



## Ss. Peter & Paul's Church, Straide

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### Masses

### Feast of the Baptism of the Lord January 9<sup>th</sup> & 10<sup>th</sup> 2021

Saturday 9 <sup>th</sup>	7.30 pm	Patrick, Agnes and Delia Mulroy	Gurranard
Sunday 10 <sup>th</sup>	11.00 am	Private Intention	
Monday 11 <sup>th</sup>	10.00 am	People of the Parish Community	
Tuesday 12 <sup>th</sup>	10.00 am	Private Intention	
Wednesday 13 <sup>th</sup>	10.00 am	Sean Deacy (3 <sup>rd</sup> Anniversary)	Straide
Thursday 14 <sup>th</sup>	10.00 am	Private Intention	
Friday 15 <sup>th</sup>	10.00 am	Private Intention	
Saturday 16 <sup>th</sup>	7.30 pm	People of the Parish Community	
Sunday 17 <sup>th</sup>	11.00 am	Marie McDonnell (2 <sup>nd</sup> Anniv.)	Castlebar



**We remember in our prayers** – the soul of Eileen Stephens, Grallagh who was buried during the week and also Martin Howley, Bletchley, Buckinghamshire (formerly of Straide) who died during the week. May they Rest in Peace.

**All Masses from Straide Church** - are now streamed online from the parish website – [www.straideparish.com](http://www.straideparish.com). Unfortunately, during this present level of lock down, it is not possible to have parishioners present at Masses. However, the Church remains open throughout the day for private visits and prayer.

### Level 5 Coronavirus Guidance for Churches

Under Level 5 restrictions all Masses are online. The church will be open, as usual, for private visits.

During this period all Masses from the church will take place as usual, but without a congregation present.

**Mass Intentions (Anniversaries etc):** Those already booked will take place as originally scheduled, unless the family wish to postpone. Due to the uncertainty surrounding church reopening, it is not possible to offer a rescheduled date.

All Masses are available to watch online at [www.straideparish.com](http://www.straideparish.com)

**Baptisms:** These can go ahead with minimum numbers (the baby, parents, godparents, and celebrant).

**Weddings:** are allowed with numbers limited to 6 people.

**Funerals:** are limited to 10 people.

**Please Keep Safe in the Church:** Use sanitizer gel; wear face covering and keep a safe distance.

**Church Christmas decorations** – a word of sincere thanks to all who helped to take down the Church decorations on Thursday last. As always, the help is much appreciated by all of us. The beautifully decorated Church had been visited by people from far and wide throughout the Christmas season. Well done to all involved.

**Free Living Well Programme** - begin on Monday 18<sup>th</sup> January from 7pm-9.30pm, and Thursday February 18<sup>th</sup> from 10.30am-1pm. If you are living with a long term health condition you may be interested in doing the *Living Well Programme*. This is a free, six week programme delivered online in 2.5 hour weekly sessions where you will learn new skills to manage your health condition on a day to day basis. More now than ever it is important we look after are mental and physical health. You can contact: Olga on (086) 6078950 or by email [olga.maguire@mayocil.ie](mailto:olga.maguire@mayocil.ie). You can find out more information on the programme on our website: [www.hse.ie/livingwell](http://www.hse.ie/livingwell)

**Western Care Association** - are going to travel around the globe virtually to raise funds to enhance services throughout the county, we need your help to complete this challenge. We are looking for 150 volunteers to walk, jog or run virtually around the globe in aid of Western Care Association, starting from 12<sup>th</sup> of January to 2<sup>nd</sup> April 2021. For more information contact Michael by emailing [mflanagan@westerncare.com](mailto:mflanagan@westerncare.com) to find out more. Registration for the event is €10 per person. Please support.

### HELPLINES

**ALONE Covid-19 Support Line for Older People:** 0818 222 024 (Every day, 8am to 8pm).

**Senior Line:** Ireland's national confidential service for older people. *Freefone 1800 80 45 91* (10am - 10pm daily).

**Foxford Friend on Phone Service:** For information, call Foxford Leisure Centre on 094-9257684

**Genealogy** – Are you interested in tracing your ancestors or have a relative overseas who would like to trace their roots? The North Mayo Heritage Centre, Crossmolina can help. Gift vouchers also available. Contact (096) 31809.

