



**St. Augustine's Church
Limerick**
Sixteenth Sunday in Ordinary Time
website: www.augustinianslimerick.com
email: info@augustinianslimerick.com

22ND JULY 2018

MASS TIMES

Monday—Friday
7.30am—8.30am—
10.15am— & 4.00pm
Saturday —
8.30am—10.15am—3pm
(Mass for the Sick)
Sunday—
9.00am, 11.15 am
& 7.30pm

CONFESSIONS

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

**The Lord is my
Shepherd**



**Near restful
waters
he leads me
to revive my
drooping spirit.**

Relics Coming to Limerick

The relics of three saints from one family Thérèse, Louis, & Zélie Martin are coming to Ireland for the **World Meeting of Families 2018** and **St. Saviour's Dominican Church is Limerick's only stop** for the limited-time tour. Join us for this privileged time of prayer on 18th August 2018.



It will begin at 1.00pm with Mass celebrated by Fr. Colm Mannion O.P. followed by the Blessing of Roses and you are invited to bring your own rose for the blessing. This will be followed by veneration of the Relics with reflections by the Dominicans, & finishing with Vespers at 5.00pm.



God Rested

While we all need 'time out' from the daily routines and stresses of life, rituals and routines are part of the scaffolding which support life. Making your bed every morning and washing dishes are not exciting exercises.

Revision and repetition is the way we prepare for exams. Rituals like Mass can be boring but they speak to greater needs and hungers, especially in times of grief and tragedy when we have no other words. Of course the language and the symbols need to be constantly reviewed to address the changing scene and circumstances.

Our holidays provide a change of scenery and a break from routine. Without roots in faith our 'breaks' can develop into a frantic search for new thrills or a long drinking binge. God rested on the seventh day but Sunday is now one of the busiest days in our shopping centres.

There is so little time for reflection, for God, for each other. The soul craves the story of creation in the Clare Glens, or beside the restful waters of Lough Derg - the gift of time without clocks and schedules. That's a real holiday!

L. Ryan

Jesus said: 'Come away to a deserted place and rest awhile'



Thought for Today

Our current culture of distraction seems to privilege busy-ness (the modern heresy of "activism"). It is, of course, an illusion to confuse hyperactivity with productivity or, even worse, administration with ministry. When people involved in ministry go on retreat, the first two days are often spent sleeping—itsself instructive! It is often only when we stop that we realise how much we are in need of rest and refreshment. While there is always more to be done, we have to choose how to use our time. An approach of "selective neglect" is not without its value, as recommended in The Joy of the Gospel.

Prayer

God of life and abundance, you call us to be bearers of the living and joy filled Gospel. Help us to recognise our own need of time with you and refreshment in spirit. Amen! Let it be!

www.tarsus.ie

Slow me down Lord

Slow me down, Lord!

Ease the pounding of my heart by the quieting of my mind.
Steady my hurried pace with a 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 and muscles with the
soothing music of singing streams that live in my memory.

Help me to know the restoring power of sleep.

Teach me the art of taking 'minute vacation'...

slowing down to look at a flower to chat with a friend,
To read a few lines from a good book.

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

Let me look up at the branches of the towering oak
and know that it grew strong and tall
because it grew slowly and well.

Slow me down, Lord.

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

Slow me down, Lord. Slow me down.

By Wilfred A. Peterson