Calm The Soul

The Poor Clare Sisters in Galway have produced a very effective version of “Calm the Soul”. This can be seen on YouTube with appealing local visuals, it is also available on CD.

Here are the words of the Prayer.

When my boat, Lord, is a storm-tossed and sinking; when fears in my heart take control, say ‘Be not afraid’ to my spirit and Your answer will calm the soul. When I flounder around in deep waters; when the stresses of life take their toll, a sudden deep hush steals upon me. Your gentleness calms the soul.

When my life seems too full of confusion and I have lost sight of the goal, as I stumble about in the darkness may Your gentle light calm the soul. I often live life on the surface; sometimes I’m playing a role. Help me cherish my own inner beauty. May Your tender love calm the soul.

When sinfulness tugs like an anchor; when guilt has me caught in a hole, I turn to You Lord for forgiveness, and Your mercy calms the soul. When I struggle with sickness and sorrow and eagerly long to be whole, I call on Your name to bring healing and the touch of Your hand calms the soul.

Read more about “Calming the Soul” on the Poor Clare Nuns Galway website: http://www.poorclares.ie/
**Cathedral**

**Remembered in Masses this Week:**

6.30pm: Sr. Stephanie Conway, Convent of Mercy.
Thomas Hayes, Askaton, Co. Limerick.
James Sheedy, Greendale, Cloonroad.
Tony McEnery, Dalycassian Park. 1st Anniv.
Frances Ball, Connolly Villas.
Mary (Bodie) & Bill Hanley, Parrell St.
John & Bridget McCormack, Killenora.
Ena Whelan, Fountain Cross.

Sun 19th: 9.30am: Mass for the People.
11.30am: Robin Lacey, College Green. MM.
Michael George Culliney, Cloughleigh Rd. 1st Anniv.
Margaret Coffey (nee Browne), Hermitage. 1st Anniv.
John O’Donoghue, Military Barracks, Kilrush Rd.
Delia & James Armstrong, Cahercalla.
Thomas Talty, Kilnamona & Tumpike.
Geraldine Kenny, Cragmoher, Corofin.
Cullinan & Browne Families, Ennis.

Mon: 7.40am: Bridie Fitzpatrick.
11am: Alfie McDonagh, Station View.
7.30pm: Patrick Cosgrove, Clare Rd.
Joe Coffey, Circular Road.

Tues:7.40am Book of Intentions.
11am: Tom & Nor Harnett, Tralee, Co. Kerry.
Kathleen Sorce, Cappamore, Barefield.
7.30pm: James Cox, Dalycassian Ave.
Michael & Helen Coffey, late Hermitage.

Wed:7.40am: Special Intention.
11am: Special Intention.
7.30pm: Special Intention.
Thurs:7.40am: Special Intention.
11am: Donor Intentions.
7.30pm: Agnes Fox, Cornmarket St.
Fri:7.40pm Mass for the People.
11am: Clearly Family, Kilchreest, Ballynacally.
7.30pm: Holy Souls.
Sat:11am: Anna May & Donal Maher, Clonaslee, Laois.
Wm (Birdie) Crowley, Brick Ldg. Old Military Barracks.
Flan O’Reilly, Clare Rd.

6.30pm: John Costin, Gallow’s Hill. MM
Kitty Hogan Quinn 1st Anniv &
Patrick Hogan, Maryville, Aylmer’s Cross;
Michael Cabey, Kilmaley & Manchester.
Peadar O’Brien, St. Michael’s Villas.
Eileen Dinan, Cahercalla Heights.
Austin Nagle, Cahercalla Estate.

Sun: 9.30am: Dorothy Madden, Hermitage House.
Marie Hogan, Shanaway Rd.
Tony & Nora Sharkey, Cahercalla Estate.
Donor’s Intention.
Kathleen Hassett, Toonagh, Fountain.

11.30am: Willie Perkins, Gallow’s Hill.
Mary Moloney, Clarecastle & Ennis. 1st Anniv.
Frank Fitzpatrick, College Green. 1st Anniv.
Patrick Lyons, Avondale, Kilrush Rd.
Michael & Teresa McMahon, Coore.
Christina & Jimmy Crowley, London.
Paul Dilleen, Shanaway Rd.
Pat, Roger, Mollie & Andrew Carey, O’Callaghans Mills.

