



## 22ND MARCH: FOURTH SUNDAY OF LENT

### ARRANGEMENTS DUE TO COVID 19:

All public weekend and weekday masses in both churches are cancelled until further notice.

**Fr. Francis celebrates mass at 10am each morning which can be listened to on our parish radio.** Both churches are open daily.

### HOME DELIVERIES IN NEWMARKET:

Please be aware that the following shops will provide a home delivery service to those who need to self isolate or housebound. They will also collect from other outlets like the Pharmacy and bring with your shopping once pre arranged by you.

<b>Supervalu:</b>	029-60233
<b>Tadhg Ryan:</b>	029-60541
<b>Hannons:</b>	029-60006
<b>O'Keeffes Fruit and Veg:</b>	087-6269129
<b>Twomeys Butchers:</b>	029-61904
<b>Phil O' Reillys Butchers:</b>	086-3494398

### A PRAYER FOR HEALTHCARE WORKERS:

Loving God,  
we place into your care  
all our doctors, nurses and healthcare workers.  
Give them courage of heart  
and strength of mind and body.  
Keep them safe from harm.  
May they know our deep gratitude  
for all they are doing  
to heal and help those affected by  
the coronavirus.  
God of all consolation  
may they know your protection and peace.  
Bless them in these challenging days  
and bless their families.  
Amen.

### COVID 19 TIPS FOR THE NOT SO YOUNG:

One of the groups of people that need to be cautious are the elderly. The following are some suggestions by parishioners that may be of some help.

1. Both grandparents & grandchildren will surely miss each other – now is the time to show just how 'cool' & 'tech savvy' grandparents are! So stay in touch with Skype... facetime along with regular phone call! (If someone helps you with that, no need to let on to the grandkids!!)
2. Despite the numerous reassurances that there will be no issue with food supply, people seem to be acting like its Christmas all over again. However, we still need to eat, and elderly people can worry or be scared of going out. Instead of going shopping, why not get it delivered? Our local shops are doing home deliveries for those self isolating and for the those unable to get out.
3. Typically, we usually have nowhere to go until we are told we can't go anywhere! It is important then that we remain active, and with time on our hands, there is plenty to be doing! Those weeds in the garden are doing great with the weather we are having, and there a few books that we meant to read, the people we meant to get in contact with – no excuses now!!! Even play card games, but please not cheating!!! If you're really stuck, there is always a bit of spring cleaning to be done!!
4. Now is also a time to do some exercise you know and are familiar with like going for a walk, yoga and even doing exercises your doctor or physio had suggested! No overdoing it now!!!
5. Let's not keep it one sided! Anyone of us can pick up the phone and make a call!
6. Say the odd prayer for those affected by this disease, their families, healthcare workers and our civil leaders – may God watch over them, guide them and may the presence of God give them courage and strength. (and show the young ones how it's done – again!!!)

### SHORT BUT SWEET:

The little church in the suburbs suddenly stopped buying from its regular office supply dealer. So, the dealer telephoned Deacon Brown to ask why. "I'll tell you why," said Deacon Brown. "Our church ordered some pencils from you to be used in the pews for visitors to register." "Well," interrupted the dealer, "didn't you receive them yet?" "Oh, we received them all right," replied Deacon Brown. "However, you sent us some golf pencils...each stamped with the words, 'Play Golf Next Sunday'."

### SOME THOUGHTS FOR THE WEEK:

"Doing things for others makes the world a nice place to be. Helping is an act of kindness; it's something you can see." *Michael Gordon*

"Slave, bishop and saint – it's fair to say that the man we call Patrick had an unusual life." *Marian Broderick*

"Don't believe in the myth that your depression will last forever. You are not genetically doomed, and you aren't going "crazy"!" *C.M. Fraser*

"Be a "tree that bends" - rooted and strong but relaxed and flexible, no matter what is happening around you right now." *Mariam Gates*

"Good things can come out of negative emotions - they can make you notice things that are wrong and need to be changed or fixed." *Vanessa Allen*

"It's temporary, but it's a tornado-like headwind, so it's going to be powerful for a period of time." *Rick Rieder*

"Our greatest weapon against the difficult times we are facing in this universe is our ability to hope! And with hope, we will be able to cope with anything possible! *Mehmur Murat*

"The universe is bringing our dreams to life, but unfortunately, it is also bringing our nightmares that little bit closer as well." *Anthony Hincks*

"The coronavirus pandemic is a world-changing event, like 9/11. There was a world before Covid-19. And there will be a world after Covid-19. But it won't be the same." *Oliver Malloy*

### ONE SENTENCE SERMON:

Hope is being able to see that there is light despite all of the darkness.

### WEBSITE OF THE WEEK:

www2.hse.ie/coronavirus

Coronavirus signs and symptoms

### MOTHER'S DAY PRAYER:

To the Mothers who are struggling,  
to those filled with great joy...

To the Mothers who are remembering  
children who have died, and pregnancies  
that miscarried....

To the Mothers who decided other parents  
were the best choice for their babies...

To the Mothers who adopted those children  
and loved them greatly...

To those experiencing frustration or  
desperation in infertility...

To those who knew they never wanted  
children and the ways they have contributed  
to our shared world...

To those who mothered colleagues'  
children, neighbourhood children and  
anyone who needed it...

To those remembering Mothers who are  
no longer with us...

Today is a day to honour the unyielding  
love and care for others we call  
'Motherhood'

**Happy Mother's Day !**