

**PORTLAOISE
PARISH**
**link
up**

29th January 2023

Fourth Sunday in Ordinary Time

St. Brigid

Feast Day 1st February

Patron of our Diocese

Pray for us

St. Brigid's Psalm

Brigid, you were a woman of peace,
You brought harmony
where there was conflict.

You brought light to the darkness.
You brought hope to the downcast.
May the mantle of your peace cover
those who are troubled and anxious,
and may peace be firmly rooted in
our hearts and in our world.

St. Brigid's Well, Kildare

The Parish Centre 057 8621142

E-mail: info@portlaoiseparish.ie

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



St. Brigid

**Wednesday
1st February
Patroness of our
Diocese**



St. Brigid is renowned for her hospitality, almsgiving and care for the sick. She was born c.454. When she was young her father wished to make a very suitable marriage for her

but she insisted in consecrating her life to God. She received the veil and spiritual formation probably from St. Mel and stayed for a period under his direction in Ardagh. Others followed her example and this led her to found a double monastery in Kildare with the assistance of Bishop Conleth. She died in 524. The St. Brigid's Cross was used by Brigid to explain the Christian faith. Along with Saints Conleth and Lazarian, Brigid is Patron of our Diocese of Kildare and Leighlin.

Mass times for the coming week

(Parish Church or otherwise stated)

Monday - Thursday: 7.30am & 10am

Friday (First Friday): 7.30am, 10am & 7.30pm

Saturday: 10am

Sunday

Vigils 5pm & 6.30pm (Saturday)

8.30am, 10am, 11.15am & 12.30pm

CHURCH OF THE ASSUMPTION, THE HEATH

Sunday: 9.30am

CHURCH OF THE HOLY CROSS, RATHENISKA

Sunday: 10am

CONFESSIONS

Saturday: After 10am Mass & after 5pm Mass.

**BLESSING OF
THROATS**

Next Friday (3rd Feb) is the Feast of St. Blaise. Blessing of Throats will take place after all Masses in the Parish Church.



**Development Fund Envelope Boxes
Available at the
Church Porches**



We invite you to take a box for your Weekly contribution to the Parish Development Fund. The boxes also contain envelopes for the other collections during the year. See also page 18.

Thank you for your continued support.

Thought for today!

Your belief determines your
action and your action

determines your results,

but first you have to believe!



This image can be seen
in our Parish Church

**The Presentation
of the Lord**

Thursday 2nd February

Simeon had waited all his life to see Jesus. The Holy Spirit had promised him that he would live long enough. Seeing Jesus satisfied Simeon's life. We are prompted to ask what would satisfy us in our lives. Are the goals we set worth a lifetime of

wanting, as Simeon's was?

Candlemas Day occurs 40 days after Christmas and marks the end of the Christmas cycle. **Blessing of Candles at all Masses in the Parish Church next Thursday.**



We welcome into our Parish Community

Hugo Michael Lawless Holohan,
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Who was baptised last weekend.



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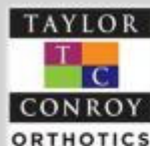
Mon: 9:30am - 6pm Thurs: 8:30am - 7:00pm

Tues: 8:30am - 5:30pm Fri: 9:30am - 5:30pm

Wed: 9:30am - 5:30pm

Thanks as always for your support

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St. Vincent de Paul No. 1 Dublin Road, Portlaoise, Co. Laois

Dear Parishioners,

St. Vincent de Paul Portlaoise would like to thank our parishioners for your extreme generosity during a very busy time over the Christmas period. Thank you to all who supported our Church gate collection weekend and thank you to everyone who supported our Collection days at Dunnes Stores. A special thank you to all who donated food, toys and treats this year and to those who donated directly to our St. Vincent de Paul shop.

Due to the cost-of-living crisis, we had a number of new families coming on board this year and a very high volume of calls to our helpline in the last few days before Christmas. We found this Christmas period particularly challenging but due to the kindness of people like you we were able to assist almost all of these families.

We would also like to thank all of the local businesses who once again showed incredible support for our charity. We would not be able to continue the work we do in the community without the very generous support we receive from you year on year. You can be assured that this donation will be used in the Portlaoise area to support families who struggle with Education, heat, electricity and food. We as a conference are committed to ensuring that any local family that may find themselves in an emergency situation will get the help they need.

Your donation will be vital in helping us succeed, and will make an incredible difference to people's lives.

