



# St. Joseph's Church Wilton

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## Light a Candle

We plant seeds that one day will grow. We water seeds already planted, knowing they hold a future promise ..... we cannot do everything and there is a sense of liberation at realizing that. This enables us to do something and to do it well ..... we may never see the end result but that's the difference between a Master Builder and a worker – we are the workers not Master Builders; Ministers not Messiahs; we are prophets of a future not our own.

**That means we should try to do something even though we can't do everything. We are to light a candle rather than curse the darkness.**

## Mindfulness-Based Brain Health Course

Mindfulness-Based Brain Health is a 6-week course that focuses on mindful meditation as a way to prevent cognitive decline and strengthen brain function. Regular mindfulness practice will improve mood, reduce stress and create changes in brain structure and function that counter the signs and symptoms of Alzheimer's disease. Daily practice builds awareness of thought, increases kindness and compassion and fosters a sense of calm that grows new brain cells. It also reduces the damage normally associated with ageing that can lead to Alzheimer's disease.

Classes start Thursday, February the 13th, with morning or evening classes to choose between. Information by calling Neil at 085-7492311 or email [info@beatalz.com](mailto:info@beatalz.com)

## Parish Charity For February The Irish Pilgrimage Trust

The parish will be happy to receive further bags of clothes for **Gorta**. They have expressed appreciation for what they have already received, we will present a cheque for **€1,000** to a representative of Gorta soon. This money was collected over the past month.

Until the start of Lent (5<sup>th</sup> March) we will again support the **Irish Pilgrimage Trust**. The group takes 126 children with additional needs to Lourdes. Nurses and carers pay their own way but an amount of €19,000 needs to be raised to fund the children. We have been a great support to the group over the past years and they are hoping for the same support this year. Donations can be placed in the wall boxes at the front of the church.

## Mass Times and Novena

During the coming week, the Novena to Our Lady of Lourdes will be celebrated during the 10 am Mass each morning.

A Penitential Service will be held Saturday 8th February during the 10 am Mass.

The Novena to Our Lady of Lourdes concludes on Tuesday, 11th February.

## St Brigid's Day

Everyone knows of the St Brigid's Cross but not many know of the "Brideóg" - a figure of Brigid made from rushes or straw that was made to bless and protect the home for the coming year. To celebrate St Brigid's Day, the SMA Folklore Project have put together an exhibition on the different crafts and rituals surrounding the day.



The exhibition is on display in the SMA Parish Centre.

## 10 Things People Learn Too Late In Life

1. The less you say, the more your words will matter.
2. Don't take everything personally. Not everyone thinks about you as much as you do.
3. When you focus on problems, you'll have more problems. When you focus on possibilities, you'll have more opportunities.
4. No matter how much it hurts now, someday you will look back and realize your struggle changed your life for the better.
5. You meet people for a reason. Either you need them to change your life, or you're the one that will change theirs.
6. Never be afraid to try something new. Life gets boring when you stay within the limits of what you already know.
7. You will never truly know the value of a moment until it becomes a memory.
8. Once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.
9. Life is a mirror and will reflect back to the thinker what he thinks into it.
10. The only person you have to face in the morning is yourself. Be unbeatable.

-Unknown



## Bookkeeper Position

We are looking for assistance for a number of hours per week with the preparation of accounts, VAT, income tax, and other statutory tax returns, payroll etc. Please email: [info@wiltonparishcentre.ie](mailto:info@wiltonparishcentre.ie) for further details.



SMA Church & Parish Centre, Wilton



smawilton



## ENTRANCE ANTIPHON

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

## PENITENTIAL ACT

Lord Jesus, you raise us to new life:

Lord, have mercy. **Lord, have mercy.**

Lord Jesus, you forgive us our sins:

Christ, have mercy. **Christ, have mercy.**

Lord Jesus, you feed us with your body and blood:

Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us..... **Amen.**

## THE GLORIA

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world,

have mercy on us;

you take away the sins of the world, receive our prayer;

you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord,

you alone are the Most High, Jesus Christ, with the Holy Spirit,

in the glory of God the Father. **Amen.**



## OPENING PRAYER

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection.

Through our Lord Jesus Christ.....

## ✠ LITURGY OF THE WORD ✠

### FIRST READING Isaiah 6:1-8

*A reading from the prophet Isaiah*

In the year of King Uzziah's death I saw the Lord seated on a high throne; his train filled the sanctuary; above him stood seraphs, each one with six wings. And they cried out one to another in this way, 'Holy, holy, holy is the Lord of hosts. His glory fills the whole earth.' The foundations of the threshold shook with the voice of the one who cried out, and the Temple was filled with smoke.



