



## NEWSLETTER

## FIFTH SUNDAY IN ORDINARY TIME

YEAR A

Matthew 5: 13-16

Sunday 8<sup>th</sup> February 2026You are a Blessing to Me...!

World Day of Prayer for the sick was established by the late Pope St. John Paul II in 1993 to encourage prayers and care for all who are sick and their caregivers. The feast celebrated each year on the 11<sup>th</sup> February coincides with the Feast of Our Lady of Lourdes, a day associated with showing solidarity and prayer with the sick.



The theme chosen for 2026 comes from the book of the Prophet Isaiah (43:3-4) "**You are a Blessing to Me**"

This message shifts the focus from illness as a burden to the sick person as a gift. All who are sick are reminded that their presence, their witness of courage and their vulnerability are a blessing to their families and communities. Their journey of sickness can teach us all about compassion, patience and the deeper meaning of human existence.

The message is also a challenge to all of us caregivers, family members, healthcare workers and society to see the person behind the illness as a blessing.

The day call us to a renewed commitment to prayer, practical support and advocacy for improved healthcare ensuring no one feels like a burden but knows they are a cherished blessing.

## World Day of the Sick

Loving God,  
rock of strength for those who trust in you;  
comforter of those who call on you.  
Hear the cry of those who suffer  
from sickness or weakness,  
and embrace them in your loving arms.  
Give them peace,  
and strengthen them  
with the vision of your kingdom.  
We make this prayer through  
Jesus Christ our Lord.

Amen.

(The 34th World Day of the Sick will be observed on 11 February 2026, focusing on compassion and care for the suffering.)

## Mass Times

## Cathedral:

Monday to Friday 7.40am, 11am & 7.30pm  
Saturday 11 am & Vigil 6.30pm  
Sunday 8am, 9.30am & 11.30am  
[www.ennisparish.com/webcam](http://www.ennisparish.com/webcam)  
Radio link:106.4fm

## St. Joseph's:

Monday to Friday 10.30am  
Saturday 10.30am & Vigil 7pm  
Sunday 10am & 11.45am  
[www.ennisparish.com/our-parish/stjosephs-church-webcam](http://www.ennisparish.com/our-parish/stjosephs-church-webcam)

## Friary:

Monday to Saturday 10am  
Vigil Mass Saturday 7.30pm  
Sunday 10.30am  
[www.ennisparish.com/our-parish/franciscan-friary-webcam/](http://www.ennisparish.com/our-parish/franciscan-friary-webcam/)

Christ the King - Cloughleigh  
Monday to Friday 9.30am  
Sunday 11am

*Anniversary Masses and Baptisms are booked through the Parish Office: 065 6824043 (office hours).*

## Sacrament of Reconciliation

## Cathedral &amp; Friary:

Cathedral: Monday to Friday 7pm to 7.25pm  
Saturday after the Vigil Mass  
Friary: Tuesday to Saturday 11-12 noon & 4-5pm

## Baptisms

Can be booked through the Parish Office.

## Adoration of the Blessed Sacrament

Monday to Friday in the Cathedral from 5pm until 7pm

## Phone Numbers:

Cathedral:- 6824043;  
Email: [info@ennisparish.com](mailto:info@ennisparish.com)  
St. Joseph's:- 6829584  
Cloughleigh:- 6797 489;  
Friary:- 6828751

