

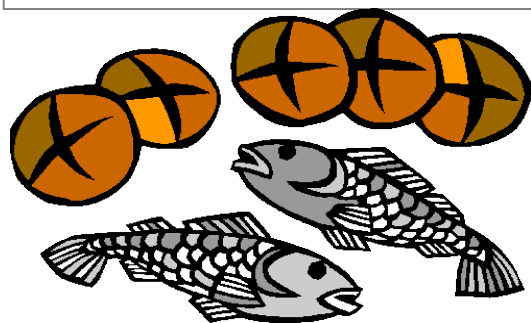
In what we call the 'new normal' it doesn't even feel like a bank holiday. Nevertheless we move into the month of August this weekend, a time of holiday for many. Most of us are heeding government advice and not even thinking of travelling abroad. But we probably all need a break, more than we realise, even if it's just a few days 'staycation'. Before schools reopen in September and we get back into familiar routines, it's a good thing to recharge the batteries physically and spiritually and to enjoy a change of scene while supporting the domestic economy. A break offers us the chance to unwind, to restore the work/life balance and to get things back into perspective. I think this is what St. Paul is hinting at in today's second reading: 'Nothing can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked'.



Nothing will be able to separate us from the love of God in Christ Jesus our Lord

Romans 8:35-37

Fr. Richard Sheehy



Then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing. And breaking the loaves handed them to his disciples who gave them to the crowds.

Mass Intentions booked for the Month of August

Sat.	1st.	6.00pm	Kathleen McManus (A) Lilly O'Shaughnessy (Months Mind)
Sun.	2nd	11.00am	Hilda Barry (100 Birthday Celebration)
Fri.	7th	10.30am	First Friday
Mon.	10th	10.30am	William O'Brien (A)
Sun.	23rd	11.00am	Rory Moore (1st A)
Sat.	29th	6.00pm	Danny O'Lone (A)



Please visit St. Columba's Parish website at www.ionaroadparish.ie and email your comments, good news stories and special parish events to info@ionaroadparish.ie

Items for the Parish Link can be e-mailed to parishlink@gmail.com or dropped into the Parish Office letter-box, marked 'Parish Link', by 5pm on the Thursday of week of publication. A contact name and phone number is required for each item. **Ph: 8308257 or email saintcolumba@eircom.net**

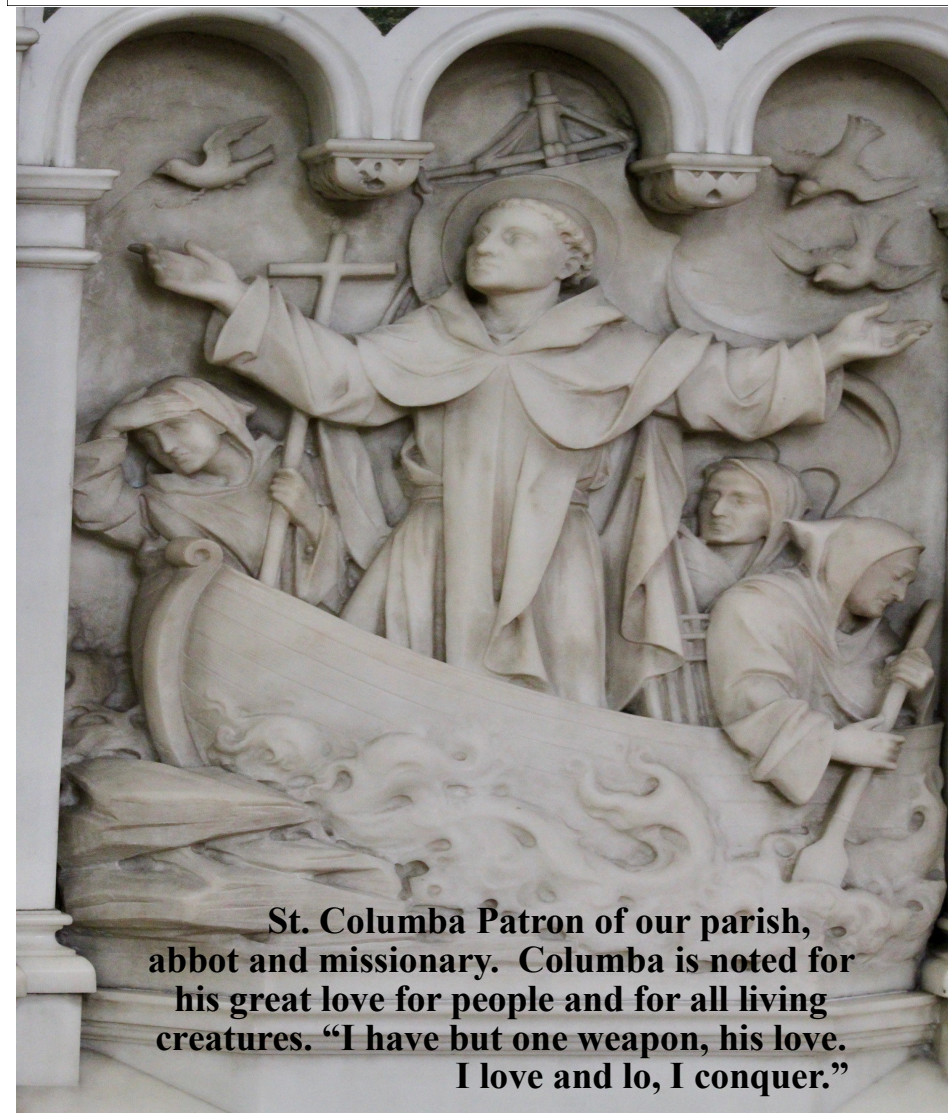
PARISH LINK



Issue No 27/30

Parish of St. Columba

2nd August 2020



St. Columba Patron of our parish, abbot and missionary. Columba is noted for his great love for people and for all living creatures. "I have but one weapon, his love. I love and lo, I conquer."

