

PORTLAOISE
PARISH
link
up
24th May 2020

The Ascension of the Lord

Also World
Communications Day

The Global Pandemic Covid-19 makes us aware that we are all part of a connected and small World. It has also made us more aware that we are part of a Global Church and through our modern means of communication - our Parish Radio, the World Wide Web and Facebook Live and ShalomWorld TV, from our Parish Church we are in touch with 1000's in our own Parish and Country and throughout the World.

See 'Whose looking at us?' on page 5.



The Parish Centre 057 8621142

E-mail: info@portlaoiseparish.ie

Parish and Diocesan Websites: www.portlaoiseparish.ie www.kandle.ie

Follow Us  @PortlaoiseParis
& Like Us  fb.com/portlaoiseparishlaois
fb.com/portlaoiselinkup

Cemetery Masses in St. Peter & Paul's
Portlaoise and Ratheniska are postponed
until restrictions are lifted.



Parish Shop

Now Open

Monday—Friday

9am—1pm

ON LINE DONATIONS

Thank you

There has been a very generous response to our on-line donation facility. We are very grateful for your support at this time.

If you wish to contribute in this way you may do so by visiting our website www.portlaoiseparish.ie and follow the directions to donate. It is a fully secure payment system. We fully appreciate how difficult a time financially this is for so many whose jobs and businesses are effectively locked down.

We are grateful for the support we receive.

Thank You.

Priests of the Parish



Msgr. John Byrne P.P.V.G.
Tel: 057 8621142



Fr. Ciprian Matei C.C.
Tel: 057 8509998



Fr. David Vard C.C.
Tel: 057 8661139



Fr. Eddie Lalor C.C.
Tel: 057 8661605



Fr. Tom O'Connor P.E.
(Parish Chaplain)

To contact the Priest on Duty:
Parish Centre during office hours
Tel: 057 8621142
Outside office hours
in emergency only
Tel: 057 8621364

Safeguarding

All safeguarding statements and policies can
viewed on our website and our Church
Porches.

Diocesan Designated Liaison Person
Mick Daly dlp@kandle.ie

Parish Centre



Office Hours Monday to Friday 9am-5pm
Phone: 057-8621142 / 057-8660722

E-mail: info@portlaoiseparish.ie

Twitter: @portlaoiseparis

MANAGER Declan Kelly

Parish Secretaries Michelle Bartley
Agnieszka Kaczmarek

Accounts Michelle Conroy

Sacristans Parish Church

Sr. Sybil and Sr. Julie

(Sacristy phone attended prior to Mass times)

All Masses and services from the Parish Church
are live streamed www.portlaoiseparish.ie



Secretary: Julie Conroy

Monday to Thursday

11am to 1pm & 2.15pm to 5pm

057-8692154

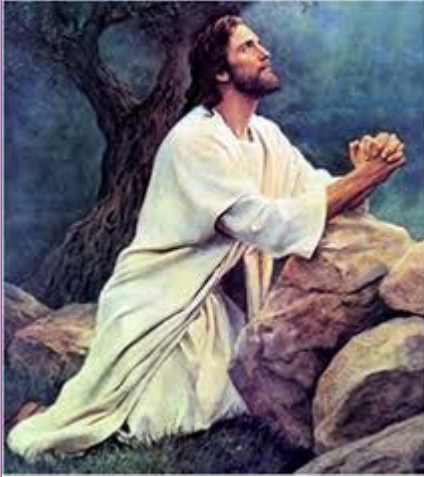
Advertising deadline: 12 noon Wednesday

Subject to availability of space

E-mail: linkup@portlaoiseparish.ie

PARISH SHOP

057 8621142



Eternal Life is This...

'Eternal Life is this: to know you, the only true God, and Jesus Christ whom you have sent....'