Thank you

St Vincent de Paul Portlaoise Conference



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National Pool Lifeguard – €200*

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Beginning:
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9.50am – 10.45am

Venue:
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silent prayer which focuses on your breath.
When practiced daily, the effects will enable
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anxiety and depression. Donations welcome
towards the cost of the room. All welcome.

Contact Marie 087-6175951

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Portlaoise Active Retirement meet every Wednesday afternoon at 3pm in the Parish Centre for activities, friendships and fun, all are welcome. Activities for the coming week;

Monday 30th January; Bowls in St. Marys Sports hall at 3pm, new members welcome.

Tuesday 31st January; Rehearsals for Bealtaine show at 2pm in the Parish Centre.

Wednesday 1st February; Club singing with Caroline.

Thursday 2nd February; Cards in Sue Ryder and chat, tuition given.

AGM scheduled for 15th February at 3pm in Parish Centre. Membership €25 per year. Old and new members welcome.

24th April 2023; 5 Day Spring Holiday, staying at the award winning 4* Castlerosse Park Hotel Killarney.

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New Year - New Opportunity to get involved; Are you a parent or grandparent with a few hours free each week? If so, please consider offering friendly support to young parents with Parents First. There is free training and ongoing mentoring. Find out more, call Dolores or Paula at 086-1959221 or 057-9322996.

Emmanuel House, Clonfert, Galway; First Saturday Day of Prayer led by Eddie Stones and team, 4th February at 11am. First Saturday Devotions, talks, music, healing service, confessions and Holy Mass. Please bring a packed lunch. Also weekly healing services Wednesday at 11am and Thursday at 7pm.

Totus Tuus Eucharistic Conference 2023 is live on Radio Maria Ireland from 2pm on Saturday 4th February. Speakers include Fr. Columba, Mary Toman OP, Fr. Patrick Cahill O.J.S.S, Fr. Patrick Lagan (Derry Diocese), Maura Murphy (Holy Family Mission). Radio Maria Ireland can be listened to by downloading the Radio Maria Ireland APP, Saorview Channel 210 or listen live at (01) 4373277.

Anam Cara Midlands, the organisation that supports bereaved parents, is holding its monthly Parent Evening for bereaved parents on Wednesday 8th February at 7:15pm in the Mullingar Park Hotel. This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether their death was recent or not. We also offer an online service. For more info call 01-4045378.



SCOIL FIONNTÁIN NAOFA

Cash for Clobber: Scoil Fionntáin Naofa, Shanahoe are doing a 'Cash for Clobber' collection/fundraiser again this year in aid of school funds. Many thanks to everyone who contributed to last

year's collection. We are asking all families in the school, their extended families, neighbours, friends and the wider community to initiate some early Spring cleaning over the course of the next fortnight, and to fill as many bags as possible with any unwanted clothes, paired shoes i.e. with the laces tied together, blankets, duvets, bed linen, towels and curtains. We are 'paid by weight' so the more big bags with the aforementioned items in them the better! However, we are most grateful for bags of any size or weight. It all makes a great difference. The filled bags can be dropped/brought directly to the shelter at the rear of the school at any time on St. Brigid's Day Wednesday, 1st Feb., as they will be collected from there by the textile recycling company the following day. The school Eircode is R32 F899. Míle Buíochas for your support for this school fundraiser.

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St. Brigid Wednesday 1st February

Born: 453 Died: 523

Next Wednesday is the feast of St. Brigid. St. Brigid is the Patron Saint of Ireland and of our Diocese (Kildare and Leighlin). A few years after St. Patrick arrived, a little girl named Brigid was born at Faughart, County Louth. Her father was an



Irish Lord named Dubtach and her mother was a Christian slave named Brocca. As Brigid grew up, her love for Jesus grew deep. She once heard St. Patrick preach and never forgot his teaching for the rest of her life. She looked for Jesus in the poor and often brought food and clothing to them. One day she gave away a whole pail of milk and then she began to worry about what her mother would say. She prayed to the Lord to make up for what she had given away. When she got home, her pail was full again. Another day Brigid gave away her father's precious sword to a poor man so he could sell it to buy food. She was always helping the poor. Brigid's father wanted her to marry but Brigid had decided in her heart to give herself entirely to God. She did not want to marry anyone. Brigid finally got her wish and her father let her enter a convent. Brigid became a nun under Saint Mel and shortly afterwards she founded a monastery on land given to her by the King of Leinster. The land was called *Cill Dara* (Kildare) or the "the church of the oak".



