

Mass Intentions this Week

We pray for all those who died recently **Colette Burke**, Devon Park (funeral Monday @ 11am) and for all with Anniversaries, Birthday Remembrances etc. at this time of the year and all who have gone to God.

Sat 16th	5.30pm	John Caulfield (6th A) Sally Mulhern (A) Michael Faherty & the crew of St Oliver (19th A) Tommy & Marie O’Roarke (A) Eamonn Hallinan (A) John & Bridget O’Brien (A) & Bríd Walsh (A)	GMcC
Sun 17th	9.30am	Rebecca Burke (A)	GMcC
	11 am	Charlie Garrett (A) George & Imelda Fegan (A)	GMcC
	12.30pm	Pascal Mc Daid Jnr (6th A) and his dad Pascal	G.J.
.Mon 18th	10 am	Pat Mc Mahon (R.I.P.)	GMcC
Tues 19th	10am	Paddy, Bridie, Rose & Dan Mahoney (A)	GMcC
Wed 20th	10 am	Kevin Mitchell, Canada R.I.P. Special Intention	MSc
Thurs 21st	10am	Special Intention	GMcC
Fri 22nd	10am	Pat Hynes (5th A) and his parents James & Annie Hynes	GMcC
Sat 23rd	10am	Private Intention	GMcC

Mass Intentions Next Weekend include:

Sat 23rd	5.30pm	Christina Cooke, Glenard Crescent (Months Mind) Kevin Madden (A) Raymond O’Shea (A) & decd family members
Sun 24th	9.30am	Private Intention
	11 am	Fr Padraic O’Connor (6th A) Micheál Byrne R.I.P.
	12.30pm	Mark Breslin, formerly Rockbarton Green (Months Mind) Tom & Maireád Whelan (A)

PARISH NEWS

SUNDAY 17th September

“CHRIST THE KING PARISH — A FAMILY OF FAMILIES”



Parish in Action

Galway Hospice Coffee Morning - Join us for a tea and coffee morning in aid of the Galway Hospice from 10.30am on Wednesday, 20th Sept. The Galway Hospice coffee mornings are a key fundraiser for the hospice so why not offer your support and enjoy a nice drink plus a chat. To be held in the Conference Room. Tell your friends!



NEW BOOK CLUB Thursday @ 11 am starting Sept 21st. The first book will be ‘The Return of the Parodical Son’ by Henry Nouwen. If you need a copy of the book let the office know. Not having a copy doesn’t exclude you from joining in.

Gentle Exercises: Gentle Exercises class every Friday in the Conference Room at rear of the Church. Class is for 1 hour, commencing at 11.45am, finishing 12.45pm. Cost is €5 per person. No booking required.

Ark Café:

Every Monday after 10am Mass in Conference Room at the rear of our Church. Why not join us for a cup of tea/coffee, biscuits, and a chat in a relaxed atmosphere. All are welcome including visitors to our locality.

Lunch Club on Fridays is currently fully booked and taking names on the waiting list.

Adoration: Every weekday after morning Mass until 6 p.m



Salthill Parish is committed to the protection of all children and young people in our Church. See notice boards for contact persons.

A Thought for the week!

To forgive others and extend grace can be one of the hardest things we face in life! The pain and hurt others cause us is real and great. But, the pain of living with bitterness and unforgiveness can poison your soul and destroy you. When we forgive others, we are not saying what they did was OK, but we are releasing them to God and letting go of its hold on us. Forgiveness does not forget, but it does set free from bitterness and grudges.

Often in life we've hurt someone, or someone has hurt us. It's impossible to have a relationship between two sinners and forgiveness not be a constant need. Sometimes we are the ones needing forgiveness, and sometimes we are the ones needing to forgive.

Despite its prevalence in our lives, it seems that many of us have a mistaken view of forgiveness and its impact, not only spiritually and emotionally, but also physically. In fact, according to John Hopkins Medicine, forgiveness has a huge impact on your health:

"Whether it's a simple spat with your spouse or long-held resentment toward a family member or friend, unresolved conflict can go deeper than you may realize—it may be affecting your physical health. The good news: Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression and stress. And research points to an increase in the forgiveness-health connection as you age."

