



Rumblings from the Bunker

PACKING UP BUT NOT PACKING IT IN!!

According to those who know about these things it is one of the most stressful things you can do.....

.....Moving House.....

There's no doubt there is something about it. It's not just the physical effort of packing and lugging stuff downstairs and off to the new place and then when you get there up more stairs. Undoubtedly some of it is about the emotion of it.

There is the sadness of endings. There is the challenge of letting go of all that is familiar. There is the fear of the new. Clearly all this puts demands on our emotional life. We find the move, maybe especially the preparation for the move, quite draining.

However that said I think there might be even more to it. There is something very deep going on here. Is it that the packing up forces us to do a review of our lives? Is it that all the sorting and keeping and discarding add up to a run through the good the bad and the ugly of our journey?

Is there not something very sobering about the idea that we can put so much of our lives into a few boxes? And this is even before we start asking questions about what we should keep and what we should discard!

I guess when we begin the process of 'packing up' we are reminded once again where we are on the hoarder/dumper spectrum. I have great admiration for people who are detached and disciplined enough to repeatedly let go of their 'stuff'.

At least I think I have. I think I have admiration for them. If I am to be really honest I'm not sure I admire them that much. I mean how can you actually let go of things that meant so much to you one day years ago? How can you actually let go of things that could turn out valuable in twenty years time? I look at these people and I want to scream at them 'don't dump it, do you not realize that it might be useful someday.....to someone.....for something...?'

Yes, you got it. I am a bit of a hoarder. I try to work against it. I try every now and then to do a bit of a clean out. That said there is still that part of me that tends to hang on to stuff. Some of this is about hanging on to the security blanket. Some of it about not having enough, about the rainy day. Whatever about all that, this packing up is quite a challenging experience. I have been thinking and praying about it more and more these past few days, I guess trying to get the help of the Holy Spirit to enlighten me as to what is really going on.

Enter! Stage left, the Holy Spirit. Now of course this is when things get really serious. One of the great gifts of the Holy Spirit is of course light. Enlightenment. It is through the power of the Holy Spirit that we get true wisdom. The wisdom that comes to us from God. In addition to this what I really love is the ability or the power of the same Holy Spirit, the breath of God, to surprise us.

In the presence of the Holy Spirit I realized that the reason this 'packing up' has such an impact on us is that it is a profound experience. It is so deep an experience it actually brings into the heart of what matters. I have come to see the process of packing up as fundamentally about life and death.

I think packing up sits dangerously close to packing it in. I think at some deep level, no doubt mostly at a subconscious level, packing up is a form of dying. It's no surprise then that packing up leads to a sense of loss. There follows a grieving. Packing up can be a real loss, a bereavement. The more I explore this notion the more I understand why the psychologist cites this process as very high on the stress monitor.

Of course for you and I as followers of Jesus there is no dying without rising. No Cross without the Empty Tomb. The packing up then is of course connected with closure and endings and conclusions but it is also very much about new beginnings, new chapters full of possibilities.

Packing up then, for us Christians is about little deaths funneling into the great refreshing experience of the Risen Christ who makes all things new! So for you, for me, we do at times pack up but we never pack it in. If we believe we are loved unconditionally and beyond measure by the Lord, as we truly are, packing it in is not an option!

J MC DONALD. 30. 07. 19

MASS INTENTIONS

Ann Cosgrave	Patrick Cosgrave	Michael Gleeson
Eddie Hickey	Anne Lawless	Mary Lawlor
George Long	Mary Maher	Philip Maher
Jimmy McGuirk	Catherine Moloney	Edward O'Callaghan
Joan O'Callaghan	Margaret O'Connor	Nan O'Connor
Patrick O'Connor	Tom O'Connor	Elizabeth O'Neill
John O'Neill	Bridget Ryan	

Recent Funeral
Paddy Freer

MASS TIMES

Weekends	Weekdays:
Saturday: Vigil Mass 6.30	Mon, Thur, Fri: 10.00
Sunday: 09.00,10.30,12.00	Wed: 7.00pm
Tuesday: No Prayer Service until September	

**Concert in Aid of Hospice Harold's Cross
And a Donation to St. Matthew's**

In St. Matthew's Church
Friday 22nd November
@ 8.00pm: Tickets €15.
For more information contact
Ken @ 0862365288

BOOK OF THE WEEK

**THE ONLY NECESSARY THING
LIVING A PRAYERFUL LIFE**
**ED. WENDY WILSON GREER CROSSROAD BOOKS
NEW YORK 1999 Pp. 224**

Yesterday was the feast of St. Martha and I found myself pondering and praying about the phrase Jesus used to her. 'Martha, Martha, you worry and fret about so many things and yet only one is necessary.' It reminded me of the title of this book. This is a beautiful little volume which was edited by some of the author's closest friends. It is a very special collection of Nouwen's writings on prayer. If you give this a bit of time you will not be disappointed. In his own word's 'Prayer is the divine instrument of my wholeness, unity, and inner peace'.

FAITH MOMENT

We believe that Christ Jesus ascended to heaven and he will come at the end of time in glory to judge the living and the dead.

Church Gate Collection
Next Sat/Sun in aid of
Mellon Educate:
Building Schools & Houses
in South Africa's Townships

Age Action

Free 1-to-1 Computer Classes for the Over 55s

Learn how to send & receive emails
Shop & Book Flights
Use your own device or
use computers available at some venues

Courses in Computers, iPads and Tablets for older people who have little or no experience.

Courses run once a week for 5 or 6 weeks
ALL COURSES ARE FREE OF CHARGE

For more in formation phone: 475 6989

Parish Centre or Sacristy:
Phone: 626 56 95
Monday to Friday
10.00am to 1.00pm

St. Vincent De Paul
Monthly Collection
Amount: €400
Thank You

TWO FAREWELLS!!

Fr Yanbo will say goodbye at all the Masses next weekend, **August 10th/11th.**

Fr Joe will say goodbye at all the Masses the following weekend, **August 17th/18th.**

**There will be a special evening on
Thursday 29th August
at 7.30 pm here in St. Matthew's:**
**FAREWELL TO FR. JOE MCDONALD
THANKSGIVING AND MISSIONING.
ALL WELCOME.**

**Vincentian Family Pilgrimage
Knock Shrine**

Saturday September 14 2019

Celebrating 40th Anniversary of
The Apparition of Our Lady at Knock
Bus Leaving St. Matthew's @ 8.00am
€20 per person (Bus Only)

One Stop for Meal/Refreshments each way
Book in **Parish Centre** after Weekday Masses or
Phone 6265695 (10.00am to 1.00pm weekdays)

GOSPEL READINGS FOR THE WEEK

Mon	05/08	Mt 14: 13-21	'and he took pity on them and healed their sick'.
Tue	06/08	Lk 9: 28-36	THE TRANSFIGURATION OF THE LORD 'As he prayed, the aspect of his face was changed...'
Wed	07/08	Mt 15: 21-28	'Woman you have great faith. Let your wish be granted.'
Thu	08/08	Mt 16:13-23	SAINT DOMINIC, PRIEST 'You are the Christ, the Son of the living God.'
Fri	09/08	Mt 25: 1-13	SAINT TERESA BENEDICTA OF THE CROSS (EDITH STEIN), VIRGIN, MARTYR 'So stay awake, because you do not know either the day or the hour.'
Sat	10/08	Jn 12: 24-26	SAINT LAURENCE, DEACON, MARTYR 'unless a grain falls on the ground and dies, it remains only a single grain.'