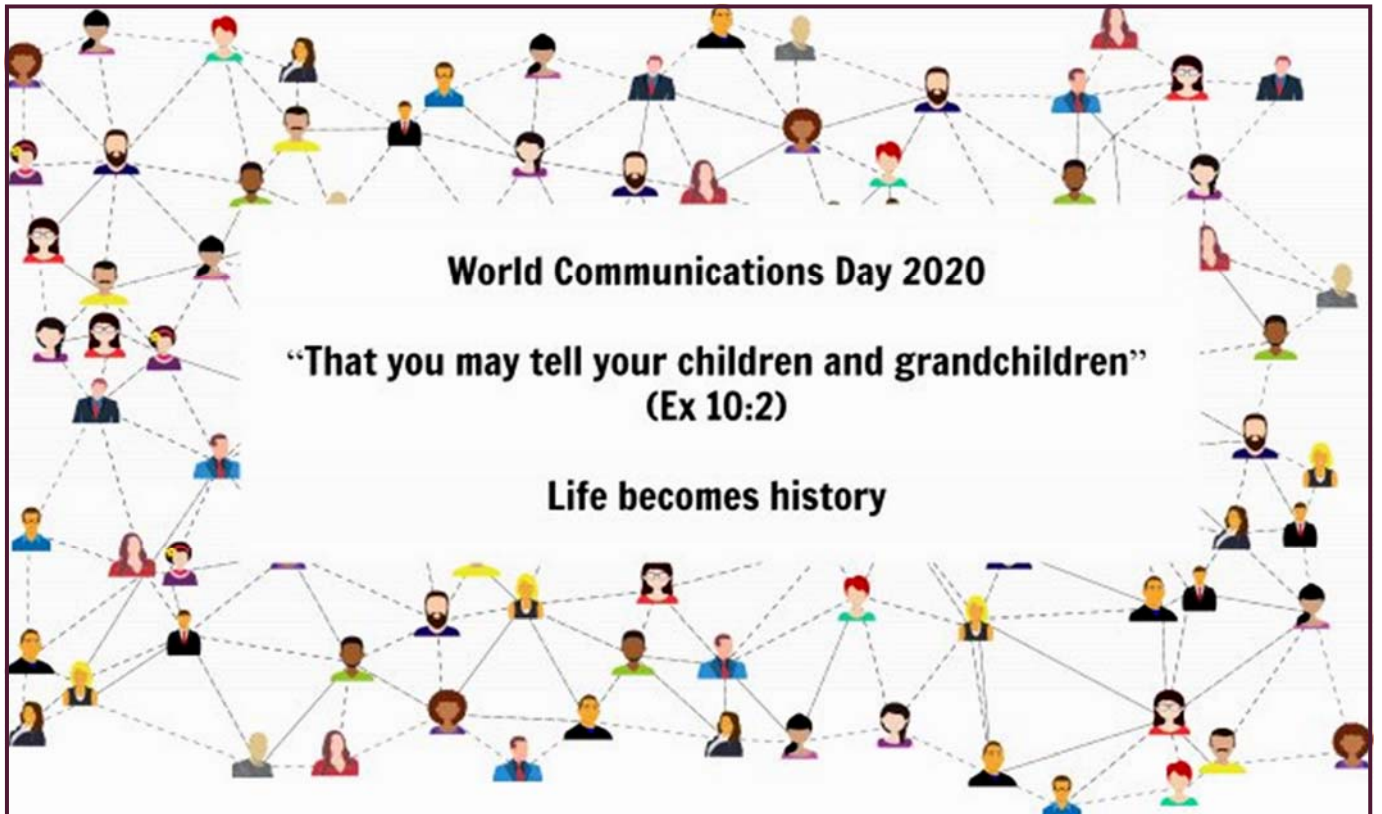
Today we are privy to Jesus' prayer made on our behalf at the close of his ministry on earth. In this prayer, we are reminded that Jesus had finished the work that he had come to do. Jesus had made God's name known, so that all could share in eternal life. However, for this to happen, we have to carry the baton and keep Jesus' teaching alive

in a world bursting with conflicting values.

On this Sunday we celebrate World Communication Day, and it feels a timely opportunity to consider the task we have been set. The first disciples continued Jesus' mission without planes, trains, without a postal service, without TV or radio and without the internet. Yet thanks to these early disciples we are all very familiar with the promise of eternal life, even though these words were spoken over two thousand years ago.

Today we are set a very particular challenge. Because of the Coronavirus pandemic we are asked to bring Christ's teachings to others, without leaving our homes. We are tasked with keeping Jesus' teaching alive by the use of social media, websites, radio, TV and by platforms such as Zoom and Microsoft Teams. Suddenly we are all becoming experts on platforms from which we can host Bible groups, prayer meetings, live streamed Mass and even virtual 'coffee mornings', (albeit you need to provide your own coffee and biscuit.) We can publish our own books on KDP, produce our own films on Youtube, mount our own campaigns digitally using websites and online petitions. The opportunities for evangelising in our twenty first century are boundless and exciting.

In the 'old normal' we might have protested that we were all far too busy to take on the important task of evangelisation. However, with the 'new normal', and with most of us still stuck at home, the time is ripe for Christians everywhere to reach out with fresh imagination and the determination of Jesus' very first disciples.



World Communications Day 2020

World Communications Day 2020 falls on 24th May as much of the world remains in lockdown as we attempt to recover from the Coronavirus COVID-19 pandemic. The way we communicate in situations of self-isolation and separation has shifted from hand shaking, hugging and close contact to encounters through phone, tablet and computer screens. The virtual has replaced the physical.

