

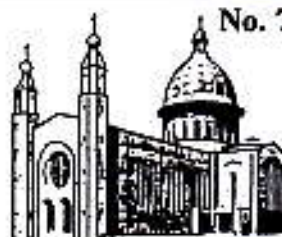
First Sunday of Advent



No. 780

Ballineaspais Bulletin

30th November, 2003



CHURCH OF THE HOLY SPIRIT
DENBY'S CROSS, COAK.



OUR
**PARISH
PRIEST**
writes

Ads on radio and television are warning us daily to know the price of what is on offer or else we risk wasting our resources unthinkingly. It is good advice, not only for our shopping, but for every aspect of our daily lives.

Advent has the same purpose. Advent is an invitation to explore what our life priorities in 2003/4 really are and what our choices cost us. The cost may be in time, in health, in peace of mind, in integrity or in friendships. The paradox is that everything in life is a free gift of God and so is priceless. Yet, we know that if we are to grow in appreciation of every such gift, we need to make space in our lives for the God who comes to us in a myriad of ways.

The cost of ignoring God may be the loss of life's rudder.

The cost of excessive alcohol may be the loss of self-respect and the respect of others.

The cost of outstanding success in business, sport, politics or profession may be family life and all that entails.

The reward of unselfish service may be a

fulfilment unknown to the self-centred.

The fruit of a forgiving and forgiven heart may be an inner contentment beyond all our expectations.

The result of daily prayer may be surprising intimacy with God.

Know the price this Advent and meet God again.



Scriptural Prayer Advent Programme

Our Parish Advent Programme of the formation of Scriptural prayer groups (Lectio Divina), to pray and apply to our lives the Sunday Gospels for the 2nd, 3rd and 4th Sundays of Advent will begin during this coming week. There will be groups on

Mondays - after 10 Mass in the Parish Centre, and 8-9 p.m. in St. Catherine's Convent.

Tuesdays - 8-9 p.m., St. Catherine's Convent.

Wednesdays - 8-9 p.m., St. Catherine's Convent.

Be happy at all times, pray constantly
and for all things, give thanks to God.

1 Thessalonians 5:16-18

Reflections on the Mass-5 **The Breaking of Bread**

'The Breaking of Bread' is the oldest name for the Mass. In the early centuries, when the Eucharist was celebrated in a family setting in the intimate setting of the home, it resembled a meal much more than it does today, often combined with the eating of grapes, fish, etc.. Unleavened bread, (i.e. without yeast or other raising agents), was used for the Jewish Passover Meal, the setting for the Holy Thursday meal that Jesus celebrated with his disciples the day before he died, and this is still used today for the Mass.

Originally, only one loaf would have been used, enough for a small gathering. This was the thinking of St. Paul on the Eucharist: 'Because there is only one loaf, we, though many, are one body, because we all share in the one loaf' (1Cor 10:14). The threefold repetition of the 'Lamb of God, you take..... grant us peace' is a shortened version of the sung chant that used to accompany the breaking of the loaf at that point of the Mass.

As usual, the increase in numbers attending the Mass made practicality take over. The hosts today are pure white wafer-thin circles, carefully made for Eucharist, rather than rough pieces broken off from a large thin biscuit of baked flour and water. Also for this reason, the practice of the congregation receiving the consecrated wine from the chalice was discontinued for centuries. The Mass as a Sacred Meal, the Body of Christ celebrating its unity at the table of the Lord, was reduced to a semi-private devotion of individuals, centred on the

Real Presence of Jesus in the Host. Because Mass was celebrated with the back of the priest to the people, even the gestures and actions were not seen; the only time the Host was seen was at the raising of the Host at the 'Through Him, with Him....' And at communion which was not frequent for most people. Many people in the Middle Ages went from church to church to catch a glimpse of the Host!

The Church today is often accused of having lessened respect by introducing Communion in the hand, special ministers of the Eucharist, frequent communion, etc, but the richness of the Mass is brought out in so many more ways for people as community celebration, active participation, spiritual food, meal and so many other neglected aspects.

