



THE PARISH  
OF ATHY

Comprising the Faith Communities  
of:  
ST MICHAEL'S, ATHY  
&  
ST MARY'S, BARROWHOUSE



**MASS OF THE EIGHT SUNDAY IN ORDINARY TIME SUNDAY 2ND MARCH 2025**

**PRAYER**

O God, our teacher and judge, hear our prayer as we gather at the table of your word. Enrich our hearts with the goodness of your wisdom and renew us from within, that all our actions, all our words, may bear the fruit of your transforming grace.

**DAY OF PRAYER  
FOR  
TEMPERANCE**

Temperance brings balance and prevents excess getting a grip

**CHURCH NOTICES**

**Weekend Mass times:** 6pm, 10.30am & 12 noon & Barrowhouse Sunday at 9 am **Weekday Mass times:** 9.30 am. Rosary at 9.10 am.

**Lent** begins next Wednesday, **Ash Wednesday**, 5th March 2025. Mass at 9.30am & 7pm followed by distribution of Ashes. The ashes reminds us of mortality and the relative shortness of this life.



**Ash Wednesday** is a Day of **Feast and Abstinence**  
Abstinence is from meat; fast means one main meal and two small snacks, health permitting.

**Trocaire Boxes** available at the doors of the church  
The Lenten practices of prayer, fasting and almsgiving which we take on with a renewed commitment are ways of spiritual renewal and coming closer to God.

This is **Temperance** Sunday, A Day of Prayer for temperance

Last weekend collections;  
**Common:** €1,180 **Share** €840 **P. Dev.:** €801  
*Thanks to all who contributed*

**PRAYERS FOR THE DEAD**

**Recently Deceased:**

*Mary Gallagher, Andrew Meadows,  
Mary Phillips, Clonmullion  
Carmel Byrne nee Ryan, Avondale*

**Saturday 6pm**

**Month's mind:**

**Birthdays rem:** Pee Fitzpatrick, Rita Flood,  
**Anniversaries:** Joe & Bridget Doyle, Billy Farrelly, Angela Hyland (1st A), Tommy Buckley (2nd A), Annie & William Hutchinson, Malachy Cardiff, Maureen Cardiff, Josephine Aldridge, Pearse Dunne, Billy Ryan, John Foley, Deceased Members of Foley family, Padraig Healy, Martina Lynch, Rosanna & Michael O'Connor, Bernard Dowling (6th Anniv), Paddy Haughton, James Keane, Patricia Towell nee Harris, Seán Kavanagh

**Sunday 9am Barrowhouse:** Anna & John Lawler

**Sunday 10.30am: Anniversaries:**

Joe & Bridget Doyle, Christina Kirwan (1<sup>st</sup> A)  
John & Ellen Kirwan, John Flanagan, Paddy Mullery,  
Deceased mem. of Kennedy & Reid families, Billy Ryan,  
Elizabeth Myles, Padraig Healy, Ellen Byrne

**Sunday 12 noon: Month's mind:** Jim Fingleton

**Anniversaries:** Joe & Bridget Doyle, Sheila Stynes, James Lawler, Gerry Byrne, Mary McDermott, Joseph & Margaret McDermott, P.J. Leonard, Mary Barry, Martina Kilbride, Dec mem of McDermott & Roche families, Annie Powell, Padraig Healy, Dec. mem of Healy family, Anna & John Lawler, John & Kathleen McDonald, Michael McDonald, Breda Ellard, Kathleen Durkin, Patricia Towell nee Harris, Seán Kavanagh

**Monday 9.30am:** Danny Brennan, Florrie Crow (Anniv)  
Thanksgiving, Special Intention

**Tues. 9.30 am:** Sheila Stynes, Ellen Byrne (anniv)  
*Ash Wednesday*

**Wednes. 9.30 am:** Rose Robinson, Joe & Mary McDermott, Martina Kilbride, Annie McDermott, Mary Barry, P.J. Leonard, Dickie Kelly (25th A), Noel Reddy (2nd A) Declan Murphy, Rita Flood (Birthday Remembrance)