This year's theme seems to fit perfectly with our virtual world. In his World Day message, Pope Francis asks us to consider how 'story' can become part of our fabric.

Jesus, who is "the quintessential storyteller -- the Word," he said in the message, spoke of God "not with abstract concepts, but with parables, brief stories taken from everyday life" so that "the story becomes part of the life of those who listen to it, and it changes them."

"God has become personally woven into our humanity, and so has given us a new way of weaving our stories."

Whose looking at us?

These statistics are from our Webcam only, there are also literally 1000's joining with us via ShalomWorldTV and Facebook live. We are receiving emails and letters of compliment and prayer requests from many parts of the Globe. Our music ministry in particular is greatly appreciated by many, enriching our celebrations. We are glad in these difficult days to be helping many to remain connected with Mass and prayer through our services.

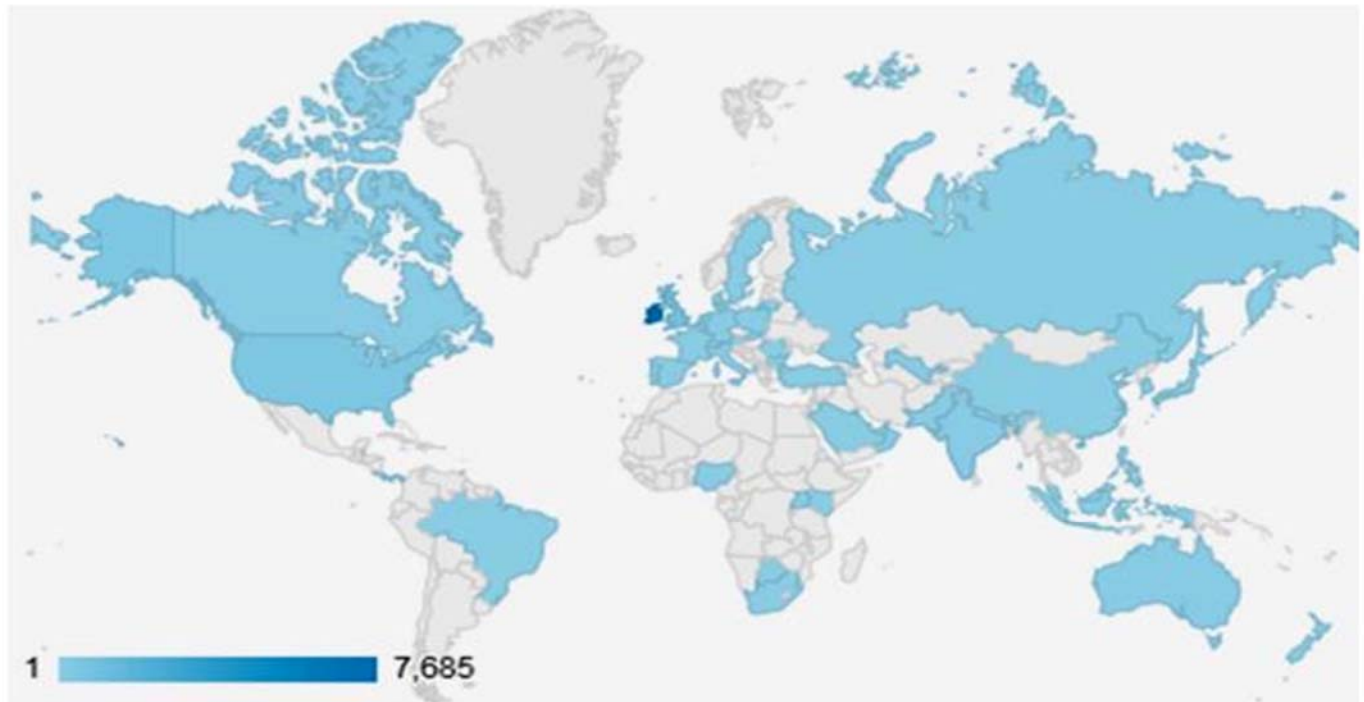


Webcam May 1st - 19th May

Total Webcam Views: 44,126 (Daily Breakdown below)

1 st May	1550	9 th May	2298	17 th May	2760
2 nd May	6090	10 th May	3402	18 th May	1485
3 rd May	3229	11 th May	1502	19 th May	1269
4 th May	2742	12 th May	1724		
5 th May	1833	13 th May	1448		
6 th May	1747	14 th May	1410		
7 th May	3601	15 th May	1309		
8 th May	3192	16 th May	1535		

Webcam views from over 55 countries (Map of countries below)



1. Ireland	11. South Africa
2. United Kingdom	12. United Arab Emirates
3. United States	13. Philippines
4. Canada	14. Germany
5. India	15. Switzerland
6. Australia	16. Spain
7. Malaysia	17. Singapore
8. Poland	18. China
9. New Zealand	19. Brazil
10. Romania	20. France

Other countries on the list include: Costa Rica, Oman, Japan, Nigeria, Pakistan, Qatar, Kenya, Nepal, Russia, Botswana, Indonesia, Hong Kong, Belize, Uzbekistan, Trinidad and Tobago.

