



Rumblings from the Bunker

DESERT DAYS

The notion of prayer and fasting is far from new. In fact, even though I am very interested in the role of both, prayer and fasting, in the life of Jesus, the reality is that both were being practiced by others for many years before that. My initial idea of the 'desert day' was for myself and a few priests that I shared it with. It then expanded to something that might be beneficial to anyone in ministry. I am now going a further step and sharing it with the wider faith community of St. Matthew's through these 'rumblings'. I would be very interested in your feedback.

This all starts with the premise that we live in a crazy world, noisy and busy, and has a pace that is ever quickening. The other observation I would make is that there is not only a deep hunger in people for peace and tranquility, but I believe there is actually something even deeper than that. Even though we may struggle to put words on what we mean, I think within all of us, is a desire to know that we belong to something bigger and more beautiful than our human experience. I think this is the pull within us to the transcendent. I believe this is the Holy Spirit within us turning us towards the divine, again I believe this is where we have come from and to where we return. This is God. This is God, the Father of Our Lord Jesus Christ. I feel the need to spell this out because of the times in which we live. Increasingly people deny the existence of God whilst others say something like, 'God, whoever he or she might be for you'!

In this melee and growing tension the three big casualties are: silence, time and a sense of the sacred. So many are actually afraid of silence, being addicted to the very minimum of 'background noise.' When it comes to time it seems that this is the scarcest commodity of all. We even speak of 'quality time', which suggests we know that so much of our time is not 'quality', in fact we know that much of the time we give to each other is snatched, measured and often distracted. In the mushrooming of techno-communications and the myriad of social media there is little left in the world that we hold sacred. It is in here that the deep hunger outlined above is most acute.

I believe that if we can develop the habit of the 'desert day' we will address this hunger in a very real way. My suggestion is that the desert day is something we priests commit to on a weekly basis and indeed not just priests but all those in ministry. I accept that a desert day in family life may well be unrealistic though perhaps once a month may be more manageable. I want at the outset to state clearly that a desert day is not a day off or a free day. In fact I would suggest that the desert day is in fact the most important 'working day' in the week. The desert day is actually the day that sets the tone of the rest of the week. It is the desert day that gives the rest of the week both its color and rhythm.

So what precisely is the desert day? It is a day of silence. It is a day without the phone. It is a day of fasting. I do not necessarily argue, no food, but rather very light food. Lots of water. Little enough food to experience mild hunger. Certainly no consumption of food that would sap energy or induce drowsiness. It is a day of reading sacred scripture, especially the psalms and the gospels. No other reading. No music. If journaling is helpful it would be important to restrict it to an hour or two, otherwise it becomes a day of writing. Now, it should be evident at this stage that with all this silence, inactivity and overall slowing down and calmness there opens up a substantial space. This brings us to the whole point of the desert day. This decluttered state, this space, this silence is where we invite Jesus, the Risen Lord, into. The reason for the desert day is in fact to spend time alone with the Lord. At the heart of the desert day is prayer. Not, I hasten to add, saying prayers but rather a deep silent listening of the heart.

Were we to develop the habit of regular desert days we would quickly see enormous benefits in our lives. These benefits would include a deep inner peace, a better sense of self, better relationships and above all a real awareness of God's presence in our lives and most of all an abiding sense of his unconditional and merciful love for us. Surely all that, at the very least, makes the desert day worth trying.

MASS INTENTIONS

Carr Family	Patrick Casserly	Conlon Family
Joe Daly	June Dardis	Bob DeCourcy
Lucy DeCourcy	Tommy Devitt	Noel Donegan
John Flynn	Eileen Fowler	Jimmy Fowler
Mary Gunnery	James Hartnett	Sarah Hartnett
Chris Kessie	Hugh Kessie	Paddy Lynch
Teresa Lynch	Pascal McGrattan	Lena Naughton
Pam Monaghan	Rita Quinn	Gerry Richardson
Pearse Webb		

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: Prayer Service 10.00	

There will be no Mass on Wednesday evenings during the month of July

SPECIAL DAY OF CELEBRATION FOR FIRST HOLY COMMUNION GIRLS AND BOYS IS THIS SUNDAY AT 12 NOON.

