

**Season of Lent** Bishop Brendan Leahy has said that the value and importance of quality prayer cannot be understated to give hope in a world today laden with man-made and natural crisis. Ahead of the commencement of the 40day Lenten season of prayer, fasting, and almsgiving this week, Bishop Leahy said that technology can be a friend rather than a challenger to prayer, urging the public to explore prayer and music apps to help them enhance their prayer quality. And for those who have turned away from prayer, he urged them to use this Lent to try once more, with a fresh lens.

Bishop Leahy said: "Each person has his or her own experience of prayer. What's important, however, is that each of us makes time for prayer, be it short or longer in our daily routine. Prayer is so much needed, especially prayer for peace and hope in our world. We think of the continuing wars in Ukraine, Afghanistan, Syria, Yemen, Congo and, of course, the horror of the earthquake in Turkey and Syria. "Recently the head of the United Nations, António Guterres, told diplomats that we have started 2023 'staring down the barrel of a confluence of challenges unlike any in our lifetimes'. He noted that top scientists and security experts moved the Doomsday Clock to closer than it has ever been to signalling the annihilation of humanity. Pope Francis often remarks that the world has actually moved piecemeal into a third World War. "So we need to pray. Young and old need to build up the practice of prayer.

I like something Saint Mother Teresa said about prayer: 'I used to believe that prayer changed things, but now I know that prayer changes us, and we change things.' Bishop Leahy urged people this Lent to improve not just saying prayers but the quality of prayer. "For some people, it might be the moment when they return to prayer, not least in the midst of such global concerns and tragedy. Many who have returned to prayer find it a revelation, that they had forgotten how helpful it could be. It's often no more than timing. It might be a time in their life where they are more open to prayer, more capable of prayer and that's perfectly normal. "We can be grateful we live in a time when technology provides us with many opportunities to link in with prayer resources all

over the world. There are those who would say that technology has been a great challenge to faith, but it can also be an enabler of faith. "There are meditation apps, pray as you go apps, and Bible apps. Some provide daily prayer helps or reflections. For instance, the Jesuits run a prayer app called "Sacred Space" ([sacredspace.ie](http://sacredspace.ie)). There are music apps with favourite hymns or inspiring songs. There's a global app *Hallow* that is getting huge interest, helped by having popular figures like actor Mark Wahlberg and tenor Andrea Bocelli as advocates. I read a very interesting piece with the founder of *Hallow* who said that he had become agnostic but when doing meditation, he kept getting drawn back to Christianity. He asked people of faith if there was an 'intersection here between this meditation thing and this faith thing'. They laughed at him and said 'Yeah, we've been doing it for 2,000 years. It's called prayer'. "I am not recommending one over another, but people might use Lent to try new things to help their prayer. COVID thought us we could lean on technology to help with practicing our faith, not least through streaming of Masses, and a lot of these apps have emerged from that period also." Bishop Leahy said that for those who want to go deeper in exploring their spiritual life, they can get in touch with spiritual guides whose contact details are available on the Limerick Diocesan website [limerickdiocese.org](http://limerickdiocese.org). Bishop Leahy has also himself prepared a short booklet entitled 'Reflections on Prayer', which is also available on the Diocesan website. "Above all, this Lent, let's remember one another as we journey these weeks spiritually together focusing on improving our prayer life, praying especially for peace in our world," he added.

**Recently deceased** Our prayers, sympathy to Tom Halpin & family on the death of Ann, funeral Monday 12noon Donoughmore. To the family of Denis Dillion Mungret, funeral Sunday 2pm Mungret Church.

**Trocaire** marks its 50th anniversary, It relies heavily on the income that comes in during Lent, through the generosity of parishes and schools, to fund their core work. Here in the Limerick Diocese in 2022 the Diocese of Limerick forwarded €114,000 from the parishes Lenten campaign and an additional €14,000 from the sale of Canon Mícheál Liston's successful book launch last April. This Lent 2023 Trocaire Box story will focus on Somalia and will use the story of one family to shine a light on the injustices and issues faced by communi-



## Remembered In Mass

Donoughmore



Sat.25th	7pm	(MM) Myra McDonagh Tom & Mary O'Neill
Mon. 27th	10m	No Mass
Tues 28th	10am	No Mass
Fri 3rd	10am	No Mass
Sat.4th March	7pm	Martin Costelloe (1st)
<b>Knockea</b>		
Sun 26th	11am	(MM) Danny Greaney
Wed.1st March	10am	No Mass
Sun 5th March	11am	John Spellacy

ties around the world, more than half the population, almost 8.3 million people, experiencing acute food shortages and crippling hunger. "Trocaire work in up to 20 countries in Africa, Asia, Middle East and Central America.

**Lourdes Youth Pilgrimage** Dates: Thursday 22nd – Tuesday 27th June 2023 Cost €780

This includes ; Return flights  
• 5 nights in Vatican/Astoria Hotel,  
Lourdes – full board All coach transfers and trips per itinerary Travel Insurance & Taxes To register your interest please contact Karen or James on 061-350000 or [Karen.kiely@limerickdiocese.org](mailto:Karen.kiely@limerickdiocese.org)

**Thank You** We thank you for your support the parish financially. We would also like to make parishioners aware that they can contribute to the parish through the DONATE button on the website above., [dkrparish.ie](mailto:dkrparish.ie)

**D.K.R Community** will launch their 2019/2023 Community Plan on Monday 6th March & Tuesday the 14th of March 2023. Venue: Sessions House Ballyneety (Beside the Garda Station)Time: 7pm to

**Parish of  
Donoughmore/  
Knockea/Roxboro  
Fr Tom Mangan PP  
087-2348226**



**dkrparish@gmail.com  
Website, dkrparish.ie**

**Facebook: DKR Parish Limerick**

**Sacristan**

**Terry 087-6686050**

The Eircode for St. Patrick's Church, Donoughmore is **V94 V6T3**.

Knockea is **V94 D938**.

**Pastoral Area** Donoughmore / Knockea/ Roxboro, Queen of Peace, Holy Family

8.30pm. Topics for Discussion: • Community Connections & Amenities • Traffic & Safety • Crime & Safety • Interagency & Local Government • Youth-- **Naomi Cleary Graham**



**Dkr Community Association** are opening the Courthouse Friday's .to invite the community to call in for a Cuppa from 10. 30 – 12 free event and all are welcome

**Weekly Lotto** €3,400 no winner winning no.2,15,16,17 Lucky dips.1.Eoin Fitzgerald 2 Keelin O'Dwyer 3 Michael Lynch 4 Pat Sheahan 5 Michelle Lynch 6 Gerard Woods Next Jackpot €3,500 Draw Tues 28th Feb. 9.30pm Four Elms