Prayer to St. Brigid

You were a woman of Peace, you brought harmony
where there was conflict,

You brought light to the darkness, You brought hope to the downcast,
May the mantle of your Peace cover those who are troubled and anxious
and may Peace be firmly rooted in our hearts and in our world.

Inspire us to act justly and to reverence all God has made.

Brigid you were a voice for the wounded and the weary.

Strengthen what is weak within us.

Calm us into a quietness that heals and listens.

May we grow each day into greater wholeness in mind, body and spirit.

Amen.





St. Brigid

Making a St Brigid's Cross is a custom in Ireland. The St Brigid's Cross is made out of plants called rushes (*Juncus effusus*) for hanging above the entrances to dwellings to invoke the help of St Brigid in warding off disease. St Brigid's Day is celebrated on the 1st February each year and the crosses are made at that time. Rushes were traditionally used to make the St Brigid's Cross. These were collected from wetlands and cut into pieces, 8-12 inches long. Rushes can be hard to get for city dwellers so ordinary drinking straws are a good substitute. Use rubber bands to tie up the ends.



You Will Need

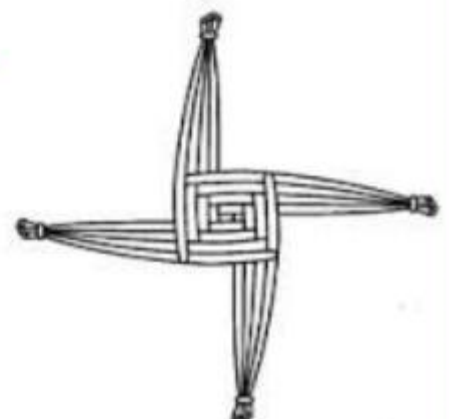
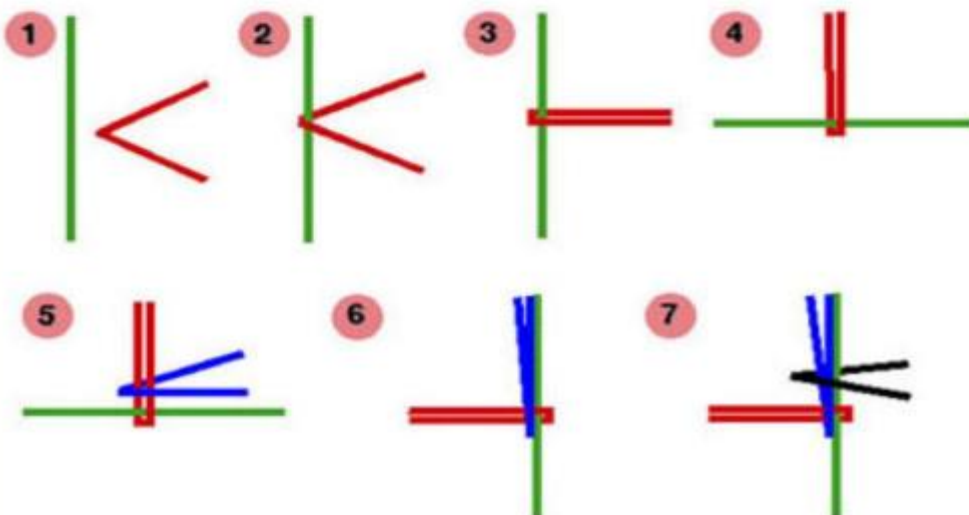
9 drinking straws & 4 small rubber bands

What to Do

1. Hold one of the straws vertically. Fold a second straw in half as in the diagram.
2. Place the first vertical straw in the centre of the folded second straw.
3. Hold the centre overlap tightly between thumb and forefinger.
4. Turn the two straws held together 90 degrees counter clockwise so that the open ends of the second straw are projecting vertically upwards.
5. Fold a third straw in half and over both parts of the second straw to lie horizontally from left to right against the first straw. Hold tight.
6. Holding the centre tightly, turn the three straws 90 degrees counter clockwise so that the open ends of the third straw are pointing upwards.
7. Fold a new straw in half over and across all the straws pointing upwards.
8. Repeat the process of rotating all the straws 90 degrees counter clockwise, adding a new folded straw each time until all nine straws have been used up to make the cross. Secure the arms of the cross with elastic bands. Trim the ends to make them all the same length.



