



## **18<sup>th</sup> & 19<sup>th</sup> April 2020**

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### **Divine Mercy Sunday**

This special feast was established by Pope John Paul II at the Canonisation of St. Faustina Kowalska 20 years ago. Between 1931-1938 Jesus appeared several times to this humble Polish nun and gave her this wonderful devotion to Divine Mercy for everyone. This Sunday afternoon there will be a special devotion in honour of Divine Mercy in St. Senan's Church at 3pm. Kilrush extend a warm welcome to join with them through the webcam in this special time of prayer.



### **Covid-19 Couples Relationships Support Line**

If you need to speak to an experienced couples & relationships counsellor during this time of unprecedented stress and pressure on family life...  
Contact: 01 531 3331  
9.00 am - 8.00 pm, Monday to Friday  
All calls charged at local rate.

### **Change to Closing Date**

The Mater Dei Centre for Catholic Education is continuing with its activities, even from home. Updates can be found on our website news page ([dcu.ie/mdcceNews](http://dcu.ie/mdcceNews)) and at our Twitter handle (@MDCCE\_DCU).

In particular I would like to draw your attention to an extension that has been granted to the closing date for a job advertised in Religious Education (Primary) with a specialisation in moral theology. The closing date is now 28<sup>th</sup> April.

Full details can be found at: [dcu.ie/mdcceNews](http://dcu.ie/mdcceNews)

### **Mass from Kilrush**

Weekday mornings 10am mass  
Sat @ 10am & 7pm  
Sunday @ 10am & 12noon.  
Mass intentions are still welcome, just ring the parish phone @ 0894026161 & they can arrange it for you.

The webcam is available through Kilrush Parish Website [www.kilrushparish.com](http://www.kilrushparish.com) or through [www.mcnmedia.tv/camera/st-senans-church](http://www.mcnmedia.tv/camera/st-senans-church)

### **Celebration of Holy Communion**

The celebration of Holy Communion for children from Knockerra N.S. & Burrane N.S. will not be taking place on the arranged date. A new date will be arranged with schools when guidelines for gatherings are changed. In the meantime keep safe and healthy, both in body and mind.

### **An Act Of Spiritual Communion**

While we cannot receive communion at this time we can still make an act of Spiritual Communion in which we express our faith in Jesus and in his presence in the Eucharist and invite him to unite himself with us.

### **Act of Spiritual Communion**

My Jesus, I believe that you are present in the Most Holy Sacrament.  
I love you above all things, and I desire to receive you into my soul.  
Since I cannot at this moment, I receive you sacramentally.  
Come at least spiritually into my heart.  
I embrace you as if you were already there and unite myself wholly to you.  
Never permit me to be separated from you.  
(St. Alphonsus de Liguori)

*O Sacrament Most Holy, O Sacrament Divine, All praise and thanksgiving be every moment thine! x3*

## **COVID-19 Support Line for Older People:**

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand.

## **Trocaire Lenten Campaign**

Lent is an extremely important time of the year. The support we receive during Lent enables Trocaire to help the most vulnerable people in the developing world

Our Lent Campaign this year tells the story of how women around the world are protecting their families against the impact of climate change and the actions of large corporations. We focus on the stories of Madris in Kenya and Angela in Honduras. See [www.trocaire.org/resouces/parish/lent](http://www.trocaire.org/resouces/parish/lent). ***Please support Trocaire.***

***Don't forget to keep filling up your Trocaire boxes and they can be brought back when the churches reopen.***

## **"GROW" Mental Health Recovery**

We have set up a six-week programme designed to help people look after their mental health during the current crisis. The initiative is entitled 'Creating Hope and Staying Positive while facing Covid-19' and is now on our website at <https://grow.ie/category/covid-19-support/>.

The idea is that we are facing the reality that this is a long-term process and we need advice that will sustain us over the coming weeks. The content, which includes podcasts, relaxations techniques and practical tasks, is designed to be relevant, reassuring and fun.

## **Kilrush Pharmacies**

The pharmacies are asking that you phone in your prescription ahead of collection so that it is ready when you come to collect it, this will reduce waiting time for everyone.

Malone's Total Health 065 9052552

Duffy's Chemist 065 9051029

Central Pharmacy 065 9051787

## **Get The Digital Edition Of The Messenger For Free**

A combination of 'cocooning' and the travel restrictions currently in place all around the country means that many readers of The Sacred Heart Messenger cannot access their monthly 'little red book'. Therefore, during this Coronavirus crisis we are delighted to make the digital edition of The Messenger available FREE OF CHARGE until we return to normal delivery

Please send your email request

to: **[c.henry@messenger.ie](mailto:c.henry@messenger.ie)** and we will send you a link to view the Messenger on your laptop, tablet or mobile phone.

## **The Lighthouse**

The last few weeks have no doubt been stressful for many of us. A new, free online stress control programme which offers advice on ways to manage our stress levels during these tough times is now available. The 6 session on-line programme will run over 3 weeks on Mondays and Thursdays. For more information see [www.stresscontrol.org](http://www.stresscontrol.org)

## **Basketball Ireland**

Basketball Ireland have launched a new weekly home skills training programme aimed at younger members & those who may or may not have played the game before, visit: [www.basketballireland.ie/skills](http://www.basketballireland.ie/skills) programme, nice easy activities you can do at home in the sun!

## **Clare Covid-19 Community Response Helpline**

The helpline can put you in touch with local volunteers who can assist with delivering basic needs such as shopping, medicine, fuel, farming support etc. to those who need it. Tel: 1890 252943 Email: [covidsupport@clarecoco.ie](mailto:covidsupport@clarecoco.ie)

***When you call upon Me and come and pray to Me. I will hear you. – Jer 29:12***

***Your prayer touches the Lord Immediately***

***Reflection: As you hold God close to you in mind and memory – even though you feel apart – He responds to your love***

***Pray with confidence,***

***Prayer: Jesus, in You I live and breathe and have my being. Never let me be parted from you.***