



St. Augustine's Church Limerick

5th Sunday in Ordinary Time

5th February 2023

website: www.augustinianslimerick.com

email: info@augustinianslimerick.com

Mass Times

Regular Mass times
resume Tues 3rd Jan

Monday-Friday

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

SATURDAY

8.30am, 10.15am
Mass for the Sick
3.00pm

SUNDAY

9.00am, 11.15am
& 7.30pm

CONFESSIONS

Resume Jan 9th 2023

MONDAY & FRIDAY

10.45am-12 Noon
3.00pm-4.00pm

SATURDAY

10.45am-12noon
2.30pm-4pm



St. Augustine's Church

Child Safeguarding
Representatives.

Fr. Flor O'Callaghan O.S.A.

Fr. John Lyng O.S.A.

Ms Geraldine van Dam

Mr. Robert Ryan

Ms Charlotte Gleeson

Mr. John Doyle



SALT OF THE EARTH

The Health Guardians don't like salt. They see it in every bite and burger, package and tin, cake and coronary. Whether we know it or not we're consuming, they say, far too much of it and it's killing us. In fact salt is in a race against sugar to decide which of them gets us first. And who's to say they're wrong, though some take their preaching with a pinch of - well, if you like - pepper.

But we know a place where the only thing thought dangerous about salt is the lack of it. The catechist in one of our churches there recalled how his grandfather used to make a round trip of over 200 roadless miles twice a month to buy salt. He travelled on foot every thorny and rocky mile of the two hundred. He carried the salt, greyish-brown lumps of rock piled high in his head-pan, to barter at his local village market every second Friday. This sounds unlikely to our ears now but was normal for the time and place. And that was only

part of the salt's much longer journey. Merchants from Timbuktu - (I'd heard of that place alright as my mother used to say I'd go there rather than stay at home and do what I was meant to be doing but didn't know anything else about it) —

had brought the salt from the north before dispatching it further south. By canoe on the Niger, or camel-caravan ship of the desert, to the cities on the Sahara's southern edge. All this because in harsh and hot places experience taught people that salt is twin to water as necessities of life. You lost it in sweat and sickness, toil and tears and you had to replace it, or else. Salt and water still make up the re-hydration that brings back many a suffering child from the door of death.

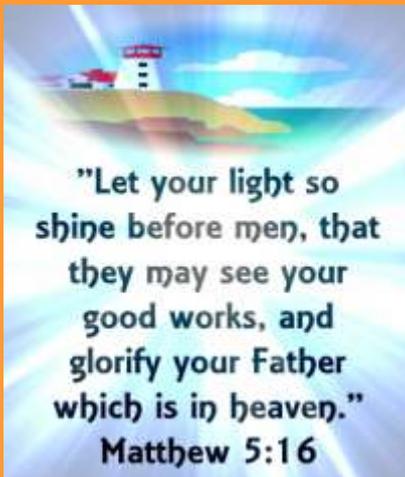
(Recently, maybe still, the little facilitation, not a bribe, exacted by traffic police for letting motorists through roadblocks in the later part of the year was called 'Christmas salt'. Not because of familiarity with any origin of the word salary, rather with the present importance of the stuff itself).

Back to the Saharan salt: at your cooking-fire you knocked a lump off the greyish-brown rock and dropped it into your stewing pot to exude its seasoning magic to every morsel therein.

It was in roughly similar terrain and climate Jesus moved and he had a like appreciation of the importance of salt. In today's gospel he makes that clear, asserting that his real followers are salt of the earth. You'll influence those around you, he tells them, like good salt in a pot. (Matthew 5:13)

J. Lyng





**"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."
Matthew 5:16**

Prayer

Lord, the light I choose to let into my life today is based on my hope in you.

It is a small flame, but I believe that it can dispel a bit more darkness today.

For it is through us that Christ's light will shine in the midst of the struggles and cares of the world.

Let your Light Shine



Synodal Sundays

During the diocesan stage of the Universal Synod last year, participants called for courses, resources, and dynamic spaces where they could explore or deepen their own faith, their spirituality, and their understanding of Scripture on a more personal level as well as on an academic level. One initiative being made available in 2023 is a series of short video reflections on the Sunday Gospel each week.

"Synodal Sundays" was launched on 1 January this year with a 3 minute video reflection on the Solemnity of Mary, Mother of God from the General Secretary of the Synodal Pathway, Ms Julieann Moran. The reflections are being offered throughout the year by lay men, lay women, priests, religious and bishops.

A new reflection appears each Thursday on the homepage of the Synodal Pathway website (www.synod.ie) and its YouTube channel (<https://www.youtube.com/@irishsynodalpathway3254>) on the theme of synodality in light of the upcoming Sunday Gospel. They can also be found on the Synodal Pathway's social media platforms each Sunday.

Source: www.catholicnews.ie By Oisín Walsh

World Day of the Sick 2023

Next Saturday 11th February is World Day of the Sick. It coincides with the Feast of Our Lady of Lourdes, an occasion during which the entire church worldwide expresses its concern for all who suffer, for those who care for the sick and prayerful support for all who ministers to them. Thirty years ago Saint John Paul II instituted the World Day of the Sick to encourage the people of God, Catholic health institutions and civil society to be increasingly attentive to the sick and those who care for them.



The theme chosen for this year is *'Take care of Him' Compassion as a synodal exercise of healing*. Pope Francis in his message for this years World Day of the Sick 'invites all of us to reflect on the fact that it is especially through the experience of vulnerability and illness that we can learn to walk together according to the style of God, which is closeness, compassion, and tenderness'.

This Saturday at our 3pm Mass for the sick we will focus on this special day and Mass of Our Lady of Lourdes. .

Pope Francis message available at / Message of Pope Francis for XXX1worlddayofthesick2023

10Km

Milford Hospice
Run/Walk

12.00 noon

Feb 12th at UL

St. Augustine's
Church

TOMORROW

Monday 6th February

Public Holiday

Masses

10.15am & 4.00pm

No Confessions



DIocese of Limerick
VOCATIONS OFFICE

THEOLOGY ON TAP

7:30PM @ BOBBY BYRNES

VOCATIONS PANEL

Father John Campion

Mike & Melissa Polnaszek

Sister Mary Magdalene

FINGER FOOD PROVIDED

Contact Vocations@limerickdiocese.org

for more information