



Ballineaspais Bulletin

16th November, 2003



CHURCH OF THE HOLY SPIRIT
DENNEHY'S CROSS, CORK.



FROM OUR
**PARISH
TEAM**

Fr. Declan writes

Falling Leaves, Holy Souls...

November is a difficult month for anyone who has ever suffered the death of a close relative or friend. The season of falling leaves and darker evenings becomes linked to the month of Holy Souls. Many people who have been bereaved suffer from a natural depression, which is part of the grief process. It is our body talking to us about issues which have not been properly healed.

The psychologist Elizabeth Kubler-Ross identified five stages of the grief process that everybody goes through – bargaining, anger, denial, depression and acceptance. These stages are normal and natural.

Bargaining means wondering if I should have known...seen the symptoms...should have said 'I love you' more often, shouldn't have quarrelled.

Anger is a normal and natural reaction when we have a loss. Anger at doctors, in-laws, relatives, at myself for not coping, at God for not caring

Anger is a very difficult emotion and we often suppress it..

Denial is self protection. Not wanting or being able to cry, to let down the pretence that I'm coping and in control, not wanting to upset others by speaking of the death, keeping a 'shrine' to the person...

Depression is a normal reaction to a loss; it is sadness to the extreme. But it may not be

the text-book long face or endless crying. It can be loss of sleep, no interest in former activities, an endless aching gap, a pointless life without the loved one.

Acceptance means eventually letting go, adjusting and changing, growing in new ways, creating a new lifestyle. In the pain of grief and loss, we all run the danger of trying to get to acceptance too fast. We have not given time or space for full healing, and we have shut down some stages of our grieving. We can get trapped in denial, or in anger, or a part of us inside can die.

Depression is often the result of not healing the past properly.

There is a huge danger, as Christians, of trying to say too quickly 'It's God's will, I must accept it'. 'God has taken this person. I must accept it'. This is resignation to the whim of a cruel God, or one who is out to get me. This is not the God we believe in. Bad things happen to good people and we have no control over them. God does not want us to resign ourselves to bad things. God will help us to cope, but only by being fully human, bringing him our pain, complaining to him, telling him, and others, exactly how we feel, allowing ourselves space to grieve, and going through the normal, natural process of grief until we eventually freely *accept*.

People in grief often feel distant from God, can't pray, can't concentrate. Our relationship with God usually reflects how we are within ourselves. Let November be a time when we are real with God, and real with ourselves. We are fragile, and we need his strength. The God of life is close.



PARISH FAREWELL

The Pastoral Council has arranged that Fr. Patrick Walsh will return to concelebrate the 6.15 p.m. Mass on Saturday 29th November, and afterwards in the Crypt to allow parishioners to say farewell. All are invited to the occasion and to the cup of tea.



Rest in Peace

Patrick O'Regan Sheare's Park, died very unexpectedly and peacefully at home on 3rd November. A native of Schull, he came to Cork as a young man and gave over forty years of service to the public on the buses. After official retirement, he spent another ten years on the maintenance staff at Farranferris. Even though he made many lasting friendships in both these areas, it will be for his long and dedicated service to Glasheen F.C. that he will be most gratefully remembered. He helped to give generations of boys and young men the opportunity to blossom as successful players in their respective grades in the soccer world. He was a key figure in the glory days of Glasheen F.C. He will be missed by many, especially by the O'Flynn family with whom he shared close friendship for over seventy years since he came to the city. To Paddy's nieces, Anne-Marie and Sarah, his nephew Raymond, to Liam and Phil O'Flynn, to the wider circle of family and friends, we offer our sincerest sympathies. Fé choimirce Mhuire, go raibh sé.

PASTORAL COUNCIL NEWS

There was a full attendance at the meeting on Monday last. The need to provide handrails on the altar steps was discussed and agreed upon.

Kevin O'Mahony reported progress on the setting up of the parish website.

The reception to mark Fr. Patrick Walsh's contribution to this parish was arranged for Saturday 29th November. The 6.15 Vigil Mass will be concelebrated. Afterwards light refreshments will be served in the crypt.

Advent Preparation: The parish programme for Advent will be announced shortly.

The role of the contact persons within the parish was discussed. It was agreed that a review and update of the system was now necessary. Parishioners who distribute the parish bulletin will be asked to help in this important work.

Next meeting on Monday 8th December.



We offer our sincere sympathy to MOYRA BARRETT, Model Farm Road, and AUDREY GLEESON, Wilton Road, on the death of their brother Des.

To BETTY TYERS, The Ridgeway, on the recent death of her brother Liam Irwin of Frankfield.

ATTENTION, PLEASE

We received a very good perceptive letter about the bulletin articles on the Mass. It was unsigned. We are very anxious to contact the writer of this letter. Would the writer please contact the Editor or the Parish Priest? Thank you.



Reflections on the Mass -4 **Participation and Posture**

It is recommended in the Introduction to the Missal that the congregation should stand for the Entrance Procession, through the Penitential Rite and up to the Collect (Opening Prayer) of the Mass. Standing is a gesture of welcome (greeting), openness and attention. For some months, this was tried at the 10.30 Mass. It was decided to discontinue it since it was not generally understood, and since the practice is not observed in other churches or even in other areas of the country. We are more inclined to kneel to confess sin and to pray.

