

St. AUGUSTINE'S CHURCH LIMERICK

28th Sunday in Ordinary Time
9th October 2016

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Limerick Mental Health Week 2016

Limerick Mental Health Week 2016 runs from October 9th until October 16th with **this year's launch of the event is in King Johns Castle on October 9th.** Having a dedicated week around mental health illustrates the strides made in Ireland in acknowledging and addressing the importance of mental health and supporting ourselves and each other.



Limerick Mental Health Association and several community groups across the city & county have been working tirelessly over the last several months to put together Limerick Mental Health Week 2016. A week of talks, workshops, exhibitions and events for the public in the month of October on the topic of mental health. The week marks World Mental Health Day October 10th which **is run yearly by the World Mental Health Federation and this year's theme is Dignity in Mental Health: Psychological and Mental Health First Aid for All.**

The groups, which include Grow, MyMind, Samaritans, HSE, Headway and many more come together voluntarily to focus on creating a week that will shine a much needed spot light on mental health and well-being.

The main aim of this week is to engage people from every walk of life- mental health and well-being is relevant to everyone, yet many people in Limerick City and County feel either uninformed or excluded from society's discussion around mental health. **Karl Spain, mental health ambassador for the week says 'The week will be about socialising, building communities and networks, self-expression through art and music and discussion. This is positive mental health in practice.'** **John Downey, director of The Samaritans also points out that the week 'is about connecting to the community, taking care of yourself and learning to build resilience in how you live day-to-day, it shouldn't have to be about reaching a crisis. This week is also about bringing the conversation about mental health and well-being into the mainstream.'**

Beginning this Sunday the official opening ceremony will take place in King John's Castle at 6pm. **There will be lots of educational and fun activities on offer this week so don't forget to pick up your flyer at the back of the church with all the events listed and pass them on!**

For more information on the organisations involved and /or to see the list of events for Limerick Mental Health week 2016 contact or visit www.limerickmentalhealthweek.ie

For more information contact
Claire Flynn Limerick Mental Health Association 061 446786



Mass Times

Monday –Friday
7.30 am, 8.30am,
10.15am & 4.00pm

Saturday
8.30am, 10.15am
3.00pm

(Mass for the Sick)

Sunday
9.00am, 11.15am,
Evening Mass
7.30pm

Confession

Monday, Wednesday
& Friday

10.45 am–12.00
3.00pm– 4.00pm

Saturday
10.45 am –12.00
2.30pm –4.00pm

TAIZE

Every Thursday
From 5.00pm -6.00pm

North Star Family Support Project

8th Annual Service of
Commemoration & Hope

In St. Augustine's Church
Thursday 20th October
at 7.00pm

Remembering loved ones
lost through drug &
alcohol misuse and
to support the families
left behind.

Theme
Destination Hope –
A journey for Life



Irish Red Cross

Will hold their church gate collection at all Masses this Sunday.



Pick up your leaflet at the back of the church

MARANATHA
Prayer Ministry
You are invited to a healing retreat with Fr. Lawrence (Friar) & Sebastian Sales, Sehon UK
With Mass, Confession, and Worship
Sunday 16th Oct at 2.30pm
in St. Paul's Church
Dooradoyle

Matt Talbot Novena Shannon Co. Clare

The annual novena to Matt Talbot continues Tuesday 11th Oct and every Tuesday to 29th November at 7.00pm in Ss. John & Paul Church Shannon Co. Clare.
All are welcome!

Ministries on Sunday at 11.15am Mass
Readers
Barbara Dillon & Patricia Cahill
Psalm : David Blake
Eucharistic Ministry
Judith Poiget
Gerry & Anne Williams

Growing Old..... a Blessing & a Burden?



At next Sunday's 11.15 am Mass (October 16th) there will be a Celebration of Ageing.

Please invite your elderly relatives, friends and neighbours. Children and young people, feel free to ask your grandparents to come with you! Following Mass there will be tea/coffee and biscuits. All are welcome.

St. Augustine's Reflection on Inner Beauty

Augustine clearly believed that, as far as the body is concerned, there is an inherent contradiction between being old and beautiful (though in my experience there is no similar contradiction between being young and ugly). But he also believed that if humans make the daily effort to renew their spirits, they will grow old only on the outside. As he wrote to his friend, Paulina: The inner self is renewed day by day, even though the outer self is falling apart either because of starvation or ill health or an accident or increasing age.

This last breakdown from age is inevitable even for those who have enjoyed a lifetime of good health. The solution is to raise up the spirit of that inner self where you will not die when your outer self begins to deteriorate. In your inner self you will not waste away even when your life has become weighed down with years.

Donald Burt OSA

Fr. John Celebrates 100th Birthday

On Tuesday September 20th 2016, Fr. John Meagher OSA celebrated his 100th **Birthday with family and friends in St Augustine's, Ballyboden, Dublin. To mark** the occasion in Fethard, where Fr. John was until recently an active member of the community, there was a special Concelebrated Mass held in the Augustinian Abbey, on the 25th September.

Father John was born in Limerick city on September 20, 1916, into a family of seven children, he was educated by the CBS. He joined the Augustinian Order in 1933. He was ordained in Rome in September 1939. He was appointed Master of Students in Rome from 1948-1966. Between 1966 and 1975 he ministered in England.

He returned to Ireland in 1975 and he was to spend the remainder of his 'Autumn years' ministering in Fethard and his home town of Limerick. In 2015 **he moved to the Augustinian's Care** Centre in Ballyboden. Despite the inevitable deafness and some forgetfulness, he lives a contented, independent life in **St Augustine's.**

He is the only Augustinian Friar to have reach this milestone. May we wish him many more wonderful years in retirement!
(Picture by Larry Kenny)

