

**SUNDAY ENVELOPES & DONATIONS** ~ 1st August - €4,366  
**PARISH EXPENDITURE** ~ €4,536.93  
**DONATIONS** ~ 1 x €100, 1 x €50 and 1 x €20  
 Thank you for your gift to God and His Church  
 We deeply appreciate your continued Spiritual and Financial support.

**Parish Office Hours:** Monday to Friday (9.30 am - 4.30 pm)

**Phone:** 074 - 9121021

**Parish Email:** office@steunanscathedral.ie

**Website:** www.steunanscathedral.ie  St. Eunan's Cathedral

Live **Web Streaming** from the Cathedral ~ churchservices.tv/letterkenny

FREE Courses for unemployed women in Donegal ~ WISE – Women's Integration Skills & Employment is a free service for unemployed women in Donegal to assist and support women into education, employment and self-employment. As part of our service, we are offering FREE Paediatric First Aid, Customer Service and Personal Development courses to women who sign up with WISE. All courses beginning in September. First come, first served. For more information please contact: Grainne 086-1452250; Penny 086-1452252 or Michelle 086-1452249. WISE is co-funded by the Department of Justice & Equality and the European Social Fund as part of the PEIL Programme 2014-2020. (Programme for Employability, Inclusion & Learning).

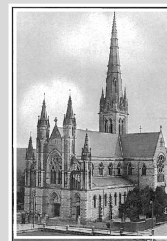
Lucia Diamond would like to **THANK** everyone who supported her recent Bake Sale outside Greene's Market Centre. Lucia raised €434 towards her year with NET Ministries. Your generosity and support was really appreciated.

**ST. VINCENT DE PAUL LETTERKENNY** ~ 9129503/9122366

We have uploaded a number of videos under 'Featured Videos' on our website, for Parents, in Preparation for their child's Baptism.

Below 'Live Broadcast' on the Cathedral Website  
 you have the following:

PLAYER	SCHEDULES	RECORDINGS	FEATURED VIDEOS
Church	Mobile		



# ST. EUNAN'S CATHEDRAL LETTERKENNY NEWSLETTER

**Sunday 8th August 2021**

*Nineteenth Sunday in Ordinary Time*

## The Mass – Sacrament of Charity

It may seem superfluous to remind ourselves that the Mass is a sacrament, but it may also be helpful to reflect on this basic point. A sacrament is a visible sign of invisible grace. That is to say, it is a visible, tangible and concrete action that gives the life of God into our souls, namely grace or the indwelling of the Holy Spirit. It involves signs that communicate what they signify.

Thus, the waters of baptism cleanse and give life; the oil of confirmation brings the anointing of the Spirit; the Holy Eucharist feeds and builds fraternal union in Christ; confession makes truth and mercy embrace; the consent of marriage consecrates the souls of spouses in sacred union; ordination conforms a man to Christ the Head and Shepherd; holy anointing soothes the body and the soul for healing and peace in suffering. In each of the sacraments, the Holy Spirit works in a particular way, but in all of them in order to lead us to holiness.

Indeed, although each of the sacraments gives its own grace, the soul of the one receiving that sacrament must be ready to cooperate with the work of the Holy Spirit, allowing itself to be transformed more and more to the likeness of Christ Jesus our Lord. The sacraments are doorways to God's grace, the favoured pathways established by Jesus. He wishes that we come to him and grow in grace by means of the sacraments. The Mass, the Holy Eucharist, is the sacrament *par excellence*, the supreme sacrament by which he feeds us by his word and body. As we have seen, in the Mass Jesus' sacrifice on Calvary is made present, and the light of the resurrection shines forth in his glorious work of redemption. He gathers his disciples at the table of the word and of the Eucharist. He stays with us in companionship and prepares us for the eternal banquet of the Kingdom. Pope Benedict XVI sums it up in the title of his Apostolic Exhortation of 2007, *Sacramentum Caritatis* – the Sacrament of Charity, a description borrowed from St. Thomas Aquinas. The Eucharist is indeed the sacrament in which God's unique love (His charity) is present and communicated to our souls. It allows us to live the love of God first towards God himself, and towards our neighbour. "This is the love I mean, not our love for God but God's love for us when He sent His Son to be the sacrifice that takes our sins away" (1 John 4:10).