## Ennis Parish Web Site:

<http://www.ennisparish.com>  
Facebook :  
<http://facebook.com/ennisparish>



## Cathedral

### Remembered in Masses this Week:

Sat 6.30pm: Michael Farrelly, Rosanore, Lifford & Kilfenora. MM.  
Sr. Fabian Boland, St. Xavier's Convent. 1st Anniv.  
Maureen Murphy, Hermitage.  
James Kelly, Clonroadmore.  
Tom & Mary Kelly, Kilrush.  
Aleksy Cecotka, Hillview, Clarecastle.  
Sun 8th 8am: No intention booked.  
9.30am: Helen Griffin, Woodlands, Loughville.  
Mai & Michael Glynn, Knockaderry, Tulla Rd.  
11.30am: Tony Meehan, Turnpike, Connolly & Kent.  
Samuel Banks, Thomond Court, Limerick.  
William (Bill) Leacy, College Grove.  
Rita Hurley, Turnpike.  
Pauline Saunderson, Rockmount Bridge.  
Mary Moloney, Kilmihil.  
Patricia McInerney (nee Roche),  
Dalcassian Park & Kilkishen.  
James O'Sullivan, Woodlawn, Lahinch Rd.  
Mon 7.40am: Thomas & Vera Haren, Kilmaley.  
11am: Brian, Joseph & Caroline Ensko, Connolly Villas.  
7.30pm: Bernie Dilger, Connolly Villas.  
Diane McMahon, Ballingarry, Ennistymon. 1st Anniv.  
Pauline Pender, Riverside, Clonroad.  
Tues: 7.40am Book of Intentions.  
11am: Giuseppe Sorice, Italy.  
7.30pm: Deirdre Daly, Considine Rd.  
Wed 7.40am: Mary Cunningham, Kilmihil. 1st Anniv.  
11am: No intention booked.  
7.30pm: PJ & Michael Killeen, Miltown Malbay & Clarecastle.  
Thurs 7.40am: Holy Souls.  
11am: No intention booked.  
7.30pm: John & Mary Scanlan, Dalcassian Ave.  
Marian & Bridget Blake, Mallow.  
Fri 7.40am: Mass for the People.  
11am: No intention booked.  
7.30pm: No intention booked.  
Sat: 11am: Brendan McNamara, Woodview, Shanaway Rd. & Ard na Gréine. MM.  
Jean MacCarthy, Ardlea Rd. MM.  
Johnny Donnellan, 'St. Joseph's', Hermitage. 1st Anniv.  
Paddy & Mary Nagle, Caherbarna, Liscannor.  
6.30pm: Paddy & Mary Keane, Limerick Rd.  
Lorraine & Séan Cooley, Dalcassian Ave.  
Patricia & Vincent McHugh, Clonroad.  
Sun 15th 8am: Dan Greene & Mary Pyne, Kilmaley.  
9.30am: Margaret McMahon, Loughville.  
Gerry & Mary Moroney, Lower Market St.  
11.30am: Mary Fitzgibbon, Cuan an Chláir. MM.  
Willie 1st Anniv. & Dylan O'Donoghue,  
St. Munchin St., Limerick & Willie & Thomas Carr.  
Michael & Margaret McMahon, Ardnacrusha.  
Michael Griffin, Woodlawn.  
1pm: Mass for the Polish Community.  
5pm: Mass for the Brazilian Community.



## Cloughleigh

### Remembered in Masses this Week:

Sun 8th 11am: PJ, Bridie, Gerard & Trevor Dilger, Hermitage.  
Tue 9.30am: Book of Intentions.  
Sun 15th 11am: Kitty McDermott, Cloughleigh Rd.

## Priests' Spring Collection

The Spring Collection for the priests of the parish who serve the Pastoral Area takes place at all masses this weekend in the Abbey Pastoral Area. This collection supports the Bishop and Priests and your generosity is very much appreciated. Envelopes are available in the porch or parish office.

### St. Brigid's Crosses

February began last weekend with the feast and celebration of St. Brigid, but in our parish January is the month of preparation with the making of crosses. Our thanks to a very generous and willing band of volunteers who come together each and every night during January to make the St. Brigid's Crosses.

We are also very grateful to the suppliers of the rushes, without whom we would not have any crosses to make.

This year the Cathedral Renovation Appeal will benefit to the tune of €11,325.

May St. Brigid continue to bless the homes and lives of people where her cross now stands and give them the protection and blessing of God on their own lives and home.

### St. Anthony's Brief

This year we celebrate the 800th anniversary of the death of St. Francis, a special Year of Jubilee for all Franciscans.

The St. Anthony's Brief is published every two months to help keep the story alive of the Franciscan Friars on the Missions.

The latest edition is available in both the Friary and Cathedral at €2 per copy.

### Marriage Enrichment Weekend

*Knock, Co. Mayo, 20 -22 March 2026. Supporting marriages at all stages.*

[www.marriageencounter.ie](http://www.marriageencounter.ie)

### Newly Baptised



*We welcome into the Christian Community through the Sacrament of Baptism:*

Ruby Anne Daly;  
Thomas John Twomey;  
Fiadh Maeve Larner.

## St. Joseph's



### Remembered in Masses this Week:

Sat 7pm: Kathleen Rynne, Dromard. MM.  
Sun 8th 10am: No intention booked.  
11.45am: Teresa Howard, Kilrush Rd.  
Griffin Family, Loughburke, Kilmaley.  
Mon 10.30am: No intention booked.  
Tues 10.30am: Book of Intentions.  
Jim Keown, Corofin.  
Wed 10.30am: Cahill & Walsh Families, Mallow, Co. Cork.  
7pm: Gaelscoil Mhíchíl Cíosóig Confirmation Enrolment.  
Thu 10.30am: Paddy Haverty, Craughwell, Galway.  
Fri 10.30am: No intention booked.  
Sat: 10.30am: Fergus McCarthy, Elm Park. MM.  
Francie Mangan, Corrovorrin Grove.  
7pm: Joan Stack, Lifford Rd.  
Sun 15th 10am: Peadar & Máire O'Keeffe, Drumcliffe Rd.  
11.45am: Joe, Kitty & Sheila Glynn, Lifford Rd.

