



Parish of Saint Columbanus, Loughlinstown



How To Pray The Jesus Prayer While “Putting all our thoughts aside”

In The Way of a Pilgrim, a wise Russian Orthodox monk responds to the pilgrim’s deep desire to “pray without ceasing” with these instructions from St. Symeon the New Theologian:

Sit down alone and in silence. Lower your head, shut your eyes, breathe out gently and imagine yourself looking into your own heart. Carry your mind, that is, your thoughts, from your head to your heart. As you breathe out, say “**Lord Jesus Christ, have mercy on me.**” Say it moving your lips gently, or simply say it in your mind.

Try to put all other thoughts aside. Be calm, be patient, and repeat the process very frequently.

The stillness of this prayer is an inner stillness in which **God is unexplainably transforming us into the love of God in our nothingness without God.**

(Richard Rohr/James Finley)



Day For Life Sunday

Day for Life Sunday is celebrated annually with a special message by the Catholic Church across Ireland, Scotland, England and Wales. It is a day specifically dedicated to raising awareness and reflecting on the deep value and meaning of human life at every stage, and in every condition.

This Sunday, June 16th, the Church will mark Day for Life 2024 with a message on the theme:

The Lord is my shepherd – Compassion and Hope at the End of Life.

This message reminds us that Jesus did not send the sick away, rather He showed that life always has dignity and is no such a thing as a useless life.

The full Day for Life message is available at www.councilforlife.ie/day-for-life-2024/



Summer Dues

The Summer Dues collection for the support of priests starts this weekend.

Envelopes are available on the table at the back of the Church

Thank you for your ongoing support.



School's Out For Summer

Next week all primary school children around the country will finish up for the summer.

We pray for the children in our local schools and community, that they all stay safe during the break.

And we look forward to welcoming them and their teachers back in September.



We will keep them all in our prayers

Johnstown/Killiney Parish 50th Anniversary Pilgrimage To Knock

St Thérèse International Day

Sunday 14th July

Cost: €55 (including evening meal)

Bus departing at 8am from Johnstown Church car park

Spiritual director - Fr. Peadar Murney

For booking contact their parish office 01-2351416



For more information and schedule See poster on porch door



Father's Day

Heavenly Father, we thank you for our fathers, whom You specifically chose for us,
whether by natural birth, adoption or guardian.

Let them know they are not alone in the tasks you have given them
to provide for and support those under their care.

Show them how much you delight in their work, and affirm the value
of whatever You have given them to do as a child of Yours.

Confirm their worth daily so they have no reason to doubt whether they are loved.

We remember our fathers gone before us.

We trust that they are with You, our Heavenly Father

Amen



Fr. P. Enda Lloyd Co-Parish Priest

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