

Healthy Aging Study

We are looking for non-smoking men and women (aged 65 years and over) who may have low muscle and/or low strength to take part in a study to examine whether a **food-based nutritional supplement** can improve muscle and strength.

What's involved?

We will ask you to come to UCD where we will test your muscle mass (the amount of muscle in your body) and your strength. If it is low you will be invited to participate in the NUTRIMAL Nutrition and Healthy Aging Study. The study will involve consuming a juice-based drink twice per day for 6 months and visiting UCD 4 times over this period.

Participants will be reimbursed for all travel costs.

For more information please call **Caoileann Murphy** on

085-124-4080 or email nutrimal@ucd.ie.

Website: <https://nutrimalproject.com>



Update on Our Lady's Hospice & Care Services

During 2017, Our Lady's Hospice & Care Services in Harold's Cross and Blackrock cared for almost 4,300 and made over 10,700 visits to homes in the area. With the generous support of local communities and business sponsors, we raised over €6 million to help fund our services, including a major redevelopment of our palliative care unit in Harold's Cross.

Thank you to all who bought pins on *Sunflower Days*, raised a cup for *Ireland's Biggest Coffee Morning for Hospice Together with Bewley's* and joined Daniel O'Donnell at *Light Up a Life*. Sincere thanks also to those who ran their own events from dancing to sky-dives and snooker to abseiling.

Helpful Contact Numbers

Pieta House Helpline: 1800 247 247. Citizens Information: 076 1077180
MABS 0761072000. Hesel House 01 4549474

Parish Office: Tel: 01 4534408 Fax: 01 4543466

Email: parishofmaryimmaculate@gmail.com

Parish website: www.oblateparishinchicore.ie

Oblate Province website: www.oblates.ie

Parish Team: Fr Brian de Búrca, Fr Willie Fitzpatrick,
Br Frank Flanagan, Joanne Lanigan

Child Safeguarding Reps: Mary Flood & Kitty Looney



Oblate Parish of Mary Immaculate Newsletter

Third Sunday of Lent

4th March 2018

While the Jews demand miracles and the Greeks look for wisdom, here are we preaching a crucified Christ; to the Jews an obstacle that they cannot get over, to the pagans madness, but to those who have been called, whether they are Jews or Greeks, a Christ who is the power and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Second Reading: 1 Corinthians 1:22-25

Jesus died in such an humiliating way that it was very difficult for some to believe that Jesus had overcome evil. It seemed to many that Jesus had been defeated by evil. However, in the light of the Resurrection, Jesus' followers were given a new hope.

Jesus did not come as triumphant but as a suffering Messiah and told us that following him, being his disciple, would mean carrying the cross. 'If you wish to be my disciple you must take up your cross daily and follow me'

Pope Francis was elected on March 13 2013 and in his homily to the Cardinals on the following day he said: *We can build many things, but if we do not profess Jesus Christ, things go wrong. We may become a charitable NGO, but not the Church. When we journey without the Cross, when we build without the Cross, when we profess Christ without the Cross, we are not disciples of the Lord, we are worldly: we may be bishops, priests, cardinals, popes, but not disciples of the Lord.* We too are chosen to carry the same cross, never alone, but with Christ.



Reduce Environmental Damage

According to data from Plastics Europe, more than 300 million tonnes of plastic is produced globally each year. Non-profit organisation Plastic Oceans says 50% of all plastic produced is for single-use.

A study published by scientists at the University of Georgia in July last year estimated that 8.3 billion tonnes of plastic has been created since large-scale production started in the 1950s. But the majority of man-made plastics are not bio-degradable, meaning they will not rot. In addition, not all plastic can be recycled. For animals, the danger comes from being entangled in plastic bags and other debris, or mistaking plastic for food. Larger pieces of plastic can also damage the digestive systems of animals and can be potentially fatal.

Lets join our brother and sisters in the Church of England who are urging Christians to give up single-use plastics during Lent, in a bid to cut the environmental damage it can cause.

"This Lent let's give ocean creatures a better chance to renew themselves, free of our trash!"

<http://www.bbc.com/news/uk-43071151> (15th February 2018)



A **'Social Evening'** for Senior Citizens organised by the "A" District Garda will take place on Sunday 4th March in the Red Cow Hotel. The evening will begin with a meal followed by a monster bingo and music, commencing at 4pm. A bus will collect Senior Citizens outside the Oblate Church at 3:15pm. Tickets are €20 each, which includes all costs. Tickets can be bought at Bulfin Court Day Centre. You may also leave your name and telephone number in the Parish Office.

Anam Cara South Dublin, the organisation that supports bereaved parents, is holding a Parent Evening on Monday 12th of March from 19:30 to 21:00 in the Maldron Hotel, Whitestown Way, Tallaght, Dublin 24. This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether their death was recent or not.

Welcome to the Christian community those who were baptised recently:
Dylan John D'Arcy, Liam Desmond Heneghan,
Larosa Marie Maughan and John Maughan.
Congratulations!

We remember in a special way in our prayers those who are sick, housebound and in hospital at this time. May they be enfolded in God's healing love.

Mass & Confession Times

Saturday: Vigil 7pm
Sunday: 8am, 11am, 7pm

Holy Days: Vigil 7pm,
7am, 10am, 7pm
When Holy Day falls on a Saturday, Mass times are Vigil, 11am and 7pm

Weekdays (Mon-Fri)
7am, 10am, 7pm

Saturdays: 11am
Bank Holidays: 11am

Confessions: Saturday
10.30 am-11.00am
6.30 pm.7.00 pm



Baptisms take place on the third Sunday of every month at 3pm. Contact the Parish Office Tel. 4534408 ext. 203

Lotto Results: 20,22,24
Next Draw
Monday, 5th March
Jackpot € 1,950.00

Family Offerings

4/02/2018 €529.20
11/02/2018 €208.20
18/02/2018 €378.63
25/02/2018 €618.00

Thank you for your support

Lent is....

A time to struggle with our selfishness.
A time to struggle with our lack-lustre performance on many fronts, a time to improve.
A time to struggle with insensitivity in our dealings with family, with teachers, with friends.
A time to struggle with attitudes that are negative.
A time to struggle against our compulsions – to eat too much, to waste time, to talk too much, to talk too little.
A time to struggle with the things that knock us off the path of friendship with God.
A time to struggle to be more of what we might be.
A time to struggle to lift our life-act onto a new level.
A time for new timetables and good resolutions.
Jesus struggled. An inner struggle, inner turmoil, inner distress.
The kind of struggle that drives people mad.
Or the kind of struggle that makes saints.

A visit from a friend, family member, or neighbour to check on an older person's heating levels, food supplies and security, as well as to simply offer some company, can make a huge difference during this very cold snap.

A nice selection of **Easter Mass Bouquets** on sale in the Parish Office and in the Mission Shop.

The Society of St Vincent de Paul Annual Clothing Appeal

The appeal is for **clean, good-quality** clothes such as: bedclothes, curtains, shoes etc.

Bags will be distributed on **Saturday 10th** (7:00pm vigil mass) **and Sunday 11th March.**

The Society will collect the bags outside the Church the following **Saturday 18th March** at the 7:00pm vigil mass and the Sunday morning masses (8:00am, and 11:00am) only.

The Society **will not** collect at the Sunday 7pm Mass.

Please note the collection date and times.

The Society would like to thank the Parishioners of Mary Immaculate Parish for their charitable works and tremendous support over the years.