

## **25<sup>th</sup> & 26<sup>th</sup> April 2020**

Fr Michael Sheedy: Tel: 9051093 Fr. Pat Larkin: 9062729  
Newsletter: Caroline Lynch 0860660535- carolineynch@yahoo.com  
Parish Safeguarding Representatives: Marie Callinan & Laura Fennell



### **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.

### **First Friday**

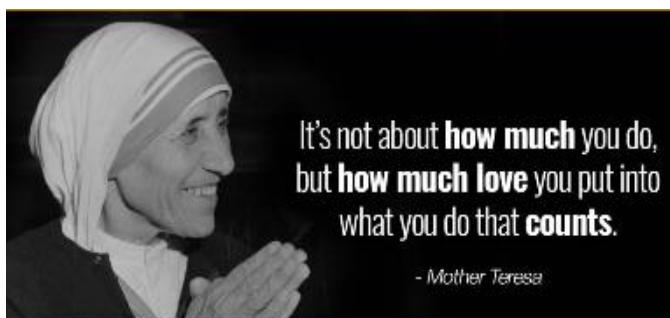
Friday next is the First Friday of the month and again in compliance with the National Bishops and Diocesan Directive, the priests will not be able to call on their First Friday rounds.

### **Nursing Homes—Residents & Staff**

We think & pray in a special for all the residents & staff and their families during this crisis. We are invited by Kilrush, to pray in a special way during 10 a.m. Mass on Tuesday next 28<sup>th</sup> April (available online) for all residents and staff. During the ceremony a candle will be lit for each resident & one for all the staff.

### **Rosary Intentions**

The rosary is prayed Monday – Saturday after 10 a.m. Mass & again Monday – Friday at 8 p.m. each night in Kilrush. If anyone would like to have the rosary prayed for a particular intention; please feel free to contact Kilrush Parish Office 089-4026161 or Fr. Pat 087-2300627 and let them know.



### **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)

### **Myhomecare.ie**

My Homecare is a community based Homecare Company that provides care to the most vulnerable in our society and are seeking to recruit the following;

- Homecare Assistants
- Homecare Nurses
- Cleaners (Domestic Staff)

Freephone: 1800 400 900

Email: [recruitment@myhomecare.ie](mailto:recruitment@myhomecare.ie) | Web: [www.myhomecare.ie](http://www.myhomecare.ie)

### **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.

**Future Reopening of Churches**

A discussion was held on the possible reopening of Churches. It was a very difficult decision to take and of course we would all prefer that our Churches would very much be open to the public. The reason we took the decision to close Churches at Provincial level was out of serious concern for the health and safety of Parishioners. Having Churches opened encourages people to leave home and particularly senior citizens, many of whom are cocooned. The argument was put forward that shops etc are opened. However such premises are cleaned commercially along with the regulation and supervision of who is going in and out and we don't have the resources to ensure that along with the necessary level of cleaning required to keep vulnerable people safe. The decision to keep Churches closed was reaffirmed by the Council of Priests. This of course will be reviewed following the next phase of guidelines on May 5<sup>th</sup>. Many thanks for your kind cooperation with this.

**“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.

**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)

*Yes there is fear.  
Yes there is isolation.  
Yes there is panic buying.  
Yes there is sickness.  
Yes there is even death.  
But,  
They say that in Wuhan after so many years of noise  
You can hear the birds again.  
They say that after just a few weeks of quiet  
The sky is no longer thick with fumes  
But blue and grey and clear.  
They say that in the streets of Assisi  
People are singing to each other  
across the empty squares,  
keeping their windows open  
so that those who are alone  
may hear the sounds of family around them.  
They say that a hotel in the West of Ireland  
Is offering free meals and delivery to the housebound.  
Today a young woman I know  
is busy spreading fliers with her number  
through the neighbourhood  
So that the elders may have someone to call on.  
Today Churches, Synagogues, Mosques and Temples  
are preparing to welcome  
and shelter the homeless, the sick, the weary  
All over the world people are slowing down and reflecting  
All over the world people are looking at their neighbours in a  
new way  
All over the world people are waking up to a new reality  
To how big we really are.  
To how little control we really have.  
To what really matters.  
To Love.  
So we pray and we remember that  
Yes there is fear.  
But there does not have to be hate.  
Yes there is isolation.  
But there does not have to be loneliness.  
Yes there is panic buying.  
But there does not have to be meanness.  
Yes there is sickness.  
But there does not have to be disease of the soul  
Yes there is even death.  
But there can always be a rebirth of love.  
Wake to the choices you make as to how to live now.  
Today, breathe.  
Listen, behind the factory noises of your panic  
The birds are singing again  
The sky is clearing,  
Spring is coming,  
And we are always encompassed by Love.  
Open the windows of your soul  
And though you may not be able  
to touch across the empty square,  
Sing.*

**Exam Students:** Our thoughts and prayers are with the students among us, who are preparing for examinations at this time. Firstly we wish all who are sitting third level examinations at present, or who will do so in the next few weeks, may the work you have put into your studies during the course of the year, pay dividends now. Our prayers and thoughts are with our Leaving Certificate students too at this time. It is a very difficult time for you all amid all the uncertainty of when & how the examinations will take place. There is nothing you can do about that, but you can focus on the subject matter and on your own ability to succeed in exams. It is up to others whose work it is, to sort out the logistics of the exams, and know they will. Forget the uncertainty, focus on the certainty, the exams will happen, a different way this year, yes, but they will happen. You focus on that reality and your ability to do very well and you will. In the journey, know we are with you, in our prayers, thoughts and support. God bless you and God bless your work.

**Nursing Homes- Residents & Staff:** This a difficult time for all the communities' of our nursing homes in Kilrush. We think & pray in a special for all the residents & staffs, for all their families. We will pray in a special way during 10 a.m. Mass on Tuesday next 28<sup>th</sup> April for all of you. During the ceremony a candle will be lit for each resident & one for all the staff. We invite you to join with us to pray for continued safety, good health and peace of mind for all.

### **Mass from Knockerra**

Mass will be broadcast from St. Senan's Church, Knockerra on Saturday 2<sup>nd</sup> of May @ 8.15pm.  
on Killimer Parish Facebook page.  
Please let everyone know.