### Novena to Our Lady of Lourdes



Our annual novena in preparation for the Feast of Our Lady of Lourdes continues until Wednesday next, the Feast of Our Lady of Lourdes and World Day of Prayer for the Sick.

### Sunday 11.30am Mass

Speaker: Michael Daly, Pastoral Care Worker and Director of Nursing for our Lourdes Pilgrimage.

### Monday 7.30pm Mass

Fr. Brendan Quinlivan followed by the Marian International Torchlight Rosary.

### Tuesday 7.30pm Mass

Celebrated by Fr. Michael Nicholas OFM, Friary.

### Wednesday 7.30pm Mass

Bishop Fintan celebrates World Day of Prayer for the Sick.

### Lourdes Pilgrimage 2026

24th—29th June Diocesan Pilgrimage

28th Sept—3rd Oct. Autumn Pilgrimage

Direct from Shannon Airport.

Details from joewalshtours.ie Tel. 01 2410800

### Welcome to Ennis



### Franciscans

Na Proinsiasaigh

Irish Franciscans OFM

We welcome Fr. Martin Luticke OFM to Ennis this weekend. Fr. Martin is visiting the Franciscan Friars all over Ireland in his calling as General Visitator of the Irish Province.

A native of Germany Fr. Martin is helping the Irish Friars prepare for a Chapter Meeting in the summer as they discern what lies ahead for the Irish Province. This gathering takes place every three years. Please keep Fr. Martin and the friars in your daily prayers.

St. Anne's School Fundraiser Bingo,  
Treacy's West County Hotel, Sunday  
8th February @ 6pm. Doors open @ 5pm



Thanks to all who attended the recent talks for Ministers of the Eucharist and Word. If you missed the talk and would like a copy of the updated guidelines, please get in contact with the parish office.

In response to a query which was raised at the talks for readers, daily readings for mass can be found online at these websites

[associationofcatholicpriests.ie](http://associationofcatholicpriests.ie)

[universalis.com](http://universalis.com) - which can also be downloaded as an app [bible.usccb.org](http://bible.usccb.org)

#### Bio Diversity Workshop

Are you fascinated by bugs, beetles, and all things small but mighty? Join us for a hands-on Invertebrate Biodiversity Workshop, part of the Citizen Science Training Series 2025-2026 with Clare Local Development Company. Meet at Clare Local Development Company, Westgate Business Park, Kilrush Road, Ennis V95 PXY3. February 21st 10AM – 1:30 PM Free adult-level biodiversity training (indoor talk and practical component to this session). The practical component at Ballyalla Lake is 10 minutes' drive after the theory component at the meeting point (CLDC offices V95 PXY3). Car-pooling is encouraged (if possible/wanted). **Indoor talk** • Introduction to terrestrial invertebrates • Their roles in ecosystems – pollination, decomposition and indicators of environmental health etc.

**Field Trip to Ballyalla Lake:** • Search for invertebrates in grasslands, hedgerows and lakeside habitats • Learn hands-on sampling techniques: sweep nets, beating trays and more etc.

**What to Bring:** • Sturdy footwear and waterproof clothing • A notebook and pen • Curiosity and a keen eye for detail!

This event is free, but places are limited – pre-booking is essential. Book now here: <https://naturenetworkireland.ie/support/attend-events/>



William Crowley, Beechpark;

Paul Minihan, Phoenix Court, Kilrush Rd.;

Jimmy Smyth, England, Armagh & Ennis;

Joe Walsh, Shannon, father of Gearóid Walsh.

Colum Flynn, Lifford House;

Paddy Eustace, Cooraclare, brother of Agnes O'Brien, St. Michael's Villas;

Stephanie Moloney, Barntick, Clarecastle & Clare Rd. Ennis;

Anne Flanagan, College Grove;

Charlie Burke-Gwosdz, Schull, Co. Cork, Grandson of Michael & Anne Burke, Inisgrove, Lahinch Rd.

