



## **27<sup>th</sup> & 28<sup>th</sup> February 2021**

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Newsletter: Caroline Lynch 0860660535 carolineynch@yahoo.co.uk  
Parish Safeguarding Representatives: Marie Callinan & Laura Fennell



### **Anniversary Masses**

#### **Knockerra Church**

#### **Saturday 27<sup>th</sup> February 6pm(Webcam)**

Michael O'Brien, Patrick & Anne O'Brien  
Michael Browne & Family Members, Tonovoher

#### **Saturday 6<sup>th</sup> March 6pm (Webcam)**

#### **Killimer Church**

#### **Sunday 28<sup>th</sup> February 11am (Webcam)**

**Months Mind:** Pat Madigan, Clooneylissane  
Paddy Carmody  
Stephen Carmody  
Sr. Maura Killeen  
Philomena & Tom Joe Neenan

#### **Sunday 7<sup>th</sup> March 11am (Webcam)**

Paddy & Jenny Martin  
Michael Burke  
Margaret Kelly, Ballymacrinnan  
Francie Lillis, Ballymacrinnan

#### **Killimer GAA**

Killimer GAA will hold its annual AGM on Thursday 18<sup>th</sup> March at 8pm via Zoom.  
If you wish to receive the link or want something added to the agenda then please email [angela.flanagan@icloud.com](mailto:angela.flanagan@icloud.com)  
Before 16<sup>th</sup> of March to receive the link.



Trócaire envisages a just and peaceful world where:

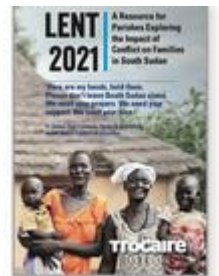
- ◆ People's dignity is ensured and rights are respected.
- ◆ Where basic needs are met and resources are shared equitably.
- ◆ Where people have control over their own lives.
- ◆ Where those in power act for the common good.

We support people regardless of culture, ethnicity, gender or religion.



#### **Trocaire Boxes**

The Trócaire boxes for Lent will be available at the Altar rails in Knockerra Church & in the Sanctuary of Killimer Church. In these difficult times we invite and encourage you to collect one for your home & during the season of Lent through your financial support think of the people of South Sudan who are struggling and displaced.



*Even if he stumbles, he will never fall headlong... For the Lord loves the just, and He will not forsake his faithful ones.* Ps 37:24-28

#### **Live up to your Ideals**

**Reflection:** What defines your character? Are you basically selfish with some flashes of charity; or are you truly humble and loving.  
Do the right thing, and don't think so much about yourself.

**Prayer:** Give me the wisdom, Lord, and give me strength to do the kind thing.

## **Rosary**

Rosary and reflection with hymns from St. Senan's Church, Knockerra, continues each Tuesday during Lent at 7.30pm lasting 40 mins approx. Why not join in on the webcam Killimer Parish live

## **Lose The Baggage For A Lighter Life**

*Let go of guilt; it's unproductive.*

*Let go of expectations; it is the root of heartache.*

*Let go of regret; it happened.*

*Let go of anger; it is a waste of love.*

*Let go of blaming others; it's your life.*

*Let go of resentment; forgiveness is freeing.*

*Let go of self-pity; help someone else.*

*Let go of fear; it's holding you back.*

*Let go of wishful thinking; take decisive action.*

*Let go of despair; the future is there to be created.*

## **Online Library Events**

### **Tuesday, 2<sup>nd</sup> March & Tuesday 9<sup>th</sup> March 2021**

Uplifting Chair Yoga class, for happiness & wellbeing.

A Healthy Ireland at Your Library Event.

Online event at 11am

Join yoga teacher Trish Cleary for a taster chair yoga class from the comfort of your own home. Chair yoga is a gentle form of yoga that can be done while sitting on a chair or standing on the ground and using the chair for support. Free event for adults throughout Co Clare, limited numbers, booking essential. In order to take part, participants will require remote access to Zoom.

### **Friday, 5<sup>th</sup> March 2021**

'Manage your mood with food'. A Healthy Ireland at your library event. Online event at 1pm

During this presentation consultant dietitian Gillian McConnell BSc (Hons) Dietetics, MINDI from Inside Out Nutrition will explore the relationship between what you eat and how you feel. Free event for people throughout Co Clare aged 18+. Booking is essential. In order to take part, participants will require remote access to Zoom.

Tel: Kilrush Library on 065 9051504 or by emailing kilrush@clarelibrary.ie for all of the above events.

*Prayer is the breath of life. It is like a cry that comes forth from the heart of the believer and is entrusted to God.*

*Faith is having two raised hands and a voice that cries out to implore the gift of salvation. (Pope Francis)*

## **Covid-19 Support Line For Older People**

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19. Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

## **Easter Colouring Competition 2021**

In association with MISSIO Ireland

These colouring competitions can be downloaded from Lent, Holy Week, and Easter 2021 | World Missions Ireland (wmi.ie)

Please note this is not a parish colouring competition, all entries must be posted to: Missio Ireland, 64 Lower Rathmines Road, Dublin 6. Good luck!!

## **Lenten Prayer for Spiritual Renewal**



God, heavenly Father,  
look upon me and hear my prayer during this holy Season of Lent.  
By the good works You inspire, help me to discipline my body and  
to be renewed in spirit.  
Without You I can do nothing.  
By Your Spirit help me to know what is right and to be eager in doing Your will.  
Teach me to find new life through penance.  
Keep me from sin, and help me live by Your commandment of love.  
God of love, bring me back to You.  
Send Your Spirit to make me strong in faith and active in good works.  
May my acts of penance bring me Your forgiveness, open my heart to Your love,  
and prepare me for the coming feast of the Resurrection of Jesus.

*In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.*

*Eleanor Roosevelt*