



St. Augustine's Church Limerick

18th Sunday in Ordinary Time

website: www.augustinianslimerick.com
email: info@augustinianslimerick.com

4th August 2019

Mass Times

Monday -Friday

7.30am, 8.30am,
10.15am, & 4pm

SATURDAY

8.30am, 10.15am
3.00pm

(Mass for the Sick)

SUNDAY

9.00am, 11.15am
& 7.30pm

CONFESSIONS

MONDAY & FRIDAY

10.45am-12 Noon
3.00pm-4.00pm

SATURDAY

10.45am-12noon
2.30pm-4pm

'Come apart and rest awhile'

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.



St. Augustine's Church Child Safeguarding Representatives.

Fr. Noel Hession OSA
Fr. Flor O'Callaghan OSA
Bro Michael Danaher OSA
Fr. Paul Flynn OSA
Fr. David Kelly OSA
Ms Geraldine van Dam
Mr. Robert Ryan
Ms Charlotte Gleeson
Ms Mary Deegan.



Slow me Down Lord

Slow me down, Lord!
Ease the pounding of my heart by the quietening of my mind.
Steady my hurried pace.
Give me, amidst the days confusion
the calmness of the everlasting hills.
Break the tensions of my nerves and muscles with the
smoothing music of singing streams that live in my memory.
Help me to know the magical restoring power of sleep.
Teach me the art of taking „minute vacations“.
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 of the fable of the hare and the tortoise:
That the race is not always to the swift:
That there is more to life than measuring its speed.
Let me look up at the branches of the towering oak
and know that it grew slowly and well.
Inspire me to send my own roots down deep
into the soil of life's enduring values...
that I may grow toward the stars of my greater destiny.
Slow me down, Lord.

By Wilfred A. Peterson

Thought for Today

If any lesson were to be learned from times of recession, surely it would resemble today's Gospel. Riches are precarious; material security is unstable; dreams of untroubled longevity are soon dispelled by "events." Paradoxically, our experience of life as fickle can take us in quite opposite directions. We might be tempted to plunge ourselves into more enjoyment of the present moment, as St Paul caustically observes: "let us eat and drink, for tomorrow we die." (1Corinthians 15:32 NET) The road less travelled is to become "rich towards God." It still means enjoying and living the present moment, but in a completely different, deeper and ultimately more lasting way.

Prayer: God of wisdom, help us to see through all that is false yet enticing; be our guide on the path of life. Source: www.tarsus.ie



**SEEK
BEAUTY;
FIND
TRUTH**

Mary guide our hearts

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Season of Creation

1st Sept - 4th Oct 2019



The Season of Creation has a special significance for the Catholic Church, particularly since Pope Francis established 1st September as an annual World Day of Prayer for the Care of Creation.

The Season of Creation or Creation Time, is marked throughout the Christian world from 1st September to 4th October (Feast of St. Francis of Assisi) and celebrates the joy of creation as well as encouraging awareness-raising initiatives to protect the natural environment. Source: www.catholicbishops.ie

As we prepare in our parishes, community and diocese for this special season Podcasts, visuals, prayers and lots of recourses can be found at ... www.catholicbishops.ie

**Dear mother earth,
who day by day
Unfolds rich blessing
on our way,
O praise God! Alleluia!
The fruits and flowers
that verdant grow,
Let them His praise
abundant show.
O praise God,
O praise God,
Alleluia, Alleluia, Alleluia.**

ST FRANCIS

Arnold Houder