

OUR PARISH MISSION STATEMENT

In our Parish people are nourished by the Word of God. It is a Parish where love is tangible and practical. It is a place where people pray together. Our Parish community is centred on Jesus Christ, on knowing and loving Him. It is incarnated in the love we show one another.

Fr Pat O'Donnell (064) 7758026 086 8351732

SATURDAY 24th JUNE & SUNDAY 25th JUNE 2023

Sat 24 th	Shrone	6.00pm	Michael O'Callaghan Gortacorrin Neily Lenihan Gortdarrig & all deceased of the Lenihan family.
Sat 24 th	Knocknagree	7.30pm	Paddy & Eileen O'Sullivan Tureen , Bridget Dineen Clounts Michéal & Peggy Murphy Nohonal Upper
Sun 25 th	Gneenequilla	9.30am	Patrick & John Cremin & their parents Mary & Philip Renasup Jim, Mai & Pat Joe Cronin, Coom, Elaine Lowe Sliabh Luachra Breda Murphy Gneevequilla Upper .
Sun 25 th	Rathmore	11.30 am	John (Jack) Mahony l/o Mounthorgan (would be his 100 th birthday) Moirá Casey, Shinnagh, Anne Sheehan Lissyconnor. Humphry McCarthy Knockdurath, Tom & Joan Brosnan Ahane, their daughter Mary & sons Ned & Patrick Denis & Margaet Corbett, Ballydesmond their daughter Sheila & son Danny. Mary & Patie Reen Couterough, Abina & John Kavanagh l/o Raheen & Washington We remember Frank Buckley l/o Cahills Bar whose Anniversary occurs at this time.

Fr John Fitzgerald (029) 70043 / 0877752948 on call this Sunday 24th June for emergency and sick calls.

MONDAY 26th JUNE to SUNDAY 2nd JULY 2023

Mon 26 th (No Morning Mass)	8.00 pm	Kilquane Cemetery Mass
Tues 27 th	Rathmore 9.30am	People of the Parish
Wed 28 th	8.00pm	Knocknagree Cemetery Mass
Thur 29 th (No morning Mass)	8.00pm	Shrone Cemetery Mass
Fri 30 th	Gneevequilla 7.00pm	(Months Mind) Edith Brosnan l/o Coom LR & Milltown & remembering her sister Philomena Davey (nee Brosnan) whose anniversary occurs at this time (Burial of Ashes after Mass)
Sat 1 st	Shrone 6.00pm	Donors Intentions
Sat 1 st	Knocknagree 7.30pm	Connie O'Sullivan. Abbie & Jerh Moynihan, Lacka
Sun 2 nd	Gneevequilla 9.30am	Donors intentions
Sun 2 nd	Rathmore 11.30am	(Months Mind) Jeremiah(Jerry) Horan, Caherbarnagh



EUCHARISTIC ADORATION IN OUR PARISH EVERY WEEK

Rathmore Church Wednesday evening from 6-7pm before Mass Knocknagree Church: Thursday mornings from 10am – 11am Gneevequilla Church Eucharistic Adoration: Tuesday from 10am – 8pm



The Parish Office opening hours Mon, Tues, & Thur 9.30am -12.30pm Fri 11am – 2pm. Closed Wed.
Parish Office: Booking of Masses, Mass Cards, any query, just call, phone or email (064) 7761669 or
rathmore@dioceseofkerry.ie

Diocese Collection: The annual collection for **Sick & Retired Priest** will take place on next weekend 1st/2nd July Donations can be contributed online on the donate tab on the parish website www.rathmoreparish.ie or drop into the Parish Office

With special thanks to everyone who attended the recent **Teach Mhuire Garden and Bake sale and coffee morning** which was held on Friday 16th of June in Teach Mhuire.
The total amount raised was €1,520. A great day was had by all and support was greatly appreciated

Trocaire Funds

We are anxious to forward monies for Trocaire this as soon as possible. If you still have not returned your household contribution, please endeavour to do so by next weekend. Your donation can be handed in to the Parish Office, The Sacristy, or you can place it in an envelope and put it in the offertory collection basket. (Please mark your envelope Trocaire)

Today's Gospel

Do not be afraid . Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

OVERCOMING FEAR

Learning how to overcome fear and anxiety can be an intimidating prospect if you don't understand the mechanisms behind them. Before you berate yourself for feeling afraid, recognize that fear is a normal evolutionary response.

PHYSICAL FEAR

When most of us think of fear, we think of physical threats, triggered by a known outside event – a loud noise, looking over the edge of a high place or standing in front of a crowd. Physical fear can even take the form of phobias – Phobias are an extreme fear of a very specific situation, object or animal. Spiders, heights, public speaking and enclosed spaces are a few well-known phobias.

ANXIETY

Think of anxiety like long-term fear. It's typically focused on the future rather than the present. When you live in a state of stress, your body releases a chemical called cortisol. Too much cortisol can cause problems sleeping and focusing, weight gain and even affect your immune response.

FEAR OF UNCERTAINTY

At our core, all of our thoughts, decisions and behaviors are driven by Six Human Needs. For many of us, certainty is our most powerful need: We want to know what is coming next. A fear of uncertainty from getting out of our comfort zones.

FEAR OF FAILURE

Fear of failure is another common fear that stems from the human need for certainty, as well as the need for significance. We are wired to avoid pain and gain pleasure – and avoiding failure is surely an easy way to avoid pain. Yet we're also wired for growth, and as every successful person on the planet knows, failure leads to growth. We must shift your mindset on failure to think of it as a positive, not a negative.

Fear

By Kahlil Gibran
It is said that before entering the sea
a river trembles with fear.
She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and villages.
And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.
But there is no other way.
The river can not go back.
Nobody can go back.
To go back is impossible in existence.
The river needs to take the risk of entering the ocean
because only then will fear disappear,
because that's where the river will know
It's not about disappearing into the ocean
but becoming the ocean

Communication Gone Wrong!

Spotted in a toilet of an office:

TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW

In an office:

WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY
PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN

In an office:

AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND
UPSIDE DOWN ON THE DRAINING BOARD

Seen at a notice board:

FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A
DAY CARE CENTRE ON THE FIRST FLOOR

On a repair shop door:

WE CAN REPAIR ANYTHING.
(PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)

Outside a shop selling second-hand items:

WE EXCHANGE ANYTHING - BICYCLES, WASHING . MACHINES, ETC.
WHY NOT BRING YOUR SPOUSE ALONG AND GET A WONDERFUL

BARGAIN

