

Muintearas Íosa sa Bhaile

Wednesday 8 April 2020

KEEP THE HOME FIRES BURNING 



Hello again! I hope you are all safe and well this week and not too worried about family and friends. Thanks to everyone for the positive feedback on the resources and videos. We'll try to keep our content uplifting and positive and centred on our three fires of fáilte, foghlaim and guí. It's such a blessing to be part of this Muintearas Íosa family and I hope you are all connecting with each other and reaching out so that no-one feels alone at this time. We usually have a gathering on Good Friday and even though we can't physically be together I encourage you all to join us online at 12 noon on Friday to celebrate the Stations of the Cross. Young people from Muintearas Íosa have participated in putting together a video of the Stations of the Cross and it is amazing! I think we are probably looking at Oscar nominations so please join us on Facebook on Friday. If you have any questions or need any support please get in touch! aoife.walsh@limerickdiocese.org or 0852527465. Until next time mind yourselves and stay safe x

Fáilte

HOW YOU CAN BE A PERSON OF WELCOME THIS WEEK

An Post have a great initiative at the moment whereby you can send someone a postcard for free. Their tag line is "Come Together. Write Now" If you have one of these postcards in your house why not try sending it to your Anois/Lourdes Invisible Friend with a nice message of love and support!



If you are a Leaving Cert Student and would be interested in joining our Zoom Peer Support Chat Group please send me your email address and I'll get back to you with more details. Speaking of Zoom... If any Anois/Lourdes/Bru young people would like to be included in a Zoom call please get in touch with your email address and we'll try to set something up!



zoom

Foghlaim TAKE TIME TO LEARN

N My Netflix recommendation this week is a Movie called "The Boy Who Harnessed the Wind" This is the true story of William Kamkwamba. As a 13 year old boy he helped to save his village in Malawai when he built a wind turbine. The film outlines the struggles he and his village faced in terms of accessing things we take for granted like water, food and education. An inspiring story and a real example of someone living in the solution not the problem.

This week's book recommendation is for you to write your own! I've spoken to a lot of people this week who seem to be struggling with the isolation, balancing study and staying positive. One thing that might help is to start journaling. We all need an outlet for our feelings and writing them down can help us to detach from them in a healthy way. It can also help us to see that sometimes we can get caught in a negative cycle without even realising it. Here are some prompts that might help...

- Today, I choose to let go of the things I can't control, including...
- I recognize that I don't need to have all the answers right now. Today, I give myself permission not to know...
- Dear inner critic: You always focus on everything I'm doing wrong, but I know I'm doing a lot right, including...
- I know I'm strong enough to handle whatever comes at me, because I've survived a lot, including...
- Instead of worrying about making the "wrong" choices, I trust that no matter what I choose...
- Today I am grateful for...



Guí TAKE TIME TO PRAY

This week is Holy Week and usually we would have an event in St Munchin's to mark the occasion and to pray the Stations of the Cross together. Obviously we can't gather but that doesn't mean that we can't still pray the Stations of the Cross together, and we can do it at the same time! We will be posting a video online at 12 noon on Good Friday and I ask you all to put that time aside, stop whatever it is you're doing, sit down and watch and pray with us. Invite your family to join in and tell your friends about it. I don't want to over-hype it but it is amazing, mostly because it's been written by the young people themselves and highlights their values and beliefs. It shows me how connected they are to their faith, their families and their friends and gives me hope for the future.

On Saturday the Easter Vigil will be streamed online and details of all Limerick Masses will be available on www.limerickdiocese.org

I know many of you have been tuning in to Fr Chris in Kilmallock and he will be live on Thursday night at 7pm, Friday at 3pm & 7pm and Saturday night at 9pm on Kilmallock Church Facebook.

Finally here's a little prayer for you for the week that's in it...

Easter Day - Phillips Brooks

Tomb, thou shalt not hold Him longer;
Death is strong, but Life is stronger;
Stronger than the dark, the light;
Stronger than the wrong, the right;
Faith and Hope triumphant say
Christ will rise on Easter Day.

