



# 16<sup>th</sup> Sunday of Ordinary Time

21<sup>st</sup> July 2024



## **Mass Times & Intentions:**

Mass – Monday to Friday Clonmellon 10am

**KILLALLON:** Sun 21<sup>st</sup> July 10am – Ann. Christy & Kitty Connell

**CLONMELLON:** Sun 21<sup>st</sup> July 11.30am – Ann. Martin, Catherine & Delia Kelly

Mon – St Mary Magdalene

Tues - St Bridget of Sweden

Thur – St James Apostle

Fri – Saints Joachim & Anne (Parents of Blessed Virgin Mary)

**KILLALLON:** Sun 28<sup>th</sup> July 10am

**CLONMELLON** Sun 28<sup>th</sup> July 11.30am – Ann. Deceased Members of McCullen & Cosgrave families

**Baptisms:** 1<sup>st</sup> & 3<sup>rd</sup> Saturdays of each month

**Adoration:** Every Monday 2.30 – 8pm.

**July Offering:** List will be acknowledged next Sunday 28<sup>th</sup> July.

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***Pioneer Pilgrimage to Knock Sun July 21<sup>st</sup>***

***Meath Diocese Pilgrimage to Knock Sun August 11<sup>th</sup>***

***Croagh Patrick – Reek Sunday -28<sup>th</sup> July***



## **Parish Pastoral Assembly & Church Choir**

The P.P.A. & choir are taking a short break over the months of July and August.

There will be new suggestion boxes at the entrances of each church; we welcome your comments.

So please have your voice heard. These will be gathered and reviewed in Sept.

We wish all our parishioners a lovely summer break.

## **An ecology of the heart**

In today’s gospel, Jesus gives us a valuable teaching. Even though He rejoices in seeing His disciples’ happiness due to the wonders of their preaching, He does not spend time giving them compliments or asking questions. Rather, He is concerned about their physical & interior tiredness. And why does He do this? Because He wants to make them aware of a danger that is always lurking there for us too: the danger of being caught up in the frenzy of doing things.

How many times this happens in the Church? We are busy, we run around. We think that everything depends on us & in the end we risk neglecting Jesus & we make ourselves the centre. This is why He invites His disciples to rest a bit with Him on their own. It is not only physical rest but also rest for the heart. For it is not enough to ‘unplug’ ourselves, we need to truly rest.

To do so, we must return to the heart of things, to stop, to remain in silence, to pray so as not to go from the frenzy of work to the frenzy of times of relaxation. Jesus did not neglect the needs of the crowd, but each day, before anything else, He would withdraw in prayer, in silence, in intimacy with the Father. His tender invitation, rest a while, should accompany us.

Let us learn how to take a break, to turn off the mobile phone, to contemplate nature, to regenerate ourselves in dialogue with God.

Compassion is born from contemplation. If we learn to truly rest, we become capable of true compassion. If we cultivate a contemplative outlook, we will carry out our activities without that rapacious attitude of those who want to possess & consume everything. If we stay in touch with the Lord and do not anaesthetise the deepest part of ourselves, the things to do will not have the power to cause us to get winded or devour us. We need to listen to this, we need ‘an ecology of the heart’ that is made up of rest, contemplation & compassion.

**Pope Francis, Intercom July/Aug 2024**