

**FIRST SUNDAY  
OF LENT**



**Rahan Parish**  
Fr. Michael PP 087-2900844  
Fr. Frank 057 9378181. Mucklagh  
Secretary 057 93 78181. Wed 9am-5pm  
1st Sunday of Lent Time 9th March 2025

**Killina**

**Sun 9th March: 10.30am:** Ann Mary Healy, nee Cleary, Ballinamere and Tralee 1st Anniv, Mary Connolly, Ballykeenahan  
**Tues 11th 7. 30pm** Intentions of Parishioners  
**Thurs 13th: 7pm:(Note time change )** Lists of the Dead  
**Sun 16th March: 10.30am:** Nellie and Larry Marshall, John Hickey Cappalaughan

**The Island**

**Sat 8th: March: 6pm:** Lists of the Dead  
**Sat 15th: March: 6pm:** Michael & Bridget Larkin Kilpatrick & Dec of Grey family

**Mucklagh**

**Sat 8th: 7.30pm** Gabe Neville also remembering his recently deceased nephew David Neville New York, Patrick Carroll, Kilcormac Maureen Monaghan (ill in America)

**Sun 9th March 9am:** Intentions of Parishioners  
**Sun 9th 12noon:** Matt Buckley 1st Anniv. also remembering his wife Lizzie  
**Monday 7.30pm and Tuesday 9am Extra Masses for Lent**

**Wed 12th: 7.30pm:** Lists of the Dead

**Thurs 13th: 9am:** Intentions of Parishioners  
**Fri 14th: 7.30pm:** Margaret ( Gret } Delaney)  
**Sat 15th: 7.30pm** Paddy and Jane Grogan and Deceased Relatives  
**Sun 16th March 9am:** Joseph and Mary Egan Mucklagh  
**Sun 16th 12noon:** Bridie Healion 1st Anniv, and her brother Vinnie, Peter Moore, Screggan, Rosemary Fletcher, Glaskill, Pat Donovan, Ross

**Please Note that on Mondays at 7.30pm and on Tuesdays at 9am** in Mucklagh we will have extra masses for Lent

**St. Patrick's Day Monday 17th Mass Times Mucklagh 9am and 12 noon**  
**The Island 10am Killina 10,30am Please note no Vigil Masses**

**Development: Killina & The Island €391 Mucklagh €1,014**  
**Offertory /Plate: Killina €258 The Island €215 Mucklagh €1,055**

**Mucklagh Social Lunch:** Monday 10th March at 12,30pm. Come for music and chat

**Pray** for Eamon Carroll Canal Line, Killiskea, RIP

**First Penance** for children of Rahan Thursday 7.30pm in Killina church

**FEASTING AND FASTING**

**Fasting and Feasting During Lent** Fast from judging others; feast on Christ within them. Fast from emphasis on difference; feast on our bonds. Fast from fear of illness; feast on the healing power of God. Fast from apparent darkness; feast on God's light. Fast from words that cut down; feast on speech that uplifts. Fast from gossip; feast on affirmations. Fast from discontent; feast on gratitude. Fast from pessimism; Feast on hope. Fast from anger; feast on patience. Fast from negatives; feast on encouragement. Fast from resentment; feast on forgiveness. Fast from suspicion; feast on truth. Fast from self-centeredness; feast on compassion. Fast from complaining; feast on appreciation. Fast from giving up; feast on enthusiasm. Fast from the shadows of sorrow; feast on trust in God. Fast from focusing on problems; feast on unceasing prayer. Fast from anxiety; feast on faith. Easter is the highpoint of the Church year, we celebrate the death and resurrection of Jesus. Lets make this Easter the one we have celebrated best. We will rejoice in the great Mystery of our Salvation. We begin our preparation now as we take on the three Lenten practices — Prayer, Fasting and Almsgiving.



**Lotto's: Shamrock's** 9, 20, 22. Bonus 3. **Mucklagh:** 3, 7, 14, 15

**Today's Gospel,** Lent a springtime of the Spirit. The original meaning of Lent is Springtime. It is meant to be a joyful season ... A springtime for the spirit. During Lent I can look into my heart and see how I stand in relation to God and my neighbour. God is inviting us to deepen our prayer life as we reflect on the life of Jesus. In this year of hope Pope Francis is asking us to make the celebration of the Stations of the Cross a special time of reflection to contemplate the generosity of God in giving us His Son Jesus. He also asks us to reflect on the Word in the Sunday readings. Jesus said: "If you make my word your home you will learn the truth and the truth will set you free." In the Gospel we reflect on the temptations of Jesus who guided by the Holy Spirit was able to reject them. That same Spirit will also guide us in the struggles of life and help us to live our lives with courage and enthusiasm. All three temptations come down to the same thing, in the end: to put material things and his own glory first, and spiritual things and God second, if at all. These are the major temptations of his Church as a whole, and of each of us who are its members. We have to keep our eyes on the One who refused to turn stones into bread, to jump from great heights, and to rule with great power. All those who are struggling to live a good life can take heart. Resisting temptation was not easy for Jesus; nor will it be for us. But in Jesus we have a brother who knows what we are up against. He forgives us and raises us up when we fall. He enables us to obey God's word, to trust him, and to worship him alone.

**Rahan Mens Shed** meet on Fri. in Rahan Hall at 10am. New members welcome

**Rahan Drama** present 3-act comedy 'Pretend Sick' in Rahan Hall, 14/15/16 March at 8pm. Tickets on sale. Ring Deirdre to book ticket at 086 0886648

**Colin Dunne Memorial Fundraising 5K Race** Many thanks to all who helped with event which attracted a great number of athletes

**Trocaire Boxes** are available at church doors, Please take one home and as a family and individuals contribute regularly

**Students from Killina Secondary** travelling to **Zambia** in June will speak at all Masses this weekend and hold a collection after Masses to fundraise for the trip. The aim of the trip is to immerse students in the culture and society of Zambia, promoting a greater understanding of the inequalities that exist in our world.

**Lent is a time of fasting, penance and prayer.** Here are some Examples of what we could do for Lent: Abstaining from meat or some other food; from alcoholic drink or smoking; Making a special effort at involvement in family prayer and/or to participate in daily Mass; Visiting the Blessed Sacrament; Praying Divine Mercy Chaplet Make the Stations of the Cross each week; Fasting from all food for a longer period and giving what is saved to the needy. Helping the poor, sick, old, or lonely. Saying the Rosary each day. Prepare to make a sincere Confession of sins in the Sacrament of Reconciliation. Reducing T.V. or Media time. Read a spiritual book. **At the back of the church please find a Leaflet entitled My Lenten Challenge 2025 Our challenge is to choose a Fruit of the Spirit to live for a week for each of the 6 weeks of Lent .We can choose a different Fruit for each week . We are invited to find ways to practice living that Fruit and to put it into practical use using tasks, thoughts and prayer**

**House Masses:** An opportunity for family, neighbours and friends to come together to pray no fuss just a cup of tea. A special encouragement to consider this idea during Lent. If interested contact Fr. Michael or Fr Frank

**Cemetery Devotions Mucklagh** Sunday 8th June Mass at 6pm **Rahan** Friday 15th August Mass at 7pm. **Killickfehan** Saturday 23rd August Mass at 6pm **In the past few weeks** some work has been done to enhance the main entrance driveway and some paths at Mucklagh Old Cemetery .Thanks for your support towards the Development Funds which enables such work to be done .

**Table Quiz** in support of Ian O'Brien Friday 14th March in Kelly's at 8pm