Pope Francis writes new prayers, asks Catholics to pray Rosary in May for end to coronavirus pandemic.

Pope Francis asked Catholics to make a special effort in May to pray the rosary, knowing that by doing so they will be united with believers around the world asking for Mary's intercession in stopping the coronavirus pandemic.



"Contemplating the face of Christ with the heart of Mary, our mother, will make us even more united as a spiritual family and will help us overcome this time of trial," the pope said in a letter addressed to all Catholics and released by the Vatican April 25.

The month of May is traditionally devoted to Mary and many Catholics already are in the habit of praying the rosary at home during the month, he noted. "The restrictions of the pandemic have made us come to appreciate all the more this 'family' aspect, also from a spiritual point of view."

"You can decide according to your own situations" whether to pray individually or in groups, he said, noting that "it is easy also on the internet to find good models of prayers to follow." Pope Francis wrote two prayers to Mary that can be recited at the end of the rosary, prayers he said he would be reciting "in spiritual union with all of you."

Both prayers acknowledge Mary's closeness to her son's followers and ask for her protection and for her intercession just as she interceded with Jesus on behalf of the newlyweds at Cana who had run out of wine for their wedding feast.

"We know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial," one of the prayers read.

"Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future," one of the prayers said.

"Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need," it continued. "Make us strong in faith, persevering in service, constant in prayer."

Here are the texts of two prayers, written by Pope Francis, for the end of the COVID-19 pandemic. He is asking people to recite the rosary and pray these prayers afterward.

"We fly to your protection, O Holy Mother of God."

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes toward us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary.

Amen.

O Mary,

You shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you,

Health of the Sick, who, at the foot of the cross, were united with Jesus' suffering, and persevered in your faith.

"Protectress of the Roman people," you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial.

Help us, Mother of Divine Love, to conform ourselves

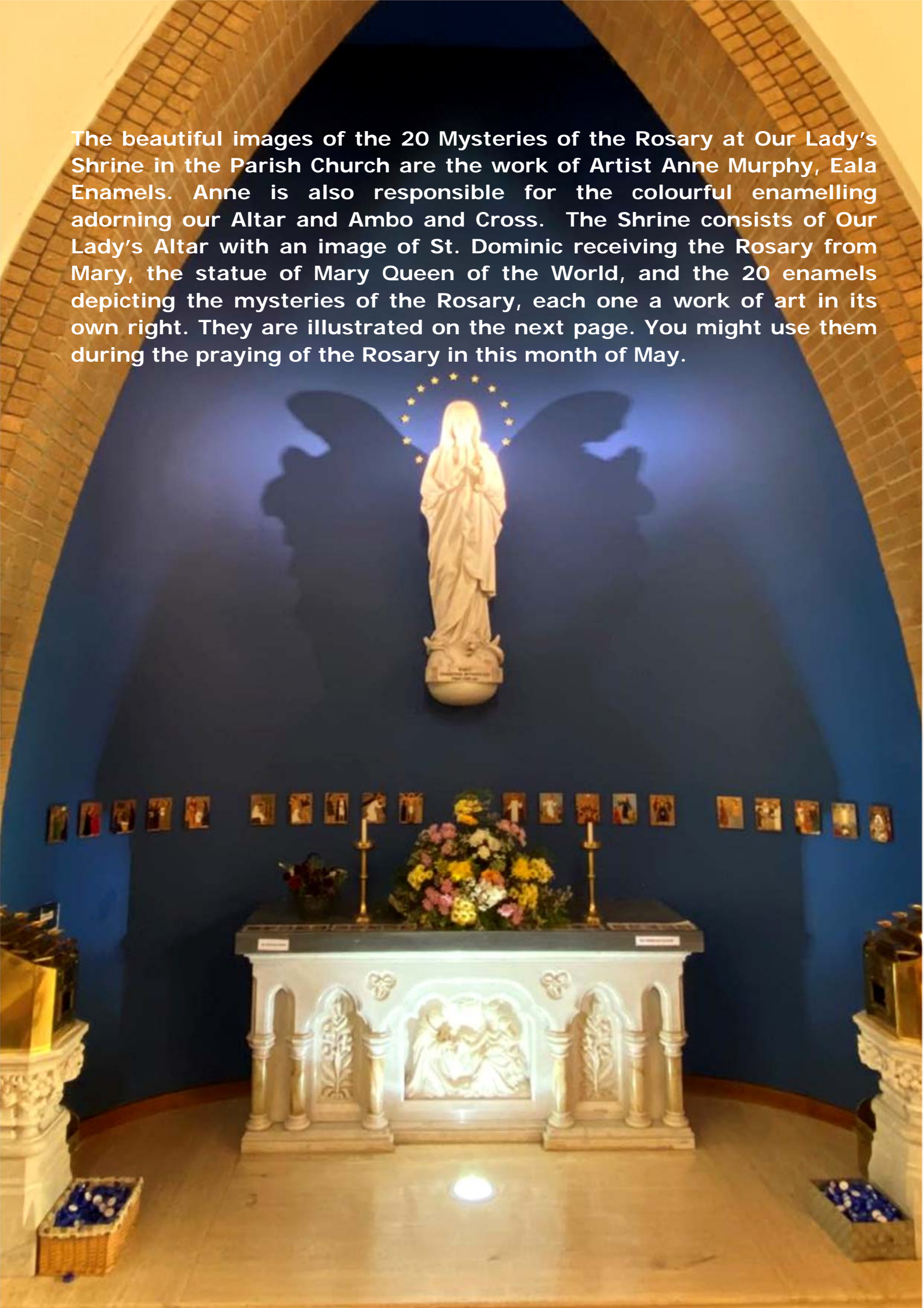
to the will of the Father and to do what Jesus tells us.

