



### 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

Continues every  
Thursday at 5pm



### Church Gate Collection

The annual church gate collection in aid of Milford Hospice will take place at all Masses next Sunday 12th February



# St. AUGUSTINE'S CHURCH LIMERICK

## 5th Sunday of Ordinary Time 5th February 2017

Pastoral Office: 061 415374, 061 415126

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## The Power of the Sign of the Cross

By Fr. Pat McNulty

As I started to write this article a few moments ago, I think I discovered a new Way of the Cross! It is one I have personally made about fifteen thousand times between my birth and my twentieth year. And if I could figure out a valid method of counting the times after my twentieth year, I'm sure I would discover that I'd made it thousands—perhaps even millions of times from then until now.

As a matter of fact, I would say that, since I am a cradle Catholic of a particular era, my life was built around this particular Way of the Cross. I am talking about the Sign of the Cross! That's right: the Sign of the Cross in the life of a cradle Catholic from my era was very much a Way of the Cross.

We made that sign under every conceivable circumstance and in every conceivable place all day long. It was the very first thing we did when we got up in the morning and the very last thing we did before we fell asleep at night. (In my family, we even asked our Guardian Angels to do it for us, if necessary, while we slept.)

Yes, it was kind of nice to have some special outward sign which everyone knew about, one that was your own, something strictly between you and God, but which could also be seen by others. As a matter of fact, in my mixed-denomination neighbourhood, we Catholics were known for being people of that strange sign.

Well, people often saw a Catholic ball player make it right before scoring an important point in a game, or the whole team making it when they came out of their huddle. They saw it when we passed Catholic churches, though they probably weren't aware that we did it to reverence the Blessed Sacrament reserved there.

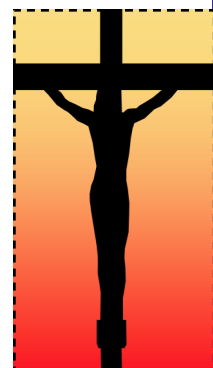
So, too, with the Sign of the Cross. We make it over and over and over, and one day we suddenly realize its immense power and beauty. I think I was always aware of this power and beauty when I was a priest in a parish, because I could almost see the effect of that sign on people, especially when they received sacraments or when they were dying. Sometimes I simply make it for the healing it brings to my mind and body when I am confused or in pain. And sometimes I make it just because I love the Cross and him who died on it for me. Period. It's my "way."

Yet I have often thought: wouldn't it be wonderful if people could once again see with their own eyes, in every conceivable place and circumstance, a people who believe in the healing and the power of the Sign of the Cross, a people whose lives would be a Way of the Cross once again?

I would be delighted if people began to talk about the Catholic way of life as "The Way of the Cross." And I suspect Jesus would too. After all, he was the One who made the Way of the Cross the sign that it is.

"We adore You O Christ and we bless you, because by your holy Cross you have redeemed the world."

Excerpt taken from Madonna House Newsletter / *Restoration*, April 2003  
[www.madonnahouse.org/restorationnews/](http://www.madonnahouse.org/restorationnews/)



## Augustinian Church

The Augustinian Church will host a special Mass on Sunday 19th Feb. at 11.15am in support of all members of the community who have been touched in any way by the tragedy of suicide.



### Mass for the Sick 11th February

Next Saturday is the Feast of Our Lady of Lourdes and World Day of Prayer for the Sick. The 3.00 pm Mass in this church on that day will focus on this special feast and Mass of Our Lady of Lourdes



## A Sense of Humour

Lord of Life,  
bless me with  
a sense of humour,  
a sense of balance,  
the ability to  
laugh at myself,  
to laugh with others  
to celebrate goodness  
Deliver me...

from prophets of doom,  
from fault - finding,  
from frozen reverence,  
from an angry God,  
from perfect people

Liam Ryan O.S.A.



## Dominican Workshops 2017

The second in the series of workshops setting the Bible in the context of our lives will take place next Saturday Feb 11th . It will be given by Martin Hunter O.P. on the Gospel of Matthew, and by all accounts not to be missed! These workshops answer Pope Francis' wish that "the study of the sacred Scriptures must be a door opened to every believer".

The workshops lead us to understand the place of the Gospels in our everyday life. The venue will be the **Terence Albert O'Brien hall** on Dominic Street close to the Tait Clock on Baker Place on Saturday morning from 10am to 12.30. All are welcome.

### Praying as a Family

Also on Saturday afternoon, 11th February there will be another workshop given by the Dominican Sisters for parents with the following topics:

"Why Pray as a Family?", "The Love of Husband and Wife; Praying with your Spouse", "Obstacles to Family Prayer" ....among others. It has a starting time of 3.30pm -5.00pm and will be in the same venue as above.

Enquiries: (Tel) 085 2255 796 or (email) [stsavioursdominican@gmail.com](mailto:stsavioursdominican@gmail.com) or pop into us at the Priory Office.



## Sacred Space Radio 102fm

Sacred Space Radio 102fm is a weekly programme produced by 'Come and See Inspirations' in West Limerick. The programme includes inspirational music, chats, interviews, what's on locally and a reflection on the gospel reading of the day. It is presented by John Kelly, regular panellists, contributors and invited guests. Why not visit our website [sacredspaceblogspot.ie](http://sacredspaceblogspot.ie) and check it out for yourselves. You will also find biblical recourses- Irish Augustinians.



## Sick Parrot

A woman brought a very limp parrot into a veterinary hospital. As she lay her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest. After a moment or two, the Vet shook his head sadly and said, "I'm so sorry, Polly has passed away."

The distressed owner wailed, "Are you sure? I mean, you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, shrugged, turned and left the room returning a few moments later with beautiful black Labrador. As the bird's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the dead parrot from top to bottom. He then looked at the vet with sad eyes and shook his head.

The vet led the dog out but returned a few moments later with a cat. The cat jumped up and also sniffed delicately at the ex-bird. The cat sat back, shook its head, meowed and ran out of the room. The vet looked at the woman and said, "I'm sorry; but like I said, your parrot is most definitely, 100% certifiably ...dead."



He then turned to his computer terminal, hit a few keys and produced a bill which he handed to the woman. The parrot's owner, still in shock, took the bill. "€150!" she cried. "€150 just to tell me my bird is dead?!"

The vet shrugged. "If you'd taken my word for it, the bill would only have been €20, but with the Lab Report and the Cat Scan, what did you expect?"