The St. Brigid's Cross is now ready to hang





Time to Think!

St. Brigid's National Holiday

I love this time of year, a time to embrace brighter evenings and early mornings. Already there are signs of the new spring. Snowdrops, emerging from the winter soil. I'm absolutely delighted that on Monday 6th February, our country celebrates a national holiday, attributed to an iconic and important lady Saint Brigid of Kildare. Children in primary schools, learn the hopeful melody, Saint Brigid brings the spring. I pray that this new season of hope, when green things re-emerge, will be a time of rejuvenation for us all.

We are about to begin a new season of promised hope and light. February is a most hopeful month. This week we celebrate St. Brigid's Day, a day which brings great hope. St. Brigid brings with her a story of compassion, generosity, healing and renewal. These early February days mark the beginning of spring. Yes, it may still feel cold but already brighter evenings, emerging green shoots and snowdrops, announce a time for new beginnings. I'm glad the darkness of winter once again is being transformed by the light of our new spring. Spring is a season of hope and renewal. We are in the true sense of Scripture called out of darkness into God's wonderful light.

Over the past few weeks I have celebrated a number of funerals. What struck me most about these celebrations was the power of the positive, unique and talented spirit that is contained within us all. Lives that greatly enhanced not just their immediate families, but also the wider community. People who were sincere, genuine and energetic in sharing life freely with others. I was greatly inspired also by the wonderful sense of community expressed by the kindness and compassion of good neighbours and friends. We must never take for granted the wonderful gift that is community. We are very fortunate to live with people who care for one another, who support, encourage and facilitate many good things to happen every day.

The truth of the matter is that all of us carry with us a sense of winter and spring. Winter is often felt in the pain, anxiety and burden that is part of our human story. So too, it is experienced in our falls and struggles, our losses and human frailty. However, this fragile truth does not truly define who we are. All of us have a beautiful spring, constantly being renewed in all our hearts. The spring tells the story of our resilience, courage, determination and imagination. The spring in our story is about being able to begin again. Spring-time embraces the possible.



This is a time when for many people real questions are being asked regarding, where as a nation do we go from here. I suggest that part of this discernment is about tapping into the spring of giftedness, talent and abundance, found within the depths of all our being. Surely the wonderful neighbours and good people that are the living fabric of every community, reminds us that people are more important than policy and community is far more powerful than an economy.

The spring marks a significant change in the year. I am grateful for the powerful gift of hope, given to me recently by many good people who have gone from this life marked with the sign of faith. I am deeply confident that as we emerge from this pandemic, gifts of integrity, renewal and opportunity will be its fruit. Spring is in the air, may we take time to breathe in its hope and light.

St. Bridget's well (a poem from the point of view of a pilgrim to the shrine)

"We set out this night toward the well of St. Brigid sailing from the island of Innis Oirr.
Then by foot on through Doolin to follow that trail that skirts the sheer drop off the Cliffs of Mohar.
Then we scabble the Burren over rock walls and pastures
to a foothill of magic in the County of Clare,
where a spring of cold water runs through a cold cave
and the water is wishes from the wells of our hearts
that the ones that we love might be plucked from their sickness
or freed from despair so the healing might start".

Fr. Paddy invites you to follow him on Twitter @frpaddybyrne, now over 28,400 followers or @AbbeyleixP or leave a comment on his blog on our parish website; www.portlaoiseparish.ie/articles

Scan:
Website



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HOTELS

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



LARRY O' NEILL
Ridge Road, Portlaoise.



PASCAL CONROY
Borris Little, Portlaoise.



DECLAN BRACKEN
Block Road, Portlaoise
and London



**PATRICK DESMOND
(Des) MURPHY**
Borris Road, Portlaoise



DERMOT GOLDEN
Gort na Noir, Abbeyleix

MAY THEY REST IN PEACE
Our sympathy to their families.

A message of sympathy may be left for the family by logging on to
the death notice at www.portlaoiseparish.ie/deathnotices

**In Loving Memory of
CHRISTY WHELAN**

138 St. Brigid's Place, Portlaoise.
16th Anniversary occurs 7th February 2023.



Anniversary Mass will be celebrated in
Sts. Peter & Paul's Parish Church, on
Sunday 5th February at 11:15am.

