



St. Paul's Parish Ayrfield
Fifth Sunday in Ordinary Time - B
4th February 2024
 www.ayrfieldparish.ie
 Email : parishofficeayrfield@gmail.com



Pastors Desk - *Darkness and Light*

The first reading is tough to hear and we admire Job. We talk of 'the patience of Job'. Job is the example and the hero of depression. He just had it bad. All had gone wrong and he felt no good, no hope, no meaning. His family collapsed, his wealth disappeared and he cursed the day he was born. He went through all of the depressions people have, but somehow kept that glimmer of light alive. He never totally lost God, and God never lost him.

Depression is a huge illness. Many suffer; many are affected. Treatment can be of help, and the listening times of friends as well as therapy is healing.

A great priest wrote "... At the worst of the burn out I couldn't say mass, never mind preach. Dry, empty, without light or life. Thanks again for the card you sent. It means a lot to me now. Funny, in the worst of my anxiety, nothing, no compliment, and no reassurance... meant anything to me."

There are many helps on the human level. There is the help also of faith and prayer at times. And the help of someone who, listens, sympathises, doesn't judge nor give easy cures. Love from God never ends even though it may not appear near just now. This is the Jesus of the gospel – bringing the grace of healing, of freeing from any evil, of constant love.

Imagine a time of darkness in life; picture it in its colour, and imagine the bright light of Jesus penetrate that darkness.

Ask for help and give thanks for help. Give light, Good Lord, to all who live in the valley of darkness and the shadow of doubt.

Fr Donal Neary, S.J

Weekday service in St. Paul's is preceded by the Rosary at 9:40am



Mass Times :	Ayrfield	Donaghmede
Saturday (Vigil) :	5:30 pm	6:30pm
Sundays :	10:30 am	9:30am & 11:30am
Weekdays 10am :	Tuesday & Thursday	Mon, Wed & Fri
Service of Word with Communion	Monday 10am	Tue & Thur



Prayer to St. Saint Brigid



You were a woman of peace. You brought harmony where there was conflict. You brought light to the darkness. You brought hope to the downcast. May the mantle of your peace cover those who are troubled and anxious, and may peace be firmly rooted in our hearts and in our world. Inspire us to act justly and to reverence all God has made. Brigid you were a voice for the wounded and the weary. Strengthen what is weak within us. Calm us into a quietness that heals and listens. May we grow each day into greater wholeness in mind, body and spirit. Amen



Saturday 3rd February is the Feast of St. Blaise.

Blessing of the Throat will take place after 5:30pm mass.
 "Through the intercession of St. Blaise, bishop and martyr, may God deliver you free from every disease of the throat, and from every other disease. In the name of the Father and of the Son and of the Holy Spirit."

Notice to Coeliacs: If you have been advised to abstain from Gluten, please contact the Priest before Mass so that we can try to accommodate your requirements.

Contact:	Fr. Declan Blake	Parish Priest	01 8160984
	Fr. Aaron Vinduska	Curate.	01 8160984
Parish Office:	01 - 8160984	Sacristy:	01 - 8160981
Freda Kane – Parish Secretary		Mai Cass - Sacristan	
RCN Parishes Trust : 20016166		Charity No. CHY 7424	

We remember at Mass and in our prayers those who have gone before us



Saturday	5:30 pm
Brendan Rice	Months Mind
Adolphus Chendo	Anniversary
Hyacinth Ikwukene	Anniversary

Sunday	10:30 am
Tony O'Neill	5 th Anniversary
Mary Ryan	19 th Anniversary

Your prayers are requested for
Fr. Tom Colreavy
on his 7th Anniversary

May they rest in peace

Sacrament of Reconciliation for Confirmation class Thursday 11:30am



Free Online Reflection & Meditation

Join us for 40 minutes to find healing and hope through the Sunday Gospel. We will do this through input, music, guided prayer etc...to help nourish the soul for the week ahead.

Sunday Evenings 6:45 p.m.
 Online via Zoom (4th, 11th & 18th Feb.)
 Presented By **Martina & The Ruah Team**
<https://www.ruahrest.com/>
 Further enquiries & bookings to info@ruahrest.com