## FIFTH SUNDAY IN ORDINARY TIME

God in Christ chooses his apostles, men whom the world would think weak, maybe unsuitable, these are the ones he wants for himself. We are all called by God even though we may feel unworthy in his sight. That in itself is a sign of God's grace: it is the way to his kingdom. **9th February 2025**

I said: 'What a wretched state I am in! I am lost, for I am a man of unclean lips and I live among a people of unclean lips and my eyes have looked at the King, the Lord of hosts.'

Then one of the seraphs flew to me, holding in his hand a live coal which he had taken from the altar with a pair of tongs. With this he touched my mouth and said:

'See now, this has touched your lips, your sin is taken away, your iniquity is purged.' Then I heard the voice of the Lord saying: 'Whom shall I send? Who will be our messenger?'

I answered, 'Here I am, send me.'

*The word of the Lord. Thanks be to God.*

### RESPONSORIAL PSALM Ps. 137: 1-5.7-8

**R. Before the angels I will bless you, O Lord.**

1. I thank you, Lord, with all my heart, you have heard the words of my mouth. Before the angels I will bless you. I will adore before your holy temple. **(R)**

2. I thank you for your faithfulness and love which excel all we ever knew of you. On the day I called, you answered; you increased the strength of my soul. **(R)**

3. All earth's kings shall thank you when they hear the words of your mouth. They shall sing of the Lord's ways; 'How great is the glory of the Lord!' **(R)**

4. You stretch out your hand and save me, your hand will do all things for me. Your love, O Lord, is eternal, discard not the work of your hands. **(R)**

### SECOND READING 1 Corinthians 15:1-11

*A reading from the first letter of St Paul to the Corinthians \*Shorter form (italics) 15:3-8. 11.\**

Brothers, I want to remind you of the gospel I preached to you, the gospel that you received and in which you are firmly established; because the gospel will save you only if you keep believing exactly what I preached to you - believing anything else will not lead to anything.

Well then, *\*in the first place, I taught you what I had been taught myself, namely that Christ died for our sins, in accordance with the scriptures; that he was buried; and that he was*

*raised to life on the third day, in accordance with the scriptures; that he appeared first to Cephas and secondly to the Twelve. Next he appeared to more than five hundred of the brothers at the same time, most of whom are still alive, though some have died; then he appeared to James, and then to all the apostles; and last of all he appeared to me too; it was as though I was born when no one expected it.\**

I am the least of the apostles; in fact, since I persecuted the Church of God I hardly deserve the name apostle; but by God's grace that is what I am, and the grace that he gave me has not been fruitless. On the contrary, I, or rather the grace of God that is with me have worked harder than any of the others; *\*but what matters is that I preach what they preach, and this is what you all believed\*.*

*The word of the Lord. Thanks be to God.*

### GOSPEL ACCLAMATION

**Alleluia, alleluia! Follow me, says the Lord, and I will make you fishers of men. Alleluia!**

### GOSPEL Luke 5:1-11

*A reading from the holy Gospel according to Luke*

Jesus was standing one day by the Lake of Gennesaret, with the crowd pressing round him listening to the word of God, when he caught sight of two boats close to the bank. The fishermen had gone out of them and were washing their nets. He got into one of the boats - it was Simon's - and asked him to put out a little from the shore. Then he sat down and taught the crowds from the boat.

When he had finished speaking he said to Simon, 'Put out into deep water and pay out your nets for a catch.' 'Master,' Simon replied 'we worked hard all night long and caught nothing, but if you say so, I will pay out the nets.' And when they had done this they netted such a huge number of fish that their nets began to tear, so they signalled to their companions in the other boats to come and help them; when these came, they filled the two boats to sinking point. When Simon Peter saw this he fell at the knees of Jesus saying, 'Leave me Lord; I am a sinful man.' For he and all his companions were

completely overcome by the catch they had made; so also were James and John, sons of Zebedee, who were Simon's partners. But Jesus said to Simon, 'Do not be afraid; from now on it is men you will catch.' Then, bringing their boats back to land, they left everything and followed him.

*The Gospel of the Lord.*

**Praise to you Lord Jesus Christ.**

## APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord,

*All bow for following two lines:*

**who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God, the Father almighty; from there he will come to judge the living and the dead.**

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. **Amen.**

## ✠ LITURGY OF THE EUCHARIST ✠

### PRAYER OVER THE OFFERINGS

O Lord our God, who once established these created things to sustain us in our frailty, grant, we pray, that they may become for us now the Sacrament of eternal life.

### AFTER THE CONSECRATION

**When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**



### COMMUNION ANTIPHON

Let them thank the Lord for his mercy, his wonders for the children of men, for he satisfies the thirsty soul, and the hungry he fills with good things.

### PRAYER AFTER COMMUNION

O God, who have willed that we be partakers in the one Bread and the one Chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world.