



Sixmilebridge + Kilmurry Parish Newsletter

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Parish Office
Mon - Fri. 10.00 a.m. - 12.00 Noon
For Booking of Masses, Baptisms & Weddings.
Baptisms take place at 12.00 Noon on Sundays in
Sixmilebridge + Kilmurry

In Loving Memory

We pray for the repose of the soul of **Kathleen Russell (nee Mullane) R.I.P.** O'Garney Heights, who died on Tuesday 13th April. We extend our sympathy to all her family, friends and neighbours. We remember all our loved ones and especially those whose anniversaries occur at this time.

May they Rest in Peace.

- April 18th 11 am Webcam Joe + Maura McInerney
Johnny O'Gorman
Jimmy Grady
Michael + Margaret Sheedy
- April 25th 11 am Webcam Lar + Helen O'Brien
Pat O'Reilly
Willie Chaplin
John Quane
Reddan Family Post Office
All deceased family members.

Mass via Webcam Sunday at 11 a.m.

Thank You!

Once again we acknowledge and thank all who are so generously contributing to our Parish. If you have Trócaire donations please drop them in Parish Office letter box in the coming week.

Sixmilebridge G.A.A. Club Lotto
Numbers drawn: 15 18 20 23
Next Jackpot €20,000

Christ has no **Online** presence but yours
No TikTok, no Snapchat but yours,
Yours are the **tweets** through which love touches the world,
Yours are the **Posts** through which the Gospel is shared,
Yours are the **Updates** through which hope is revealed.
Christ has no **Online** presence but yours,
No Instagram, No Facebook page but yours



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PEACE - it does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still **be calm in your heart.**

Dear God,

It seems as if we can't get through one storm and we are instantly placed in another one.

Please bring Your Peace in the midst of the chaos that is surrounding us.

We pray for healing and unity upon this Nation.

Protect our places,
Heal the sick
and keep Your people safe in Your care.

Amen.



Monday 19th April, 2021 & Monday 26th April 2021
Fitness4Fun Exercise session. A Healthy Ireland at Your Library Event.
Online event @ 11am
Join John Conroy for a Fitness4fun online chair yoga to improve flexibility, increase muscle tone and improve your overall health. Regular exercise is important to the physical and mental health of older adults and in this Fitness4Fun session John will show new ways for participants to remain physically active, no matter what their age. Free event for adults throughout Co Clare, limited numbers, booking essential. In order to take part, participants will require remote access to Zoom. Please book your place by calling Kiltrush Library on 065 9051504 during branch opening hours or alternatively by emailing kiltrush@clarelibrary.ie

Solitude is one of the most precious things in the human spirit. It is different from loneliness. When you are lonely, you become acutely conscious of your own separation. Solitude can be a homecoming to your own deepest belonging. In each person, there is a point of absolute nonconnection with everything else and with everyone. This is fascinating and frightening. It means that we cannot continue to seek outside ourselves for things we need from within. The blessings for which we hunger are not to be found in other places or people. These gifts can only be given to you by yourself. They are at home at the hearth of your soul.

Prayer for Spiritual Communion

My Jesus I believe that you are present in the Most Holy Sacrament.

I Love You above all things and I desire to receive You into my Soul.

Since I cannot, at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if you were already there and unite myself wholly to You.

Never permit me to be separated from you. **Amen.**