

Mass Intentions this Week

We pray for **Eileen Molloy**, Glenard Rd (funeral 11am Monday); **Gerry Gannon**, Fr Griffin Road, Ballina and ex Ard na Mara for all those who died recently and for all with Anniversaries, Birthday Remembrances etc. at this time of the year and all who have gone to God.

Sat 10th	5.30pm	Margaret Fitzgerald, Glenard Crescent (Months Mind) Gay Silke (1st A) John Breslin (2nd A)	D.W.
Sun 11th	9.30am	Private Intention	G.J.,
	11am	Padraic Lally (1st A) Ronnie Mc Alinney (9th A) Johnny Glynn (A) John Kelleher (10th A) and decd members of the Kelleher & Rhatigan families John (Jack) & Olive Smyth (A)	G.J.
Mon 12th	10am	Paddy, Bridie, Rose & Dan Mahoney (Remb) Mykhailo Abakanovych (A) Special Intention	MMcL
Wed 14th	10 am	Tom Smyth (12th A) Michael & Mary Healy (A)	MMcL
Thur 15th	10am	Jim Hughes R.I.P. Bridie Keenan R.I.P.	MMcL
Fri 16th	10am	John Burke (A) Margaret & Stan O'Reilly (A) Thanksgiving Special Intentions X 3	MMcL

Mass Intentions Next Weekend

Sat 17th	5.30pm	Joan Cunningham (1st A) John Joe O'Reilly (2nd A) and his son David (29th A) Mary Donelan (A) Peter Scott (18th A)
Sun 18th	9.30am 11 am	Maura & Pat O'Connor (A) Elizabeth & Bill Carroll (A)

PARISH NEWS

SUNDAY 11th Feb 2024



"CHRIST THE KING PARISH — A FAMILY OF FAMILIES"



Ash Wednesday this week & Lent starts for 2024
Ashes blessed at 10 am Mass this Wednesday

Parish Meeting for Eucharistic Ministers & Readers. **Monday 12th at 7 pm in Galway Bay Hotel.**

The parish can only exist by the kind service of so many parishioners. This meeting is a chance to get feedback and iron out any issues around their ministry. A meeting for all Eucharistic Ministers and those willing to join (either at church or bringing it to the house bound) and Readers. We will be making up new rosters so if you can't attend then call to sacristy after any Mass to fill out the form.



Parish in Action

Enneagram. Cancelled this week Thurs at 11 am in Galilee house. Time to refresh or an introduction to this age tried and tested method of recognising personalities or the 9 faces of God. Drop in policy.

Knitting & Crochet Group Learn to Crochet Lessons: Are you interested in a 5-week Crochet Course, —5 x 1-hour lessons facilitated by a crochet teacher, @ 12.30pm Thursdays in Galilee House. The cost of the course would be €30pp including all materials. Please contact Parish Office if you are interested. Places are limited to 6 per course.

Gentle Exercises: Every Friday @ 11.45am, Cost is €5 per person.

Ark Café: Every Mon after 10am Mass . Why not join us for a cup of tea/coffee, biscuits, and a chat in a relaxed atmosphere. All are welcome.

Toddler Group: Meeting in the Conference Room every Saturday from 10am – 11am. The group offers parents and caregivers of Under 5's the opportunity to connect with each other to form friendships and share their experiences. All are welcome, children must be accompanied by a parent or caregiver. Contact Rita 083 203 4018.



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

If you have already forgotten your new year's resolution then Ash Wednesday is a good time to try again. Some say that Lent works better because it's for a limited time and more manageable. The key behind this is our connection to Wisdom. Our friend Mack is studying Wisdom and we asked him for a comment.



2 Peter 1:5-7

Do your best to improve your faith. You can do this by adding goodness, understanding, self-control, patience, devotion to God, concern for others and love.

He said that there are three key components to obtaining Wisdom.

- 1 Faith
2. Devotion
3. Self Control.

We live in a world and at a time where convenience is part of life. While we enjoy all these good things the question is 'How much are we relying on them?.'

A good gauge is to ask 'how upset would I be if it was not available?'

Make this Lent a time to discover more about yourself and your reliance on convenience. If you have 3 coffees a day try going on 2 or 1 coffee. If you watch TV for 4 hours then try less and see how easy or hard it is. Today many spend more time on their phone, social media, screen time. Your challenge is to find that activity you are attracted to and then find a way to free yourself .

Self control is really about freedom.
Freedom is all about Self Control .

This Lent try not to see 'doing without' as a burden but keep in mind that this is my 'path to FREEDOM'

Through self-discipline comes freedom.

Opportunity may knock only once, but temptation leans on the doorbell.

Mastering Self Control:
Socratic Wisdom for
True Freedom

Matters of some interest.

Galway PTAA are celebrating 125 years of the Pioneer Association with a social on Sat 24th Feb in the Menlo Park Hotel. Dinner at 8.00pm; music by Tommy Flaherty and Francis Fahy. Tickets €35. Contact Frances at 086 3121695 with enquiries or to book.

Hopespace - A free public talk on "Strategies for Supporting Grieving Adolescents" has been organised for Wednesday 20th March 2024, at 7.30pm in the Galvia Suite, Connacht Hotel, Galway. This is a free event but must be booked in advance. Bookings can be made through the Eventbrite link below or by emailing support@hopespace.ie <https://www.eventbrite.ie/e/strategies-for-supporting-grieving-adolescents-free-public-talk-tickets-dtcreator>

West of Ireland Beginning Experience: Separated, Divorced, Widowed. Are you coping? Do you need more Support than family and friends can provide. Residential Weekend 22nd/24th March "Star of the Sea Centre, Mullaghmore, Co Sligo. Further info Phone Maureen 087 6646896

SANTIAGO DE COMPOSTELA CAMINO 2024

Join Focus Ireland 'In the Footsteps of St James' on a fully guided walk from Sarria to Santiago de Compostela along the Camino de Frances and help support families in our community's experiencing homelessness. Dates 27 May to 3 June. Ex Dublin. Contact Monica on 087 954 7007 or email events@focusireland.ie for details and bookings.

Camino de Santiago. Breakthrough Cancer Research are taking on the Camino Finisterre Way from the 13th May to the 20th May. Enjoy this amazing adventure with our experienced guide and help us Make More Survivors. For more info please contact eoghan@breakcancer.ie or phone 021 422 66 55 f

Medjugorje Youth Festival 2024, 31st July – 7th August. For adults 18 to 35. Led by Bishop Michael Duignan. €680 all-inclusive. Contact the Galway Diocesan Office at 091 563566 or email nfo@galwaydiocese.ie. Limited places, first-come basis. Book by 12th April.

Medjugorje Pilgrimage - -

Knock to Mostar. Sept. 18th to Sept. 25th. Accompanied by Spiritual Director.

Knock to Mostar. Sept. 25th - Oct. 2nd. Fr Daniel Odofia Spiritual Director. Further details: Anne Keadin, 086 376 6293

MASS TIMES

WEEKENDS

Saturday: 5:30pm (Vigil)

Sunday: 9:30am,
11 am,

WEEKDAYS:

Mon, Wed, Thurs, Fri. 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 –4.pm

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: Rita Hoy

Priests of the Parish:

Fr. Michael Mc Loughlin
523413

Weekend Readers

5.30pm Fitzgerald Family

Silke Family

9.30am Parish Reader

11am Kelleher Family

Flowers

Cecilia Maguire

Mary Mc Carthy

Linens

Bridie O'Mahony

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