Twelfth Sunday in Ordinary Time
Sunday 23rd June 2024

## PRIOR PARISH



BALLINSKELLIGS,
PORTMAGEE & THE GLEN

NEWSLETTER

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# Recently Deceased

John Lynch, Valentia Island, Kerry Frank McCarthy, Douglas, Cork

May their soul rest in Peace.

Fri 21 <sup>st</sup> Jun	The Glen	7.30pm	Paddy, Nora & Mary Brennan, Aghort
Sat 22 <sup>nd</sup> Jun	Ballinskelligs Portmagee	11.00am 7.30pm	James Sugrue Months Mind Fr Dan O'Connell Nora & Denis Lyons Deceased members of the Ward family Mary & Ted Horgan, Julie, Michael & Niall King Michael & Bridie Murphy
Sun 23 <sup>rd</sup> Jun	Dromid Ballinskelligs	10.00am 11.30am	Paul Anthony Keen Reen & London
Wed 26 <sup>th</sup> Jun	Ballinskelligs	7.00pm	Record RTE Mass to be broadcasted on Thursday 27 <sup>th</sup> @ 10.30am
Fri 28 <sup>th</sup> Jun	Portmagee	7.30pm	Michael Devane & Bernie Courtney James & Theresa O'Connell & dec members of the O'Connell & Reardon Families.
Sat 29 <sup>th</sup> Jun	Knightstown The Glen	2.30pm 7.30pm	Marriage
Sun 30 <sup>th</sup> Jun	Caherdaniel Ballinskelligs	9.30am 11.30am	Dan McCarthy, Ballard. Eileen O'Grady, Dan O'Grady. Bridie & Michael O'Connell & dec members of the Barry Family.

# Maybe you feel exhausted all the time because:

You struggle to take a moment for you.

You rarely stop to consider your own needs or prioritise you because you don't think you matter enough.

Maybe your nervous system has been stuck in survival

Maybe your nervous system has been stuck in survival mode for so long that feeling at ease or deeply connected to yourself feels impossible.

But maybe now is the time to find a different way through life. Maybe now is the time to finally choose you, too.

## Sometimes we must remind ourselves:

That we are not responsible for other people's poor behaviour towards us, or their gaslighting, or their manipulation, or their unkindness.

That's on them

What's on you is how you choose to respond, set boundaries, know your worth, and not let their actions impact the beautiful soul that you are. ~Helen Marie

#### **BEAUTIFUL MEALS IN BALLINSKELLIGS**

Are you on holidays? Just so you know there are delicious meals available to purchase from the Ballinskelligs Community Centre on Monday and Thursdays. Also, for the people who are lucky enough to live in Ballinskelligs this is a great option, if you just want to take a holiday from preparing and cooking a dinner. If you wish to order a dinner, please ring 066 9479111 on either Monday or Thursday before 10:00am.

#### **Rota for Readers & Eucharistic Ministers**

Fri 28<sup>th</sup> June - Portmagee - Reader - Marie O'Driscoll / Eucharistic Minister - Anne O'Driscoll Altar Servers - Jack & Celina Hurley

Sat 29<sup>th</sup> June - The Glen - Reader - Patrick O'Leary, Eucharistic Minister - Mary Adair Sun 30<sup>th</sup> June - Ballinskelligs - Reader - Maureen O'Sullivan Eucharistic Ministers - Phil Gibbons & Catherine Curran. Collector - Catherine Curran, Altar Servers - Liadh & Millie Nic Gobhann

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