



**Staff of the Pro-Cathedral** - Fr Kieran McDermott, Adm., Sr. Patricia Somers, RSC (Parish Sister)  
Fr Brendan Staunton, SJ, (Parish Chaplain)

### Mass Times

**Monday to Friday:** 10.30 a.m. and 12.45 p.m.

**Saturday:** 10.30 a.m. and 6.00 p.m. (*Vigil Mass*)

**Sunday:** 9.30 a.m., 11.00 a.m. and 6.00 p.m.

### Confessions

Monday to Saturday after the 10.30 a.m. Mass

### Exposition of the Blessed Sacrament

Monday to Friday after the 10.30 a.m. Mass to 12.30 p.m.

## Third Sunday in Ordinary Time

One of the encouraging signs in today's church is the growing popularity of lectio divina, praying the Scriptures. This is best done with other people because it is so enriching as we benefit from the observations and questions of fellow pilgrims. It comes alive when I can say "today, this scripture has been fulfilled in my hearing."

### Prayer

*Lord, inspire me to read your Scriptures and to meditate upon them day and night.  
I beg you to give me real understanding of what I need, that I in turn may put its precepts into practice.  
Yet, I know that understanding and good intentions are worthless, unless rooted in your graceful love.  
So I ask that the words of Scripture may also be not just signs on a page,  
but channels of grace into my heart. Amen.*  
(Origin, 184-253 AD)

### Prayer for Pilgrims at

### WYR Panamá 2019

Merciful Father,  
You call us to live our lives as a way of salvation. Help us to recall the past with gratitude, to embrace the present with courage and to build the future with hope.



Lord Jesus, our friend and brother, thank you for looking upon us with love. Let us listen to your voice as it resonates in the hearts of each one with the strength and light of the Holy Spirit. Grant us the grace of being a Church that goes forth with vibrant faith and a youthful face to communicate the joy of the Gospel. May we help to build up the kind of society we long for, one where there is fairness and fellowship. We pray for the Pope and the bishops; for young people; for all those who will take part in World Youth Day in Panama and for those who have welcomed them.

Our Lady of Antigua, Patroness of Panama, help us to pray and live with generosity like yours: "I am the servant of the Lord. May it be done to me according to your word" (Lk 1:38).

**Amen**



We extend our deepest sympathy to the family and friends of **Freddie Basir** who died last weekend.

Freddie served for many years here in the Cathedral as a Liturgical Assistant.

We continue to keep Freddie's wife Elizabeth, his two children and all his family and friends in our prayers.

*May He Rest In Peace*

## Day for Consecrated Life

Come and join with religious from around the Diocese on **Saturday 2 February at 3pm** in the **Church of the Guardian Angels, Newtownpark Avenue.**

Archbishop Diarmuid Martin will lead this prayer service of reflections and music.

**Thank You** 19<sup>th</sup>/20<sup>th</sup> January 2019 - 1<sup>st</sup> Collection € 1,195 2<sup>nd</sup> Collection €680