Scriptures that offer biblical guidance on forgiveness and how important it is to forgive others as we have been forgiven. With the grace and mercy shown to us, we are always able to start new with God. When we repent, we are given full forgiveness of our sins because of the death and resurrection of Jesus.

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses" (Matthew 6: 14-15). This is a difficult verse to process. God stands ready and willing to forgive us, but asks that we extend the same forgiveness to others first. If we have resentment and bitterness in our hearts, it's time to give it over to God. Let Him heal us and give us the ability to forgive. Our eternity is dependent on it.

"If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother" (Matthew 18: 15). How often do we hold it against someone when they haven't apologized? When we are wronged, we expect someone to come to us and say, "I'm sorry." Yes, that is the right thing to do, however, the Bible doesn't place that requirement on forgiveness. God commands us to be the initiators in the transaction. We should go to our brother or sister and talk it out. It's not an easy thing to do, but it's critical in being able to move forward.

Have a good week
E, B,

Matters of some interest.

Eucharistic Healing Night: Galway Cathedral Thurs 21st Sept @ 7pm. All Welcome. See Notice Board.

The Society of St. Vincent de Paul is currently recruiting for the role of a **Homework Club Assistant** to join our team in our Resource Centre in Galway / Eglinton Direct Provision Hostel, Salthill/Dominic Street Direction Provision, Galway City. Please go to <https://www.svp.ie/jobs> for details on how to apply, including full job description and application form. The closing date for receipt of applications is **Monday, 18th September 2023.**

Alzheimer Support Group - Third Thursday of every month 11am to 1pm Westside Library, Seamus Quirke Rd' For further info Contact Joanne 087 4267870 or email Joanne.hourigan@alzheimer.ie

Madra Fundraising Event— Today 17th Sept in the Claddagh Hall 10am to 5pm. See Notice Board for full details of activities.

IGNITE Gospel Choir are looking for some Sopranos & Altos to join the choir. Rehearsals are on Thursdays 7:30 - 9:30pm Contact Keara 0879007003

The Pioneer Association invites delegates to attend the Pioneer Association meeting in the Menlo Park Hotel, Galway, on Thurs 21st Sept at 8.00pm. For further information please phone Frances at 086 3121695.

Bridge Classes for Beginners commence on Tuesday 26th September at 7.30pm in Bridge Centre, St Mary's Road. For further info please call Anne on 086 8791743 or Marlene on 087 1335830.

The Salthill/Knocknacarra Comhaltas Ceoltóirí Éireann are starting their music classes again on Monday 18th September. The classes will be held in Gaelscoil Mhic Amhlaigh starting at 7pm every Monday. For more info and to register for the classes, please go to salthillknocknacarrace.com

Youtube video that builds people up in faith. It is titled: 1 2 3 Journey To God And Me by Sean Garvey

MASS TIMES

WEEKENDS

Saturday: **5:30pm (Vigil)**

Sunday: **9:30am,**

11 am, 12.30pm

WEEKDAYS:

Mon —Sat.: 10am

Confessions:

Saturdays after 10am Mass in the Adoration Chapel

Adoration: Rosary followed

by Adoration until 6pm.

Every day Mon—Friday after 10am mass

The Parish Office;

Hours: **Mon-Fri: 9:30—1pm**
2pm —4pm

Orna Hosty {Mon —Wed}
Rhona Bolger [Thurs-Fri]

Phone: **(091) 523413**

E-mail:

Salthill@parishes.galwaydiocese.ie

Parish Co-Ordinator:

Frank Keane.

Parish Sister: Sr Breege Ruane

Projects:

Priests of the Parish:

Fr. Michael Mc Loughlin
523413

Weekend Readers

5.30pm Mulhern Family

9.30am Dominic Burke

11am Parish Reader

12.30pm Mc Daid Family

Flowers

Gertie Elwood

Eileen Sheils

Maria O'Donoghue

Linens

Maura O'Halloran

Huge "Thank You" to all our
Volunteers and Helpers..