**Hospital & Sick Calls**

19th January, 2020
Priest on Duty:
Fr. Dariusz
Duty Phone: 065 6869098

**Bingo Great prizes; Jackpot: €1,500; In Community Centre Sunday from 8pm.**

**Newly Baptised**

We welcome into the Christian Community through the Sacrament of Baptism:
Olivia Elena Jane Williams;
Eoghan Patrick John Finucane;

**Diocesan Needs Collection**
The second collection at all Masses in the Parish next weekend is the annual appeal of Bishop Fintan for your financial support for the running of the Diocese and the Church at National Level. Your generosity to this appeal is very much appreciated. Contributions to this appeal help the Diocese provide Pastoral Care in: Adult Religious Education; Marriage Support; Religious Education; Safeguarding and other Diocesan Ministries.

**Lourdes 2020**
The 64th Diocesan pilgrimage to Lourdes will take place from Friday 26th June to Wednesday 1st July; €725 full board with €20 discount for online booking to: joewalshtrips.ie

**Lost:** Engagement ring, huge sentimental value. Lost between St. Flannan’s College and Ennis. Please call 086 1693769.

**St. Joseph’s**

Mass intentions for scheduled Masses in St. Joseph’s Church should be booked through the Parish Office. For all other events call Fr John 0656822166.

**Cathedral Renovation & Painting Appeal**

In the past week Fr. Tom wishes to acknowledge the following donation of: €100, €50. We thank the many people who have made once off contributions to this appeal. All contributions for this work are very much appreciated.

**Rest in Peace**

Sr. de Montfort Bray, St. Xavier’s Convent, Bóthar na Trocaire; Thomas Flynn, Headford, Co. Galway, father of Gerry Flynn, Drumcaranmore; Daphne Egan (nee Hickey), Ennis & Wales; T.J. Waters, Showgrounds; Michael Moloney, Marian Ave. Maura Noone, Galway, sister of Fr. Cletus O.F.M. Ennis Friary; Dominic (Donny) Martin, Morrissey Ave & formerly Largan, Carrickaboy, Co. Cavan; Mary Barry, Mountain View; Martha Kennedy, Clarecastle & formerly Parrell St., Ennis; John O’Gorman, Tournafulla, Co. Limerick brother of Chrissie Daly, Lillford Road;

Those we love don’t go away, they walk beside us every day.
Unseen, unheard, but always near;
still loved, still missed and very dear.

**Cloughleigh Drama Group** are back with their new play, a presentation of Tommy Marren’s play: “Nobody's Talking To Me.” A great night of fun and entertainment promised. Show Nights are: January 24th, 25th, 31st and February 1st. Tickets on sale from Committee Members and O’Brien’s Gala Stores in Cloughleigh. Cost: €10.

**Roster for Cathedral:**
Sunday 26th January, 2020

Readers: Group 6
Eucharistic Ministers Weekday: Group 1
Eucharistic Ministers Sunday: Group 1
Primary School Enrolment for the School Year 2020 – 2021. Ennis Parish Schools' Agreed Application System. Parents/Guardians wishing to enrol their children into Junior Infants (2nd Class in the Holy Family Senior School) are advised that application forms are available from each school. The closing date for Receipt of Completed Application Forms is Thursday, February 6th @ 3pm. The agreed system operates for the following Ennis Parish Schools: • Holy Family Junior School • Holy Family Senior School • Scoil Chríost Ri, • CBS Primary School • Gaelscoil Mhíchíl Closóg • Ennis National School Complete application forms to be returned to the school.

Bishop Fintan Monahan will lead a 7-night pilgrimage to Medjugorje from July 22-29, 2020 with direct flights from Dublin to Mostar-Medjugorje Airport. Mass daily with full religious programme, sightseeing and visit to local sites of interest. Air-conditioned accommodation close to St James' Church with breakfast and evening meals included. Price is €725 per person sharing. For more information please contact Marian Pilgrimages on Dublin 01.878.8159 or: info@marian.ie

Maranatha prayer Ministry invites you to our January Healing Retreat at St. Paul’s Church, Dooradoyle; 2.30pm through the Ministry of Rev. Fr. Robbie Coffey, Limerick and Sr. Rose Miriam, Dominicans; today Sunday 19th January; Mass: 5pm. All welcome.

Diocesan Priests' Retreat Please pray for the Bishop and Priests of the Diocese who will begin their annual retreat in Knock this Sunday until Thursday. Please note there will be no morning Mass in Cahercalla Hospital until Friday.