*Always loved and sadly missed by your
loving wife Lily and family.*

Rest in Peace Christy

**In Loving Memory of
BRÍDÍN MULHALL**

Ballyroan, Laois and Rathmines, Dublin.
7th Anniversary occurs 28th January 2023.



Dearly loved daughter and sister - you are greatly
missed and lovingly remembered today and
everyday by Seamus, Ursula, John, James and
Gerard.

The much loved niece of Sr. Gerard, Sr. Kay and
Sr. Patricia, Frances and Michael, Evelyn (God
Mother) and Eamon, Sean and Elizabeth.

Sadly missed by all her cousins and extended
family and forever in the minds and hearts of her
many friends.

The just will live in the company of the lord' Psalm 37

Bridin's family would like to thank the community for their continued
support over the years.

Rest in Peace Bridin

**In Loving Memory of
MARY LALOR**

Ballycarroll, Portlaoise.

2nd Anniversary occurred 22nd January 2023.



*"Those we love we never lose,
for always they will be,
Loved remembered, treasured,
always in our memory"*

*Sadly missed and always remembered
by Paddy, Patricia, Jennifer, Seamus,
Carol, Pdraig Mary and families.*

*"Our thoughts are ever with you,
though you have passed away,*

*And those who have loved you dearly, are thinking of you today.
Your memories are so precious, your presence missed so much,
Forever remembered and missed by all of us".*

Rest in Peace Mary

**In Loving Memory of
CARMEL O' GORMAN**

Rathevan View, Portlaoise.

1st Anniversary occurs 2nd February 2023.



Anniversary Mass will be celebrated in
Sts. Peter & Paul's Parish Church this
Sunday 29th January at 11.15am.

*Many the thoughts I give to you,
As the long hours go by,
Thinking of the things we used to do and
say, just you and I.*

*Sometimes they make me smile,
Sometimes they make me cry,
But are precious to me alone,
Memories of You and I.*

Sadly missed, loved and remembered by her husband Pat.

Rest in Peace Carmel

**In Loving Memory of
FINTAN DOOLEY**

7 Dr. Murphy Place, Portlaoise.

10th Anniversary occurs 2nd February 2023.



*Time unfolds another year,
Memories keep you very dear,
Simple words but very true,
We will always love and
remember you.*

*Sadly missed and lovingly remembered
by all his loving family.*

Rest in Peace Fintan

**In Loving Memory of
MARGARET HOULIHAN**

14 Oaklawn, Ballyfin Road, Portlaoise.

5th Anniversary occurred 18th January 2023.



The Day You Went Away
Today's the anniversary of the day
that we lost you,
And for a time it felt as though our
lives had ended too.

But loss has taught us many things,
And now we face each day,
With hope and happy memories,
To help us on our way.

And though we're full of sadness, that you're no longer
here,

Your influence still guides us, and we still feel you near.

What we shared will never die, it lives within our hearts,
Bringing strength and comfort, while we are apart.

**Sadly missed and always remembered by your loving
husband James, sons, daughters, sons-in-law,
daughters-in-law, grandchildren and extended family.**

May Margaret Rest in Peace

**In Loving Memory of
COLETTE CROSSAN**

St. Brigid's Place, Portlaoise.

19th Anniversary occurs 29th January 2023



Anniversary Mass will be celebrated in
Sts. Peter & Paul's Parish Church on
Sunday 29th January at 11:15am.

*Always in our thoughts
Forever in our hearts*

*Sadly missed and always remembered by
Padraig, Michael and family,
Kieran and family.*

**In Loving Memory of
ESTHER SZWAGLIS**

Late of 170 St. Brigid's Place. Died 29th January 1999.
24th Anniversary away from home.



"From sunrise to sunset, every moment would have
been more wonderful if you were with us today.

Your memories will never be forgotten".

*Missing you every day from your loving
husband Les, your children, grandchildren and
great-grandchildren .*

*Also remembering her sisters Alice and Mary
and her son-in-law David around this time.*

May Esther Rest in Peace

**In Loving Memory of
ANGELA DUNNE née Carey**

Colliers Lane, Portlaoise.

5th Anniversary occurred 26th January 2023

Also remembering her husband Paddy, whose
2nd Anniversary occurred 5th January 2023.



*If I could go to Heaven on
this my saddest day, maybe
for one moment, my pain
would go away.*

*I'd put my arms around you
and hug you one more time,
tell you that I love you both
and sit with you awhile.*

*But for now we must be parted, life without you is so hard,
but you will never be forgotten and will both live on in my
heart.*

A broken heart is a heart that's been loved.

