

# St. AUGUSTINE'S CHURCH LIMERICK

## Fifth Sunday in Ordinary Time 7th February 2016

### 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

### St. Augustine's

Masses for Ash  
Wednesday  
7.30am, 8.30am,  
10.15am  
1.00pm, & 4.00pm

Stations of the Cross  
after the 10.15am  
Mass – every  
Wed & Friday

Our Lady of Lourdes  
Feast Day  
Thurs 11th Feb



Remembering the Sick

Pastoral Office: 061 415374, 061 415126  
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E-mail: [info@augustinianslimerick.com](mailto:info@augustinianslimerick.com)

## Ash Wednesday 10th February

From the 1960's prayer, fasting and penance were still recommended as the core of Lent but detailed prescriptions were dropped in favour of personal choice in these matters. There was a move towards conversion at a deeper level in areas more appropriate to each person and the lifestyle changes taking place around us. While the Lenten fast has always been rooted in Christ's 40 days in the desert, physical hunger could open us up to the hungers of the heart. Psalm 42 puts words on it: "as the deer yearns for running streams, so my soul longs for you, O God". A secular age cannot deny restlessness at the deepest level. Our fast can become an entry into solidarity with those who hunger for food and for justice.

It might be good to take a break from the internet, from the mobile phone, from television. Visit a neighbour who might be feeling lonely and isolated. Quality time for others and for God can be a real discipline. Instead of exhausting ourselves with anger we might begin to embrace the austerities imposed on us by present circumstances, to live a simpler life of giving and sharing. Without that spirit governments, economies and churches flounder. Ashes on the forehead next Wednesday is a stark reminder of our mortality, and the treasure we carry within earthen vessels.



### A Prayer for Ash Wednesday

Gracious God, today begins a period of inner reflection and examination. The days stretch before me and invite me inward to that silent, holy space that holds your Spirit. This special time beckons me to see my life through Christ's eyes and the truth and reality of your love incarnate. Give me the grace to enter the space of these days with anticipation of our meeting.

And, when I open my soul to your presence, let your loving kindness flow over me and seep into the pockets of my heart.

I ask this for the sake of your love.

## Scripture Reflection

With Patricia Cahill

Augustinian Basement  
Pastoral Centre

Thursday 12th February  
11.00am

Join us for a cuppa  
before we start  
and meet new friends!

## Spring Garden - Meditation

The human spirit is like a Spring garden. If growth is to happen, it must be made ready. Coming out of Winter, the soil can be dense and solid. It needs to be opened up to the Spring rain. It needs to be turned over so the air and light can penetrate it. Soil that is open creates space for seeds to grow. Fresh green shoots can come through to the surface. Like the soil, the human spirit must be opened up to growth, rebirth, to new life—open to being watered by the surprising love of God. Nothing prevents personal transformation more than a closed mind or heart. Our inner garden has great potential for growth when it is turned over and seeded with hope and trust. Spring invites us to be open to change and surprise, open to the miracle of “resurrection” in our churches, in our communities, and in our lives.



## Have your Say on the Synod Themes

This Sunday February 7th delegates will address and focus again on the upcoming Synod as we intensify our awareness, our interest, our connection, and our involvement. We now know the **six themes** selected to give direction to our ongoing journey. Over the next number of weeks there will be the possibility to make proposals regarding all of these areas.

Today however, as we gather to pray, we will listen to God’s Word calling us through the experiences of our lives. For us in the Diocese of Limerick, the upcoming Synod is not just an ordinary experience—it is an **extraordinary experience -an extraordinary moment of possibility and opportunity to create a church in tune with today’s living and plan a way into the future.**

We will be **issuing a call** over the coming weeks for any **ideas for action on these themes.** This is an opportunity to have **your say** and put forward any ideas **you** might have around what the diocese should be doing in response to the themes which are listed below and also on display on the Synod notice board at the back of the church. Any such ideas can be dropped into the box provided there and will in turn be forwarded to Karen in the Diocesan Office. The Six Themes again are:

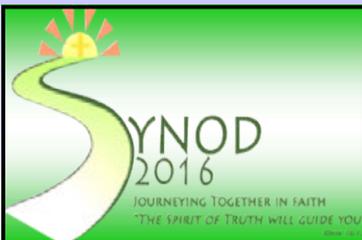
1. **Community & Sense of Belonging**
2. **Faith Formation**
3. **Pastoral Care of the Family**
4. **New Models of Leadership**
5. **Liturgy and Life**
6. **Young People**

## Desert Days

Two desert Days will take place in Westbourne Convent, Ashbourne Avenue, Limerick on **Saturday February 20th and Saturday March 19th from 10.15am to 5.30pm.**

The days will give you an opportunity to take a break from your busy schedule during the season of Lent in a calm and peaceful environment. There will be time for quiet prayer and reflection and will conclude with the Eucharist.

Booking is essential as places are limited. For information contact: Sr. Phyllis Moynihan at 0879636893 or email: [phymoy@yahoo.co.uk](mailto:phymoy@yahoo.co.uk)



## Trócaire



Pick up your Trócaire box at the back of the church and join the fight for Justice!

## Rally for Life



## Lisnagry Association

Augustinian  
Church Gate  
Collection  
this Sunday  
7th February