



Parish of Saint Columbanus, Loughlinstown



**St. Brigid's Day Wednesday 1<sup>st</sup> February**

**Prayer to St. Brigid**

*You were a woman of peace.*

*You brought harmony where there was conflict.*

*You brought light to the darkness.*

*You brought hope to the downcast.*

*May the mantle of your peace cover those who are troubled and anxious,  
and may peace be firmly rooted in our hearts and in our world.*

*Inspire us to act justly and to reverence all God has made.*

*Brigid you were a voice for the wounded and the weary.*

*Strengthen what is weak within us.*

*Calm us into a quietness that heals and listens.*

*May we grow each day into greater wholeness in mind, body and spirit.*

*Amen.*



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**Candlemas Day - Thursday 2<sup>nd</sup> February**

**The Feast of the Presentation of the Lord.**

Because we do not have Mass here on Thursdays, candles will be blessed on Friday during Mass for anyone who would like bring their candles for blessing.

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**The Feast of St Blaise - Friday the 3<sup>rd</sup> of February**

Blessing of the throats will take place during Mass.



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**Trócaire**

Trócaire are looking for volunteers to join their team for:

Fundraising and Campaigning or to promote their work in local parishes, communities and schools.

If you would like to be part of this wonderful team contact: **01-629 3333** or visit [volunteering@trocaire.org](mailto:volunteering@trocaire.org)



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**Our Lady of Lourdes Mass and Torchlight Procession - Saturday 11<sup>th</sup> February - Inchicore**

If you would like to attend the Mass and torchlight procession

a bus will be leaving the Church of Apostles (Tesco car park) at **5.30pm - Cost: €10**

*(To book your place, Please contact Kaye Godfrey 01-2820476)*

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**GRIEF SUPPORT GROUP**

My name is Peter Mahony, I am a local qualified Counsellor and Psychotherapist running my own private practice

The area of grief is one that is very important to me, as I lost my brother to suicide over 3 years ago.

Having the support and encouragement of others along the way has eased some of the pain and helped me in understanding, accepting and ultimately finding meaning in my own grief.

If you experienced grief recently or even over the last number of years and are looking for support, encouragement and understanding in your own personal grief, this Grief Support Group could be of great benefit to you.

I am introducing a new 5 week support group in the Cherith (Pastoral Centre) **starting Thursday 23<sup>rd</sup> February**

The group will run each Thursday for 5 weeks until 23<sup>rd</sup> March

**Time: 10.30am -12noon - Venue: Cherith Centre Loughlinstown - Cost: €50**

Each morning will consist of tea/coffee, input, sharing and supporting each other.

**Places are limited**, if you would like to receive more information or wish to register please contact me on **083 4231023** or you can email me your number and I will call you.

My email is [peter@byyoursidetherapy.com](mailto:peter@byyoursidetherapy.com) or visit our website on: [www.byyoursidetherapy.com](http://www.byyoursidetherapy.com)

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Fr. P. Enda Lloyd Co-Parish Priest

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