*Loved and remembered by Terry, Aisyah and Sean,
nephews John and Dinny.*

May They Rest in Peace

In Loving Memory of **NEVIN BREEN**

Formerly Dr. Murphy Place, Portlaoise and Galway
5th Anniversary occurred 19th January 2023



*Will those who think of Nevin today,
A little prayer to Jesus say.
Nevin, we miss you more than words
could say.*

*Sadly missed by his brothers and
sisters and families.*

May Nevin Rest in Peace

In Loving Memory of **ANN FITZPATRICK**

Harpurs Lane, Portlaoise.
1st Anniversary occurs 29th January 2023.



Anniversary Mass will be celebrated
in Sts. Peter & Paul's Parish Church,
this **Sunday 29th January at 11:15am.**

*A picture of you I carry in my heart,
I close my eyes to see it when the world
gets dark,*

*A memory of you I carry in my soul,
I wrap it close around me, when the
nights get cold.*

*If you ask how I am, I'd say just fine,
But the truth is, if you could read my mind,
Not a day goes by that I don't think of you Mum.*

*Loved and remembered by your son Tom,
grandchildren Jack and Emma and family.*

Rest in Peace Mum

In Loving Memory of **VERA BREEN**

Dr. Murphy Place, Portlaoise.
11th Anniversary occurs 27th January 2023



11th Anniversary Mass will be
celebrated in Sts. Peter & Paul's
Parish Church on
Saturday 28th January at 5pm.

*Missing you is a heartache that will
never go away,
You are always in our thoughts and
live forever in our hearts.*

*Sadly missed by all her loving family, children,
grandchildren, great-grandchildren and friends.*

May Vera Rest in Peace

In Loving Memory of **MARY DUNNE**

Marian Avenue, Portlaoise.
6th Anniversary occurred 26th January 2023.



Anniversary Mass will be celebrated in
Sts. Peter & Paul's Parish Church this
Saturday 28th January at 10am.

*Your life was full of kindly deeds,
A helping hand for others needs,
Sincere and true in heart and mind,
Beautiful memories left behind.*

*Each time we look at your picture,
You seem to smile and say; "Don't be sad but courage take,
and love each other for my sake".*

*Sadly missed by your loving husband Frank and
daughters Rhona & Janet and grandchildren Mia, Sam
and James xxx*

Rest in Peace Mary

In Loving Memory of **DAN COOKE**

'Villa Igea' Mosse Lane, Dublin Road, Portlaoise.
1st Anniversary occurs 6th February 2023.



1st Anniversary Mass will be celebrated
in Sts. Peter & Paul's Parish Church, on
Saturday 4th February at 5pm.

*Along the road of suffering,
You found a little lane,
That took you up to Heaven,
And ended all your pain.*

*You may be out of sight, we may be worlds apart,
But you are always in our prayers and forever in our hearts.*

*Loved and remembered by Meta, Eadaoin, Siobhan
and Dearbhail, James and Eileen, grandchildren,
extended family and friends.*

Rest in Peace Dan

In Loving Memory of **KEVIN O' BRIEN**

Colliers Lane, Portlaoise. Months Mind occurs at this time.



Months Mind Mass will be celebrated in
Sts. Peter & Paul's Parish Church on
Saturday 4th February at 6.30pm.

*We think of you in silence,
We often speak your name,
But all we have are memories,
And your picture in a frame.*

*Your resting place we visit and put flowers there with care,
But no one knows the heartache,
As we turn and leave you there.*

*Sadly missed, loved and remembered by his wife Grainne
and the Ryan family, Mam, Dad, brothers Paul and
Brendan, his many friends and extended family.*

Rest in Peace Kevin

In Loving Memory of BRIGID LAWLOR

Ballyroan Road, Abbeylax.
2nd Anniversary occurs 2nd February 2023



*She is not gone; she is just away,
With a cheery smile and the wave of
the hand, she has wandered into an
unknown land,
And let us wonder how very fair that
land may be, since she tarries there.*

*Sadly missed, loved and remembered by
her husband Tom and her family.*

Rest in Peace Brigid

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Contact Matthew

087-2549195

David **087-2369887**

In Loving Memory of NOEL CATHY

Rathmoyle, Abbeylax.
1st Anniversary occurs 30th January 2023



"I Made It Home"