Holy Land Pilgrimage

11 Day Pilgrimage to The Holy Land Feb 12th to Feb 22nd 2020
 Cost €1,475.00 deposit €450.00
 Early booking is essential, to avoid disappointment for further details contact Brenda Murray-Flynn on 041 6863390 or brenda.murray-flynn@travelcounsellors.com
 Philip on 087 250 8043 or pmscardle006@gmail.com

SPECIAL VISITORS

We are delighted that Kilinney Gospel Choir will be singing at the 6.30 pm Vigil Mass on Saturday July 6th here in St. Matthew's. We are looking forward very much to this occasion.

RONCALLI REFORM

**Next meeting takes place
 Tuesday June 25 7.00 - 9.00pm
 in St. Matthews. All Welcome.**

**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

St. Vincent DePaul
 Church Gate Collection
 Next Sunday

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

Church Collections
12 June
 1st Collection €840
 2nd Collection €590
 Family Offering €595

Collection for Fr. Justin
 Amount €2014
 Many thanks to all who contributed so generously

Pilgrimage to Lourdes

Tue 20th Aug - Tue 27th Aug

4-Star Hotel Solitude

7 Nights Full Board €800

Single room supplement €252 (subject to availability).

Accompanied by Spiritual Director

Fr. Joe McDonald, St. Matthew's

**PLEASE NOTE IT IS POSSIBLE
 TO PAY THE COST BY INSTALLMENTS**
 Contact Eddie Teeling @ 0868063625

FAITH MOMENT

Jesus taught his disciples to pray with humble and faithful hearts and minds. He encouraged them to watchfulness and boldness in prayer as they offered themselves and their petitions to God.

BOOK OF THE WEEK

**IN THE SECRET OF MY HEART
 (Moments of Stillness in the Heart of Christ)**

ANNA BURKE

Veritas. Dublin 2010. Pp 128

I keep coming back to this little book and I have no hesitation in recommending it yet again, not just because of its pertinence to next Friday's feast but because it is a beautiful inspirational book in its own right. Yes it's about the Sacred Heart, yes it's rooted in Sacred Scripture, yes it's mindful of Church teaching, but the greatest compliment I can give this book is that it is mystical. What I really mean by that is that Sr. Burke speaks from her heart experience to our hearts about the heart of God, namely Jesus. It certainly stands up to re-reading.

**Peter's Pence Collection
 Next Sunday
 at all the Masses
 It will be taken up in place
 of the Share Collection**



Irish Cancer Society

The Irish Cancer Society's Volunteer Driver Service is looking for volunteer drivers who will drive patients to and from their chemotherapy appointments in St. James's Hospital and Tallaght Hospital. The service is to the patient with all driver expenses being paid. We are currently looking for volunteers specifically in the Dublin 6, 8, 10, 12, 22 and 24 areas. For more information or an application form please email Gail at gflinter@irishcancer.ie, call 01 2310 566 or visit the website at www.cancer.ie

GOSPEL READINGS FOR THE WEEK

Mon	24/06	Lk 1: 57-66, 80	NATIVITY OF JOHN THE BAPTIST 'All those who heard of it treasured it in their hearts. 'What will this child turn out to be?' they wondered. And indeed the hand of the Lord was with him.'
Tue	25/06	Mt 7:6, 12-14	'Enter by the narrow gate, since the road that leads to perdition is wide and spacious, and many take it; but it is a narrow gate and a hard road that leads to life, and only a few find it.'
Wed	26/06	Mt 7: 15-20	'You will be able to tell them by their fruits.'
Thu	27/06	Mt 7: 21-29	'Therefore, everyone who listens to these words of mine and acts on them will be like a sensible man who built his house on rock.'
Fri	8/06	Lk 15: 3-7	THE MOST SACRED HEART OF JESUS 'there will be more rejoicing in heaven over one repentant sinner than over ninety-nine virtuous men'
Sat	29/06	Mt 16: 13-19	SS PETER AND PAUL, APOSTLES 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in Heaven'.