**DROMANTINE RETREAT AND CONFERENCE CENTRE** - The following **Retreats and Workshops** will be offered by Fr. Hugh Lagan SMA. **'Called by a New Name'** (Refocus, Recharge and Reconnect in a post-pandemic world ~ 3rd - 8th October); **'Hello You'** (Finding the Joy, Purpose and Happiness You Deserve ~ 18th - 21st October) and **'Broken Open'** (How difficult times can help us grow ~ 19th - 21st November). Please see the Cathedral Noticeboard for further information and contact details.

**Please note the following guidelines for attending Mass under current Covid-19 restrictions:**

- **You may come each weekend to your allocated Mass.**
  - **It is not necessary to have a seat allocated for weekday Mass.**
  - Please leave **10 am Mass** to the elderly and those with underlying conditions.
  - Please leave **Friday Evening Masses/Month's Mind Masses/First Anniversary Masses** to the families of the deceased.
  - Please follow this simple principle when taking a seat: **TWO PEOPLE PER PEW, OR ONE HOUSEHOLD.**
  - Please **observe the two metre rule** when entering the Cathedral, going for Holy Communion or exiting the Cathedral, and at all times both inside and in the grounds of the Cathedral.
  - Please wear a mask in the Cathedral unless a medical condition prevents you from doing so. This is for your own protection and out of consideration for those in the Cathedral with you.
  - Please **do not attend the Cathedral** if you have a cough, sneezing or any signs of Covid-19.
  - **Please sanitise your hands upon entrance and exit.**
  - Please **do not** congregate at the doors or in the Cathedral grounds.
  - It is **not possible to allow general access** to the Sacristy for the time being. Please arrange Masses through the Parish Office, and arrange to meet with a Priest at the Parochial House
1. **FUNERALS** will take place from Monday - Saturday at 11 am.
  2. There will be **NO Sunday Funerals** at the Cathedral for the time being.
  3. The congregation should not exceed 50 mourners (**close family and close friends**). Social distancing must be adhered to for entry, exit and seating.
  4. All present should wear masks if at all possible.
  5. At the graveside, it remains important to maintain the two metre rule.
- ◆ **BAPTISMS** are being celebrated separately for each child: Saturday and Sunday: 2.30 pm and 4 pm. (Times may vary according to our schedule).
  - ◆ Presently, Parents, child (children) and two Godparents permitted.
  - ◆ Public health guidance requires that there be no unnecessary movement in public settings. Therefore, it will not be possible to have group photography or movement beyond the baptistery. One person should be asked to photograph the ceremony; these can be shared with others present.

**Sunday 8th August**

**Masses: 8 am, 9.30 am, 11 am, 12.30 pm and 6 pm**

**Monday 9th August ~ St. Teresa Benedicta of the Cross (Edith Stein)**

**8 am Mass ~ Holy Souls RIP**  
**10 am Mass ~ Kevin Dillon RIP**

**Tuesday 10th August ~ St. Lawrence**

**8 am Mass ~ Kathleen Crawford RIP**  
**10 am Mass ~ Priest's Intention**

**Wednesday 11th August ~ St. Clare**

**8 am Mass ~ Special Intention**  
**10 am Mass ~ Fiona McLaughlin RIP (First Anniversary)**

**Thursday 12th August ~ St. Attracta and St. Muredach**

**8 am Mass ~ Deceased Members of the McFadden Kelly Families RIP**  
**10 am Mass ~ Priest's Intention**

**Friday 13th August ~ Ss. Pontian and Hippolytus**

**8 am Mass ~ Frank James RIP**  
**10 am Mass ~ Josie Crossan RIP**  
**7 pm Mass ~ Owen McGinley, Art McGrath and Danny Cullen RIP**

**Saturday 14th August ~ St. Maximilian Kolbe**

**10 am Mass ~ Cissie McBride RIP (Month's Mind Mass)**  
**6 pm ~ Vigil Mass** **7.30 pm ~ Vigil Mass**

**Sunday 15th August**

**Masses: 8 am, 9.30 am, 11 am, 12.30 pm and 6 pm**

**DIVINE MERCY CENTRE ~ Sisters of Merciful Jesus**  
**Phone: 074-9169934** **Email: dmcletterkenny@gmail.com**



Diocese of Raphoe **VIRTUAL PILGRIMAGE TO KNOCK SHRINE** will take place on **Sunday 22nd August**. Celebrant: **Bishop Alan McGuckian SJ**. Due to the pandemic and restrictions you are encouraged to join the Pilgrimage via: [www.knockshrine.ie/watch-live](http://www.knockshrine.ie/watch-live) ~ Rosary at 2.30 pm and Mass at 3 pm.