



PARISH OF THE HOLY REDEEMER DUNDALK
 18TH JULY 2021
 Sixteenth Sunday in Ordinary Time
 A Parish in the 'Dun Dealgan' Pastoral Area



REFLECTION Be kind to yourself

How hard we can be on the person closest to us - hard on ourselves.

We all need a bit of compassion for ourselves, for our weaknesses, faults and failings. We also need to be able to forgive ourselves - if we're hard on ourselves, we'll be hard on others. We can be so hard on ourselves that we're tough on everyone else.

Can we accept ourselves as the people we are? That's having compassion on ourselves.

We can be hard on ourselves at all ages. For not being good enough, failing to reach impossible standards, for having feelings like jealousy or envy.

And regrets: Everything you wanted to happen and it didn't. Mabeys ways you let down a husband or wife, or ways you failed your children.

Jesus was big on compassion. And we need it. Look on our whole selves: not just one side of ourselves. If you have harmed people and they forgive you, allow yourself to be forgiven. And let the compassion of Jesus give you sympathy for yourselves.

We need to love ourselves. Accept yourself - love yourself as you are, Not as you might have been or might be. Be kind to yourself and you'll be kind to others.

Let others be kind to you and you'll be kind to yourself. Be compassionate to yourself and you will be to others. Allow others be compassionate to you, and you'll look on yourself with love - and that's how God looks on you.

BLESSED CARLO ACUTIS EXHIBITION OF EUCHARISTIC MIRACLES

Will be on display in our Church from this weekend until Wednesday 28th July. We welcome Bishop Michael Router celebrant of our Saturday evening Vigil Mass, who will officially open the exhibition. The exhibition will be officially closed at the 10.00am Mass on Wednesday 28th July and Archbishop Eamon Martin will be the main celebrant at this Mass. The exhibition will be open for all to visit during Church opening times:- Monday -Saturday 10.30am-1.30pm.

THE FIRST WORLD DAY FOR GRANDPARENTS AND THE ELDELY

will be celebrated on Sunday next 25th July. Our opportunity to remember them fondly in prayer.



DO YOU WANT TO LEARN MORE ABOUT YOUR FAITH?

If you are interested, why not consider joining our Theology programme. The course takes two years with one night per week and two weekends over the academic year and is accredited by St Patrick's College, Maynooth. There are no educational entry requirements, and completion of the course is based on submitted work and does not include sitting exams. Our Theology course will be continuing this year, starting on 14th September. If you are interested and would like more information please contact Milanda at: milanda@parishandfamily.ie

PRIESTS IN PARISH

V Rev Michael Sheehan Adm.
 Rev Shajan Panachickal Michael CC

Tel: 042 9334259



PARISH OFFICE HOURS

Monday - Thursday 10am-1pm. 2pm-4pm.
 Office closed Friday-Sunday
 E-mail: holyredeemerdundalk@gmail.com
www.holyredeemerparish.ie

PARISH PASTORAL COUNCIL MISSION STATEMENT:

"Conscious of our brokenness and moved by the Spirit of Compassion, we the Holy Redeemer Parish Pastoral Council, strive to be messengers of God's healing and love in today's world and to encourage and support all parishioners to bear witness to the Gospel of Christ."

Anniversary and Remembrance Masses

Saturday (Vigil)	17th July	6.00pm	Av's	Paddy & Anna McIntyre. Michael & Rosie McDonagh and Grandson Michael McDonagh. Bernadette Byrne.
Sunday	18th July	10.00am	Av	Jim McEvoy.
		12.00pm	MM	Carol Brady
		6.00pm	RIP	Colette McEneaney.
Monday	19th July	10.00am	Av's	Liam Mullen Snr. Liam Mullen Jnr. and Jennifer Mullen.
Tuesday	20th July	10.00am	RIP	Holy Souls
Wednesday	21st July	10.00am	RIP	Paul McCague.
Thursday	22nd July	10.00am	RIP	Ann Shevlin.
Friday	23rd July	10.00am	RIP	Vera Kirk.
Saturday (Vigil)	24th July	10.00am	Av	Tom McQuillan
		6.00pm	Av's	Patsy Mulholland Jnr. & Dec'd Family Members.
Sunday	25th July	10.00am		
		12.00pm		
		6.00pm		



WE REMEMBER THOSE WHO HAVE DIED RECENTLY:

Jim Gray, Farndreg. Sinéad Smyth, Oakland Park and Cluan Enda. Thomas (Tommy) English, Hillview, O'Hanlon Park. Sr. Helena Josephine Doyle F.M.S.A., Mount Oliver Convent, Ballymascanlon.



OUR LADY'S PILGRIM DAYS

Invitation to one of Our Lady's Pilgrim Days (Medjugorje Style) on the 2nd Tuesday of each month and the last Saturday of each month from 11am-6pm at the Oasis of Peace Centre, Mellifont Abbey, Collon, Co Louth. (Cost Free) Strictly by booking at Apostles of Love Ireland 086 8611531 or 089 6152568 email info@apostlesoflove.ie. See also www.apostlesoflove.ie.

MASS CARDS/BOUQUETS

are always available in the Parochial House or in the Sacristy in the Church.

ONLINE MASS is now available from our Church Daily At: https://www.youtube.com/channel/UCLn_A0RFBk6wLLalgf11L3Q?view_as=subscriber or <https://www.facebook.com/Holy-Redeemer-Dundalk-105463891211794/>

PROMOTING THE CALL TO THE PRIESTHOOD & RELIGIOUS LIFE "They were like sheep without a shepherd." Does a life of prayer and service as a priest, deacon or in

the consecrated life attract you? Speak to your local priest, or contact your Diocesan Vocations Director Fr Peter: pmcanenly21@gmail.com; 028 (048) 37522802) or email the National Vocations Office on info@vocations.ie

WEEKLY FINANCIAL REPORT	TOTAL	CHURCH	ENVELOPE
Parish collection 11th July 2021	€1,584.84	€1,058.24	€526.60



SAFEGUARDING CHILDREN AND VULNERABLE ADULTS POLICY STATEMENT: The parish recognises and upholds the rights of all children and vulnerable adults and is committed to ensuring their safety and wellbeing at all times. A copy of the policy is always available for those who wish to view it in the parish office or the Sacristy. The Safeguarding Children representative for Holy Redeemer Parish is Thomas Fox 042-93-34259.

