

Muintearas Íosa sa Bhaile

Wednesday 22 April 2020

KEEP THE HOME FIRES BURNING 



Hello everyone, hope you had a good Easter. It is so strange not to be heading into the office/school after the holidays! I hope you're managing to stay positive, even though it becomes harder and harder the longer this continues. On the plus side though we are managing to flatten the curve and that is worth celebrating. I've put together a few puzzles and ideas for you which might help to pass the time. If you come across any good ideas worth sharing or if you have some good news to spread please let me know aoife.walsh@limerickdiocese.org or 0852527465.

Fáilte

HOW YOU CAN BE A PERSON OF WELCOME THIS WEEK

WELCOME

In a time when we are all keeping our social distance remembering to smile can be a really simple way of being a person of welcome. Someone once said that a warm smile is the universal language of kindness so use your smile to make the world a nicer place today. And be generous, if you see someone without a smile, give them one of yours! (not in a creepy way obv!)

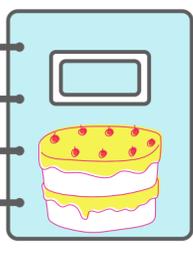


Remember to keep checking in on your neighbours, especially any elderly neighbours who might need shopping etc. If there are other ways you might be able to help please contact your local authority and look up Community Call online!

Foghlaim TAKE TIME TO LEARN

N My recommendation this week is for the Ricky Gervais series *After Life*. I know it might seem a little sad as it is about a man who is trying to cope in the aftermath of his wife's death and while there is sadness and pain, there is also hope, compassion and joy. It is genuinely funny (albeit in a dark way at times) and it has a lovely message about how important it is to be a part of family/community so that you can be supported when life is difficult.



 This week's book recommendation is a cookery book. Any cookery book!! Find a recipe that you like and make something. I know a lot of people have been baking lots since the lock-down started so I said I'd share my favourite Carrot Cake recipe with you. (This recipe section was inspired by Thomas Moloney!)

Ingredients:

125g self-raising flour
Pinch of salt
1 tsp cinnamon
125g brown sugar
2 eggs
100ml sunflower oil
125g carrot (peeled & grated)
25g desiccated coconut
25g chopped walnut
(Walnuts for decoration)



- Lightly grease a loaf tin and line with greaseproof paper.
- Sieve the flour, salt, cinnamon into a large bowl. Stir in brown sugar. Add eggs and oil and mix well.
- Stir in the coconut, carrot and chopped walnuts.
- Pour it into the prepared tin and bake in preheated oven (180C) for 20-25 mins or until firm to touch. Leave to cool in loaf tin.
- Make icing. Beat the butter, cheese, sugar and lemon juice until fluffy and creamy.
- Take cake from tin and decorate with icing and walnuts.
- Eat & Enjoy!

Icing:

50g soft butter
50g cream cheese
225g icing sugar
1tsp lemon juice

Guí TAKE TIME TO PRAY

In the name of the Father...

We begin our prayer as we always do with a moment of silence. We know that God speaks to us in the silence of the heart and that listening is the beginning of prayer (Sit quietly for a moment or two and just focus on your breath)

Story: A little boy was trying out for a part in a school play. His mother was worried because she knew he had set his heart on getting a part but she was afraid he wouldn't be chosen. On the day the parts were given out she waited anxiously at the school gates. Her son ran out of the door and straight into her arms, bursting with pride and excitement. "Mum" he shouted "Guess what!! I've been chosen to clap and cheer!"

Dear God we pray for the strength to respond with positivity when faced with disappointment. We pray that we will have realistic expectations at this time. We pray for peace of mind and for the ability to find joy in the simple things. We pray that we can be people of service and people of compassion. We pray for those who are sick, grant them healing Lord and watch over those who care for them. We remember too those who have died, and those who are grieving, comfort them Lord, and keep them close to your heart. (Take a moment to think of your own intentions)

Our Father... Hail Mary... Glory Be...

Our prayer has ended;
In the name of the Father..



