



ST. GABRIEL'S NOTES

21ST February 2021



*This cartoon says what we are all
thinking this Lent.
Here are some positive suggestions instead
of the usual "Giving Up"!*



The Church is open every day Monday to Sunday after Mass (approx. 11.15) till 4pm, and you are welcome to drop in for a time of restful peace away from your worries and stresses. Light a candle and pray for yourself and for others.



If you can't visit the Church, you can do a **Virtual Stations of the Cross** on our website (www.stgabrielparish.ie) Just click on the link at the top of the home page. There is a picture of each of our beautiful Stations there and a prayer with each one.

Perhaps you could send a friendly greeting in a card or a phone call to people you know to be living alone and isolated from family and friends.

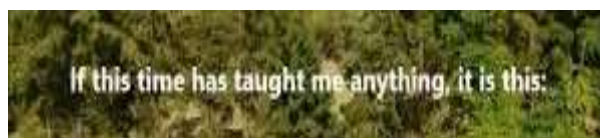
Thanks to the wonderful people in An Post, postage is free to residents of nursing homes. Why not take advantage and send a card, letter or a little gift to anyone you know there.

Look up contacts and recall friends, neighbours, even relatives, with whom contact fizzled out over the years. Perhaps try to renew an acquaintance each week and chat about old times.



Be good to yourself as well as others. True love conquers everything but it must be strengthened by self-love. Look on yourself with the same compassion and kindness you have for others.

In his beautiful poem "If this Time has Taught me Anything", written last March as we realised the enormous changes that were happening around us, Cork man Keven McCormack wrote:



*"Hope matters and we cannot live without it.
Hope is not a wish, nor a desire for things to be different.
It is a course of action, a combination of mind and heart.
We are here, we are now, we are each and every breath we take.
Every day is a gift to begin again, to grasp with both hands
the fresh opportunity to learn, unlearn and relearn,
If this time is not to be wasted."*