

Cabinteely website : www.cabinteelyparish.ie – includes Mass Live Link
Cabinteely e mail : info@cabinteelyparish.ie - Phone: 01 285 8835
Foxrock website : www.foxrockparish.ie
Johnstown website : www.johnstownkillineyparish.com

If Jesus Came to your House

If Jesus came to your house to spend a day or two, if he should show up announced, I wonder what would you do?
Would you have to change your clothes to let him in?
Would you hide the magazines on the table and replace them with a bible or the parish newsletter?
Would you be glad to have him meet your very closest friends?
Or would you hope they stay away until his visit was over?
Would you be glad to have him stay forever on and on,
Or would you sign with great relief when at last he was gone?
It might be interesting to know the things that you would do, If Jesus came in person to spend some time with you.

Remember these words.

Don't let go of hope.
Hope gives you the strength to keep going when you feel like giving up.
Don't quit, believe in yourself.

Don't let anyone hold your happiness in their hands, hold it in yours, so it will always be within your reach. Don't measure success or failure by material wealth, do so by how you feel, our feelings determine the richness of our lives.

Don't let bad moments overcome you, be patient and they will pass.
Don't hesitate to reach out for help, we all need it from time to time.

Don't run away from love but towards love, because it is our deepest joy.
Don't wait for what you want to come to you, go after it with all that you are, knowing that life will meet you halfway.

Anytime you learn something new about yourself or about life, you have progressed.
Don't ever forget to laugh or be too proud to cry. It is being who we are that we live life to the fullest.

Mass times in St. Brigid's Church

Monday Tuesday Thursday Friday -10 am
Saturday (Vigil Mass) – 6.30 pm
Sunday – 10 am and 12.30 pm and
11.15 am Park Mass (term time) –Park
Mass restarts on Sun 15th January.

The Parish Office/Centre

Do you have an idea for a class/course/event? We would love to hear from you.

The Centre is open for bookings of classes, events, courses etc. Lots of activities/coffee dock in the parish centre every day.



Social Welfare Information

Our Social Welfare Information Service takes place in St Brigid's Parish Centre every Tuesday -10.30 am-12.30 pm.

Faith Development Groups

Centering Prayer: Wednesday 7pm– 8pm

Restarts Wed 11th January

Prayer group: Thursday 10.30am

Restarts Thurs 5th January

Gospel Contemplation: Fridays 11.00 am to 12.00 noon.

Restarts Fri 13th January

Please feel free to join any groups.

Novice Bridge Club

Our Novice Bridge Club will take place every Thursday evening from 7.30 pm - 10.00pm (for those playing bridge up to 5 years - assistance given if required). Partners not required. **New members very welcome.**

Restarts 12th January

Spanish Classes

Conversation Spanish Classes for **Beginners** start on Tue, 10th Jan, 6 pm – 7.30 pm

Conversation Spanish Classes for **Intermediate** speakers continues on Monday evenings, from 9th Jan

€80 for either beginners or intermediate 10-week term. Contact Parish Office for details.

Pilates Classes - Tuesday evenings 3 classes

6 pm – 9 pm. **Pilates for Men** – Wednesday evenings – 2 classes – 7 pm – 9 pm

Contact Hope on 087 231 5436

Book now for Mindfulness Classes

Starting 23rd Jan – 9.45 am – 12.15 pm
8 mornings plus 1 day of mindfulness.

Decrease anxiety, stress and pain
Increase self-compassion, confidence, acceptance

Improve sleep, communications, relationships, health.

Contact Pamela Maria 083 8166800