**Wednes. 7pm:**

**Thur. 9.30 am:** Golden Book

**Friday 9.30am:** Altar List of the Dead

**EUCCHARISTIC HEALING SERVICE**

**LED BY**

**FR. JOHN KEANE**

*Ss. Mary & Laurence Church*

*Crookstown R14 WD80*



*Thursday 6th  
March*

*At 7pm*

**ALL ARE WELCOME**

Lent represents an opportunity for deepening our faith and putting our faith more richly into practice in our lives.

If Lent is indeed to be a spiritual springtime, then we need to think about what to put in place.

What are you going to do?

**READINGS**

*Year C*

**First Reading:** Ecclesiasticus 27: 4-7

**Psalm:** 91:2-3,13-16

**Second Reading:** 1 Corinthians 15:54-58

**Gospel:** Luke 6:39-45

**ST. PATRICK'S DAY MASSES**

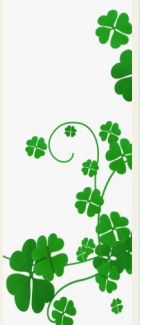
**MONDAY, 17TH MARCH 2025**

is a Holyday of Obligation and a Bank Holiday  
Mass in St. Michael's Church at **9.30am & 12 noon**

*The 12 noon Mass will be mostly in the Irish language with Irish music from the parish choir*

**ST. PATRICK'S DAY STOCK**

St Patrick's Day cards, badges, brooches, emblems, prayers and rosaries now in stock in Parish Office



## Diocesan Pilgrimage to Knock-Saturday, 26th April 2025



For more information, email [knockpilgrimage@dublindiocese.ie](mailto:knockpilgrimage@dublindiocese.ie)

**Athy Parish website** [www.parishofathy.ie](http://www.parishofathy.ie)  
**Parish Radio** 107.9 fm

**Children Liturgy Sheets available  
at doors of church**



### CATECHETICAL CORNER – Fast and Abstinence

Lent begins on Wednesday, Ash Wednesday, a day of 'Fast and Abstinence' but what does the Church require us to do and what do we mean by Fast and Abstinence?

Fasting is listed as one of the Precepts (*the fifth*) of the Church - (*see the Catechism of the Catholic Church CCC #2043*). The precepts of the Church are duties that the 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 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 blessing given to us to grow in our relationship with GOD and one another, a springtime of spiritual re-growth.

### SAVE THE DATE

## Monster Auction in aid of Church Heating Fund

in Athy GAA Centre

**Sunday 11th May**

All clean saleable items are welcome

For further information contact:

Leon Kenny, Fiona Rainsford

**Preparing for Marriage?** Weekend residential courses available. 23-25 May or 19-21 September

Details: [www.grasta.org](http://www.grasta.org) or at [info@grasta.org](mailto:info@grasta.org)

### ADORATION OF BLESSED SACRAMENT in

Crookstown Church on Tuesday evening  
7pm-8pm

All are welcome



"...You will find rest for your soul..."  
Mt 11:29

## HOLY HOUR

**ST MICHAEL'S CHURCH, ATHY**  
**EVERY TUESDAY AT 2PM**

(INCLUDING ADORATION OF THE BLESSED SACRAMENT, HOLY ROSARY, TIME FOR QUIET PRAYER AND THE DIVINE MERCY CHAPLET)

EVERYONE IS WELCOME

"Pray constantly; and for all things give thanks; this is the will of God for you in Christ Jesus."  
1 Thess. 5:17-18

### PARISH OFFICE

**Monday: 2.15 pm-4pm**  
(Closed Holy Days & Bank Holidays)  
**Tue & Wednes 9.30-1.30 & 2-4pm**  
**Thur 9.30am-1.30 pm**  
**Saturday: 10.30am-12.30am**  
**Phone: 059 86 38391**

### PARISH TEAM

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