

# CHURCH OF THE ASCENSION OF THE LORD

## BALALLY PARISH

**17th March 2024**

**Fifth Sunday of Lent  
St Patrick's Day**

5th Sunday in

*Lent.*

Sunday, March 17, 2024



Parish Office Open Hours:

**Monday to Friday**

**9.30am 12.30**

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### Mass Times & Intentions:

**Saturday 16th March 6.00pm Mass**

**Sean & Mary Dillon/ Donal Hiney/Neill McCallion**

**Michael Daughton (Formally of Parkvale)**

**Special Intention**

**(Birthday Remembrance for Jean Gaynor)**

**Sunday 17th March 10.00:am Mass**

**St Patrick's Day**

**Marco Julius (1st Annv)/ Liam Dunbar(3rd Annv)/**

**Michael (Mick) Murphy (7th Annv)/**

**Des Fitzgerald & Phyllis Kavanagh/**

**Eamonn & Theresa Kealy/ Maurice O' Regan- Reidy/**

**Special Intention (Birthday Wishes)**

**Monday 18th March 10:00am Mass**

**Maureen Keenan/ Mary Brady/**

**Michael & Josephine Clancy/**

**Patrick Canty & Sadie Cullaghan/ Special Intention/**

**Special Intention (Get well X2)**

**Wednesday 20th March 10.00am**

**Michael Daughton/ Willie Donnelly/**

**Patrick Canty & Sadie Cullaghan**

**Friday 22nd March 10.00am**

**Michael Tiernan/ John Carr/ Owen Egan/**



### St. Patrick's Breastplate: the prayer of Ireland's patron saint

*Christ with me, Christ before me, Christ behind me,*

*Christ in me, Christ beneath me, Christ above me Christ on my right, Christ on my left, Christ when I lie down,*

*Christ when I sit down, Christ when I arise, Christ in the heart of every man who thinks of me,*

*Christ in the mouth of everyone who speaks of me,*

*Christ in every eye that sees me, Christ in every ear that hears me.*

*I arise today through a mighty strength, the invocation of the Trinity,*

*Through belief in the Threeness,*

*Through confession of the Oneness of the Creator of creation.*



## COLLECTIONS

Thank you for your very generous response to last Sundays collections  
**1st Collection € 785 2nd Collection €500**

The monthly outdoor collection for  
**Society of St Vincent DePaul**  
will take place this weekend



**Balally Parish 400 Club**  
If you would like to Subscribe  
Please contact Parish Office 012954296



## Naomh Olaf Club Notes



The Minor Ladies and Men's Awards night was a memorable event held in the Club recently.

Here is a list of the Award Recipients for 2023.

Minor Men's Hurling Player of the year  
Lorgon Garvey. Minor Men's Football Player of the year  
Conal Pouvear. Minor Camogie Player of the year  
Caoimhe O'Grady. Minor Ladies Division 8 Player of the year  
Gillian Quinn. Minor Ladies Players Player of the year  
Orlaith Garvey. Minor Ladies Division 4 Player of the year.  
Rebecca Gaughran. Ladies Minor Division 4 Players Player of the year.  
Ingrid Reese Byrne.

**St Olaf's Ladies Club**  
**Friday 22nd March 3.30pm**  
**St Olaf's School Hall**



**"Talk by a member of Native Woodland Trust"**



## A Word from Fr Jim

I'd like to share a beautiful reflection given by Fr Laurence after his recent visit to Balally .....

**With my Love & Blessing**  
**Fr Jim**

A friend recently offered me an 'energy treatment'. I didn't understand the theory but I trusted and the practice was effective. The atmosphere was calm, I lay down and was covered in a warm blanket. In the course of the hour, I felt increasingly relaxed and peaceful. My breathing slowed and mind slowed with it. I was curious and so distracted about the process and so despite being relaxing it was not particularly conducive to meditation. The person working on me told me I had fallen asleep; in fact I hadn't although my breath might have given that impression and I was certainly on the delicious edge of guiltless sleep. In any case, I felt better, nice, relaxed and refreshed and grateful for the gift and skill I had received.

