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ourselves something or doing something we don't like to bring us into greater communion with each other. There can be no true communion with either God or each other without sacrifice.

At this time of year many people go on pilgrimages that involve a penance of some sort. These are demanding and not everyone can to them or need to do them. Indeed there are some people living among us who never go on a penitential exercise and yet they are fasting all the time. Their denial of self comes through an illness they may be suffering, being housebound, bereaved of patiently bearing some loss. It is quite likely their penance, in living through the trials of life are pleasing to the Lord and they don't need to take on anymore.

So it is our prayer today that we will fast from time to time in giving up the pleasures and comforts of life temporarily. Fasting and prayer and charity go hand in glove and so we pray that we will fast prudently to enter into full communion with God and each other.

Fr. Padraig

VOLUNTEER COMMUNITY NEWS READERS REQUIRED

West Dublin Access Radio based in Ballyfermot Community Civic Centre is looking to build a dynamic team of voluntary community news readers to deliver our daily news reports.

If you have an interest in journalism, news, current and community affairs and wish to gain experience in news reading and broadcast journalism then this could be the role for you.

Candidates will preferably have links to our broadcast area. Training in all aspects of news reading will be provided.

If you're interested in becoming a news reader for West Dublin Access Radio please contact the news team at: info@wdar.ie
Liam Flanagan, Station Manager

CLONDALKIN HERITAGE WEEK EVENTS

Launch of Clondalkin Paper Mill Oral History Project

Venue: Clondalkin Library

Cost: free

Organiser: South Dublin Libraries,
email: localstudies@sdblincoco.ie,
tel. 014593315

Website: www.southdublinlibraries.ie

Booking Required: No

Dates: 28th August 6.30pm to 8pm

GUIDED HERITAGE WALK OF HISTORIC CLONDALKIN VILLAGE

Venue: Clondalkin Round Tower

Cost: free

Organiser: Clondalkin Heritage Round Tower Group

Tel: 087 2749985

Booking Required: No

Dates: 27th August 7.30pm to 8.30pm
Tommy Keogh

CHILDREN'S CORNER

Therese Doherty, Donegal is this week's winner. Congratulations Therese - we need to know where to send your prize

THIS WEEK'S QUIZ

Our Lady appeared in Knock

1. Where is Knock
2. What year did she appear

Your entries - email ellenteresacoyne@eircom.net by Tuesday evening or to the Sacristy by Wednesday morning.



CALL FOR SUBMISSIONS

Notices and submissions for the Newsletter must be received before 10.30am on **WEDNESDAY** morning to be considered for inclusion into that week's edition. Envelopes marked "PARISH NEWSLETTER" should be left into the Sacristy or Parish Office.

PARISH TEAM CONTACTS

Village

Office/Sacristy
459 3520

Fr Damian Farnon,
Moderator
St Cecilia's
459 2665

Fr Pádraig O'Sullivan,
Co-P.P.
St Columba's
464 0441

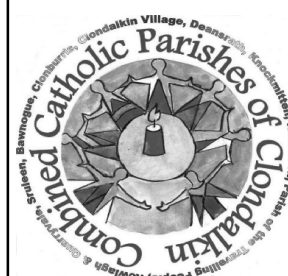
Fr. Seamus McEntee
St Mary's
459 2311

Clonburris

Fr Shán O Cuív CC
087 238 7530

Knockmitten

Fr Des Byrne CC
45 Woodford Drive.
459 2323



Parish Pastoral Workers
(for the Combined Catholic
Parishes of Clondalkin)

Peter Siney
089 461 4226

Christopher Okereke
457 3546

PARISH NEWS

Clondalkin Village,
Clonburris & Knockmitten



clondalkinchurch@eircom.net

www.clondalkinparish.com

Vol. 19

Sunday - 17th August 2014

No 33

BREAKING OUT OF THE COMFORT TRAP

"Recovery International" is a support group that helps people recovering from depression mainly but also from other forms of psychological illness. It started in America and is here in Ireland where it gives valuable support to those suffering from depression, stress and phobias. One key piece of advice is that every so often we need to do things we do not like doing and even at times do the things we hate and fear. This is counter to two mindsets that often feed into depression - an inordinate love of the pleasures and comforts of life.

If we only do what we feel like doing because it's comfortable to do it we will never live life effectively - we anaesthetise the giant within. Too much pleasure and comfort gnaw at us internally because deep down all of us need a challenge that is uncomfortable enough to prod the giant within into wakefulness. In real life we all know that even the most self centred hedonist will have to do things he doesn't like every so often - normal life would not be possible if he didn't. But when he does these things he invests as little energy as possible into the unpalatable activities he has to do and he will procrastinate for as long as possible in doing them.

If we continually put on the long finger that which we don't like doing the stress of keeping it on the long finger eventually overwhelms us.

