



# Mullingar Parish

Cathedral of Christ the King, St Paul's,  
Walshestown, Brotenstown & Gainstown  
[www.mullingarparish.ie](http://www.mullingarparish.ie)

## Priests of the Parish

Fr Derek Darby Adm.  
Fr Joseph Naikarakudy CC  
Fr Joe Campbell CC  
Fr Kevin Heery CC

## Parish Office Hours

Re-opens Thursday 2nd January.  
T: 9348338  
E: [office@mullingarparish.ie](mailto:office@mullingarparish.ie)  
W: [www.mullingarparish.ie](http://www.mullingarparish.ie)

## Vigil Mass (Saturday)

Cathedral: 6pm  
**Sunday Mass Times**  
Cathedral: 8.30am, 11am, 12.30pm  
St. Paul's: 10.30am, 12noon  
Walshestown: 9am  
Brotenstown: 10am  
Gainstown: 11am

## Daily Mass

Cathedral 7.45am & 10am Mon - Sat  
St Paul's Church: 9.15am Mon - Fri

## Eucharistic Adoration

8am-8pm in the Cathedral daily

**ACCORD Catholic Marriage Support**  
Service - 9348707

## Bereavement Support

087-6309808

## Child Safeguarding Representatives

Linda Duncan & Maeve Corroon  
Contact Parish Office



## We welcome these children who were recently baptised:

Grace Joyce; Bonnie McKnight Greville;  
Isabel Greville Dillon; Ava Caplinskas;  
Charlie Nevin; Tom Stephens; Fiadh  
McManus; Ella Higgins; Charles Horgan;  
Conor Malone; Charlotte Martin; Alayna  
Dunne; Sean Martin; Elena Nevin; Alice  
Carr; Emily Brady; Leo Butnariu Leakey;  
Laura Balucha; Bradley Greene; John  
McDonagh; Sadhbh Kelly; Maya Gulka;  
Eoghan Flynn; Ashton O'Reilly; Eva  
Grogan; Tom Sheerin; Charlie Maloney.

## HAPPY NEW YEAR 2020



We wish our parishioners every blessing and happiness for 2020. We would like to thank parishioners for your continued generosity in supporting us, your priests. We deeply appreciate your generosity in your Christmas Offerings on which we depend so much. Our hope for the New Year is that many who live in our parish will feel welcome and at home in our faith-community. Together through the Mass, the celebration of the Sacraments and becoming actively involved in parish life, may we come to know Christ more intimately, as the source of all love.

*Fr. Derek, Joe, & Kevin*

## WORLD DAY OF PRAYER FOR PEACE 1st January 2020

Cathedral Mass at 12 noon

## STANDARDISING HOLY DAY MASSES 2020

From 1st January 2020, the Parish will standardise Mass times for Holy Days which fall on weekdays:

**Cathedral:** 7.45am, 10am, 7.30pm

**St. Paul's:** 9.15am

## NEW YEAR PRAYER

Grateful for the blessings of a year gone by, and filled with hope as a new year begins, let us pray:

An old year has once more come to a close; we face with confidence and hope the beginning of a new, with all the promise that it holds, the mixture of grief and blessing. Be with us, Father, as this new year unfolds. Through our efforts and your help, deepen the measure of peace that is ours; bind us more closely together to each other and to you through your great gift of love. We make this prayer through Christ our Lord. Amen.

## FR JOSEPH SAYS THANKS!

I would like to express my thanks to the people of Mullingar for the warm welcome, encouragement and support extended to me during my seven years ministering in this parish. Thank you to all who give so much of themselves in their witness to the Gospel and from whom I have drawn much inspiration, encouragement and faith. I have been humbled by your kindness and support over the years. It has been a privilege to minister here in the Diocese of Meath and I thank Bishop Michael, Bishop Tom, and the priests of the parish for welcoming me into the diocese and for their fraternal support and guidance over the years. Please keep me in your prayers, as I will keep you in mine. St. Camillus, pray for us.

*Fr. Joseph Naikarakudy*

## EXTRACT FROM POPE FRANCIS' MESSAGE FOR THE WORLD DAY OF PRAYER FOR PEACE

Pope Francis urges all men and women of goodwill to "renounce the desire to dominate others and learn to look at each other as persons, sons and daughters of God, brothers and sisters. Only by choosing the path of respect can we break the spiral of vengeance and set out on the journey of hope".



## 10 New Year's Resolutions for Your Spiritual Life

Why not attach some spiritual resolutions to our lives in 2020? Here are ten ideas for simple, practical ways you can improve your interior life in the New Year.

### *Simplify your life.*

Start to simplify by cutting out ten minutes of wasted time each day and replace that time with something that you know will truly make you a better person – add ten minutes of Bible reading, prayer, or developing a talent or hobby that you can share with others.

