TWENTY-NINTH SUNDAY IN ORDINARY TIME 17TH OCTOBER There is no point in pretending before God: he sees us exactly as we are. If we place ourselves honestly and humbly in his presence then our prayer will be heard.

MASSES

Vigil Saturdays 6p.m. Sundays: 9a.m. & 11a.m.

Working Holy Days: Vigil 6p.m. Holy Days 10a.m. & 7.30p.m.

Weekdays: Monday to Saturday 10 a.m.

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Feast days of the week

Monday 18th St. Luke was a physician. He was with St. Paul on his second missionary journey and during his imprisonment in Rome. After Paul's death he is reputed to have worked in Greece. In art, he is represented by an Ox.

Patron of butchers, bookbinders, doctors, surgeons, artists and glassworkers.

Tuesday 19th St. Paul of the Cross, 1694-1775, founded the Passionists in Rome, preaching on the Passion of Christ and tending the sick, the dying and the lapsed.

Friday 22nd St. John Paul 11, was pope for over twenty-six years from 22nd October 1978, the inauguration of his ministry as universal Pastor of the Church, until his death on 2nd April 2005. Ordained Bishop of Krakow in 1958 and took a significant part in the Second Vatican Council. As Bishop of Rome he visited almost all of the Roman parishes and made apostolic journeys to 104 countries, including Ireland, 29th September-2nd October 1979.

Saturday 23rd St. John of Capistrano, 1386-1456, studied civil and canon law and joined the Franciscan Order. A faithful servant of four popes, he attended the Council of Florence, went to Jerusalem as apostolic emissary, and, in 1451, set out on a preaching tour through the German provinces and Poland. In a battle at Belgrade he contracted fever and died there. Patron saint of jurists and military chaplains.

Deaths

We remember in our prayers James Foley, Carrigmore Park, Brian Whooley, Blackrock and Fr. Gerard Galvin. Fr. Gerard served in the parishes of Gurranbraher, Skibbereen, Passage West, Monkstown and Parish Priest of Muintir Bháire since 2009, he also served as Diocesan Education Secretary.

May they now rest in peace of the Lord?
Our sympathies to their families, relatives, parishioners and neighbours.



Synodal Pathway Launch

The Catholic Church throughout the world and in Ireland is beginning a series of conversations about what God wants of his people at this time. These conversations are often referred to as a Synodal Process. "Synodal "comes from a Greek work which means "walking together".

Bishop Fintan will celebrate Mass in the Cathedral of St. Mary and St. Anne on this Sunday 17th October at 11.30a.m. to launch the Synodal Pathway in the Diocese of Cork and Ross. This will be live streamed.

The Prayer of the Synod

Adsumus Sancte Spiritus

We stand before You, Holy Spirit, as we gather together in Your name. With You alone to guide us, make Yourself at home in our hearts; Teach us the way we must go and how we are to pursue it.

We are weak and sinful; do not let us promote disorder.

Do not let ignorance lead us down the wrong path nor partiality influence our actions.

Let us find in You our unity so that we may journey together to eternal life and not stray from the way of truth and what is right.

All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever. Amen.

Prayer to Saint Joseph

God, heavenly Father, grant us the fortitude of Christ your Son to face the Covid-19 crisis with thrust, patience and compassion.

Give us the grace of the Holy Spirit to free us from fear and look forward together to the future with healing and hope.

Through the intercession of Saint Joseph, the guardian of Jesus, and Mary his mother and mother of the Church,

May we be guided through this time of peril?

Preserve us in peace; heal the sick; protect the vulnerable; Keep safe our health care workers and all who serve society, At home and abroad.

We ask this through Christ our Lord.......Amen

The Elephant Rope (Belief)

A man was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains.

All that was restraining them from escaping the camp, was a small piece of rope tied to one of their legs.

As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead, they didn't try to at all.

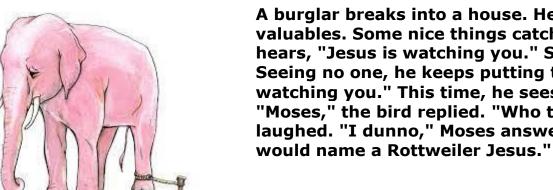
Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape.

The trainer replied; "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free." The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible.

Moral of the story:

No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible.

Believing you can become successful is the most important step in actually achieving it.



A burglar breaks into a house. He starts shining his light around looking for valuables. Some nice things catch his eye, and as he reaches for them, he hears, "Jesus is watching you." Startled, the burglar looks for the speaker. Seeing no one, he keeps putting things in his bag, again, he hears, "Jesus is watching you." This time, he sees a parrot. "Who are you?" the burglar asks. "Moses," the bird replied. "Who the heck would name a bird Moses?" the man laughed. "I dunno," Moses answered, "I guess the same kind of people that would name a Pottweiler lesus."