For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection.

Amen.



The beautiful images of the 20 Mysteries of the Rosary at Our Lady's Shrine in the Parish Church are the work of Artist Anne Murphy, Eala Enamels. Anne is also responsible for the colourful enamelling adorning our Altar and Ambo and Cross. The Shrine consists of Our Lady's Altar with an image of St. Dominic receiving the Rosary from Mary, the statue of Mary Queen of the World, and the 20 enamels depicting the mysteries of the Rosary, each one a work of art in its own right. They are illustrated on the next page. You might use them during the praying of the Rosary in this month of May.



The Joyful Mysteries



The Annunciation



The Visitation



The Birth of Our Lord



The Presentation in the Temple



The finding in the Temple

The Mysteries of Light



The Baptism in the Jordan



The Wedding feast of Cana



The Proclamation of the Kingdom



The Transfiguration



The Institution of the Eucharist

The Sorrowful Mysteries



The Agony in the Garden



The Scourging at the Pillar



The Crowning with thorns

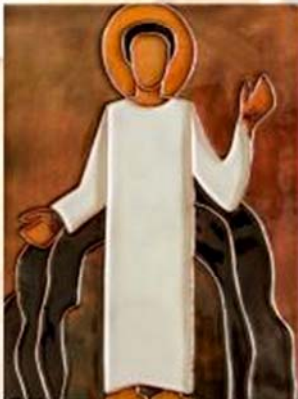


The carrying of the Cross



The Crucifixion

The Glorious Mysteries



The Resurrection



The Ascension



The Descent of the Holy Spirit



The Assumption

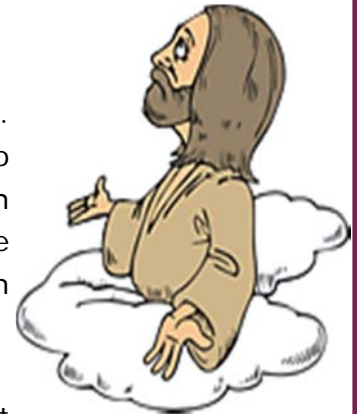


The Coronation



Up, Up and Away

I love balloons. There are so many things you can do with balloons. Some people can make balloons into various shapes. That is fun to watch! There are also a lot of different games you can play with balloons. You can tie them around your ankle and play "Stomp the Balloon" or you can fill them with water and have a water balloon fight.



One of the most enjoyable things one can do with a balloon is to fill it with helium. I am sure you know that when filled with helium, a balloon floats in the air. If you don't want it to get away from you, it is a good idea to hold on tight or tie it around your wrist. But it is also quite enjoyable when it does float away from you. It is fun to stand and watch as the balloon floats higher and higher into the heavens until it totally disappears. The only way to experience that is to be willing to let it go.

When Jesus was ready to return to heaven, he took his disciples aside to make sure that they understood everything that had happened to him. He explained why it was important for him to be crucified and to be raised from the dead to fulfill what the Scriptures had said about him. He also told them that he was going to return to his Father in heaven, and that the Holy Spirit would come to be with them.

At first, the disciples were sad that Jesus would be leaving them, but then the Bible tells us that Jesus opened their minds so they would understand. Then, an amazing thing happened. The Bible tells us that Jesus lifted his hands and blessed his disciples. While he was blessing them, he left them and was taken up into heaven.