### *Read one spiritual book per month.*

Why not spend time reading something that will inspire you to grow in virtue, holiness and understanding of God?

### *Attend a weekend retreat.*

If you plan ahead, you can make the time for a weekend retreat once per year. Yes, it's going to involve a bit of a stretch with your schedule, but if you commit to it, you won't regret it. Even a one-day retreat is worth the effort and will enrich your life.

### *Pray a decade of the Rosary daily.*

This takes maybe five to seven minutes of your time. The Rosary is a very powerful prayer. It's versatility means it can be prayed anywhere. Why not check out the E-Rosary launched by Pope Francis' worldwide Network of Prayer in October. It brings the best of the Church's spiritual tradition and the latest advances in technology together.

### *Volunteer.*

This can be for anything. You might discern that volunteering suits your entire family. Maybe there is a ministry in your parish that needs some help. Giving of your time will fill your heart more abundantly and cultivate a deeper sense of gratitude.

### *Keep the Sabbath holy.*

'Keep holy the Sabbath'. If God rested on the seventh day, we must find time to do this, as well. Arrange to complete chores during the week rather than a Sunday. Then spend Sundays together as a family by worshipping, praying, eating, or doing activities together. You will discover an entirely new perspective, attitude, and physical refreshment if you make some minor adjustments.

### *Go to Confession once a month.*

This one might be one of the most intimidating and daunting suggestions of all the resolutions listed so far. First, find out when Confessions are offered at your parish. If we make a concerted effort to go to Confession regularly, we will be astounded at how much more clearly we see ourselves and others. Moreover, when paired with reception of the Eucharist, these Sacraments of Healing offer us a boost of much-needed strength to overcome our weaknesses.

### *Start a prayer journal.*

Make a daily habit of writing whatever spiritual thoughts inspire you. Sometimes this might be a gratitude list, a simple prayer, a letter to God, or a quote from a saint or Scripture. Revisit your journal when you find yourself in a spiritual slump for encouragement.

### *Listen more.*

Try to make a habit of listening to others before offering an opinion or thoughts. As we develop a disposition for attentive listening, we discover that it is much easier to discipline ourselves to hear God's voice. In the space that silence affords you, allow God to speak to your heart and respond to Him with love.

### *Give your failures, weaknesses, and sins to God.*

The worst mistake we can make in our spiritual journeys is to give up when we do not meet our expectations or goals. Offer up your discouragement, disappointments, and frustrations to God as a prayer. Instead of abandoning our resolutions, surrender everything to God.

## HYMNS FOR TODAY

### O little town of Bethlehem

How still we see thee lie!  
Above thy deep and dreamless sleep  
The silent stars go by.  
Yet in thy dark streets shineth  
the everlasting light,  
The hopes and fears of all the years  
are met in thee tonight



O morning stars, together  
Proclaim the holy birth,  
And praises sing to God the king  
And peace to men on earth.  
For Christ is born of Mary  
And gathered all above,  
While mortals sleep, the angels keep  
Their watch of wond'ring love.

## MASS INTENTIONS NEXT WEEK

### 10am Mass only in the Cathedral

#### Monday—Saturday

Wednesday: 10am: Christopher Francis Nevin (1st Ann)  
Sunday 5th January: Cathedral 11am Bill Clyne, Clonmore Heights (1st Ann) 12.30pm: Josie Daly, Taghmon (M.M.) St Paul's 12noon: Tom (1st Ann) & Sheila Doolin, Ginnell Tce & Colm Martin  
Walshestown: 9am: Rose Killian, Slanemore (M.M.)

## For those who have entered eternal rest.....

 **Thora Leahy**, Chestnut Grove  
**Brean Donnelly** formerly Mullingar & Longford Town.

## NEW YEAR HOUSE BLESSING

 The blessing of a household is mentioned in the bible (2 Samuel 6:12, Psalm 4:8) asking for God's favour and protection on our homes

and those who live there. Jesus taught his disciples, 'Whatever house you go into, let your first words be, "Peace to this house"' (Lk. 10:5). Begin the New Year with a special opportunity for a gathering of family members to mark the joyful event and to thank God, from whom all blessings come, for the gift of our home. Whether you have moved into a new home, or have never had your home blessed, anyone wishing to have their house blessed should contact the Parish Office.

## BLESSING FOR EXPECTANT MOTHERS

Next Saturday, expectant mothers and their families are invited to gather immediately after the 6pm Mass at Our Lady's altar to receive a blessing invoking God's blessing on the duration of their pregnancy.

## PARISH CALENDAR 2020

The parish calendar for 2020 is now available at the back of the churches. We would encourage all families to take one.