This brings us to one of the key principles in living the spiritual life - fasting, (or penance) going against our likes or even doing the things we hate is good for us psychologically. It is also good for us spiritually and Christians and Jews have been doing it for centuries. Up until the 1960's we were good at it but it's not so easy now in the consumer age we live in. Penance and fasting consist of denying ourselves some of the comforts and pleasures of life in order that we would grow not just psychologically but spiritually. We do it not just to get our weight down or have a nice figure or to look healthy even though these things are good in themselves. In religious terms we fast for a deeper reason. We make a sacrifice of denying

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BAPTISMS



Congratulations and welcome to:

Ryan Martin Skelton, Monastery Rd
Jay O'Reilly, Cherrywood Park
Cora Leigh McIlhatton, St. John's Park
Lucy Adelaide McConkey, Palmerswood Wood
Ryan Jason Radcliffe, St. John's Wood
Logan Kelly Purkue, Kilwarden Court,
Boot Rd

recently Baptised.

ADORATION

This Thursday, 21st August, Exposition of the Blessed Sacrament will be:

Church: from after 10am Mass to 11.45am, and

Church: from 7pm to 9pm and all are welcome

FR. RYAN'S MONTH'S MIND MASS

The month's mind Mass for our late beloved past parish priest will be offered on Saturday evening next, at 7.30pm, celebrated by Fr. Dave Lumsden and tea and get together afterwards in the Pastoral Centre and all are welcome. The people providing the tea would welcome gifts of cakes etc

The people who look after the decoration of the church: please note be in attendance at 4pm on the Saturday. Anyone wishing to offer photos etc please have them with us by 4pm

NOTICES

Monday 18th August

Miraculous Medal Novena after 10am Mass and Rosary.

Tuesday 19th August

The Legion of Mary meets in the Convent at 11.00am. New members are welcome.

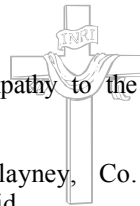
WEDDINGS



Congratulations and best wishes to:

Tara Cullen and James Harte
recently married.

DEATHS



We extend our deepest sympathy to the family and friends of:

Frank McQuillan, Castleblayney, Co. Monaghan, sister of Mary Reid

recently deceased. May he rest in peace.

ANNIVERSARIES

Tuesday 19th August

7.30am Noel Kehoe
10.00am Eddie Harris, 6th An

Wednesday 20th August

10.00am Elizabeth Whelan

Thursday 21st August

10.00am Séan Fagan, 7th An

Friday 22nd August

10.00am Kathleen Grace

Sunday 24th August

7.30pm (Vigil) Fr. Ryan, MM
10.30am Peter McCabe
Joseph Nolan
Conor and Alice Hogan
Bob and Robbie Dillon
Joe and Della Curry
Vincent Lernihan
Ellen and John Hoare
Thomas Cullen
Muriel Harrison
For all who attended the funeral and sympathised with the family of Ciaran ODwyer, recently deceased

CLONBURRIS

Mass Intentions

Saturday 16th August

6.30pm Frank Slattery 5th An.
Deceased members of
Slattery and Magahran Family,

Sunday 17th August

11.00 Maphie Molloy B.R.
Kathleen Markey An.

Competition Winner

Congratulations to Evan Talt competition winners your prize can be collected after Mass on Sunday.

CHURCH DUTY

Cleaning: Rita Arnold

Altar Linen: Teresa Coyne

Flowers: Maura Gaffney- 22nd August to 4th September and Teresa Green 5th September

FINANCE REPORT

The finance Committee acknowledges with thanks €2,911 – planned giving from the three churches over two weeks

CHURCH GATE COLLECTION

There will be a church gate collection in aid of the Diabetic Unit at Our Lady's Children's Hospital, Crumlin at all Masses this weekend.

Joan Ward

"HOLY WELLS OF DUBLIN"

To celebrate Heritage Week a talk and slide show on "holy Wells of Dublin" will be given in the newly refurbished Ballyfermot Library by Gary Branigan, author of "Ancient and Holy Wells of Dublin" on Tuesday 19th August at 6.30pm. Admission is free and all are welcome

Úna Gómez

INTERCESSORY PRAYER GROUP

An Intercessory Prayer group meets to pray **each Tuesday 7.30pm to 8.30pm** for the Clondalkin Group of Parishes (CCPC). Please come and pray with us

Venue: Clondalkin Parish Pastoral Centre

Date: Tuesday 19th August and all are welcome

EARLY START TO THE PRAYER MEETING

This Wednesday, 20th August, The Rosary - Mysteries of Light will be recited in the Prayer Group at 7.30pm prior to Prayer Meeting starting at 8pm in the Pastoral Centre and all are welcome

WHAT IS INTELLIGENCE – THE CATHOLIC VIEW

As the young people come to terms with their Leaving Cert results, some delighted and others a little disappointed – and we congratulate all whatever the results and pray for decisions they and their families face – have you ever asked what "INTELLIGENCE" is

(Latin intelligere — inter and legere — to choose between, to discern;

Oxford dictionary defines intelligence: A person with the ability to acquire and apply knowledge and skills:

Catholic View: it signifies the higher, spiritual, cognitive power of the soul. Amongst its functions are attention, conception, judgement, reasoning, reflection, and self-consciousness. In harmony, with Catholic usage, we reserve the terms intellect, intelligence, and intellectual to this higher power. Catholic philosophers, as a general body have held that intellect is a spiritual faculty depending extrinsically, but not intrinsically, on the bodily organism. (Catholic Encyclopaedia)