

TENTH WEEK IN ORDINARY TIME

Trinity Sunday 7th June 2020.

Fr Malachy Conlon 04293-76105
St James' Church 042-9397684
Parish email: cooleyparish@gmail.com
Parish website: www.cooleyparish.ie

Fr Stephen Duffy 042-9371327
Fr Oliver Stansfield 042-9375198

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We warmly welcome Bishop Michael Router who will celebrate Mass (privately) on this Sunday morning at 11.00am

Daily Mass is celebrated privately in the Church of Our Lady, Star of the Sea, Boher - Monday – Friday at 10.00am, Sunday at 11.00am. The Rosary is prayed each evening at 9.00pm and both can be viewed on the parish webcam.

The link is: <https://www.mcnmedia.tv/camera/church-of-our-lady-star-of-the-sea-boher>

Intentions for the week:

Recently deceased:

Peadar J Keenan, Spellickanne
Betty Rogers, Dowsallshill, Dundalk
Patrick Carron, Muchgrange

Anniversaries:

Hugh Woods
Michael and Briega Malone
Bernard and Kathleen Boyle

PARISH BULLETIN – online

Anyone wishing to have a notice placed in the bulletin are asked to email the notice to: cooleyparish@gmail.com before 5.00pm on Wednesday.

Trócaire Lenten Box Appeal

Sincere thanks to all who contributed to last week's collection of Trócaire boxes. The total to date is an amazing €14101.00

Bereavement Support Line – Pastoral Centre, Dundalk

Due to the Covid-19 pandemic the Bereavement Walk-in Service at the Pastoral Centre, Dundalk, has been unable to operate as normal over the past few months. A new telephone listening service began during the past week. Members of the Bereavement Team will be available at the following times, and on the following numbers, to support adults who are grieving the loss of a loved one:

Monday	6.30pm - 8.30pm	0894677721
Tuesday	6.30pm - 8.30pm	0894682919
Thursday	6.30pm – 8.30pm	0894677734
Friday	6.30pm – 8.30pm	0894677747

Emotional Wellbeing during the Covid-19 Pandemic - Video

In conjunction with Fr. Dermot McCaul, SMA, the diocese has produced a short video on emotional wellbeing during the Covid-19 pandemic. The video is intended to offer guidance around issues of emotional wellbeing and mental health during these times. It also gives some sound and practical advice on how each of us can navigate these challenges and indeed flourish beyond this period. Fr. Dermot suggests five daily actions and activities that can help:

1. Reduce and limit Media and Multimedia interaction
2. Exercise Daily
3. Make time for daily prayer
4. Develop and maintain a daily routine
5. Whilst honouring social distancing protocol engage with family and friends

The video can be accessed at the following link: <https://youtu.be/f8jX-f0QcHO>