

## St. Mary of the Visitation Parish, Killybegs

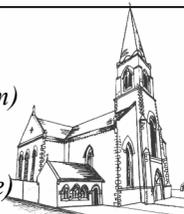
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Parish Secretary: Ann O'Donnell (Office Open: Mon to Fri. 9.15am to 2.45pm)

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Masses and Services: Live streaming [www.mcnmedia.tv](http://www.mcnmedia.tv) (link on website)



### Living In A Fog? by Greg Richardson (contemplativemonk.com)

We live so much of our lives in a fog. All around us, and in our own hearts and minds, there are regrets about the past, fears about the future, thoughts and feelings and other distractions. Each of us struggles to free ourselves from the obstacles and challenges which get in our way.



It is when we stop struggling, stop trying to free ourselves, we begin to become free.

We sit down, settling comfortably into a familiar chair. Our breathing calms down and we begin to breathe more deeply. Deep, cleansing breaths allow us to rest and expel the tensions and concerns which have been distracting us. Each breath, in and out, helps us pay attention in a new way.

We close our eyes and lose sight of everything pulling at our attention. Closing our eyes allows us to forget about how we look, and stop caring about the appearances of the people around us.

Our cares and concerns begin to fade away. The darkness inside our eyelids becomes a blanket which protects us from everything trying to get us to pay attention.

Sitting still, breathing deeply, closing our eyes, we listen to the stillness within us and all around us. The stillness is sacred because it holds nothing which distracts us from the loving presence of God.

We are open to the presence and action of God, of spiritual life. Beyond struggling, we give our consent to God living in our lives. We do not need to understand or organize all the ways God is alive in us. Spiritual life lives in us, and in the world around us, in more ways than we can imagine.

Listening to sacred stillness gives spiritual life opportunities to come alive in us. In the dark, undistracted stillness God's spiritual life is at work in us, healing and restoring what has been broken. We pray without words, beyond words, as people have prayed for thousands of years.

Part of our contemplative practice of centering prayer is returning to the world in which we live. We do not need to jump up and rush back to our distractions. Taking our time, we gently open our eyes. We continue breathing deeply and sitting comfortably. Gradually we stand and begin again.

### LEVEL 5 COVID REGULATIONS

Stay at home... restrict your movements... wash your hands... stay 2 metres apart.  
wear a face covering... reduce contacts.

- Mass celebrated here behind closed doors, all Masses live streamed.
- Funerals restricted to 10, Weddings to 6.
- No Baptisms for now
- The church is open for private prayer every day: 8am - 7pm. Take care.

- **Sunday 10th January 2021: The Baptism of the Lord Year B**
- **Weekday Readings: First Week of Ordinary Time Cycle 1**

Masses will be relayed on the webcam: [go to killybegsparish.com](http://go.to/killybegsparish.com) for a link to the live streaming

<b>Saturday</b>	<b>9th January:</b>	<b>07.00pm</b> - Justine & Hughie Mc Guinness (Anniversaries)
<b>Sunday</b>	<b>10th January:</b>	<b>11.00am</b> - Nora & Edward Leslie (Anniversaries)
<b>Monday</b>	<b>11th January:</b>	<b>07.00pm</b> - Donal Cannon R.I.P. (Month's Mind Mass)
<b>Tuesday</b>	<b>12th January:</b>	<b>10.00am</b> - Special Intention
<b>Thursday</b>	<b>14th January:</b>	<b>10.00am</b> - Jack Byrne R.I.P.
<b>Friday</b>	<b>15th January:</b>	<b>10.00am</b> - Rose & James O'Donnell (Anniversaries)
<b>Saturday</b>	<b>16th January:</b>	<b>07.00pm</b> - Michael Hugh Byrne (Anniversary) Patrick Byrne (Anniversary) Teresa & Joe Mc Brearty (Anniversaries) Noel Cahill (Anniversary)
<b>Sunday</b>	<b>17th January:</b>	<b>11.00am</b> - Deceased Members of the Ward family Arthur Kee (Anniversary)

Please note: Mass on Sunday 11am only; Mass on Monday 7pm; No Mass on Wednesday.

**Pray for: Brendan O'Keeney, Fintra Rd, whose funeral took place on Wednesday; Ronan O'Keeney, Clar, Donegal Rd, whose funeral took place Monday; Michael Gamble, Castlefin, whose funeral took place on Friday (father of Kieran Gamble, Fintra); Patsy Boorman, formerly Patsy Gatins, Benroe, who died in New Jersey on Wednesday; Cathal Timoney, whose funeral took place in Clar on Wednesday.**  
**Pray for: Rose Rowan, Bridget Byrne, Rose O'Donnell, Patrick & Anne Gallagher, Thomas & Catherine Sweeney. Suaimhneas Sioraí.**

### Thank you

Mary, David and the Cannon family wish to thank sincerely all who supported them following the recent death of Donal Cannon. They are grateful to all who sympathised with them, all who were so good to them and all who paid their respects on the day of the Funeral, including Killybegs GAA Club and St Catherine's FC.

Special thanks to Letterkenny Hospital, Dr McManus and the Health Centre Dunkineely and McBrearty's Undertakers. Mass will be offered for your intentions. *Month's Mind Mass live-streamed Monday 7pm.*

**Cancer Bus to Galway** the Bus from Letterkenny to Galway still runs for Cancer patients for the Galway Hospital. It picks up in Donegal 7.10am on Mondays and picks up again in Galway on Fridays at the Hospital and back to Donegal Town 12 noon. This service is free, for more info tel: 074 9731273.

<b>Sunday Collection</b>	€1,125.00
Donation	€ 700.00
<b>Restoration Fund</b>	
Envelopes	€ 550.00
Donation	€ 520.00

Thank you for your continued generosity

**Sunday Missal 2021** Special Price: €5  
Complimentary copy for Ministers of Word and Eucharist and all involved in ministry.  
Available from Parish Office.

**Healthcare Assistant** (part time, fully certified and experienced) available for employment from January 2021. Tel: 0872968926

**COVID-19 Support Line for Older People ALONE** manage a national support line and additional supports for older people.  
The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

### St. Vincent De Paul

We encourage anyone who is under financial stress to contact us, all requests treated in confidence. Ring any of the following: 087 3507727, 9731186, 9731426, 9731391. Those wishing to support our work may donate by using the above details.



A new CD with hymns & songs sung by Roisin & Sara O'Donnell.

On sale from the Parish Office and Curran's €10.  
All proceeds to:  
Killybegs Community Hospital  
Patients' Comfort Fund