “whose convent is the sickroom, whose chapel is the parish church, whose cloister is the streets of the city.” He organized the rich women of Paris to collect funds for his missionary projects, founded several hospitals, collected relief funds for the victims of war, and ransomed over 1,200 galley slaves from North Africa. He was zealous in conducting retreats for clergy at a time when there was great laxity, abuse, and ignorance among them. He was a pioneer in clerical training and was instrumental in establishing seminaries.

Most remarkably, Vincent was by temperament a very irascible person—even his friends admitted it. He said that except for the grace of God he would have been “hard and repulsive, rough and cross.” But he became a tender and affectionate man, very sensitive to the needs of others.

Pope Leo XIII made him the patron of all charitable societies. Outstanding among these, of course, is the Society of St. Vincent de Paul, founded in 1833 by his admirer Blessed Frédéric Ozanam.

**Pioneer Total Abstinence Association National Draw 2020 - 2021:** Beginning on November 18<sup>th</sup> 2020. Membership is €7 per month. To join contact any member of Mitchelstown Council. Mitchelstown local Promoter **John Casey 087 / 6477897.**

### **Mitchelstown Social Club Zoom sessions for Autumn/Winter 2020.**

This is a difficult time for people worldwide as the outbreak of Covid-19 forces us to change the way we live in order to stay safe and to protect each other. In the midst of all this, Mitchelstown Social Club will continue to provide opportunities for older people in Mitchelstown and surrounding areas to be more active; more visible; more creative; more connected; We have a variety of activities available for people during this strange time, keeping active while staying at home and getting creative in new and inventive ways.

Monday's at 11am we have Zoom 'Go for Life' Exercise programme for Adults.

Monday's at 2.30 Zoom Bingo

Tuesday's at 11am we have Healing with the Arts with our Tutor Niamh Towey.

Tuesday's after dinner at 2.30pm we have Singing for the Brain with Kathleen Griffin.

All are welcome and if you need training to get set up on Zoom contact Hannah Casey 086 0566385 or Kathleen Griffin at 086 2469524. All are welcome.

## Mitchelstown Carmelite Lourdes Group Annual Mass

Will be celebrated on Thursday next 1<sup>st</sup> October at 8pm in Mitchelstown Parish Church. On the Feast Day of the Child Jesus of the Little Flower.

◆Blessing of Holy Water

◆Lighting of the Pilgrim Candle.

◆Blessing of Roses.

◆Rosary will be recited.

◆Benediction.

All Welcome. Please adhere to Social Distancing and facemasks must be worn.

### Thinking about suicide?

Experiencing a lot of emotional pain or distress, and losing hope that things can improve, can lead to suicidal thoughts. There are a lot of different types of support available to help people who are experiencing emotional distress and it is important to find something that suits you and meets your particular needs. It can help to talk to someone you trust and to tell them you are going through a difficult time. You could ask if they can help you to find the support you need.

### You can get professional help through

- **Your G.P.**
- **Hospital services** - Go to or contact the Emergency Department of your nearest general hospital. You can also contact the emergency services by calling 999 or 112 if you or someone else has harmed themselves or taken an overdose.
- **H.S.E. Mental health services** - If you have been (or are currently) supported by a mental health team, go to the Emergency Department or contact the service you are attending and ask for an appointment as soon as possible.
- **Counselling** - Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm. For support and information, please free call the 24-hour helpline on **1800 247 247**. You can also contact the helpline by text - text **HELP** to **51444** or visit [www.pieta.ie](http://www.pieta.ie) for details of the nearest branch.
- **Listening service** - Samaritans is available 24 hours a day, 7 days a week for anyone struggling to cope. For confidential, non-judgemental support in the Republic of Ireland please free call **116 123**, text 087 260 9090 or email [jo@samaritans.ie](mailto:jo@samaritans.ie) or visit [www.samaritans.ie](http://www.samaritans.ie) for details of the nearest branch. You might need to try a few options before you find appropriate support but don't give up trying – there is help available. If possible, ask someone to come along with you to the support service you contact. Find support services near you, and information on supporting someone else, at [YourMentalHealth.ie](http://YourMentalHealth.ie).

**RECENTLY DECEASED:** The sympathy of the Parish Community is extended to the family and friends of –  
Michael Kilkenny, *Clonmel Road*  
Donal Smith, *Brigown Road*  
Who died recently. *May They Rest In Peace*

**NEWLY BAPTISED:** We welcome into our Catholic Community, through the Sacrament of Baptism –  
**Ruby Fox**