*Try not to be too sad for me,
Try to understand,
God is taking good care of me,
I'm in the shelter of his hands,
Here, there is no sadness,
No sorrow or no pain,
Here there is no crying,
And I'll never hurt again,*

*Here it is so peaceful when all the angels sing,
I really have to go now, I've just got to try my wings.*

*Treasured memories of a loving
Husband, Dad and Grandad.*

*Missing you always, love Mary, Jonathan, Joanne,
Janice, Paul, James, Leah, Evan, Lara, PJ, Paul and your
extended family.*

Anniversary Mass will be celebrated in the
Church of the Most Holy Rosary, Abbeylax,
this **Sunday 29th January at 11am.**

Rest in Peace Noel

HENRY RANKIN FUNERAL DIRECTORS

We have opened a new office and show room on
Abbeylax Road, Portlaoise.
(opposite the E.S.B. and Condell tractors)

Contact;

057-8620567

PAUL; 087-2562137

NIAL;

086-2770095



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SUPPORTING THE PARISH - Portlaoise

We begin by saying a big 'thank you' for the support we receive from so many of our parishioners. This is the time of the year we renew the parish Envelope Boxes. We invite you to take a box and use the envelopes to make your contribution as an excellent way to support.

Due to the pandemic we ceased the practice of passing the 'blue bags' for the Development Fund and the baskets for the Offertory Collection. While many Churches has resumed these collections we have not. It is undoubtedly much better for the dignified celebration of our Masses and we would like to be able to continue without the interruption of holding collections during Mass. So we have to devise other ways that parishioners can contribute to the upkeep and development of our Parish. Along with the collection points at the porches and entrances to our Churches there are a number of other ways you can contribute.

WAYS TO CONTRIBUTE TO THE PARISH

You are invited to take a Development Fund Box of envelopes that contains envelopes for each Sunday beginning 5th February '23. It also contains envelopes for the 4 Priests collections and the other special collections during the Year.

Direct payment to the parish by cheque or cash

Cashless point at the back of the Parish Church

Donation facility on our website - <https://donate.portlaoiseparish.ie/>. You can also sign up to a regular contribution via this method.

Standing order forms are available at the Church porches and from the Parish Centre.

Direct transfer to our Account(s) (details below).

PORTLAOISE PARISH

IBAN: I E 5 3 A I B K 9 3 3 2 7 9 1 6 6 5 8 0 4 5

BIC: A I B K I E 2 D

PORTLAOISE PARISH CLERGY FUND

IBAN: I E 1 2 A I B K 9 3 3 2 7 9 1 6 6 5 8 2 0 1

BIC: A I B K I E 2 D

Completing a Tax Back form – if you contribute more that €250 to the Parish in any of the ways that we can record (envelopes with name, S/O, website donation etc.) the Parish can claim the tax back from revenue. Forms are available at the Church porches and from the Parish Centre.

Thank You

Portlaoise Parish



Results for
26th January 2023

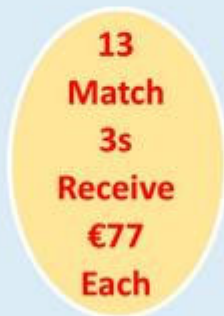


No €14,000 Jackpot Winner

WINNERS

Breege McManus
Attracta Phelan
Gillian Peacock
Cody's Clann
Pat McEvoy
Nessa Kehoe
Maureen Lynch
Ann Maxwell
Ciprian Onofrei
Alex Munnelly
Paddy O'Connor
Sinead Cormack & Diarmuid Dunne
Tohar Nowak

MATCH 3s €1,000



PROMOTER

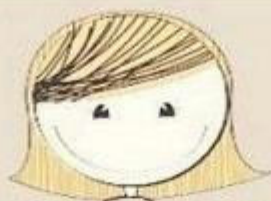
Online Lotto
Online Lotto
Pat Bowler
Julie Conroy
Chris McEvoy
Rocky Kehoe
Paul Dooley
Peter Ryan
Greg Keenan
Brian Conroy
Paddy O'Connor
Mary J. Dunne
Eoghan Walsh

Next Week's Jackpot is €15,000

**Join us live on Facebook every Thursday evening
at 5pm for our parish lotto draw**

Fourth Sunday in Ordinary Time

Zephaniah 2:3, 3:12-13 13:1-8 | Psalm 145:7-10
1 Corinthians 1:26-31 | Matthew 5:1-12