**You can now make your Offertory Donations** - simply, conveniently and securely online at our parish website – [straideparish.com](http://straideparish.com). Many thanks to those who use this new facility. Thank you for your ongoing generosity & support.

**Offertory & Christmas Collections** - Sincere thanks to all who contributed to the Offertory & Church Conservation and Christmas collections. Thanks, also, to those who donated online. Your great generosity is, as always, very much appreciated. Many thanks again. Happy New Year to all.

**Altar Society January:** Mary Roche, Kathleen Bourke & Mary Lennon

**Thought for the day:** Enjoy the little things in life, for one day you might look back and realise they were the big things!

**Newsletter:** Items for inclusion to be handed into the Parochial House by 12pm on Thursday or email [pp@straideparish.com](mailto:pp@straideparish.com).

**Additional News Items** - are included in the online Newsletter on [www.straideparish.com](http://www.straideparish.com)

### **Pope Francis on Being Happy**

You can have flaws, be anxious, and even be angry, but do not forget that your life is the greatest enterprise in the world. Only you can stop it from going bust. Many appreciate you, admire you and love you. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments. To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the applause, but to be happy in anonymity. Being happy is not a fatality of destiny, but an achievement for those who can travel within themselves. To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul. It is to thank God for every morning, for the miracle of life. Being happy is not being afraid of your own feelings. It's to be able to talk about you. It is having the courage to hear a "no". It is confidence in the face of criticism, even when unjustified. It is to kiss your children, pamper your parents, to live poetic moments with friends, even when they hurt us. To be happy is to let live the creature that lives in each of us, free, joyful and simple. It is to have maturity to be able to say: "I made mistakes". It is to have the courage to say "I am sorry". It is to have the sensitivity to say, "I need you". It is to have the ability to say "I love you".

May your life become a garden of opportunities for happiness ... That in spring may it be a lover of joy. In winter a lover of wisdom. And when you make a mistake, start all over again. For only then will you be in love with life. You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculpture serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence. Never give up .... Never give up on people who love you. Never give up on happiness, for life is an incredible show.

(New Year's Eve Message 2018)

**Knock Counselling Service** – available at (094) 93 75032 or log on to [www.knockshrine.ie/counselling](http://www.knockshrine.ie/counselling)

### **IF YOU NEED HELP**

Many parishioners have volunteered to help those who may not be able to shop, collect medicines, go to the Post Office etc. during this Coronavirus outbreak. If, at any time, you need help with these chores call me on (094) 9031029 and I will liaise with the many volunteers within the community who are very happy to help out.

Keep safe, keep healthy and, at all times, follow HSE / Government guidelines. Say a prayer, too, for all who have caught the virus and for all medical staff, carers and volunteers who are working so very hard at this time. (Fr. Martin)

**St. Vincent de Paul (Foxford)** – can provide help for those in Straide who may be in need of food or fuel. Contact (085) 8887777

**CCTV** – operates 24 / 7 within the Church and in the Church car park. The parish policy concerning CCTV can be found on the parish website ([www.straideparish.com](http://www.straideparish.com)) – as can all parish policies.

**General Data Protection Regulations (GDPR)** – has implications for parishes, one being that we can no longer publish names of Readers, Eucharistic Ministers, Altar Society or Collectors in Newsletters / Website without written permission. We hope to phase the regulations in throughout 2019. Forms are available on the altar rails. Please bring one home, fill in and return to the Church.

**Accord Counselling** - Challenging times can be rough on relationships. When it comes to protecting your most precious investment (your marriage), talk to ACCORD. Our services, based on your needs, not your ability to pay, can help you get the most from your marriage. Morning and evening appointments are available. Office hours are from 10 am to 1pm Monday to Friday, contact (094) 92 54944 or Lo-call 1850 201 878 or email [accordcharlestown@gmail.com](mailto:accordcharlestown@gmail.com).

### **Pope Francis Prayer of Protection Against Coronavirus**

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain with steadfast faith.

You, Salvation of the Human Race, know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas – we who are put to the test -

– and deliver us from every danger, O glorious and blessed Virgin.