

TOTAL READING'

In earlier times – indeed up to only a few hundred years ago – this kind of reading and savouring was done out loud, at least in a low voice, so that the mouth and tongue and ear were all involved in the 'chewing' or rumination. Often, indeed, the whole body became involved by rocking and swaying rhythmically in time with the murmuring of the words. You can still find this kind of 'total reading' in the religious practice of some Jews, Muslims and Hindus today. It used to be the normal practice of Christians, too, for hundreds of years; it faded out with the growth of silent reading. The word 'meditation' had much the same meaning – murmuring the same words over and over. Likewise the word 'pondering,' which means literally 'feeling the weight of.' As you held a stone in your hand to get the feeling of its weight and mass, to ponder is to repeat words, phrases and thoughts over and over so that their weight and substance comes home to you. Repetition is the common element in all of this, not in the interests of 'getting something by heart' but rather of drawing something into the heart where it will make its home and nourish your entire being.

PRACTICE FOR MASS

This way of reading and ruminating the Scriptures is the standard method of meditation for Christians. You can practise

it before and after Mass, using the scripture texts of the day. During Mass, too, a sentence or phrase that strikes you can be chewed over at appropriate moments – not just phrases from the readings but phrases from the prayers of the Mass – 'Lord, I am not worthy,' 'My Lord and my God,' and so on. With repetition, a phrase that at first leaves you cold can take on weight and meaning and bring you deep into the mystery of God. ■

series info



Today's readings

2 Sam 5:1-3
Col 1:12-20
Lk 23:35-43

GOD'S WORD TODAY

In times past, kings and queens were people of prestige who commanded respect, fear and obedience. They fought battles and lorded it over their subjects. They ruled by decree and destroyed anyone who opposed them. Their wealth and position allowed them the kind of luxury and lifestyle their subjects could only dream of.

Thankfully, that is not the case any more, so it may be hard for us to understand why we celebrate a feast that names Christ as King.

The Christ of the Gospels does not seem to fit our image of a king.

But if we understand the nature of Christ's teaching, we should not be put off by this notion, because his idea of kingship is not one of power and authority but of service to the least of our sisters and brothers. He turns our idea of monarchy upside down. He is one who treats everyone equally, who serves rather than is served, who is interested not in possessions or money or status but in people and compassion and justice.

Today's feast reminds us that the kingdom that Jesus came to announce is different from any earthly kingdom, and its values are different. We are called not only to worship Jesus Christ as our king but also to imitate his way of living.



SoulSpace

SERIES: SKILLS FOR MASS

Season colour: WHITE

In this series, Fr Richard Tobin CSsR, examines skills we need to cultivate in order to celebrate Mass more effectively.



RUMINATION

Rumination! Do you mean deep thinking and pondering? Yes, but of an earthy practicable kind, within the capacity of all. Actually, cows do it best! To ruminate means originally 'to chew the cud,' the rumen being the stomach of the animal from which it can regurgitate the same chewed grass and chew it all over again, extracting more nourishment from it each time.

You can see how aptly this applies to reading the scriptures: you read a passage, then go back over it, repeating the key phrases over and over, savouring them, drawing more meaning and feeling from them with every repetition.

OUR LORD JESUS CHRIST, KING OF THE UNIVERSE
Sunday, 20th November 2016

We belong to the rule of Christ who rules not by being served but by his service of people, a service so radical that it led to his death. The cross is Christ's throne: on the cross he is lifted up and makes peace between God and humankind. Those who follow his rule of service will share in his kingdom of peace.

JUBILEE YEAR OF MERCY - POPE FRANCIS' WORDS

"If every one of us, every day, does a work of mercy, there will be a revolution in the world!"

NOVEMBER—MONTH OF THE HOLY SOULS Many choose to abstain from alcohol for November and offer this sacrifice up for their deceased loved ones. You can do likewise. Take the Short-Term pledge, visit www.pioneerassociation.ie or call 01 8749464.

CEMETERY ROSARY The Rosary will be recited in Sligo Cemetery today at 3.00p.m.

