



Rumblings from the Bunker

DID YOU EVER FALL DOWN A BLACK HOLE?

I have come to realize that inner darkness is quite common. I am not talking about being in grief. I am not talking about having received bad news. In fact one of the core characteristics of the darkness that I am speaking of, is the problem of not really knowing where the feeling has come from.

I want to be equally clear I am not speaking of clinical depression. This is a serious condition beyond my remit. In addition to this I would like to add that nothing written here should be heard in anyway to minimize the seriousness of this condition. Please do not cut down, or worse still, stop taking any prescribed medication you may be on.

No what I am speaking of, is something different. Maybe the blues. A little dip - maybe a little too often for comforts sake. Maybe melancholia. In any case it is not a nice feeling and it can be triggered off very easily. Once it sets in, it can be difficult enough to shift. With this in mind I scribbled the few lines below:

DID YOU EVER FALL DOWN A BLACK HOLE?

Sunday Afternoon
Mooching mode.

Cold in the bones
Cold in the heart.

Here it comes again
Bluer than before.

Beyond tears
Beyond nausea.

Triggered by old faces
Old places

Different me
Same me

Renders me sick,
Stuck.

Happily for me

I know Jesus

Without whom
I'm lost.

It might be helpful to remember that we are not the first to be regularly fighting with darkness and we will certainly not be the last to do so.

To tell ourselves that we will definitively beat darkness is to set ourselves up for disappointment.

Is not darkness, or the restlessness that is in all of us, actually part of how we are made?

Yes of course there are many things that make our wrestling with the darkness more manageable, ranging from drinking water, fresh air, exercise to a good book or movie, to a good laugh or cry!

However in my experience good friendship, sacred silence, good quality conversation, music and time alone with the Lord are amongst the best weapons in our armoury on the days of darkness. Sometimes it is important to remind ourselves, and each other, that Jesus is the Great Healer, the Light of the World, the one that not only does not want us to be sick, but in fact wants us to walk in the Light.

MASS INTENTIONS

Mary Boylan	Elizabeth Delaney	James Delaney
Pat Fitzsimons	Matt Garrigan	Nuala Garrigan
Conor Keegan	Anthony Murphy	Bernard Murphy-
Bridget Murphy	Mary Murphy	Marion O'Toole
Charlie Ryan	Mary Ryan	Philip Ryan
John Sayers	Dick Seale	Christina Short
Owen Short		
Recent Funerals		
Bridget McKeon	Phyllis O'Reilly	

MASS TIMES

St. Matthew's	Weekdays:
Saturday: Vigil Mass 6.30	Mon, Thur, Fri: 10.00
Sunday: 09.00,10.30,12.00	Wed 7.00pm
Tuesday: 10.00 Prayer Service	

**Table Quiz in Aid of St. Matthew's
in the West County Hotel, Chapelizod
Tuesday 19th Feb @ 8.00pm**
Table of 4 — €25
Raffle on the night
Come along and have a bit of fun

BOOK OF THE WEEK

**MYSTICS - THE BEAUTY OF PRAYER
CRAIG LARKIN SM
COLUMBA PRESS DUBLIN. 2018 Pp 267**

This is a beautiful book. Written shortly before the author, a Marist priest's death, we are assured page by page that we have in Craig Larkin a trustworthy soul guide. This book gives an inspirational introduction to twenty mystics, for want of a better word, spiritual teachers who remind us of the joy of a life lived in prayer. If you are serious about developing your prayer life this is a treasure for your shelf.

Accord Collection

The Annual Collection for **ACCORD**, will be made at all Masses **next Sunday**. This will replace the usual Share Collection.

FAITH MOMENT

Expressions of piety and devotion extend the liturgical life of the Church but do not replace it. Catholic devotions and prayers of piety are all directed to foster more active, full and conscious participation in the Eucharist.

**Feast of Our Lady of Lourdes
Monday February 11th
World Day of the Sick**

In St. Matthew's 10.00am Mass will include the Sacrament of the Sick. Tea/coffee scones afterwards in Parish Centre. If anyone needs or can provide transport to and from the Church that day please contact parish office or sacristy. (Tel. 626 56 95)

A SPECIAL INVITATION

TO ALL WHO WORSHIP IN ST. MATTHEW'S

I would like you to consider joining me and a group of pilgrims in Lourdes this summer. It is a very special time. As we journey along, we chat, have fun, enjoy each other's company, and yes we pray. We pray for people we know and love especially those who are sick. Yes we also pray for ourselves. We do all this in the company of Bernadette and of course Our Lady who always brings us closer to Jesus. So my friends it will be a very special week

Tuesday 20th August - Tuesday 27th August.

4 Star Hotel Solitude. 7 nights Full Board. €800, single room supplement €252 (subject to availability).

**PLEASE NOTE IT IS POSSIBLE
TO PAY THE COST BY INSTALLMENTS**

For more information:

contact Eddie Teeling 0868063625

YAMBO'S ORDINATION TO THE PRIESTHOOD

It is with great joy that Fr. Justin, the Parish Pastoral Council, and myself on your behalf, and on behalf of all connected with the Faith Community of St. Matthew extend to our Deacon, Yambo, the heartiest of congratulations on being given the date for his Priestly Ordination.

Yambo will be ordained a priest by His Grace, the Archbishop of Dublin, Dr. Diarmuid Martin on Trinity Sunday, June 16th, in The Sacred Heart of Jesus Church, Huntstown, at 2pm. Please continue to keep him in your prayers. Fr Joe

Mary Queen of Angels 2

Enrolments Open for 2019—2020

Active School	Art Club
Green School	School Choir
Student Councils	Sports Teams
Health promoting School	Homework Club
Digital School of Excellence	Computers Club
Creative Schools Programme	Outdoor Excursions

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RONCALLI REFRORM

The Roncalli Reform, founded last October by Fr Joe, is a group dedicated to the ongoing reform of the Church. The key elements are: Contemplative Prayer, Discussion, Fellowship and Prophetic Action. It's next meeting takes place on Monday 18 February 7 - 9pm in St. Matthews. All welcome.

GOSPEL READINGS FOR THE WEEK

Mon	11/02	Jn 2: 1-11	Our Lady of Lourdes. 'Do whatever he tells you'
Tue	12/02	Mk 7: 1-13	'In this way you make God's word null and void...'
Wed	13/02	Mk 7: 14-23	'It is from within, from men's hearts, that evil intentions emerge.'
Thu	14/02	Lk 10: 1-9	Ss Cyril, Monk and Methodius, Bishop, Patrons of Europe 'the kingdom of God is very near'
Fri	15/02	Mk 7: 31-37	WORLDWIDE DAY OF PRAYER FOR SURVIVORS AND VICTIMS OF SEXUAL ABUSE 'Their admiration was unbounded'.
Sat	16/02	Mk 8: 1-10	'I feel sorry for all these people'