I understood why so much of the promotion of what is sometimes loosely called meditation and various bodywork techniques is presented as offering relaxation. Relaxation is good. In a world where greed and speed are also called 'good', relaxation, however you may find it, is better. Yesterday evening, I participated in a contemplative Eucharist in the remarkable Dublin Parish of The Ascension in Balally. It is led by Fr Jim Caffrey who is a meditator, much respected and loved for his vision of a new Church in Ireland. The parishioners are responding positively to what he has to share; each morning and evening in the beautiful Icon Chapel there is prayer, following the Bonnevaux Book of Prayer, which integrates a full meditation.

The children in the school next door meditate and seeing them enter the church for their weekly meditation with Fr Jim, so calmly and mindfully, is surprisingly moving and beautiful. The contemplative Eucharist, in the low-lit parish hall with everyone seated in a circle, is calm and mindful, with a lectio-style reading of the gospel in which most of the participants offer a word of their own.

Meditation follows communion. I was strongly touched by the depth of the silence and stillness during the meditation as well as by the joy and personal warmth of the people as they were leaving. Irish goodbyes are notoriously extended but this one was because they had so much to express and the goodbye was part of the celebration. Everyone was

taking something precious and real away within them.

I'm thinking now about these different forms of relaxation, the energy-work and a Eucharist celebrated gently with an open and accepting community of faith. Under my warm blanket for the former experience, I was passive and I felt good.

Last night I was participating and the calmness we were sharing was collective as well as personal, what the early Church called *koinonia*.

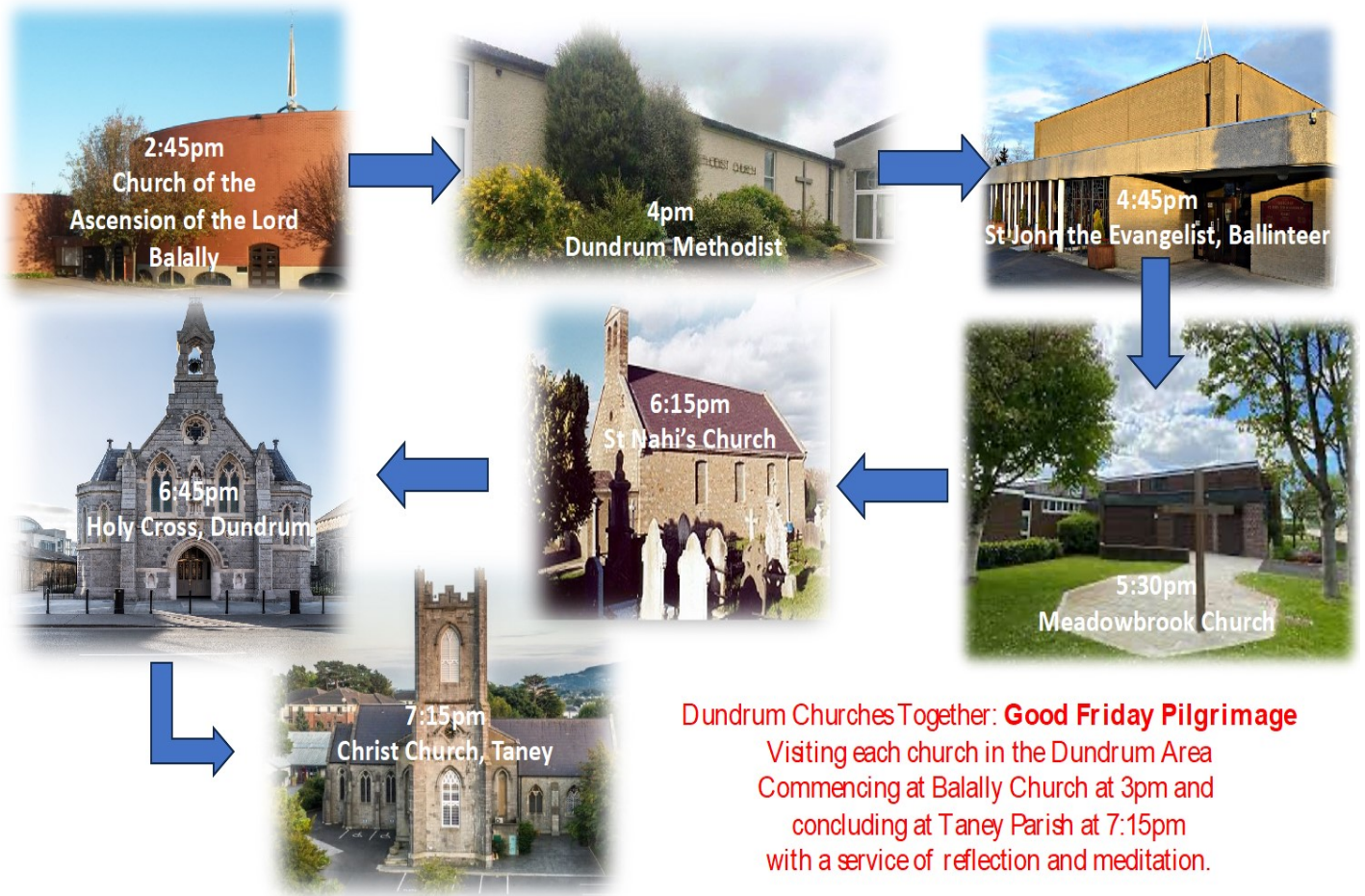
Today, in our suspicious world, it might be called a 'safe space'. It is friendship of a high order. Relaxing it certainly was, but the idea just of destressing and relaxing doesn't nearly do it justice.

