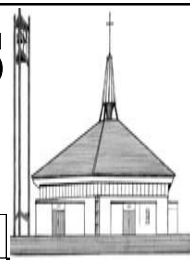


Aughavas & Cloone Parishes

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3rd January 2021

SECOND SUNDAY OF CHRISTMAS

Pray for the happy repose of the soul of Teresa Mollohan, late of Kiltoghert Parish (aunt of Raphael Morrow, Kiltyfea) who died recently.

Masses

Aughavas: Sat: 2nd Jan.	7.00 pm.	
Cloone: Sun. 3rd Jan.	10.00 am.	Pro. Populo.
Cloone: Mon. 4th Jan.	10.00 am.	Eugene Charles, Diffin. May Charles & Phil Charles & D.F.M., Coroneary.
Aughavas: Tues. 5th Jan.	7.00 pm.	<i>Eve of the Epiphany.</i>
Cloone: Wed. 6th Jan.	10.00 am.	<i>The Epiphany of the Lord.</i>
Cloone: Thurs. 7th Jan.	10.00 am.	Thomas Prior, Drumloughan. Michael McGirl, Camber.
Cloone: Fri. 8th Jan.	8.00 pm.	Jim Joe Shortt, Greagh. 1st Anniv.
Aughavas: Sat. 9th Jan.	7.00 pm.	
Cloone: Sun. 10th Jan.	10.00 am.	

Please Note that all weekend and week day Masses will be live streamed and without a congregation.

Feast of the Epiphany of the Lord—Wednesday 6th January is a Holy Day of Obligation.

Mental Health and Faith: Our wellbeing is made up of physical, mental, social and spiritual aspects. Mental health is that part of our health that is involved with coping with the ups and downs of everyday living, helping us to adjust to problems and changes we encounter in daily life and supporting us to overcome those big challenges that come our way from time to time. Mental health gives us an important sense of wellbeing that keeps us focused on doing our best, developing our abilities, reaching for our potential and making contributions to our community and society. When we look after our mental health, we nurture our ability to get the most from, and enjoy, life. When we reflect on mental health through the lens of faith, it is possible to see how faith may support our wellbeing. When we choose to embrace faith as part of living daily life, we can include attitudes and practices that nurture our overall health, and specifically our mental health. Simple acts such as making time for daily prayer, meditation and reflection keep us in touch with the inner self.

Through faith and prayer we can come to a deeper conviction that we have come from God, that God is always with us and in us, and that when our life here on earth comes to an end, we will be reborn into eternal life. We will have the joy of seeing the glory of God shining on the face of Christ. Our faith and our prayer give us the hope that we have a goal, a purpose and an end. In the gospels those who came to Christ always went away enriched or helped in some way. It is the same with us when we come to Christ in prayer. We will always come away enriched or helped in some way.

If we feel we have failed, or if we feel lost, or overwhelmed, or if we feel very imperfect, this is a normal part of our struggle with life. In our faith we will find important resources that will nurture our mental health. Our faith will help us to believe in ourselves and hold on to a positive outlook. Our faith will help us to accept change. Our faith will help us to accept ourselves, knowing God always accepts us and loves us. Our faith will help us to make our way through all our difficulties in a spirit of hope. Our faith is our great treasure and it is well worth looking after our faith by giving time to God in prayer.

Brokenness

Our brokenness is the wound through which the full power of God can penetrate our being and transfigure us in God.

Loneliness is not something from which we must flee but the place from where we can cry out to God, where God will find us and we can find God.

Yes, through our wounds the power of God can penetrate us and become like rivers of living water to irrigate the arid earth within us. Thus we may irrigate the earth of others, so that hope and love are reborn.

St. Joseph's N.S. Christmas 2020 Raffle: The Staff and Board of Management of St. Joseph's NS Aughavas would like to sincerely thank all those who contributed prizes or bought lines in our recent Christmas Hamper draw. The following were winners in our draw:

Ticket Seller

Winner

Prize

Darragh McBrien.	Ryan McHugh, Kilcar, Co. Donegal.	Main hamper.
Amelia Bohan.	Teresa Kearney.	Hamper No 2.
Michael & Aoife Brennan.	Michael Brennan.	Hamper No 3.
Jolene McCormack.	Dianne McNabola.	Hamper No 4.
Aaron & Jason Gallogly.	Peter Gallogly.	Hamper No 5.
Claire & Grainne Cooke.	Eileen Mollahan.	Cake/ Pauline McKiernan.
Gemma, Charlene /Jason Kiernan.	Gemma Kiernan.	Child's Gift—Girl.
Aaron & Jason Gallogly.	Amy Gallogly.	Child's Gift.
Glenn Mitchell.	Mary Mitchell.	Prosecco Gift Bag.
Claire & Grainne Cooke.	Kay Cooke.	Ladies Gift 1.
Destiny & Riley Cowdell.	Meryl Cowdell.	Ladies Gift 2.
Shea & Niall Flynn.	Sam Sullivan, Camber, Aughavas.	Mens Gift 1.
Darragh McBrien.	Darren Clarke, Mohill.	Mens Gift 2.
Aoife McKiernan.	Dermot Tierney, Carrigallen.	Box of Biscuits.
Amy McBrien.	Patrick Mitchell.	Bottle of Bicaridi.
Aoife McKiernan.	Fraunkie Kealy, Portlaoise.	Bottle of Baileys 1.
Amelia Bohan.	Emma Bohan.	Bottle of Baileys 2.
Jolene McCormack.	Ceara McCormack.	Bottle of Red Wine.

Offertory Collection: Cloone € 810.00;
(20th/25th December)

Aughavas € 625.00.
(27th December)