Muintearas Íosa sa Bhaile Puzzle Page!

KEEP THE HOME FIRES BURNING 🔥🔥🔥

The Lourdes Crossword!

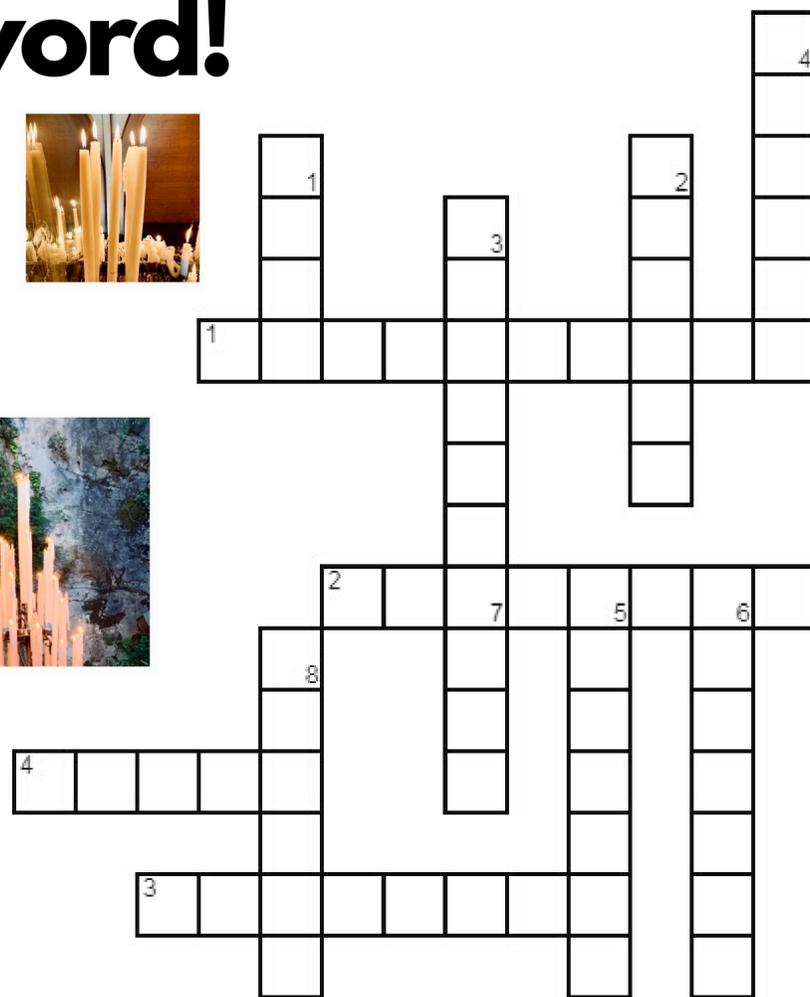
Across

- Saint that Our Lady appeared to
- The Underground _____?
- The Hotel where we go to boogie
- The Leader whose nickname is Handbag



Down

- River that flows through Lourdes
- Area where Our Lady appeared
- Grassy area near the river where we have ice-breakers
- The word Chris O'Donnell says when he is annoyed!
- The L plate is awarded to Lourdes Loveliest _____?
- What we do at the Reconciliation service
- The anointing of the _____?
- Light a _____ for me in Lourdes!



Emoji Puzzles

Can you work out the titles of these 20 famous children's books?

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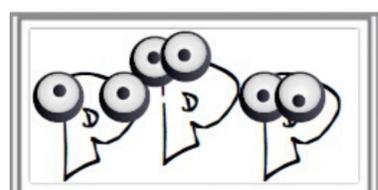
Holy Anagrams

- I Uncommon
- Bi Posh
- Hotly Ego
- Ivan Cat
- Mod Jeer Jug
- Male Pig Rig
- Lilac Bib
- Its Charms
- Fryer Foot
- It Lilac Rug
- A Chic Lot



Dingbats

What common phrase or word(s) do you see visually represented here?



11.



12.

