

St. Mary's Cathedral
2nd January 2022
2nd Sunday after Christmas

Bishop Denis Nulty, Diocesan Apostolic Administrator,
with Fr Richard Scriven, Administrator of the Cathedral,
wish you all a blessed and peaceful New Year.

Recently Deceased

Jim Egan, Castleinch
Frank McEvoy, Francis Tee
John Comerford, Windgap
Mary Fenton, College Gardens
John Joyce, Ossory Park

Anniversaries

11am Sean Kenny, Wellington Square
Seamus and Margaret Dunlop, Rothe Terrace.

Rosie Byrne, Angela Davis, Paddy Morris.

Next Week's Anniversaries

11am: Sean Hayes, Dean Cavanagh Place,
5.30pm: Kitty Galvin, Dean Cavanagh Pl (Months Mind)

Mass Schedule during the coming week:

Mass each morning at 9am in Blessed Sacrament Chapel.

Parish Office

The Parish Office will reopen on Tuesday 4th January.
Office hours 9.30am – 12.30pm, Monday, Tuesday &
Friday.

Email: stmaryscathedral@ossory.ie or Tel 056 772 1253

Website Donate Button

A word of thanks and appreciation to those who use the
Donate button to support St. Mary's Cathedral Parish.

A Word of Thanks

A word of thanks to all for their help in recent weeks
preparing the Cathedral for Christmas. Thanks to the
various committees and ministers who make themselves
available to the parish throughout the year. Wishing all a
blessed and hoppy Christmas.

Date for your Diary:

Crib Camino Walk beginning at The Friary on January 8th
at 11am.

You and your family members are invited to become a
FRIEND OF ST MARY'S CATHEDRAL

Feast of the Epiphany

January 6th is the Feast of The Epiphany. Mass in the Blessed
Sacrament Chapel at 9am on Thursday Morning. The Cathedral
continues to be open for visits at this time.

Cathedral Book and Gift Shop

The Book and Gift shop will reopen on January 6th.

New Parish Website

The new parish website has been launched. Check it out!

Calendars 2022

The Church Art (€1.60) and Sacred Heart Calendars 2022 (€2.50)
are now available in Bookshop and Office.

Envelopes

The Parish Envelopes for 2022 are ready for distribution and can be
collected at the office. Thanks to all who distribute them on behalf
of the parish.

If you wish to receive the box of envelopes for the parish please
have a word with Fr Scriven or contact the office. The contribution
of many makes a great difference to the running costs of the parish.

Christmas Offering Envelopes

The Christmas Offering envelopes are being distributed at this time.
This offering supports the clergy of the parish. Thanks to all for
their generosity.

Thanks

We received a letter from Trocaire thanking us for our generosity in
the past year. Through the parish €2612 was given to Trocaire for
their Lenten Campaign and €200 given to the appeal for East Africa.

SAFEGUARDING in our Parish and Diocese

The Diocesan Designated Liaison Person,
Ms. Kathleen Sherry, 085 802 1633 -dlp@ossory.ie
Parish Safeguarding Representative:

Sr Betty Cagney

Counselling Services - Towards Healing Confidential Helpline 1800
313 316 – www.towardshealing.ie

Ossory Times

The Christmas edition of the Ossory Times is available at the back
of the cathedral. Please leave a donation of €2 in the secure box at
the door.

St. Mary's Cathedral Kilkenny

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Pope Francis: 10 Tips on how to be a happier person.

Pope Francis gave his 10 tips on how to be a happier person, based
on his own life experiences.

1. "LIVE AND LET LIVE."

Believing that everyone should be guided by this principle, The
Pope refers to not judging others and letting them continue with their
lives in a way that best suits them.

2. "GIVE YOURSELF TO OTHERS."

"If you withdraw into yourself, you run the risk of becoming
egocentric. And stagnant water becomes putrid," The Pope
elaborates, highlighting the importance of devoting time to those in
need.

3. "PROCEED CALMLY IN LIFE."

Pope Francis refers to a quote from the novel *Don Segundo
Sombra* by an early 20th-century Argentine writer, Ricardo
Guiraldes, in which the title character looks back on how he lived his
life. The novelist writes that in one's youth, a person is "a rocky
stream that runs over everything," but as one gets older, one becomes
"a running river, quietly peaceful."

4. "WORK FOR PEACE."

"We are living in a time of many wars," he says, and "the call for
peace must be shouted. Peace sometimes gives the impression of
being quiet, but it is never quiet, peace is always proactive and
dynamic."

5. "ENJOY LEISURE."

Highlighting that "consumerism has brought us anxiety", he
advises parents to set aside time to play with their children and make
the most of their time together without distractions such as television.

**6. "FIND INNOVATIVE WAYS TO CREATE DIGNIFIED
JOBS FOR YOUNG PEOPLE."**

Speaking on the vulnerability of young people, Pope Francis
recommends being creative with them and providing ample
opportunities to ensure they stay on the right path.

7. "RESPECT AND TAKE CARE OF NATURE."

The Pope admits that environmental degradation "is one of the
biggest challenges we have," and encourages humanity to treat nature
with the respect it deserves.

**8. "LETTING GO OF NEGATIVE THINGS QUICKLY IS
HEALTHY."**

Pope Francis focuses on the need to stay positive when talking
about other people.

**9. "DON'T PROSELYTIZE; RESPECT OTHERS'
BELIEFS."**

Using our beliefs to inspire others and help them grow is
something that The Pope strongly encourages in order to live and a
happier and healthier life.

10. "SUNDAYS SHOULD BE HOLIDAYS."

The Pope stresses the importance of rest as a tool for
reinvigoration and spending quality time with the family.