

# St. Augustine's Church Limerick



## The Transfiguration of the Lord 6th August 2017

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### Mass times:

Monday—Friday  
7.30am—8.30am—  
10.15am— & 4.00pm  
Saturday —  
8.30am—10.15am—3.00pm  
(Mass for the Sick)  
Sunday—  
9.00am, 11.15 am & 7.30pm

### Confession:

Monday & Friday  
10.45am—12.00 / 3.00pm-4pm  
Saturday —  
10.45am—12.00 / 2.30pm-4pm

Taize- Summer Break  
Resumes in October

### Holiday Stress

You meet so many people returning from holidays exhausted and in need of another break before they return to work. Travelling through crowded airports, with or without children, can be very stressful. More stringent security checks, unpredictable baggage charges and long delays can add to the pressure. People now live life at such a pace that they find it hard to relax when they do get to their destination. The loss of spiritual roots and Sabbath space can make it difficult to tune into the things which refresh and relax us. The invitation of Jesus goes out to us again this Summer to "come apart and rest awhile". This Holiday Prayer may help you to relax if it is recited slowly while noticing the pattern and rhythm of your breathing.



### Slow Me Down Lord

Slow me down, Lord!

Ease the pounding of my heart by the quietening of my mind.  
Steady me with the vision of the eternal reach of time.

Give me, amid the confusion of my days,  
the calmness of the everlasting hills.

Break the tensions of my nerves with the smoothing of the streams.

Help me to know the restoring power of sleep.

Teach me the art of taking minute holidays.

Slow me down to look at a flower, to chat with a friend,  
to read a few lines from a book.

Remind me each day that there is more to life than increasing its speed.

Let me look into the branches of the towering trees  
and know that they grew great and strong because they grew slowly and well.

Slow me down, Lord, and inspire me to send my roots  
down into the soil for life's enduring values  
that I may grow toward the stars of my greater destiny.

Slow me down, Lord.

Slow me down. Slow me down



By Wilfred A. Peterson



My heart is my whole being.

It is the 'secret room'  
that guards my identity.  
Where I am truly myself,  
where my life story unfolds.

Outside of my heart

I am lost.

And there in its silent depths,  
I can see.

THE FACE OF GOD

.....whom I seek,

for whom my heart  
is yearning..

*St. Augustine*

# INTERCOM

The latest issue of Intercom, a Catholic pastoral and liturgical resource magazine, is now available. On the cover of the new double issue for the months of July and August is a view from Skellig Michael taken by Bishop Fintan Monahan, Bishop of Killaloe.

The new issue has a special focus on how we share the Good News, and includes an address by Archbishop Eamon Martin on the importance of speaking in the public square, along with an article on the essentials of preaching, and a look at the life and ministry of Saint Oliver Plunkett, whose feast day falls on Saturday 1st July. Other features in the new issue include reflection from Dr.

Nicola Brady, General Secretary of the Irish Council of Churches, on a recent international delegation to the Church in Columbia, and a focus on Ireland's stained glass heritage by Ken Ryan, Chairman of Abbey Stained Glass Studios, along with the magazine's usual prayers, reflections and resources for the months of July and August.

Many of the resources from Intercom are made available free on their website. These resources, along with information on subscribing to the magazine can be found on [www.intercommagazine.ie](http://www.intercommagazine.ie).

## INTERCOM



## Milford Hospice Harvest Fair

For 40 years, Milford Care Centre has provided the best possible hospice care to the people of the Mid-West.

We have always relied on the strength and support from our community in order to serve our patients and their families from counties Limerick, Clare and North Tipperary.

It is with great pride that on the year of the hospices 40th anniversary and our 32nd Harvest Fair we make it bigger and better than before. So on the 27th August 2017 we are holding our 32nd Annual Harvest Fair on the grounds of University of Limerick Sports Arena with a theme of family fun. The fun starts at 11.00am.

This year we will have ice-cream, music everywhere, kids entertainment, raffles, a specially designed kids zone with activities planned for the younger ones including a brand new puppet show, and lots of other fun activities for the young at heart. We also have a BBQ, cakes stall, pancakes, pig on a spit, popcorn, cool drinks, the wheel of fortune, many stalls selling lots of goodies, and lots lots more...

We really hope you can come and join us this year with your friends and family to make it the biggest Harvest Fair yet, help us continue to provide the highest level of care to our patients and their families for another 40 years and more.

Your help will ensure we continue our care with the love and compassion that Milford Hospice is known for and the vital role it serves to the people of the Mid-West.

Limerick diocesan Newsletter

**Feast of the Assumption**  
**Tuesday 15th August**  
**Mass at Cratloe Grotto**  
**at 7.30pm**  
**All are welcome!**

