



Parish of Saint Columbanus, Loughlinstown

Lent



**Eucharistic Adoration Every Tuesday evenings 7.30pm to 8.30pm
All welcome**



Choir

We would like to welcome back the extended members of our choir.

Siel Bleu Senior Exercise Class

Due to the very low uptake of participants the Siel Bleu exercise class will not go ahead as planned.

St. Patrick's Day

Mass at 11am

St. Patrick's Breastplate

*Christ be beside me, Christ be before me,
Christ be behind me, King of my heart.
Christ be within me, Christ be below me,
Christ be above me, never to part.
Christ on my right hand, Christ on my left hand,
Christ all around me, shield in the strife.
Christ in my sleeping, Christ in my sitting,
Christ in my rising, Light of my life.
Christ be in all hearts thinking about me,
Christ be on all tongues telling of me.
Christ be the vision in eyes that see me,
in ears that hear me, Christ ever be.*



Synod

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. Luke 4:1



We stand before you, Holy Spirit, as we gather together in your name.

By baptism, we are members of the body of Christ, the people of God. Give us the encouragement we need to bring faith, hope and love in abundance to meet the challenges before us on the Synodal Pathway.

Come, Holy Spirit, fill the hearts of your faithful and kindle in us the fire of your love. Send forth Your Spirit and we shall be created and you shall renew the face of the earth.

LIVING WITH GRIEF COPING WITH ANNIVERSARIES AND SIGNIFICANT EVENTS

The North Dublin Bereavement Network are hosting a free online Bereavement Information evening on the **10th of March 7:30 -8:30pm**. This event is for people bereaved through any circumstance – through illness or sudden death; and may have lost a partner, parent, child, friend, sibling, work colleague or relative.

The event will provide information about grief and the range of bereavement supports available in the local area.

This is a **free online** event but **booking is required**. For more information, please visit:

hospicefoundation.ie/our-supports-services/bereavement-loss-hub/bereavement-support/bereavement-events/living-with-grief-event/

AWARE - SUPPORT & SELF CARE GROUPS

If you, or those with whom you work wish to connect with people in relation to your mental wellbeing, please consider using the Phone in and Zoom Support & Self Care Groups, the Support Line or Support Mail.

For more information about the groups www.aware.ie/support/support-groups/

and all of our services on www.aware.ie/

If you would like to volunteer with Aware, please see their website for more information: www.aware.ie/get-involved/volunteering/

Fr. P. Enda Lloyd Co-Parish Priest

10 The Oaks, Loughlinstown, Dún Laoghaire, Co. Dublin. A96 E9H6 - Tel: 01-282 68 95

Parish Office: 01-282 4085 e-mail: parishofloughlinstown@gmail.com RCN 20016166

Website: loughlinstownparish.ie Facebook: Loughlinstown Parish Church