**Totus Tuus 2026 Fatima Pilgrimage**  
The Totus Tuus annual pilgrimage to Fatima will take place from 28th August to 4th September. Learn about the Fatima Message, the Rosary, the First Saturdays, the lives of the three visionaries, and visit the tomb and home of Blessed Alexandrina Da Costa, who lived solely on the Eucharist for 13 years.

The cost is €915 which includes flights, half board accommodation, airport transfers, day trip to Balasar, trip to Valinhos and Adjustrel, trip to the Irish Dominican Sisters' Convent. There are places available to fly from Cork Airport, and also from Dublin Airport. Limited places are available.

For more information call Damien on 087 20 49 048

#### SVP VOLUNTEERS NEEDED



The Society of Saint Vincent de Paul in Clare is seeking volunteers to help us continue our work supporting people in need. Our mission is to empower economic independence, self-sufficiency, and personal self-worth through friendship and assistance in times of need.

• Make a real difference in your community: Visit [svp.ie/volunteer](http://svp.ie/volunteer) or call 061-317327.

**Now Enrolling:** Free Adult Beginners Sewing courses, commencing in February 13<sup>th</sup> 2026 in College of Further Education & Training, Ennis Campus. All welcome. To book a place or for more information contact 065 6897654/086 0752014 or email [antoinette.houlihan@lcetb.ie](mailto:antoinette.houlihan@lcetb.ie)

**Young at Heart Mobility, Movement & Strength Classes** Tuesdays 1pm in Éire Óg Clubhouse. Contact James Ferns, Ferns Fitness, 0877709307 for more info.

#### A Prayer in Spring

By Robert Frost

Oh, give us pleasure in the flowers today;  
And give us not to think so far away  
As the uncertain harvest; keep us here  
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,  
Like nothing else by day, like ghosts by night;  
And make us happy in the happy bees,  
The swarm dilating round the perfect trees.

And make us happy in the darting bird  
That suddenly above the bees is heard,  
The meteor that thrusts in with needle bill,  
And off a blossom in mid-air stands still.

For this is love nothing else is love,  
The which it is reserved for God above  
To sanctify to what far ends He will,  
But which it only needs that we fulfill.

Ennis Parish  
Development Fund  
for Sunday, 1st February, 2026

Fund €7,295  
Online €205.50

#### Sr. Eileen's Cuinne

Muire Lourdes



Sa bhliain 1992 d'fhógair An Pápa Eoin Pól 11 go mbeadh Feabhra 11 mar Lá Domhanda na nEaslán gach bliain. D'íarr sé ar dhaoine ar fud na cruinne guí ar son daoine atá broíte agus ag fulaingt.

Ceiliúrtar Taibhsíú na Maighdine Muire do Naomh Bernadette ar 11 Feabhra. Sa bhliain 1858, thaispeáin An Mhaighdean Mhuire í féin do Bernadette Soubirous, cailín bocht ceithre bliana déag d'aois. Níl áit ar bith ar fud an domhain ina bhfuil Críostaithe, nach bhfuil cáil ar Lourdes de bharr na sluaite, a thugann cuairt ar an Scrín bheannaithe ag iarraidh leighis dá ngalair agus grásta dá n-anam. Is mó duine atá ag fulaingt de bharr broíteachta. Iarann an Eaglais orainn guí ar son daoine atá broíte ar an lá seo.

*Agus sinn ag smaoineamh orthu, is féidir linn an pháidir seo a rá:*

*A Mhuire Mháthair, mo mhíle grá tú  
Mo choimirce chúnta in am gach gá tú  
Mo dhochtúir leighis, tinn agus slán tú.*

Tá an paidir seo a leanas ón Traidisiún:  
*A losa, glan mo chroíse  
Go gléighlan gach lá,  
A losa, cuir m'intinn faoi léirmacht do ghrá.*

*Déan mo smaointe go fiorghlan agus briathra mo bhéil,*

*Is a Thiarna, 'Dhia dhilis, stiuír choíche mo shaol. Áiméan.*

Pope John Paul II initiated World Day of the Sick, in 1992 to encourage people to pray for those who suffer from illness.

The Feast of Our Lady of Lourdes is celebrated on 11 February. In 1858 Our Lady appeared for the first time to Bernadette Soubirous a poor girl, fourteen years of age. Many come to the Sacred Shrine each year from all over the world seeking healing and spiritual grace. We are all aware of people who are ill and we remember them especially on this feast day as we pray

*Mother Mary your love protects me in all distress. You are my physician in sickness and health. Comfort all those who suffer. Be with them always. Amen.*

The following prayer is from oral tradition:  
*Jesus, cleanse my heart each day and make it spotless,*

*Jesus, rule my mind by the power of your love. Make truly clean my thoughts and the words of my mouth, and, dear Lord God, direct my life now and forever. Amen.*

# Today's Scripture Readings

## Entrance Antiphon

O come, let us worship God  
And bow low before the God  
who made us,  
For he is the Lord our God.

