

Lent Begins...

WEDNESDAY NEXT is Ash Wednesday, a day of fast and abstinence. Everyone over fourteen should abstain from meat on that day. The law of fast only applies to those between the ages of eighteen and sixty.

Distribution of Ashes

LAST YEAR'S PALMS have already been burned and their ashes are ready. At each Mass on Ash Wednesday, ashes will be blessed and distributed. Masses at 7.30 AM, 9, 10 & 7.30 PM

Extra Mass

FOR YOUR CONVENIENCE there will be a 7.30 A.M. Mass each weekday during Lent (Mon.- Fri.)

A Good Book...

IN TODAY'S Bulletin, and during Lent, excerpts will be given from "RE - TREAT YOUR FAMILY TO LENT" by Sandra DeGidio, OSM Available in Veritas, Bridge St. for £ 2.19, it's a good read.

Another Relevant Book...

AS YOU MAY KNOW, the next Synod to be held in Rome will focus on the role of the Laity. The consultation document prepared by Rome, with that Synod in mind, is available on our Parish Bookrack. ( 98p )

Lourdes Fans Take Note

TUESDAY NEXT, (Shrove Tuesday), is the optional memoria of Our Lady of Lourdes. The Feast of Saints Cyril and Methodius is Friday next.

'Fold Publications' presents...

CORK AND ROSS Diocesan Directory will be on sale at the Legion stall over the next few Sundays. Reasonably priced at 60p, it contains Mass times and priests' names and numbers for each parish in these dioceses. Well worth it!

New Fold

THE FEBRUARY FOLD is now on sale, for 40p. Articles include "Lourdes Through Many Eyes", News From Peru and some thoughts on Lent.

Advance Warning

AS PART OF the Week of Prayer for Peace, Bishop Samuel Poyntz will preach in our Church at a UNITED SERVICE FOR PEACE on 23rd March. More about that anon.....

Get Involved in 1986!

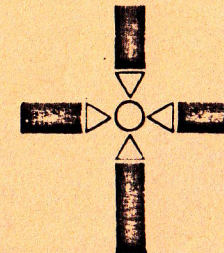
in the MINISTRY OF THE WORD, or the BULLETIN, or the YOUTH CLUB, or THE SENIOR CHOIR, or the JUNIOR CHOIR, or KARISMA, or with the BOOKRACK, or the ALTAR SOCIETY, or the COLLECTORS, or the ALTAR BOYS...The list, as you can see, is almost endless. If you're interested in ANY of these, why not get in touch with one of the priests. Or tell them when they visit you this Springtime.

Can you help ?

THE LEGION of Mary meets every Tuesday night in the Crypt at 7.30 P.M. Their main work is HOSPITAL VISITATION. New members are invited to join in their work.

FAITH AND LIGHT hold their annual Mass in Gurranebraher Church next Sunday (16th) at 3. All are welcome.

# Ballineaspig Parish Bulletin



No. 24

● \* 9TH FEBRUARY, 1986. \*\*\*\* ●

## LENT 1986

Remember man  
that you are  
dust and into  
dust you shall  
return.



CONFESSIONS

SATURDAYS:

12.00 - 1.00.

WEDNESDAYS

8.00 P.M.

7.00 - 7.30.

8.15 - 9.00.

Weekday Masses

7.30 A.M.

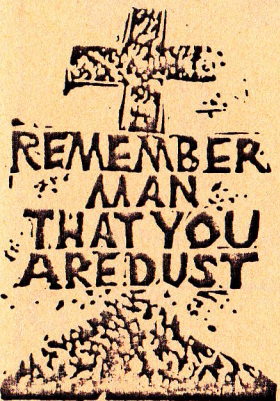
9.00 A.M.

10.00 A.M.

7.30 P.M.



# ○○○○ Beginning Lent ○○○○

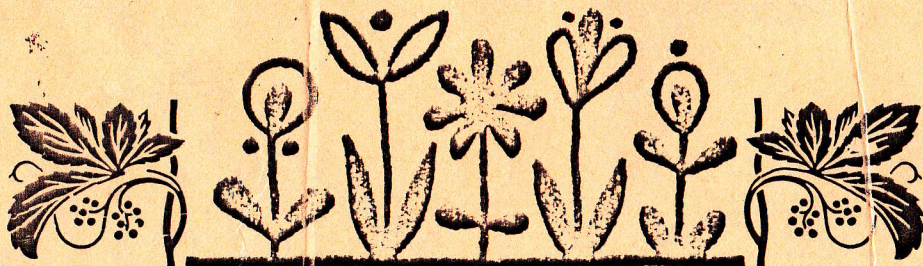


Most of us remember Lents when we gave up gandy and movies and watched our parents make heroic efforts to stop smoking. Rising early for daily Mass was often part of the season. We heard about fast and abstinence and, as we grew up, experienced them (along, too often, with various techniques for getting around them). Purple vestments, Stations of the Cross, and purple covers on statues and crosses the last week were all part of former Lents.

Quietly, almost without our noticing, many of those external observations disappeared. But we still have Lent. We still have these six weeks of March and early April when the brown, weary dreariness of winter slowly gives way to the new life and light of spring.

We would do well to allow that natural change of seasons to speak to us. The struggle between warmth and cold, the great desire we have at this time of year to see something green and flowering break through the gray snow and brown mud,

It is no accident that the Church in her wisdom gives us the season of Lent at this time of year. Lent is a time of concentrated effort toward rebirth, a time to get back to the basics of Christian living. It is a time of renewal and reconciliation, of penance and prayer, of fasting and almsgiving.



Lent means Spring

"It's important that we don't have a vague intention of 'Trying to do better' for Lent.

We need a definite plan of campaign — individually and as families".

## WHAT CAN YOU DO THIS LENT?



*prayer for the good of your soul*



*fasting for the good of your body*



*almsgiving for the good of your neighbor*



**TRÓCAIRE**

Catholic Agency for World Development  
169 Booterstown Avenue, Co. Dublin (01) 885385

TRÓCAIRE was set up by the bishops of Ireland as an expression of the Church's concern for the needs and problems of the Third World and the issues of social justice involved. The annual Lenten Campaign provides the Catholic Community with the opportunity to express their commitment to these needs.

Contributions made to Trócaire — mainly during the Lenten Campaign, but also throughout the year — are allocated in the following manner: 70% for development projects and programmes in developing countries; 20% for development education within Ireland to create an awareness of the needs of the people of developing countries and our responsibilities in justice towards them. 10% is reserved for emergency relief activities, such as aiding the victims of disaster, flood, drought, and refugees.

Trócaire covers its administrative costs from interest earned. Administrative costs last year were 1.22% of total income.