

*The Faith Communities of:*



*Ballymount, Crookstown, Kilmead & Moone*

**Parish Bulletin - 8th Sunday in Ordinary Time - 2nd March 2025**

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**PARISH SECRETARIES**

**BER MURPHY & BETTY MURPHY**  
Mon, Tues, Wed 10am - 3pm, closed Thurs,  
Fri 10am - 2pm. Ss. Mary & Laurence  
Church, Crookstown,  
TEL:0598623154.  
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**MASS TIMES**

**MOONE TUESDAY 10AM** - Liturgy of the Word  
with Holy Communion

**MASS TIMES IN NARRAGHMORE & MOONE**

**ST JOSEPH'S BALLYMOUNT:** Sunday 8:30am

**SS MARY & LAWRENCE CROOKSTOWN:**  
Saturday 7pm (Vigil)  
Wednesday & Friday: 9.30am

**ST ITA'S KILMEAD:** Sunday 10.30am  
Mass is celebrated most weekdays at 10am  
but is subject to change

**MOONE TUESDAY 10AM** - Liturgy of the Word  
with Holy Communion

**MOST BLESSED TRINITY MOONE:**  
Sunday 12noon. Holy Day: 11am

**EUCCHARISTIC HEALING SERVICE**

**Eucharistic Healing Service led by  
Fr. John Keane, in Ss. Mary &  
Laurence Church Crookstown  
R14 WD80 on Thursday 6th  
March at 7pm. All are welcome.**



**Ash Wednesday Mass Times  
Wednesday 5th March**

**Crookstown 9:30 am**

**Athy 9:30am**

**Moone 7:00pm**

**Athy 7:00pm**



**INTENTIONS SATURDAY & SUNDAY**

**RECENTLY DECEASED:**

Baby Martin Mackey  
Breege Beddal

**CROOKSTOWN 7PM**

Michael (Mick) Conlon (Months Mind)  
Pat Walsh (7thA)  
Paddy Doran-Inchaquire(4thA)  
Jimmy Doran-Inchaquire (12thA)  
John Leigh (A)  
John Dempsey

**Ballymount 8:30am**

James Ryan-Ballymount (A)

**Kilmead 10:30am**

Johnnie and Teresa Kelly (A) -  
Youngstown  
Dinny Keeley (A)  
Brigid Doyle (2ndA)

**MOONE 12:00NOON**

Joe Murphy-Ballitore (A)  
Rose and John Doyle-Whitecastle Lawn  
Athy (A)  
Stephen, Elizabeth and Noel Timmons-  
Grieseview, Timolin (A)  
John Joe Mahon (A)  
Elizabeth Kane (A)

**Lectio Divina for Lent**

Lectio Divina will begin on Wednesday  
12th March in Ss. Mary & Laurence's  
Church Crookstown after Mass and Rosary.  
All are welcome

**Holy Hour Crookstown**

Holy Hour takes place every Tuesday  
evening from 7pm-8pm all are welcome .

**LENTEN PRAYER NIGHTS**

**Lenten prayer nights will begin on  
Wednesday the 12th March in the  
Church of the Blessed Trinity,  
Moone at 7:00pm. The theme of  
our Lenten Prayer nights is The  
Jubilee of Hope, during this Lent  
may we find hope in all we see  
and all we do. We must fan the  
flame of hope that has been given  
us. All are welcome**





### Jubilee of Hope Prayer



**Father in heaven, may the *faith* you have given us in your son, Jesus Christ, our brother, and the flame of *charity* enkindled in our hearts by the Holy Spirit, reawaken in us the blessed *hope* for the coming of your kingdom.**

**May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.**

**May the grace of the Jubilee reawaken in us, *Pilgrims of Hope*, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. Amen**

### Prayer for Lent

**let us Reflect. Repent. restore**

***God of goodness and mercy, Hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love. May humility guide my efforts to be reconciled with you and live forever in your abundant grace. Transform me this Lent, heavenly Father. Give me the strength to make myself one hundred percent available to you every day as I prepare for Easter. Amen.***

### World Day of Prayer

World day of Prayer will take place in The Holy Saviour Narraghmore, (Eircode 25P8 VX) on Friday 7th March at 7 30 pm. The theme is 'I Made you wonderful'. The prayer service was prepared by the World Day of Prayer committee in the Cook islands which is situated in the South Pacific Ocean . All are welcome.

### Catechetical Corner – Fast and Abstinence

During Lent we often talk about Fasting and Abstinence, but what does the Church require us to do and what do we mean by Fasting and Abstinence? Fasting is listed as one of the Precepts (the fifth) of the Church - (see the Catechism of the Catholic Church #2043). The precepts of the Church are duties that the Catholic Church requires of all the faithful. Also called the commandments of the Church, they are binding under pain of mortal sin, but the point is not to punish. As the Catechism of the Catholic Church (CCC) explains, the binding nature “is meant to guarantee to the faithful the indispensable minimum in the spirit of prayer and moral effort, in the growth of love of God and neighbour.” (CCC #2041 - 2043) If we follow these commands, we’ll know that we’re headed in the right direction spiritually.

The Church defines fasting as: “... having one normal meal during the day..., it is allowed to take a very light breakfast and a very light dinner if the principal meal is lunchtime; or a very light lunch if the principal heavy meal is done at night. During the rest of the day, one must not eat, taking into account that water and medication do not break the fast.” Abstinence on the other hand entails the avoidance of meat and poultry on certain days throughout the year. There are certain days that are Fasting Days and other days that are Fasting and Abstinence. These days are called ‘Penitential Days’ “penitential days are prescribed on which the Christian faithful devote themselves in a special way to prayer, perform works of piety and charity, and deny themselves by fulfilling their own obligations more faithfully and especially by observing fast and abstinence...” (Code of Canon Law, CIC, # 1249). “Abstinence and fasting are to be observed on Ash Wednesday and Good Friday.” (CIC # 1251) “The law of fasting binds those who have attained their majority, until the beginning of their sixtieth year.” (CIC 1252). On the other hand; “The law of abstinence binds those who have completed their fourteenth year...” (CIC 1252).

Fasting in this manner is not required of those who for health or medical reasons should not fast. Perhaps we could fast from something else like television, our phone or our favourite snacks. Why do we fast? We fast in the example of Jesus who spent 40 days in the desert (see Mark 1:12). We fast because all the saints tell us it is a vital spiritual tool: St. Augustine: “Fasting purifies the soul. It lifts up the mind, and it brings the body into subjection to the spirit. It makes the heart contrite and humble, scatters the clouds of desire, puts out the flames of lust and enkindles the true light of chastity.” St Thomas Aquinas: “...For we fast for three purposes: to restrain the desires of the flesh; to raise the mind to contemplate sublime things; to make satisfaction for our sins. These are good and noble things, and so fasting is virtuous.” Our Lady, especially in Medjugorje, has called us time and again to fast. Lent is a blessing given to us to grow in our relationship with GOD and one another, a springtime of spiritual re-growth.

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