Burrishoole Parish Jan 7th 2024 Fr Tod Nolan P.P. Parish Office 098 41123

Office hours Tue - Thu 11am-3pm, To book Masses, Baptisms & Marriages, get certs & Mass cards please contact office by phone or Email: burrishooleparish@gmail.com Facebook/YouTube: Burrishoole Parish

Starting Afresh!

There is a lot of stuff on the internet! Much of it is fake news and misinformation, but every now and again something does the rounds which is worth reflecting on. One such piece was regularly shared around the New Year. Wrongly attributed to Anthony Hopkins it is infact from a book written by Brianna Wiest, an American author and life coach. It reads:

'Let go of people who are not ready to love you. This is the hardest thing you'll ever have to do in your life and it will also be the most important

Stop having difficult conversations with people

thing.

who don't want to change.
Stop showing up for people who are not interested

Stop showing up for people who are not interested in your presence.

I know your instinct is to do everything possible to gain the appreciation of those around you, but it's an impulse that steals your time, energy, mental and physical health.

When you start fighting for a life with joy, interest and commitment, not everyone will be ready to follow you to that place.

It doesn't mean you have to change who you are, it means you have to let go of people who aren't ready to be with you.

If you are excluded, insulted, forgotten or ignored by the people you give your time to, you are not doing yourself a favor by continuing to offer them your energy and your life.

Truth is you ain't for everybody and everybody ain't for you.

This is what makes it so special when you find people you have friendship with or mutual love.

You will know how precious it is because you have experienced what is not.

There are billions of people on this planet and many of them you will find at your level of interest and commitment.

Maybe if you stop showing up, they won't look for you.

Maybe if you stop trying, the relationship ends.

Maybe if you stop texting, your phone will stay dark for weeks.

That doesn't mean you ruined the relationship, it means the only thing sustaining it was the energy you only gave to keep it.

That's not love, that's attachment.

It's giving a chance to those who don't deserve it! You deserve so much more.

The most valuable thing you have in your life is your time and energy, as both are limited.

The people and things you give your time and energy to, will define your existence.

When you realize this you start to understand why you are so anxious when you spend time with people, activities or spaces that don't suit you and shouldn't be near you.

You will start to realize that the most important thing you can do for yourself and everyone around you is to protect your energy more fiercely than anything else.

Make your life a safe haven, where only people "compatible" with you are allowed.

You are not responsible for saving anyone.

You are not responsible for convincing them to do better.

It's not your job to exist for people and give them your life!

You deserve real friendships, true commitments and a complete love with healthy and prosperous people.

A decision to distance yourself from toxic people, will give you the love, esteem, happiness and protection you deserve'.

God Bless, Fr Tod

Weekday Eucharistic Services

For the next three weeks there will be <u>no</u> weekday Masses. Instead, at 10am, a 'Liturgy of the Word with Holy Communion' will be held in Tiernaur on Mondays, Newport on Tuesdays and Thursdays and in Mulranny on Fridays. The service in Tiernaur will be led by Deacon Mark Quinn, with the services in Newport and Mulranny led by lay volunteers. No service in Tiernaur this Monday.

Ordination to Diaconate

Archbishop Francis Duffy will ordain Mark Quinn to the Diaconate this Sunday at 3pm in Westport. Mark, originally from Castlebar, will be ordained to the Priesthood in the summer. Mark will lead the Tiernaur Monday liturgy for the next few weeks.

Newport Bingo

Newport Bingo resumes this Wednesday January 10th in Hotel Newport with a Jackpot of €325 to be won on 45 calls or less. Doors open 7.30pm, eyes down 8pm sharp. All welcome.

Challenging Fences

Fr Tony King has written a book on the history of Westport Horse Show. It contains history, pictures and stories of the event which had close connections to Newport and beyond. Copies available in the Parish Office and at Ashlings.

Live Streaming

Masses will not be live streamed over he next few weeks. Sorry for the inconvenience caused.

Art Classes Resume in Mulranny

ArtClasses will resume in the Amenity Centre, Mulranny on Monday, January 22, from 2pm to 5pm for seven weeks. Please contact Mary at 086 168 3894 if you would like to attend.

Tiernaur Hall 25 Card Drive Cancelled

The New Year card drive, planned for January 5, has been cancelled as a mark of respect due to the local bereavements. The organisers apologise for the short notice and hope everyone will understand and no inconvenience is caused.

Mulranny Active Retirement Events

Indoor bowling resumes in the Amenity Centre, Mulranny this Monday 8th at 11am; everyone is welcome to join this friendly group. Why not come along and give it a go?

A History and folklore gathering will also take place on Monday at 8pm in the Amenity Centre. A fun evening awaits so, do come along, and share your stories and knowledge. All welcome.

Priests Christmas Collection.

The Priests Christmas Collection (Blue envelope) will be taken up over the coming weeks. This is one of the four annual collections from which is taken the priest's monthly stipend. Thank you for your continued generous support of your priest.

Account Name: Newport Church Revenue IBAN: IE18 AIBK 9371 6927 540004

Diocesan Pilgrimage to Lourdes

Tuam Diocesan Pilgrimage to Lourdes; led by the Archbishop; Aug 30th to Sept 5th 2024; 6 nights; ex Ireland-West, Knock. Contact: 012410800.

Remembering our Dead

We pray for the souls of Oliver Everett, Oxford, father of Kate Mc Manus, Rossinrubble and Fiona Ludden Perales, Paris, daughter of the late John Ludden, Bunahowna. May they rest in peace.

Weekday Liturgies at 10am

Tues/Thurs- Newport, Fri – Mulranny (Note; no Liturgy in Tiernaur this week).

Weekend Masses

Feast of the Epiphany

Friday Jan 5th Shramore at 7pm Elizabeth O Malley, Trienbeg. John and Annie O Malley and deceased family members. Saturday Jan 6th Newport at 10am

The Women of our parish

Saturday Jan 6th Tiernaur at 7pm

Brian Sinnott, Kilbride (1st Ann). Gillian Bateman, Castle Rd (1st Ann). Annie Kate Mc Manamon and her husband Brendan, Sandhill. Gerry Mc Mahon. Catherine and Florence O Sullivan. JJ Fitzpatrick and deceased members of the Fitzpatrick and Smyth families

Sunday Jan 7th Newport at 10am

Mary Kilkerr, Shramore. Tommy Lavelle, Furnace. John Murray, Shramore.

Sunday Jan 7th Mulranny at 11.30am

Bridget and Michael Calvey, Achill and Tom Calvey, Ballycroy. Mikey Moran (Post). Mulranny.

Saturday Jan 13th Tiernaur at 7pm

Jim Long, Cahereenbrack. Annie Chambers, Loughloughra and her husband Tom

Sunday Jan 14th Newport at 10am

Michael Monaghan, Cuilmore (Months Mind). Kathleen O Boyle, Derrycoultrim (1st Ann)

Sunday Jan 14th Mulranny at 11.30am

Fr John Horan, Mulranny. Betty and Pat Gorman, and their son James, Murrivagh.