In my imagination I can see the disciples standing and watching as Jesus ascended higher and higher until he disappeared from view. Were the disciples sad? No way! The Bible tells us that when Jesus had ascended into heaven, the disciples worshiped him and returned to Jerusalem with great joy. There they stayed continually in the temple, praising God.



Dear Father,

we thank you for sending Jesus, your only Son, to die for our sin.

We know that he has risen from the dead and has returned to heaven. Bless us today as we worship him with great joy! Amen.

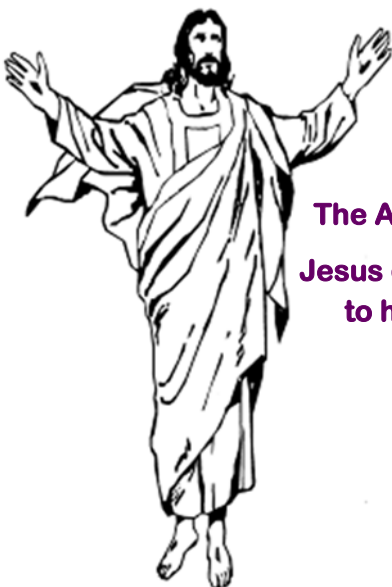
The Ascension of Jesus

While he was blessing them, he left them and was taken up to heaven

B T Q O M D Q S U F F E R U F
F N C Q W O P S A L M S T S A
G X N Q O F S M Z Z H N U C O
B B Y C R O T E C M E T N R J
R A P R S R S P S P F E C I A
N I G Y H G U P E G K D L P S
Z F S F I I M R N A N W D T P
B J Z E P V F S T A Y E E U O
X L K R E E G J T Q L H J R H
E T E U D N X S Y L P D U E T
E S X S E K R K I O E A M M P
J S X V S E W F R N D X I C H
A X A B D I L P E U V V N O R
D E C N K U N P L F J S D Q S
H R U I F H O G G V Y K S L C

RISE
REPENT
PROPHETS
TAKEN
SUFFER
PSALMS
OPENED
FORGIVE
HEAVEN
SCRIPTURE
FULFILLED

Today's feast is the Ascension of Jesus into heaven, 40 days after his death and resurrection.



The Ascension
Jesus goes back
to heaven.

In the Gospel

Jesus blesses his friends and goes back to Heaven as he has done everything his Father wanted him to do. He promises his friends he will send the Holy Spirit.

**OUR PRAYERS ARE ASKED FOR
THOSE WHO DIED RECENTLY**

**Richard Callaghan
Brittas, Co. Dublin**

**Jimmie Heffernan
Derrygarron**

MAY THEY REST IN PEACE

Our sympathy to their families

**In Loving Memory of
EAMONN KEALEY**

Capoley, Portlaoise.

*Month's Mind Mass will be celebrated on Sunday 24th May
at 10am in St. Peter and Paul's Church.*



*How well we do remember!
Sharing the good times and the bad.
As we were raised side by side.
You loved to touch and tease us
that's why we were very sad,
that we could not touch, comfort and
hold your hand as you passed away.*

*We will always remember you as a kind, gentle man
with a good sense of humour who loved to chat
and whom we liked being with.*

*Although you are no longer here with us,
you will always remain in our thoughts.*

Special Thanks to :

- Doctors and Diane with her staff at St. Vincent's Hospital Mountmellick,
- Msgr John Byrne PP, Portlaoise
- Rose Kealey for her help and support.
- all who visited Eamonn at home and at the old peoples home.
- all who sent their Condolences

A memorial mass will be held at a later date.

*Sadly missed by his Sisters: Bridget, Mary, Kathleen;
Kealey Family, Lyons Family, Aebi Family, with
Nieces and Nephews.*

May Eamonn Rest in Peace

**Your life was a blessing,
Your memory a treasure...
You are loved beyond words
And missed beyond measure.**



**In Loving Memory of
MAUREEN CLOONEY**

Green Road, Portlaoise

Who died on 22nd May 2019.

*1st Anniversary Mass will be celebrated in St. Peter & Paul's
Church on Sunday, 24th May 2020 at 10am.*



*Those special Memories of you
Will always bring a smile
If only s we could have you back,
For just a little while
Then we could sit and talk again
just like we used to do
The fact that you are no longer
here will always cause us pain
But you are forever in our hearts
until we meet again.*

*We wish to express our deepest gratitude to all those who
sympathised with us on our sad loss and to all who sent Mass
Cards, messages of condolences, travelled distances, sent
floral tributes, called to the funeral home and attended the
funeral.*

*Lovingly remembered and dearly missed on this day by her
son William, daughters Carmel, Pauline & Valerie, her
grandchildren, great grandchildren, her brother Vincent,
daughter in law Mary, sons in law Richard, Dave, Noel and
extended family.*

May Maureen Rest in Peace

**In Loving Memory of
CELIA DOWNES**

Melpot Close, Mountmellick Road, Portlaoise.