If the goal is merely relaxation, you will fall asleep (and you may need to). But when relaxation is the preparation or the side-effect of *koinonia* an awakening occurs.

A contemplative Eucharist and meditation itself could be seen as another form of energy work: the energy of inter-personal peace. Peace is my parting gift to you, my own peace, such as the world cannot give (*Jn 14:27*)

**Laurence Freeman**

**Dundrum Churches Together Good Friday Pilgrimage  
‘The Way of the Cross’**



**Feel free to join us for all, or part of this  
Good Friday Pilgrimage.  
Time of arrival at each Church as listed on the poster.**

If we want to set our lives right and find peace,  
it is not the tolerant attitude of others  
that will do it for us.

It will come about, rather, by our learning  
how to show compassion to them.

If we try to avoid this hard struggle of compassion,  
by preferring a withdrawn and solitary life,  
we will simply drag our unhealed obsessions  
into solitude with us.

We might well have hidden them.

We certainly will not have eliminated them.

If we do not seek liberation from our obsessions,  
then becoming more withdrawn and less social  
may even make us more blind to them,  
since it can mask them.

*John Cassian*



# Balally Parish Holy Week 2024



## Palm Sunday



Blessing of Palms in courtyard  
and procession into church  
6 pm. Saturday  
10 am. Sunday

Penitential Service:  
Sunday after 10 am. Mass

## Holy Thursday

10 am. Morning Prayer (Icon Chapel)  
7 pm. Mass of Lord Supper followed by  
Gethsemane Vigil "Watch and Pray"  
(Lane Room)  
9:30 pm. Glenstal Compline



## Good Friday



12 noon Stations of the Cross  
2:45 pm. Celebration of Lord's Passion  
followed by Dundrum Churches Together  
Way of the Cross:  
Balally-Methodist  
Ballinteer- Meadowbrook  
St. Nahy-Dundrum-Taney

## Holy Saturday

10 am. Morning Prayer (Icon Chapel)  
followed by sharing on "Divine Beauty"  
by John O'Donoghue (Lane Room)  
6 pm. Easter Vigil



## Easter Sunday



7 am. Sunrise at Taney church  
9:15 am. Morning Prayer (Icon chapel)  
10 am. Maranatha Chorus  
Ester Sunday Mass of the Resurrection

# Acts of Service Week 3



MONEY SPEAKS POWERFULLY.  
HUMANS ARE, BY AND LARGE, A LITTLE  
OBSESSED WITH THE STUFF.  
BUY FROM COMPANIES THAT TAKE  
ENVIRONMENTAL AND ETHICAL CONCERNS  
INTO CONSIDERATION.  
TRY NOT TO BUY FROM  
THOSE THAT DON'T.  
IF ENOUGH PEOPLE DID,  
MAJOR CHANGES WOULD FOLLOW, AS  
PREDICTABLY AS NIGHT FOLLOWS DAY.

Fr Laurence and Martina after Contemplative Mass