It is also recommended that the congregation should stand in respect and attention during the Eucharistic Prayer and Consecration, but again, the Irish Church decided it was more appropriate to kneel as a gesture of respect and prayer. Occasionally one sees a visitor from Britain or elsewhere stand for both parts of the Mass, as they are accustomed to do.

Sitting for the reading of the First and Second Readings and for the homily is done with receptivity and openness. But our attitude to the Gospel is immediately apparent by standing to attention. God is speaking. (Is there any gesture that speaks so loudly as the entire crowd in a stadium standing for a minute's silence?)

Gestures often speak more loudly than words. Counsellors and psychologists are trained to watch for body language for indications of stress, depression etc.

What does *our* body language tell at Sunday Mass? Are we conscious of the gestures we make? Do we convey attention, respect, prayer? How do we even *begin* our worship-what do I convey by the way I make the Sign of the Cross? (I was baptised, I am a Temple of the Holy Spirit, I believe that the Cross of Christ redeemed me!)

What do I convey by the way I make another hugely important gesture - the Sign

of Peace. Do I give an embarrassed limp hand, or a warm invitation to Communion and community?

BLESSED THADDEUS McCARTHY **Part 2**

Stunned by his excommunication, Thaddeus appealed to Rome. After a two-year investigation the verdict was that O'Driscoll was to continue as Bishop of Ross. However, Thaddeus, who was totally vindicated of all charges against him, was to fill the vacant post of Bishop of Cork and Cloyne.

This posting was greeted with open hostility by opponents of the McCarthy clan. Armed men seized the Cathedral preventing Thaddeus from entering. Everywhere he suffered rejection. For two years he travelled from town to village armed with the papal documents announcing his appointment.

By now he was alone, without family support, status and with little money, yet with unwavering faith in God. He once again set off for Rome to plead his case to Pope Innocent VIII, who gave him a document, dated 18th July 1492. On 24th October he arrived at the pilgrims' hostel at Ivrea, high in the Alps, having walked from Rome. Very weak and exhausted Thaddeus was given a place to rest. At dawn a mysterious light was observed coming from his room. On entering, the warden found the dead body of the pilgrim illuminated by a radiant light.

The Bishop of Ivrea, who was notified, had had an extraordinary dream during the night - he had seen a man in bishop's robes ascending in glory to heaven. Immediately he recognised the unknown dead man as the person he had seen in the dream. Among the man's few possessions was a bishop's ring.

(Concluded next week)



Autumn/Christmas Dues

During November, you will receive a dues envelope through the courteous help of a neighbour. Your continuing support is very much appreciated by the priests of the parish. If our distribution system does not reach you within a week or so, please let us know.

Ministers of the Word and Eucharist

Reminder that the formation programme will continue on Thursday next 20th November at 8.00 p.m. in the Crypt. Fr. Tom will outline the importance of the Word of God and its proclamation in the Liturgy.

Cork Marriage Counselling Service

Annual collection next weekend. C.M.C.C. provides a range of marriage-care services including pre-marriage courses and marriage counselling. This collection helps fund the service.

Sacred Heart Afternoon of Prayer

Sunday 30th November, 1.30 to 6.00 p.m. at the Sacred Heart Parish Centre, Western Road. Spiritual Director Fr. Brendan Hanley MSC. Theme: "Prepare a Way for the Lord". Day's programme will include Mass. Offering €5. Further information from Nell Kelleher at 026 41236.

St. Vincent de Paul

Once again, may we appeal for donations for our fuel fund to help the needy of the parish. Our priests or any member of the conference will gladly forward contributions. Many thanks.

Bishopstown GAA Club

Annual General Meeting Sunday 30th November at 2 p.m.

EMERGENCY NUMBER

087 - 251 9940

Ballineaspais Gramophone Circle

Our final recital for 2003 will take place on Wednesday next, 19th November at 3.00 p.m. in the crypt of our church at Dennehy's Cross. Paddy O'Gorman will give the recital. Everybody is welcome to an afternoon of glorious music.

Wilton Gardens Residents' AGM

The annual general meeting takes place on Tuesday night next at 8 p.m. in the Crypt. Light refreshments will be available afterwards. The Association has full membership and, in its first year, achieved major improvements for the estate including ramps, due to be installed by the city Council, to reduce or slow down the very large volume of non-resident through traffic.

C.I.T. Open Day

On 21st November from 9.30 to 4.30 p.m. Main feature will be a Careers Exhibition and series of information sessions and demonstrations will take place in various departments.

God's Word

Readings for Sunday 23rd November

First Reading:

Dn.7:13-14. Daniel's vision shows a man becoming king in heaven. Christians believe this prophecy refers to Jesus.

Psalm 92

Second Reading:

Rv.1:5-8. The author of Apocalypse presents Jesus as the ruler of the kings of the earth, who will come in glory.

Gospel:

Jn.18:33-37. Jesus debates his kingship with Pilate, and commits his followers to stand on the side of truth.

Parish e-mail address:

holyspiritparish@eircom.net