



# Church of the Holy Spirit Ballyroan

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## MASS TIMES

Vigil Mass: Sat 7.00  
Sunday: 9.00, 10.30, 12.00  
Mon - Saturday: 10.00 am  
Mon., Fri.: 7.30 am (in the  
Ruah Centre)  
**MORNING PRAYER**  
Tues, Wed and Thurs 7.30  
in the Ruah Centre  
**EXPOSITION**  
After 10.00 Mass

## MASS TIMES FOR THIS WEEK

Monday 2<sup>nd</sup> Jan  
11.00

6th January  
Vigil: 7.00 pm  
7.30 am  
10.00 am

**A BIG THANK YOU**  
to all those who have  
been so kind in handing  
in their Christmas Dues

## **FEASTDAYS FOR THE WEEK:**

Sunday 1<sup>st</sup> January  
Mary the Holy Mother  
of God  
2<sup>nd</sup>: St Basil and St  
Gregory Nazianzen  
3<sup>rd</sup>: Holy Name of Jesus  
6<sup>th</sup>: Epiphany of the  
Lord  
7<sup>th</sup>: St Raymond of  
Penyafort (Priest)

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time.

**Call up a forgotten friend.** Drop an old grudge, and replace it with some pleasant memories.

**Share a funny story** with someone whose spirits are dragging. A good laugh can be very good medicine.

**Vow not to make a promise** you don't think you can keep.

**Free yourself of envy and malice.**

**Encourage some youth** to do his or her best. Share your experience, and offer support. Young people need role models.

**Resolve to stop magnifying small problems** and shooting from the lip. Words that you have to eat can be hard to digest.

**Find the time to be kind and thoughtful.** All of us have the same allotment: 24 hours a day. Give a compliment. It might give someone a badly needed lift.

**Think things through.** Forgive an injustice. Listen more. Be kind.

**Examine the demands you make on others.**

**Lighten up.** When you feel like blowing your top, ask yourself, "Will it matter a week from today?"

**Express your gratitude.** Give credit when it's due—and even when it isn't. It will make you look good.

**Read something uplifting.** You wouldn't eat garbage—why put it in your head?

**Don't abandon your old-fashioned principles.** They never go out of style.

**Give yourself a reality check.** Phoniness is transparent, and it is tiresome. Take pleasure in the beauty and the wonders of nature. A flower is God's miracle.

**Walk tall, and smile more.** You'll look 10 years younger.

## **MASS INTENTIONS FOR THE WEEK**

**Saturday 7.00-Mary Aylward (A) and Joan Gannon (A) Sunday 9.00-**  
**Bob Keenan(A);10.30-Jody O'Reilly (20<sup>th</sup> A); 12.00-Deceased**  
**members of the McConnell and Fitzgerald families; Thurs 7.00-**  
**Richard McGuinness (A); Fri 10.00-Altar List for the dead; Sat.**  
**10.00-John Hederman (A); 7.00 Patrick Farrelly(9<sup>th</sup> A) Sunday 8<sup>th</sup>**  
**12.00-Paula Barry (1<sup>st</sup> A)**  
**Anniversaries: Bridget Doyle**