

## St. Mary of the Visitation Parish, Killybegs

**Parish Office, Killybegs, Co. Donegal, F94 CY56 Tel: +353 (0)74 9731013**

**Parish Secretary: Ann O'Donnell (Office Open: Mon to Fri. 9.45am to 2.45pm)**

**Email: info@killybegsparish.com Website: killybegsparish.com**

**Parish Priest: Fr. Colm Ó Gallchóir: Tel: 074 9731013**

**Masses and Services: Live streaming [www.mcnmedia.tv](http://www.mcnmedia.tv) (link on website)**



### For Equilibrium

*Like the joy of the sea coming home to shore,  
may the relief of laughter rinse through your soul.*

*As the wind loves to call things to dance,  
may your gravity be lightened by grace.*

*Like the dignity of moonlight restoring the earth,  
may your thoughts incline  
with reverence and respect.*

*As water takes whatever shape it is in,  
so free may you be about who you become.*

*As silence smiles on the other side of what's said,  
may your sense of irony bring perspective.*

*As time remains free of all that it frames,  
may your mind stay clear of all its names.*

*May your prayer of listening deepen enough  
to hear in the depths the laughter of God.*

John O'Donohue, Benedictus: A Book of Blessings



### Congratulations to all who were baptised recently & welcomed into the Catholic Christian Community

Loughlin Douglas Cantley  
Faye Anne Brosnan  
Aidan James Quigley  
Phoenix Sean Christian Caseley  
Pauric Anthony Conneely  
Maddie Dowd  
Croia Bonnie Gallier

### Five Ways to Practice Gratitude

- *Set time aside each day to make a list of what you are thankful for. Start with the tiniest details, and write down even just one thing. On days when you're feeling empty - or just wanting an excuse to smile - go back and read some of your list. Ann Voskamp says it best: "When I give thanks for the seemingly microscopic, I make a place for God to grow within me."*
- *Tell other people 'thank you' when they do something kind for you, no matter how small the deed.*
- *Don't allow other people's bitterness or negativity, or any other outward circumstance, to influence your inner peace. Look for the best in everyone, and believe and say the best about them.*
- *Anger, disappointment, failure and frustration are parts of life, but don't let them become your default emotions. Don't be complacent and don't resign yourself to victimhood. Choosing to live from a place of gratitude brings peace.*
- *Build gratitude around you with small, daily, unexpected, undeserved acts of love, compassion, grace and forgiveness.*

Norann Voll



**Parish Choir Practice** Monday 7.15pm

### Cruise Ship at Killybegs:

*Riviera* Tuesday 27th June 8am - 9pm,  
1447 passengers, 800 crew.  
*Aida Aura* Sat 1st July 2pm overnight - Sun 5pm,  
1300 passengers, 418 crew.

- ◆ **Sunday 25th June 2023:** *Twelfth Sunday in Ordinary Time Year A*
  - ◆ **Weekday Readings:** *Twelfth Week in Ordinary Time Weekday 1*
- Masses will be relayed on the webcam: go to [killybegsparish.com](http://killybegsparish.com) for a link to Online Services**

**Friday 23rd June: 10.00am** - Jim & Margaret Rose Cunningham (Anniv) & deceased family  
**Saturday 24th June: 07.00pm** - Mary Harkin (Month's Mind Mass)  
 Patsy (12th Anniversary) & Pat Rowan R.I.P.  
 Sean McGuinness (Anniversary)

**Sunday 25th June: 09.00am** - Chrissie Carroll R.I.P.  
**11.00am** - Eamonn Byrne (35th Anniversary)

**Monday 26th June: 10.00am** - End of Year Mass for Niall Mór N.S.  
**Tuesday 27th June: 10.00am** - Peter J Connell R.I.P.  
**Thursday 29th June: 10.00am** - Fr Brian Quinn (1st Anniversary)  
**Friday 30th June: 10.00am** - Brigid & Johnnie Quinn (Anniversaries)  
**Saturday 1st July: 07.00pm** - Mary Goretti Molloy (1st Anniversary)  
**Sunday 2nd July: 09.00am** - Special Intentions  
**11.00am** - Liam Hegarty (Anniversary)

Adoration of the Blessed Sacrament Monday 11am - 7pm  
 Please note: Mass on Friday at 10am

**Pray for: Mary McKenna**, whose funeral took place on Thursday in Newtownsteward, Co Tyrone (mother of Noleen Boyle, Carricknagore).  
**Pray for: Josephine Lydon, Mary Meehan** (10th Anniversary), Patsy McKeon, Jimmy Cassidy.  
**Suaimehnas Siorat.**

### Thank You

Rosemary Kelly and family would like to thank everyone who sympathised with them on the recent sad death of her uncle John 'Red' Breslin. Thanks to McBrearty Funeral Directors who carried out the arrangements so professionally and to Fr John Gallagher who attended the wake and officiated at the funeral.  
 Mass will be offered for your intentions.

**Ards Friary Project Manager** Over the last several years the Capuchin Friars have begun the process of renewal and regeneration of the mission at Ards Friary. A project co-ordinator is required for the project. This job involves managing significant structural, spiritual, and cultural change. The project works range from the installation of a Reed Bed Sewage system and a Native Woodland Project to a renewal of the education programme, and the transition to new ways of organising ourselves. For more info or to apply contact: hr@capuchins.ie

### Killybegs Employment Project

Positions available:  
*Outdoor Maintenance* workers Dunkineely Area, *Caretakers of Community Buildings* Killybegs and Dunkineely Areas,  
*Information Officers* Killybegs, *Domestic/Cleaners*  
 For more info / to apply, contact Colin or Ann Marie at Project Office 0749731666 or email kepltd2@outlook.ie

**Sunday Collection** 18th June € 1,160.00  
**Restoration Fund** 18th June € 1,025.00  
 Thank you for your continued generosity.

**Rota for June - September** for Ministers of the Word, Collectors & Ministers of the Eucharist are available in the Sacristy or Parish Office.

**Sandra's Run Saturday 1st July**  
 Leaving Killybegs at 11.30pm to Kilcar, Carrick, Ardara via Glengesh, on to Bloody Foreland and back to Killybegs.  
 Welcome the Bikers with your teddies!!  
 Get your teddies out at end of June!!

**Sunday Social** in Dunkineely Community Centre on Sunday 25<sup>th</sup> June 8pm - 10 pm. Music: Country Traditions. Adm €10. Refreshments.

**Áislann Chill Chartha** 0749738376  
 Courses starting Sept: *Knitting & Crochet, Art for Adults and Juniors, Conversational Irish, English for Ukrainians, Photograph & Video Editing, Digital Marketing, Web Design, Gardening & Biodiversity, Apiculture Beekeeping.* For more info: Tel / see FB page

**Life Institute "Rally for Life"**  
 Dublin, Saturday 1st July 1pm. For info on sponsored buses from Co. Donegal contact: Michael 087 2922499; Margaret 083 4052841; Brian 087 2913186; Jim 087 2606595