*1st Anniversary Mass will be celebrated in St. Peter &
Paul's Parish Church next Saturday 30th May at 10am.*



*Memories are like leaves of gold,
They never tarnish or grow old,
No more tomorrows for us to share,
But yesterdays memories
will always be there.*

Sadly missed by her husband David and family.

May Celia Rest in Peace

**In Loving Memory of
JEREMY "PAPONG" GONZALEZ**

Dumaguete City, Philippines,

who passed away on 22nd April 2020



*Your smile has gone forever,
your hand we cannot touch.
We have so many memories
of you, we loved so much...*

*Sorely missed by his loving Wife Carly, daughter
Annika and all his grieving family .*

May Jeremy Rest in Peace



TIME TO THINK!

Ascension a time to Hope



This Sunday we celebrate together the Solemnity of the Ascension of the Lord, celebrating the moment when forty days after His Resurrection, our Lord Jesus Christ ascended in glory into Heaven, to return to His Home, triumphant and victorious in the sight of all of His disciples who witnessed the events

and testified about it on their missions and passed down the truth to us through the Church.

On this day, we remember that moment when the Lord was no longer physically present among His disciples and followers, when they can no longer directly see Him or touch Him as they had been able to during their approximately three years of following Him throughout His works and ministries. But this did not mean that the Lord abandoned or left His disciples, or ignored them and did not care about them any more. On the contrary, the Lord Himself specifically mentioned that He went to prepare the places for His faithful ones, and that He would also send a great Helper to assist all of us, the Holy Spirit, whose birth at Pentecost, we celebrate next Sunday, The Holy Spirit is the source of strength and hope for all the faithful, the font of wisdom and truth for them during their works and ministries. And the Lord would fulfil this promise as in ten days after His Ascension, the Holy Spirit came down on the Apostles as they prayed in a room, an event known as the Pentecost, and which also marked the birth of the Church.

All of these are reminders for each and every one of us that God will always be with us no matter what, and He will always provide for us and care for us at all times. God is always ever faithful to the Covenant He has established with us and we must also not forget that while we can see Him no more than the Apostles no longer could see Him after He ascended, but in truth, He is always close to us because of the most precious gifts He has given to each and every one of us.

This is because we truly believe that each and every celebrations of the Holy Sacrifice of the Mass are the very same sacrifice that Our Lord Himself had offered at Calvary, when He willingly bore the burden of the Cross and gave Himself to be the sacrificial Victim for the sake of our salvation and to free us from the destruction because of our sins and wickedness. The Lord has gone through all these for our sake because He truly loves each and every one of us, without exceptions.

As we celebrate the Ascension of our Lord, let us all therefore look up to the Lord and remember His love for us, and this Easter has indeed been a great time for us to recall the hope that we find through our Lord's triumphant victory against evil and sin, His sacrifice to liberate us from our sins and from the chains of our bondage to these sins and wickedness. The Ascension is a reminder that if we are all faithful to the Lord, as He Himself had mentioned to His disciples, He will prepare for us all the place in the eternal glory and joy with Him.

On this day, we ought to remind ourselves that God has always been faithful and loving, ever fulfilling the part of His Covenant and His promises to us. Therefore we need to have faith in Him that no matter how challenging and difficult our lives' situation may be like on earth, we must have hope and trust in God that everything will be fine in the end. And we all know how challenging and difficult life must have been for many of us in the past few weeks and months, all the fears and uncertainties we are facing at home and at workplace.

Many among us are enduring plenty of challenges and sufferings, some being sick from the pandemic, while others are economically affected because of the immense disruption this pandemic and other issues happening all around us had caused so far. Many have lost hope and even their loved ones, family members and friends in the past few weeks and months. It is understandable why many people are now despairing and suffering because of all these.

As Christians, it is our duty indeed to be the bearers of God's hope, radiators of light, that we may truly proclaim His truth to everyone, that despite dreadful challenges facing so many vulnerable people throughout the world at this time. Christ by His triumph over evil and death, and by His glorious Ascension into heaven has shown us the path forward, a path of light and hope, free from darkness and despair.

Let us all bear this same hope, and the same light of Christ in our own lives, by sharing them through our words, actions and deeds. Let our words bring hope and encouragement, not hatred, division and scorn. Let our actions bring healing and strength to the downtrodden, and not selfishness and haughtiness, and let our deeds bring others to come to know God, our loving Creator, showing His love, care and compassion for each and every one of us, by showing that same love to all who we encounter.

