

**St. Mary's Cathedral**  
**2<sup>nd</sup> January 2022**  
**2<sup>nd</sup> 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 4<sup>th</sup> January.  
Office hours 9.30am – 12.30pm, Monday, Tuesday &  
Friday.

Email: [stmaryscathedral@ossory.ie](mailto: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 8<sup>th</sup>  
at 11am.

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

**Feast of the Epiphany**

January 6<sup>th</sup> 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 6<sup>th</sup>.

**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](http://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**

**Fr. Richard Scriven, Adm.**

**087 242 0033**

**Email: [rscriven2009@gmail.com](mailto:rscriven2009@gmail.com)**

**Office:**

**[stmaryscathedral@ossory.ie](mailto:stmaryscathedral@ossory.ie)**

**[www.stmaryscathedral.ie](http://www.stmaryscathedral.ie)**



**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.