

PARISH OFFICE: Mon to Fri. 9.30am – 12.30pm
 Phone: 086 055 3661 Email: info@stgabrielparish.ie
 Fr. Pat McManus 087 2371089
 Fr. Gareth Byrne 01-8339301
 St. Gabriel's Notes and Webcam also available on www.stgabrielparish.ie



Sunday 21ST February

Sat. 5pm

† Altar list of the Dead

Sun 10.30

† Margaret McHugh

† Eugene Murray (16thA)

Sun 6pm

† Anna Kane (RD)

Mon. 10.30

Mass for the Sick

Tues. 10.30

† Nancy Madden RIP

Wed. 10.30

† Sr. Margherita Rock RIP

Thur. 10.30

Fri. 10.30

† Sr. Celestine Rock RIP

Sat. 10.30

† Francis Lawler RIP,

† Agnes Ward RIP &

† Joseph Madden (RD)

Sunday 28th February

Sat. 5pm

† Gerry Brady (15thA)

† Altar List of the Dead

Sun 10.30

† Michael Dunne (22ndA)

† Mairead Kerins (2ndA)

Sun 6pm

† James O'Driscoll (5thA)

New Beginnings

Last week we said a fond Farewell to Monica McKenna, supervisor in our Meals and Wheels kitchen, as she set off for a new life in Sligo.



Monica oversaw the preparation and delivery of thousands of meals over her many years working in the kitchen and became a firm friend of many of her clients. We wish her well in her new life.

This week we welcome Mary Power who has taken over the role and hope she has many happy years working with the kitchen team.

Mass Cards

The Parish office is open to arrange Masses and for Mass Cards, Mass Bouquets for Get Well, Thinking of You, Birthday & general intentions, and other business from 11am to 1pm weekdays. You can also phone and leave a message on 01-8333602 or email info@stgabrielparish.ie

Aware - Support & Self Care Groups

If you, or those with whom you work wish to connect with people in relation to your mental wellbeing, please consider using the Phone In and Zoom Support & Self Care Groups, the Support Line or Support Mail, These services provide support, coping skills and information – and most importantly help people who are in distress to know and feel that they are not alone in their experience. For more information about the groups <https://www.aware.ie/support/support-groups/> and all of our services on www.aware.ie

Useful Numbers

The confidential phone no. for the St. Vincent de Paul Society **083 3843 741**

Clontarf Bethany Bereavement Support: 087 6445309

Samaritans 116 123 Text

Samaritans on 087 609090 /

email: jo@samaritans.ie

Pieta House 1800 247 247

ALONE 0818 222 024

Do You Want to Fast This Lent?

In the words of Pope Francis

Fast from hurting words - and say kind words.
 Fast from sadness and be filled with gratitude.
 Fast from anger and be filled with patience.
 Fast from pessimism and be filled with hope.
 Fast from worries and have trust in God.
 Fast from complaints and contemplate simplicity.
 Fast from pressures and be prayerful.
 Fast from bitterness and fill your hearts with joy.
 Fast from selfishness and be compassionate to others.
 Fast from grudges and be reconciled.
 Fast from words and be silent so you can listen.