**BE YOURSELF
ACCEPT YOURSELF
VALUE YOURSELF
FORGIVE YOURSELF
BLESS YOURSELF
EXPRESS YOURSELF
TRUST YOURSELF
LOVE YOURSELF
EMPOWER YOURSELF**

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Clergy of the Parish



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



Fr. Ciprian Matei C.C.
Tel: 057 8600122



Fr. David Vard C.C.
Tel: 057 8600121



Fr. Simon Jin
Tel: 057 8661605



Deacon Eugene Keyes
Tel: 057 8621142

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
Kathleen Sherry safeguarding@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

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

(Sacristy phone attended prior to Mass times
057 8600119)



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 - Claire Scully



Block Road, Portlaoise

057 8681492

www.cuislecancersupport.com email: info@cuislecancersupport.ie

The Cuisle Cancer Support Centre is operating as normal – we are currently following National Cancer Control Programme guidelines. Facemasks are required to be worn for all attendees. The welfare & care of those attending & working in the centre as always is our priority.



Mondays

WALKING GROUP

Our walking group brings participants through a walking programme gradually increasing fitness over time.

The walking group helps people diagnosed with cancer take positive steps towards better health. Exercise has been shown to help with fatigue for cancer survivors.

Mondays at 2pm

Starting 13th February

THRIVE & SURVIVE PROGRAMME

This is a self-management programme for cancer survivors with the aim of improving their quality of life to better manage daily health. (Developed by Stanford University)

Monday at 10am

**Booking Essential
February 2023**

THRIVE & SURVIVE MEDITATION

12.30pm - 1.30pm

**Booking Essential
February 2023**

ENTITLEMENTS

A Citizens Information Adviser will give you advice about the financial help you may be entitled to and will help you to navigate the process. e.g., medical card application etc.

CANCER SUPPORT NURSE

Our cancer care nurse will provide you with information to help you with the emotional and psychological impact of your cancer diagnosis.

Tuesdays

MEN'S GROUP

1st Tuesday of each month

from 10am-11am

Next Group 7th Feb.

MINDFULNESS FOR MEN

11am-12noon

7th February

PROSTHESIS & BRA FITTING DAY

14th February

Spaces Available.

Booking Essential

MINDFULNESS PROGRAMME

11am-12noon

6 Week Course

Booking Essential

7th February

PILATES

12.45pm-1.30pm

Places Limited

6 Week Course

7th February

Wednesdays

Next

GARMENT FITTING

Serra Nova

8th February

Sleeve/Leg Garments

For Lymphoedema

Booking Essential

MANUAL LYMPHATIC DRAINAGE

A specialised gentle massage for patients with Lymphoedema, which may result from surgery or radiotherapy.

By Appointment Only

REFLEXOLOGY REIKI

By appointment only

ART

From 2-4pm

17th February

CHAIR YOGA

10am-11am Booking

Essential

18th January

Thursdays

MINDFULNESS FOR

MENOPAUSE

10am-11.15am

Booking Essential

12th January

CLIMB PROGRAMME

Helping Children Understand Cancer. This programme is fun and creative, using drama, arts and play and aims to help children cope with a cancer diagnosis in the family

February 2023

WORK & CANCER PROGRAMME

This is a 6-week programme which will equip you with strategies and skills to help manage everyday symptoms which can impact on work. This programme was developed by TCD and is supported by

TCD & NCCP.

Booking Essential

Starting February 2023

COUNSELLING

By appointment only

NEW – AQUA AEROBICS

EVERY THURSDAY

from 1.45-2.30pm

IN PORTLAOISE LEISURE CENTRE



This class is ideal for all cancer patients especially patients who suffer with lymphoedema. Aqua aerobics or exercising in water can really help improve lymphoedema and quality of life, as well as helping you keep fit, healthy and happy.

Please give the centre a call if you would like to attend this class on 057 8681492

THIS CLASS IS FREE OF CHARGE AS IS ALL OUR SERVICES

CUISLE KILDARE

The Waterways, Sallins,

Naas. Tel: 045 852918

Outreach Centre in

Sallins Co. Kildare

2 days per week – Tuesdays

& Wednesdays - 9am-2pm

CUISLE CANCER SUPPORT CENTRE

Follow Us:



The Cuisle Cancer Support Centre is a charity, and all our services are provided free of charge