There is an opportunity to see a new play, "Flight" by the Clarecastle playwright John O Donovan in Glór; Wednesday 15th to Friday 17th January; 8pm. Starring in the play: Clare actor Conor Madden. Tickets €18 / €16 / 065 6843103 or www.glor.ie - Support Appreciated.

Ennis Mental Health Association presents The Sonas Singers, Sing, Connect, Be Uplifted and Supported at Sonas Centre, Chapel Lane, Ennis 6pm to 7.15pm Tuesdays from 14th January. Donation €2 - €5. Open to all regardless of experience. Contact Maria for more info 087 3269234

Realta Draiocht school at the Ennis National School enrolling for September 2020 and 2021. Contact Kathryn on 0879232833 or Martina on 0867363286 for information.

Scoil Chríost Ri, Cloughleigh, are running Cash for Clobber again this year. All unwanted clothes, shoes, belts, bags etc can be dropped to the school during school hours until the end of January. All donations are greatly appreciated to raise funds for the school.

Clare Type 2 Diabetes Group: Tuesday 21st January at 8pm in The Temple Gate Hotel. Newcomers always welcome! Info: Grainne at 087 654 8320 or email.ClareSupport@diabetes.ie

Holy Family School Hall and Stage available for evening and weekend rental. Reasonable rates. Please contact (065)6828893 or antoinette.loftus@ffhs.ie

St. Flannan's Parents' Association Meeting Monday January 20th at 8pm. All parents/guardians welcome on the night.

Free Mindfulness Meditation. Learn to relax and make time for yourself. Begin the journey to a more peaceful life. Thurs10.30am-11.15am at Clare Women’s Network building, Clonroad Business Pk. Contact 087 –9540139

Do This in Memory - First Communion Programme The Readings: The Minister of the Word goes to the ambo to read. The first reading is usually from the oldest part of the Bible called the Old Testament. In the Easter Season the first reading comes from the New Testament. The stories that we hear during the first reading are the same stories that Jesus would have heard when he was a child. Some of the stories from the Old Testament are thousands of years old. They remind us of how long people have been listening to God's word. They also tell us how much God loves us. Even though the stories are very old, they still have an important message for us today. The Psalms: The psalms are different from the other readings from the Bible. They were written as poems or songs. There are 150 psalms altogether. Sometimes the psalm is sung. Between each verse there is a response which we are all invited to say. The psalm allows us to reflect on the reading that we have just heard.

Second Reading: This reading always comes from the part of the Bible called the New Testament. The reading is taken from the books that are found directly after the Gospels of Matthew, Mark, Luke and John.

Our Response to the Readings: At the end of each of the readings the Minister of the Word finishes by saying, 'The Word of the Lord' and we all respond with the words, 'Thanks be to God. This is our way of saying thank you to God for these stories which help us to grow together as members of God's family.

Excerpt from 'Learning About the Mass with Kath and Quemen'
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. Show us, O Lord, your mercy.
C. For we have sinned against you.

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.

A reading from the prophet Isaiah
Is 49:3-5-6

The Lord said to me, ‘You are my servant, Israel, in whom I shall be glorified’; I was honoured in the eyes of the Lord, my God was my strength. And now the Lord has spoken, he who formed me in the womb to be his servant, to bring Jacob back to him, to gather Israel to him:

‘It is not enough for you to be my servant, to restore the tribes of Jacob and bring back the survivors of Israel; I will make you the light of the nations so that my salvation may reach to the ends of the earth’.

The word of the Lord

RESPONSORIAL PSALM
Response:
Here I am, Lord! I come to do your will.

I waited, I waited for the Lord and he stooped down to me; he heard my cry. He put a new song into my mouth praise of our God. 

You do not ask for sacrifice and offerings, but an open ear. You do not ask for holocaust and victim. Instead, here am I.

In the scroll of the book it stands written that I should do your will. My God, I delight in your law in the depth of my heart. Your justice I have proclaimed in the great assembly. My lips I have not sealed; you know it, O Lord.

A reading from the first letter of St. Paul to the Corinthians.
1 Cor 1:1-3

I, Paul, appointed by God to be an apostle, together with brother Sosthenes, send greetings to the church of God in Corinth, to the holy people of Jesus Christ, who are called to take their place among all the saints everywhere who pray to our Lord Jesus Christ; for he is their Lord no less than ours. May God our Father and the Lord Jesus Christ send you grace and peace.

The word 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 suffered 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.

The Gospel of the Lord

COMMUNION ANTIPHON
Your have prepared a table before me, and how precious is the chalice that quenches my thirst.

The word of the Lord