

## BIRR PARISH

Parish Office: 057 9122028 Parish Mobile: 087-3515294  
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Priest on Duty - Please call Parish Mobile - 087-3515294  
Parish Office Opening Hours  
Monday - Friday 9.30 a.m. - 12.30 p.m.

Fr. Tom Hogan—057-9121757  
Fr. Antony Sajeesh - 057-9121757  
Fr. Pat Gilbert - 057-9121757

Fr. Kieran Blake, Kilcolman - 057-9120812  
Fr. Michael O'Meara, Kinnitty - 057-9137021

Pope Francis has asked that the first Friday of Lent be set aside as a Day of Prayer for the Victims and Survivors of Abuse and it is a central part of the healing process for survivors and victims.

### Prayer for the Healing of Memories

Lord, I cannot find the words that I should say,  
nor will I ever know the pain  
nor know the deep despair  
of souls who have been hurt for lack of love and care.  
This is a prayer, a plea, that you would come  
and gently heal the souls

of all whose hearts still bleed.  
Heal the silent scream of those  
who cry through nights and years.  
The child who forever weeps  
and wakes in adult dreams.  
Heal the pain that never seems to fade,  
replace with love the guilt of endless shame.

Hear the voice that longs to tell its tale,  
hear the words where integrity prevails,  
hear the truth where honesty has failed.  
Hear us now we call upon your name.

Heal all hidden memories in the deepest painful place,  
suppressed through years of suffering.  
From memories erase all thoughts of fear and failure  
with tears that wash each face.

You Lord were stripped,  
bruised and beaten, unprotected,  
so vulnerable, derided, mocked, betrayed,  
and in the tomb where you were laid,  
we place the hurt, the hate, the wounds of history.

May we rise again through the power  
of your healing presence,  
to live, to laugh, to love once more.  
Send your spirit to move over all places of darkness.  
For our destiny is to be people of the light,  
waking from this night to find you in an early dawn.

by Liam Lawton

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We would like to thank the following shops who are  
facilitating distribution of the newsletter:

Horan's Daybreak, John's Place,  
The Store, Carrig  
Mulrooney's Gala, Roscrea Rd,  
Corrib Oil Garage, Banagher Rd  
Loughnane's Centra, Tullamore Rd.

### Remembered in Mass this Week

Sat 20th	7.30 p.m.	Carmel & Joseph O'Hare Mary & Paddy Flynn
Sun 21st	10.30 a.m.	Philip Brady (MM) Patricia King (1st Ann) & husband John & son Seamus Michael Parnell & parents Edward & Mary Parnell, Killeen Moira Ryan, Syngesfield Bridget & James Flynn George Flynn & family
	12 noon	Mary King, Killeen Michael de Forge Mary O'Brien Murphy
Mon 22nd	10.00 a.m.	James & Mary Kate Murphy sons P.J. & Patrick & grandson Kenneth
Wed 24th	10.00 a.m.	John J. Pilkington
Thur 25th	10.00 a.m.	Mary Guinan, Newbridge Street
Sat 27th	10.00 a.m.	Kitty Hayden (MM) Patrick Kiely
	7.30 p.m.	Joe Long, Cornmarket St (1st Ann) Lisa Guilfoyle, Riverstown Tommy Errity Paddy & Annie Kennedy, Fortal
Sun 28th	10.30 a.m.	Margaret Guinan (1st Ann) Elizabeth Maher Michael & Nellie Whelan & son Michael Jack & Mary Scully John Murdock Catherine Campbell
	12 noon	Josephine Nealon (1st Ann)

### Please pray for the souls of

Katie Mitchell, Rosse Row,  
Kitty Kennedy, Rathcabbin, mother of  
Vina Woods, Seffin, Teresa Smyth, Ita Houlihan,  
& Joe Kennedy, all of Fadden & Mary Keavney, Carrig.  
Francis "Fla" Harrington,  
Ferbane and late of Birr,  
Pat Morris, Annagh,  
father of Ann Nolan, Connaught Street,  
Rory Canavan, Murrisk, Westport,  
nephew of Joanne Loughnane, Syngesfield,  
Louise Dwyer, England,  
daughter of Tommy & Susan Dwyer, Fairview.