## PENITENTIAL RITE

- P. Have mercy on us, O Lord
- C. For we have sinned against you.
- P. Show us, O Lord, your mercy.
- C. And grant us your salvation.
- P. May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.
- C. Amen.

## GLORIA

Glory to God in the highest, and on earth  
peace to people of good will. We praise you,  
we bless you, we adore you, we glorify you,  
we give you thanks for your great glory, Lord  
God, heavenly King, God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world, have mercy  
on us; you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God the  
Father. Amen.

## A reading from the prophet Isaiah

Is 58:7-10

Thus says the Lord:

Share your bread with the hungry,  
and shelter the homeless poor,  
clothe the man you see to be naked  
and turn not from your own kin.

Then will your light shine like the  
dawn and your wound be quickly  
healed over.

Your integrity will go before you  
and the glory of the Lord behind you.  
Cry, and the Lord will answer;  
call, and he will say, 'I am here.'  
If you do away with the yoke,  
the clenched fist, the wicked word,  
if you give your bread to the hungry,  
and relief to the oppressed,  
your light will rise in the darkness,  
and your shadows become like  
noon.

The Word of the Lord

## Responsorial Psalm

*Response: The good man is a light in  
the darkness for the upright*

He is a light in the darkness  
for the upright:  
he is generous, merciful and just.  
The good man takes pity and lends,  
he conducts his affairs with honour. R.

The just man will never waiver:  
he will be remembered for ever.  
He has no fear of evil news;  
with a firm heart he trust in the Lord. R.

With a steadfast heart he will not fear;  
open-handed, he gives to the poor;  
his justice stands firm for ever.  
His head will be raised in glory. R.

A reading from the first letter of St. Paul  
to the Corinthians.

1 Cor 2:1-5

When I came to you, brothers, it was not  
with any show of oratory or philosophy, but  
simply to tell you what God had  
guaranteed. During my stay with you, the  
only knowledge I claimed to have was  
about Jesus, and only about him as the  
crucified Christ. Far from relying on any  
power of my own, I came among you in  
great 'fear and trembling' and in my  
speeches and the sermons that I gave,  
there were none of the arguments that  
belong to philosophy; only a demonstration  
of the power of the Spirit. And I did this so  
that your faith should not depend on  
human philosophy but on the power of  
God.

## The Word of the Lord

### Gospel Acclamation

*Alleluia!*

*I am the light of the world,  
says the Lord,*

*Anyone who follows me  
will have the light of life.*

*Alleluia*

A reading from the holy Gospel  
according to Matthew      Mt 5:13-16

Jesus said to his disciples: 'You are the  
salt of the earth. But if salt becomes tasteless,  
what can make it salty again? It is  
good for nothing, and can only be thrown  
out to be trampled underfoot by men.'

'You are the light of the world. A city built  
on a hill-top cannot be hidden. No one  
lights a lamp to put it under a tub; they put  
it on the lamp-stand where it shines for  
everyone in the house. In the same way  
your light must shine in the sight of men, so  
that, seeing your good works, they may  
give praise to your Father in heaven.'

## The Gospel of the Lord



## PROFESSION OF FAITH

I believe in one God, the Father almighty,  
maker of heaven and earth, of all things  
visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God, begotten, not  
made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven, and by the  
Holy Spirit was incarnate of the Virgin  
Mary, and became man. For our sake he  
was crucified under Pontius Pilate, he suf-  
fered death and was buried, and rose again  
on the third day In accordance with the  
Scriptures. He ascended into heaven and  
is seated at the right hand of the Father.  
He will come again in glory to judge the  
living and the dead and his kingdom will  
have no end.

I believe in the Holy Spirit, the Lord, the  
giver of life, who proceeds from the Father  
and the Son, who with the Father and the  
Son is adored and glorified, who has spoken  
through the prophets.

I believe in one, holy, catholic and apostolic  
Church. I confess one Baptism for the  
forgiveness of sins and I look forward to the  
resurrection of the dead and the life of the  
world to come.

Amen.

## Communion Antiphon

Let them thank the Lord for his mercy,  
His wonders for the children of men  
For he satisfies the thirsty soul,  
And the hungry he fills with good  
things.