May Our Lord Jesus Christ, our Risen Lord and Saviour, Ascended in glory to His heavenly Throne and reigning over all, give us the strength and courage to live our lives according to His ways, and may He empower us all to be true Christians in all words and deeds, at all times and circumstances, that we may remain hopeful and true to our faith and look forward to the time of our own glorification at the end of time, sharing in the glory of His Ascension. May God bless us all and our good works and endeavours, now and always.

Spirit of God, loving and free, Spirit of God flow through me.

Fr. Paddy invites you to follow him on Twitter @frpaddybyrne, now over 17,000 followers or @AbbeyleixP or check out Paddy Byrne on Facebook.

The Diocese of Kildare and Leighlin invites you to a Triduum of Prayer that is taking place across the Diocese.



Households across the diocese are invited to dress their front doors with red ribbons for Pentecost Sunday. An image of a dove can be downloaded and added to the ribbons also. If you have a windchime in your garden you may like to add it to the decoration or place it near your door. Once more, people are invited to send their photos on Pentecost Sunday into the Kandle Facebook page.

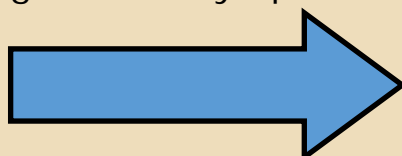
Beginning on Wednesday 27th May, these three nights of prayer will lead us through what it means to live the true meaning of Pentecost during the time that we find ourselves in.

Entitled Faith, Hope and Love: Living Pentecost Today, each night will take on one of these acts and through the mediums of song, word and prayer we will explore them in the context of the coming of the Holy Spirit and the current pandemic.

The Triduum of prayer leads us to join with Bishop Denis on 30th May as he celebrates the Vigil Mass of Pentecost in Carlow Cathedral and celebrate the birth of the Church and the coming of the Holy Spirit.



For more information see our poster on this.



KANDLE
KILDARE AND LEIGHLIN DIOCESE



**FAITH, HOPE AND LOVE
LIVING PENTECOST TODAY**

LIVE STREAMED AT 7.30PM

NAAS 27/05

PORTLADISE 28/05

GRAIGUECULLEN 29/05

KANDLE.IE

A TRIDUUM OF
PRAYER ACROSS THE DIOCESE OF
KILDARE AND LEIGHLIN

CONCLUDING WITH THE VIGIL MASS FOR
PENTECOST SUNDAY ON THE 30TH MAY
AT 6.15PM LIVE FROM CARLOW
CATHEDRAL

Prayer to Discover Your Vocation

Almighty God,
You have made me to know you,
To love you, and to serve you,
And thereby to find and fulfil myself.
I know that you are in all things
And that every path can lead me to you,
But, of them all, there is one path especially
By which you want me to come to you.
Since I will do what you want of me,
I pray you; send your Holy Spirit to me;
Into my mind to show me what you want of me;
Into my heart to give me the
determination to do it,
And to do it with all my love, with all my mind,
And with all my strength, right to the end.
Amen.

Coronavirus COVID-19

A PARISH INITIATIVE

DURING THIS CRISIS

**For the Elderly and
Vulnerable in our Parish**

If you need any assistance during this time, to pick up prescriptions or to do some shopping, or would like to talk to someone we have a team of volunteers ready to help. Please call

085 2125978.

BEREAVEMENT SUPPORT DURNING COVID 19

THE PORTLAOISE PARISH BEREAVEMENT SUPPORT TEAM WOULD LIKE TO OFFER OUR CONDOLENCES TO ALL FAMILIES WHO HAVE LOST A LOVED ONE ESPECIALLY DURING COVID 19 RESTRICTIONS. WE ARE CONSCIOUS THAT THIS IS A VERY DIFFICULT TIME FOR THE BEREAVED AND HAVE INCLUDED SOME INFORMATION FOR YOU TO ACCESS SHOULD YOU REQUIRE SUPPORT.

**IRISH HOSPICE FOUNDATION
SUPPORT DURNING CARONAVIRUS**
www.bereaved.ie

**HSE BEREAVEMENT SUPPORT
DURNING CARONAVIRIS** www.hse.ie

**PORTLAOISE PARISH BEREAVEMENT
SUPPORT 087 9878300**

PRAYER AT TIME OF BEREAVEMENT

Lord, you are close
to the broken hearted
Be with me now in
my grief and loneliness.
Give me courage to face loss
and not grieve in silence
Be with me as I struggle with the many
different and painful feelings.
Ease the hurt in my heart
Encircle me in your love.
Help me to believe that one day I will
no longer have this deep sorrow.
May I find comfort in sharing my grief
with those who understand
the strong bonds of love
Stay with me, Lord support me
Help me to know your power is at work
within me as I deal with my grief.