### Birr Parish App



A new app for Android phones  
has been developed by Jerome  
and Paul Mathew, Annagh for our  
parish and can be downloaded  
from the app store. Look for Birr  
Parish. It combines the parish  
website, our Facebook page and  
our YouTube channel.

## Do you want to Fast this Lent

In the words of Pope Francis

Fast from hurting words  
...and say kind words

Fast from sadness  
...and be filled with gratitude

Fast from anger  
...and be filled with patience

Fast from pessimism  
...and be filled with hope

Fast from worries  
...and have trust in God

Fast from complaints  
...and contemplate simplicity

Fast from pressures  
...and be prayerful

Fast from bitterness  
...and fill your hearts with joy

Fast from selfishness  
...and be compassionate to others

Fast from grudges  
...and be reconciled

Fast from words  
...and be silent so you can listen

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### Trócaire's Annual Lenten Campaign

Every year Trócaire asks for your help during Lent  
to fund lifesaving programmes around the world.  
Families like Awut and Ajak's in South Sudan need  
your support now more than ever. Trócaire are ap-  
pealing to you to continue your support this Lent.  
Resources, prayers and videos are available on  
www.trocaire.org and donations can be made to the  
Lent campaign in the following ways:

By collecting a Trócaire box  
available in our church porches.

Online at www.trocaire.org  
By phone: 1850 408 408

The contents of each and every Trócaire box, no  
matter how small, come together to make a signifi-  
cant difference. This virus knows no borders, but  
neither does our compassion.

Sponsored By

Curtain Design  
The Arch, Green Street

057-9121411

087-6313123

### Sr. Eileen's Cúinne

#### An Chéad Domhnach den Charghas.

Sa tráth seo bliana, bímid ag smaoineamh ar bhás  
agus ar aiséirí Chríost. Bíonn páirt againn ina bhás  
agus ina aiséirí nuair a dhéanaimid dearmad orainn  
féin chun toil Dé a dhéanamh agus chun cabhrú lenár  
gcomharsana. "Tá a fhios againn go bhfuil an bás  
scoite againn agus an bheatha shroichte againn, ó  
ghrá a bheith againn do na bráithre. An té nach  
mbíonn grá aige fanann sé sa bhás" (1 Eoin 3:14)

Déanaimis machnamh ar phaidir Naomh Proinsias:

Déan gléas síochána díom i do láimh, a Thiarna  
San áit ina bhfuil fuath go gcuire mé an grá  
San áit ina bhfuil ciontacht go gcuire mé pardún  
San áit ina bhfuil amhras go gcuire mé creide-  
amh,  
San áit a bhfuil éadóchas go gcuire mé dóchas.  
San áit a bhfuil dorchadas go gcuire mé solas,  
San áit a bhfuil brón go gcuire mé lúcháir  
A Thiarna, deonaigh a spreagadh dom  
Sólás a thabhairt seachas sólás a fháil.  
seachas sólás a fháil  
dul i dtuiscint ar dhaoine  
seachas go dtuigfí mé féin  
Grá a roinnt ar dhaoine  
seachas grá a fháil uathu  
Mar is le linn dúinn tabhairt  
a fhaighimid féin  
Is le linn dúinn pardún a thabhairt  
a mhaitear dúinn  
Is le linn dúinn bás a fháil. Áiméan.

#### First Sunday of Lent

During the season of Lent we reflect on the death and  
resurrection of Jesus Christ. We take part in His  
death and resurrection when we forget ourselves to do  
God's will and assist our neighbours. "We know that  
we have passed out of death into life because we love  
the brothers. Whoever does not love abides in death".  
(1 John 3:14).

Let us reflect on the Prayer of Saint Francis:

Lord make Me an instrument of Your peace  
Where there is hatred let me sow love.  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is despair, hope.  
Where there is darkness, light.  
Where there is sadness joy.  
O Divine master grant that I may  
Not so much seek to be consoled as to console.  
To be understood, as to understand.  
To be loved, as to love  
For it's in giving that we receive  
And it's in pardoning that we are pardoned  
And it's in dying that we are born  
To eternal life. Amen