



Sunday, April 24th, 1994

**B**ALLINEASPAIG  
**BULLETIN**

4th Sunday of Easter

CHURCH OF THE HOLY SPIRIT  
DENNEY & CROSS, COOKFROM OUR  
**PARISH  
TEAM***Fr. John writes*

Every now and then I read something that leaps out at me and makes a lot of sense. Here's the gist of a recent sample.

A curious thing happens as the pace of our lives grows faster and faster: our definition of a moment grows shorter and shorter.

By cramming each moment so full of events, we leave ourselves no time to actually experience these events in any meaningful way.

The pace of our lives has created a chasm between our emotions and our thoughts, which operate at different speeds. Thoughts are produced electrically, communicating faster than our emotions, which are hormonal and chemical. The demands of the modern world have required us to function more quickly, so we use "mind time" to mentally engage to our fullest in order to juggle upcoming events. There is no time to deal with or process our slower feelings - "emotional time" - so we stuff them down.

But our emotions don't disappear, nor do they stay down for long. The moment we begin to slow down, they come flooding

back and we begin to feel again. Unfortunately, many people report that when they try to relax what comes up are uncomfortable emotions - anxiety or anger over unresolved encounters, guilt over inactivity, and so on. So we get busy again, and repress once more those feelings that allow us to fully experience our lives.

What we need is to come into the present moment. Instead of rushing, take your time, let your rhythm slow down. You can rush later if you need to, but for now, simply perform the task that is in front of you, whether it's washing the dishes or hanging out laundry or eating pasta.

We spend our lives waiting for the important events to occur, rushing through all these "in-between moments". Yet the reality is that these interims actually make up a significant portion of our lives. Allowing ourselves to be present in them and experience them fully is what makes us alive. This involves developing a sense of mindfulness, a way of being that puts you fully in the moment without pressure or anxiety about staying on schedule.

*Fr. John***Readings for Sunday 24th April**

Acts. 4:8-12. Ps. 117. 1 Jn. 3:1-2. Jn. 10:11-18

# YOUTH NEWS

**Cork Youth Federation to host Munster Final of National Youth Club Games in Bishopstown.**

On May 15th Bishopstown will be the venue for the Munster Finals of the National Youth Club Games which will involve six hundred young people from all over Munster taking part in ten sporting and non-sporting events.

These will be held in Mount Mercy College, Bishopstown Community School, Cork R.T.C., Colaiste an Spioraid Naoimh and the S.M.A. Hall in Wilton. Cork Youth Federation would like to take this opportunity to thank all the Principals and Caretakers in the venues, the referees and sponsors and everyone who has made this event possible.

On Wednesday next, 27th April at Highfield R.F.C. at 8.00p.m. sharp there will be a Table Quiz in aid of Cork Youth Federation. £10 team of four.

## CONGRATULATIONS

To Colaiste an Spioraid Naoimh on winning the All Ireland Schools Senior Soccer Championship last Sunday at the Mardyke. They had a 2-1 win over St. Eunan's, Donegal. The two goals were scored by Stephen McGilton and Darren Gubbins. Well done!



## Rest in Peace

We pray for the late Denis O'Connor, The Grove, Orchard Road, who died recently. Denis was seriously ill since coming to live in the parish, but continued to come to daily Mass with his wife until recently. Denis could be described as a "man's man" who was always straight in his dealing with you. He had a great love for gardening. To his wife May, and daughters, we offer our sincere sympathy.

## IN SYMPATHY

We offer our sincere sympathy to MS. TERESA CORCORAN, Highfield Lawn, on the death of her father in Ardfinnan, Co. Tipperary. To NUALA WHELAN, Rossbrook, on the death of her father, Joe Kerrigan, in Naas. To KAY REARDON, Farranlea Grove, on the death of her brother Denis Lane.



Best wishes to Neil O'Hara, Wilton Road, who will be part of the Glasheen Boys' School team in the national finals of the National Parents' Council Schools Quiz to be held in the Burlington Hotel, Dublin, on this Sunday, 24th April.