Mission Statement: St. Columba's parish is a vibrant and welcoming community of faith, continuing to give practical witness to the Good News of Christ, through worship and reflection, and through Christian service to the community.

Sunday Morning Mass available by webcam

Monastery of St Alphonsus webcam @ 9.30am (www.rednuns.com)

Our Lady of Victories webcam @ 10.00am (www.olv.ie)

Iona Rd. webcam @ 11.00am (www.ionaroadparish.ie)

Our Lady of Dolour's webcam @ 12.00noon (www.glasnevinparish.ie)

Saturday Vigil Mass available by webcam

Out Mother of Divine Grace Ballygall @ 6.30pm (www.ballygallparish.ie)

Weekday Mass available by webcam

At 10.00am from Our Mother of Divine Grace, Ballygall (except Wednesday)

At 10.00am from Our Lady of Victories, Ballymun Road (except Friday)

At 11.00am from Our Lady of Dolours, Glasnevin (except Thursday)

At 5.45pm from The Monastery of St. Alphonsus and (9.30am Saturday morning)

The Monastery chapel has reopened for public worship
The capacity in the chapel, at any one time, excluding community and celebrant, is 21. The Sisters request that those who wish to attend should register and book a place by contacting : **Sr. Maire Brid on 086 189 08 53.**
Please ring or text Sr. Maire Brid before 2 p.m.
No one should go to the Monastery unless a place has been allocated and confirmed by Sr. Maire Brid.



We hope you are enjoying what the Irish Summer has too offer so far. Some of you may have had the opportunity to escape on a staycation and some of you may prefer to stay put. Either way its important to make the most of your situation and culture a healthy environment for yourself.

Here are some tips form the HSE for staying sane in

these times;

exercise regularly, especially walking / keep regular sleep routines / maintain a healthy, balanced diet / avoid excess alcohol / practice relaxation techniques such as breathing exercises /read a book / search for online exercise or yoga classes, concerts, religious services or guided tours / go to any classes where it's possible to keep a distance of 2 metres between you and other people / improve your mood by doing something creative
Stay connected to others - During times of stress, friends and families can be a good source of support. It is important to keep in touch with them and other people in your life.

If you need to restrict your movements or self-isolate, try to stay connected to people in other ways, for example: e-mail / social media / video calls / phone calls / text messages / Many video calling apps allow you to have video calls with multiple people at the same time. Remember that talking things through with someone can help lessen worry or anxiety. You don't have to appear to be strong or to try to cope with things by yourself.
Some wise words from the HSE

If at home or away you can access all The Sanctuary courses online. Here is an example of what is coming up this August at the Sanctuary; Hidden Treasure: Uncovering the Christian Mystics This 6 week course will each week explore the mystical riches of one particular mystic or group of mystics.

Our address is: The Sanctuary, Stanhope Street, Dublin,

To date, the ALONE COVID-19 Support Line has received in excess of 22,377 calls for support from vulnerable older people all over the country who need support, advice, or sometimes just reassurance.

CORONAVIRUS HELPLINE FOR OLDER PEOPLE 0818 222 024

If you have concerns or queries about Covid-19 call ALONE's dedicated support line everyday, 8.00am - 8.00pm

Weekly Donations to Parish & Diocese:

Our thanks to those who have been leaving in family offering envelopes over the past few weeks. Thank you for your support.

Our updated Website:

We now have a '**DONATE**' Button on the parish website which may make it easier for you to support the maintenance of the parish during these difficult times. You can donate to the Family Offering as well as the 1st and 2nd collections, if you wish, by clicking on the **DONATE** button and then following the instructions.

The first and Second collections at Sunday Mass are gathered up by placing your donation in the envelope provided on your seat. It is recommended to parishioners not to seal the envelopes for the first and second collections by licking them, as this would be unwise in the current climate.

Of course, you can continue to donate by dropping your donation directly into the Parish Office or the safe at the back of the church. Your generosity is not only appreciated but is very encouraging at this time. **THANK YOU.**

Online Children's Music Workshop with Drumcondra Library

Drumcondra Library hosts an online 'Learn and Explore Music' workshop Tuesday 28 July at 12.15pm. The workshop will take place via Zoom platform facilitated by The Mobile Music School. In this online session, children will learn to create home-made instruments, perform rhythms, explore sounds and play musical games. Workshop is suitable for children age 8-11 years. Places are limited for each session and must be pre-booked with the library via email. Please note when reserving a place, parents are required to provide an e-mail address. Consent will be requested for your e-mail to be passed on to the event facilitator. This is to enable the facilitator to register you for the event. A link and password will be sent to you in advance of the live session.

Contact Drumcondra Library:

Email: drumcondralibrary@dublincity.ie Telephone: (01) 222 8344

Service hours: Monday-Saturday 10.00am-16.00pm

Staying Home? Why Not Create Your Own Sanctuary?

There are all sorts of ways to travel! Sometimes travelling means exploring your own potential from the comforts of you own home. And that's just what Mary Jennings and Margaret Quinn propose to do in their course 'Create Your Own Sanctuary'. Over two consecutive evenings, this reflective event is about discovering and embodying the resources we have to live a safe, satisfied and connected life, wherever we are. It is about creating our own Sanctuary. This course starts on Monday July 27th and runs over two consecutive evenings (Mon & Tues the 27th and 28th of July) from 7pm- 9.30pm.

<mailto:enquiries@sanctuary.ie>