In the Church of the Holy Spirit, an effort is made at one Mass each Sunday - 10.30 a.m., to consecrate only one container of hosts with sufficient for that Mass so that some of the symbolism of the one loaf can be retained. Communion under both species will gradually be extended where practical.



We offer our sincere sympathy to **PADDY RYAN**, Wilton Road, on the death of his mother, Molly Ryan.



Rest in Peace

Michael Long, Leedale, Model Farm Road, died on 7th November at a comparatively early age. He had been in failing health for the past few years. He was a member of a large and well-known family on the southside of the city. Michael had many sporting interests, but road bowling was his favourite. His friends in Bóil Cumann na hÉireann gave him a worthy and dignified farewell at his funeral. We extend our very sincere sympathy to his wife Patsy, his sons Ken, Kieran, Rory and Brian, his daughters Michelle, Gemma and Patricia, his grandchildren, brothers, sisters and wider extended family and friends.

The staff and students of Mount Mercy College were shocked and in deep sorrow on November 13th when Anne Twomey, our Guidance Counsellor, passed away. Anne began her career in Mount Mercy in 1973. She was an inspiration to both her colleagues and her students. She had a genuine interest in everyone and could always be relied upon to listen sympathetically. She was a widely respected person, a person of the utmost integrity. Her commitment and loyalty to Mount Mercy were always paramount. Those of us who were privileged to know and work with her will miss her humour, her generosity, her sincerity. A light is gone from our lives. She is missed by all of us in the school.

CULTIVATE

Personal Growth in Christ

Bible Corner



Promises are cornerstones of human living. Promises fulfilled and promises broken fashion our lives for good or for ill. Good promises we make or receive often inspire us to live more nobly than we would otherwise ever do.

Jeremiah lived through one of the most troubled periods of the Ancient Near East including places like present day Iraq and Iran. He witnessed the fall of the great Empire of Assyria and the rise of the even greater Babylonian Empire. The little Hebrew kingdom of Judah fell.

In the middle of such disaster, Jeremiah proclaimed that the Lord would keep the promise he had made to the Hebrews. He would send them a leader, a saviour, descended from David. This promise was to be fulfilled in Jesus born in Bethlehem. Jeremiah's message opens our Advent season this weekend.



O come, O come Emmanuel



HERE'S NEWS

First Friday

Next Friday, 5th December is the first Friday of the month. Calls to the sick and housebound on usual days.



Adoration of the Blessed Sacrament

Adoration will take place next Friday 5th from 10.30 to 7.30 p.m. followed by Mass.

Coming Events

Christmas Fairs

* Chernobyl Fair on Sunday 30th November, 12 noon at Cork Opera House. Details from Fiona at 4300791.

* St. Benedict's Priory, Cobh, on Saturday 6th December at 2 p.m. Adm. €4, children €1.

* L'Arche Community in Togher on Sunday 7th December, 10.00 to 5.00 p.m.

Enchanted Christmas Evening

Concert on Tuesday 16th December at 8 p.m. in St. Mary's Innishannon. For booking please ring Marie 4775549 or Alice 4775978.

EMERGENCY NUMBER

087 - 251 9940

St. Vincent de Paul

The monthly (Christmas) collection will take place on weekend of 13th/14th DECEMBER.

St. Joseph's Young Priests Society

Monthly meeting next Thursday, 4th in the Parish Centre at 8.00 p.m.

For Women



Menopausal Support Group

If you are having difficulty coping, come along to our new support group each Monday morning 10.30-12.30 p.m. at NAOMI, 36 Washington Street. Group facilitated by qualified counsellor. For further information call 4272213 Tuesday to Friday.

God's Word

Readings for Sunday 7th December

First Reading:

Bar. 5:1-9.

Psalm 125

Second Reading:

Phil. 1:3-6,8-11.

Gospel:

Lk. 3:1-6.

Parish e-mail address:

holyspiritparish@eircom.net