# Letters

From the Editor

Dear Readers,

In the Easter edition of the Bulletin I threw out the question, "Do people really READ the Bulletin?" Since then we've had many encouraging comments. We appreciate such reassurance. It's a great help.

One lady wrote saying she especially likes the homilies from the parish team. She finds them relevant and uplifting. We agree!

So, on behalf of the Bulletin team and all who are involved in the Bulletin - thank you.

Yours sincerely,  
Elsie Harris

27 Lima Lawn,  
Magazine Road.

Dear Editor,

I fully endorse Mr Paddy Ryan's observations regarding Sunday Mass times in the neighbouring churches.

I think the times should vary so as to give people more

### Bring Life to your Faith

In the "new-look" **FOLD** there's something for everyone.

WE ASK WHAT OUR CHILDREN REALLY LEARN AT FIRST COMMUNION. WE LOOK AT HOW PARISH LIFE MUST CHANGE IN CORK AND ROSS. AND WE VISIT DURRUS & KILCROHANE PARISH, AT THE WESTERN EDGE OF WEST CORK.

All this and more for just 50p.



DO YOU TAKE MASTER CARD?

### MASS TIMES

#### SUNDAYS:

|        |            |
|--------|------------|
| Vigil  | 6.15 p.m.  |
| Sunday | 9.00 a.m.  |
|        | 10.30 a.m. |
|        | 12.15 p.m. |

#### HOLYDAYS:

|         |            |
|---------|------------|
| Vigil   | 7.30 p.m.  |
| Holyday | 9.00 a.m.  |
|         | 10.30 a.m. |
|         | 12.15 p.m. |
|         | 7.30 p.m.  |

N.B. All Evening Masses in this Church are at 7.30 p.m. except the Saturday 6.15 p.m. Mass.

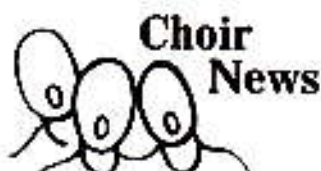


Vocations Sunday - 24th April  
Hour of Prayer organized by St. Joseph's Young Priests Society at the Poor Clare's Chapel at 4.00 p.m. followed by Benediction of the Blessed Sacrament.



Sunday Creche

Please note that the Creche is only open for the 12.15 Mass.



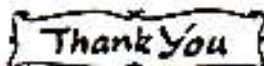
**Choir  
News**

Visiting Choir

On Sunday next May 1st, in conjunction with the Cork International Choral Festival we welcome the Mens Chamber Choir Varpelis from Lithuania who will sing at the 10.30 a.m. Mass. We wish them Cead Mile Failte on their visit to Cork under their conductor, Saulius Mazulis.

Celebration of Inner Healing

Will be held in St. Augustines Church from Monday May 2nd to Wednesday 4th at 7.30 p.m. by Monsieur Michael Buckley. Bishop John Buckley will also attend.



C.M.A.C.

Wishes to acknowledge with sincere appreciation the sum of £595 collected recently at our parish church.

Bridge Tournament

On Sunday 24th April at 7 p.m. in Jury's Hotel. All categories of players catered for. Raffle - free. Table money £5 per person. Please support - in aid of the National Council for the Blind, Cork Branch.

Visitation

Fr. Finbarr Crowley will continue visitation in Kenley this coming week, and Fr. John Newman will do visitation at the start of Leesdale.

Table Quiz

In aid of Cork Youth Federation on 27th April at Highfield R.F.C. 8 p.m. sharp. £10 team of four. Great night guaranteed. Lots of spot prizes!

Can You Help?

Room/Digs required for teenagers not living at home due to family problems. Please contact Carmel Walsh, Social Worker, Southern Health Board, at 965511 for further information.

Cork SIMON Community

Is currently collecting food as part of their food run, and will be at Model Farm Road and Farranlea on Monday night 25th April and 8th May. Non-perishable food items, and detergents, etc. would be of great benefit. All collectors have official ID cards/armbands.