

It's Ok not to be Ok Last Sunday's gospel because Jesus said that he is with us always until the end of time. We read it in Ps 23: **'The Lord is my shepherd;** there is nothing I shall want... If I should walk in the valley of darkness no evil would I fear. You are there with your crook and your staff; with these you give me comfort'. Secondly, say this prayer: God, **grant me the serenity** to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

This topic will rank among the topics I write most about. Why? The petitions at the Solenn Novena each year highlight them as do the caring professions. I sense that many people find it difficult to manage upheaval and turmoil in their lives. Too often people will go for the quick fix of drink or drugs or suicide or other nefarious solutions. Unlike previous generations we are living in a wealthy country with skilled and trained people to assist us in times of trials and tribulations. It can be an issue of bereavement, or health or relationship or family or job or business or exam or addiction or much more. When any of these beset you there's the unexpectedness, the shock, the enormity, the upheaval, and the inability to see a solution. The mental turmoil is like a gale force storm blowing in the person's mind. The pain doesn't seem to relinquish. The person needs external intervention to get a clear perspective on their situation.

This is where the intervention of another person is so necessary. The job is to bring mental calm to the person by **facilitating the person to form a clearer perspective on their situation.** Firstly, listen and listen intently by pushing aside your own thoughts. Occasionally ask a question to clarify what is being said. A trouble shared is a trouble halved. Allow silences and be comfortable with silences. This allows the person to think and sort out their thoughts before they talk again. Sometimes words are said but they are a cue to something else e.g. 'we have a lot covered' could mean 'I want to finish talking about it now'. Be non-judgmental and avoid the 'do's and 'don't's', the 'shoulds' and 'should not's', the 'musts' and 'must not's'. These are qualities worth cultivating, outside times of crisis, within families and friends. Helping young people to face challenges together builds much needed resilience. The mass media or social media are usually no great friends to bring you through a crisis. The words of Jesus, 'I will give you rest'. There is solace to be got from prayer. You will never walk alone

Finally, the thought that should have greatest primacy in your mind: you are **God's loved child** despite what life has done to you and despite what you have done in life. We all merit this honour not because of something we have done, rather because of something God has done, bestowing a dignity on each of us that no human being can erase. JK

Sympathies to the family of Fr Jack Fitzgerald , Fr Russell Rd Dooradoyle and Loughill and to the family of Martin Corbett, Ennis Rd & Conbur, Co. Galway father of Mary Nash/ grandad of Barry, Bushy Is, May they rest in Peace

Annual Parish Knock Pilgrimage: Thursday 17th Aug Bus is fully booked up, Bus will depart Day Care Centre @10am SHARP. Many thanks Bridget 061 351023.Naomi 086 6072593 Margaret 087 2775103 for arranging this day trip.to Knock



Diocesan Pilgrimage to Knock on July 22nd, Join one of the buses travelling or people make their own way

DKR Comm. Café courthouse Ballyneety Fridays 10.30am....call in for a free cup of tea/coffee any Friday morning

Third World Day for Grandparents & the Elderly



Sunday, July 23rd I look forward to leading the ceremonies for the Annual Catholic Grandparents Association Pilgrimage to Knock Shrine with anointing of the sick at 2.30pm and Mass at 3pm followed by the procession. As mentioned at the June Plenary it is important that every diocese tries to make an effort to emphasise the important place grandparents and elderly play in our faith communities. This is the third year of this particular celebration and the Council for Marriage & the Family are encouraging as many parishes as possible to celebrate it this year. It can all be done very simply by having an older person leading us in God's Word, using the Prayer of the Faithful from the Dicastery resources, having grandparents involved in the Offertory Procession and using one of

Remembered In Mass		
Donoughmore		
Sat.15th July	7pm	Parish Intentions 
Mon.17th	10m	
Tues 18th	10am	No Mass
Fri 21st		
Sat. 22nd July	7pm	
Knockea		
Sun 16th July	11am	John O'Donoghue (MM) Roger Smith
Wed. 19th	10am	
Sun 23rd July	11am	

the Prayers offered as a Post Communion Reflection. In his message for this day Pope Francis places a strong emphasis on the connection young people have with their older relatives. I still recall one of the family testimonies at the WMOF2018 in Croke Park where a grandchild described her grandparents' house as "an open house". Pope Francis says "friendship with an older person can help the young to see life not only in terms of the present and realize that not everything depends on them and their abilities". In his message he makes a clear connection between this World Day for Grandparents & the Elderly and the celebration of World Youth Day in Lisbon, encouraging the young to visit their grandparents or the elderly who live alone before they travel. The Council for Marriage & the Family want to draw your attention to the already referenced excellent suite of resources for this day from the Dicastery for Laity, Family & Life which are attached, also to consider visiting the website of the Catholic Grandpar-

**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 Unit 'Sli Padraig' Patrick's Way ;Donoughmore /Knockea/ Roxboro, Queen of Peace, Holy Family

ents Association
www.catholicgrandparentsassociation.org The theme for this year is "His Mercy is from Age to Age" (Lk.1:50) using the image of Mary visiting her elderly cousin Elizabeth. God of mercy, who has given the gift of long life to Your children, grant them your blessing; let them feel the sweetness and strength of your presence: Turning back to the past Let them rejoice in Your mercy And looking to the future let them persevere in the hope that does not die. Praise and glory to You for ever and ever. □Denis Nulty Chair of Council for Marriage & the Family

Weekly Lotto €5,400 no winner, winning No's 3,5,11,18. Lucky dips.
1.David Grimes 2.Mary O'Dwyer 3.Elsie O'Callaghan 4.Vincent & Josephine Hayes 5.Aidan Walsh 6.Breda Flood Next Jackpot €5,500 Draw Tues 18th July 9.30pm at the Cat's Cradle, many thanks.