ETERNAL FLAME CANDLES & CEMETERY LANTERNS

Candles and lanterns which may be placed on the graves of loved ones during the month of November are available at the Cathedral entrance and from the Parish office on 071 9162670 priced from €3 to €15.

Advent 2016 in Sligo Cathedral

ADVENT COMMENCES NEXT SUNDAY, 27th NOVEMBER

Advent Scripture Sharing Groups - Sligo

With the approach of Advent we invite parishoners to consider hosting Scripture Sharing Groups in their homes over this sacred season. Groups should be kept small and consist of 3 to 6 people to allow all to participate fully in sharing of scripture. Advent Sunday Gospel passages & short reflections now online at www.elphindiocese.ie/advent.

A Unique Christmas Gift CROSS OF SLIGO

Is available for sale, for €50, at the entrance to the Cathedral during all weekend Masses. This is a framed slate cross and is a replica of the cross found at Inishmurray Island Monastic Settlement Circa 500A.D. Thank you for your support.

PRAYER FOR THE WEEK Dear Lord, lead me into the brightness of your light in the hope of salvation. Amen.

READINGS FOR SUNDAY NEXT, 27th NOVEMBER 1st Reading: Is. 2:1-5; 2nd Reading: Rom 13:11-14; Gospel: Matt. 24:37-44.

SLIGO CATHEDRAL PARISH – 2200 FAMILIES

SUNDAY 13th NOVEMBER PARISH ENV: €2,746 PL/STAND. ORD: €1,560

THANK YOU for your contribution.

ST MARY'S PRESBYTERY ☎ 071 9162670 SACRISTY ☎ 071 9161261

✉ email us at news@sligocathedral.ie We welcome your comments.

BINGO - GILLOOLY HALL - TONIGHT, 20th November at 9.00 p.m.

This week's jackpot is €2,700.

DO THIS IN MEMORY PROGRAM The next D.T.I.M. Mass for those preparing for First Holy Communion in our Parish takes place this Sunday, 20th November at 10.30am. All are encouraged to attend.

CONFIRM OUR CHILDREN ENROLEMENT MASS We welcome the children from our Parish who will receive the Sacrament of Confirmation in 2017 to their Enrolment Mass on Sunday 27th November at 10.30 a.m.

RESPONSIBLE STEWARDSHIP BOXES & 2017 CALENDARS

As we approach the beginning of a new Church Year our dedicated Area Representatives are distributing Responsible Stewardship Envelopes and Calendars for 2017. Please let us know if you do not receive yours in the coming days. We take this opportunity to extend the warmest of welcomes to all those who have joined our parish community during the last 12 months and invite you to contact the Parish Office on 9162670 or email finance@sligocathedral.ie to join in support, in whatever way you can, of our Cathedral. We would also like to express, once again, our deep gratitude to all who contribute to the upkeep of the parish.

St. Mary's Annual Christmas Bazaar

Here at St Mary's we are *bringing back the good old days* with the return of the **ANNUAL CHRISTMAS BAZAAR** which will be held on **Saturday 10th December in the Gillooly Hall**. With this in mind please consider donating good quality items, home baked goods, Christmas crafts and gifts etc. All funds raised will go towards the repair works underway on our beloved Cathedral which celebrates over 140 Christmases this year. These costly but essential repairs will ensure the future of our beautiful church and its presence for future generations. If you can donate or contribute in any way please contact Fiona in the Parish Office.

EXAMPLES OF ITEMS GRATEFULLY RECEIVED: Bottles of Spirits, Bottles of Wine, Cakes, Homewares, Beauty Sets/Toiletries, Boxes of Chocolates, Unused Gifts, Handbags, Xmas Pud's, Games, Christmas Cakes, Boxes of Biscuits, Art & Crafts, Books, Home Baked Goods, Chinaware, C.D.s, Toys, DVDs, Ornaments, Jewellery, Sweets, Glassware, Selection Boxes, Buns & Other Good Quality Saleable Goods.

ROAD SAFETY AUTHORITY'S MEMORIAL SERVICE FOR

'WORLD REMEMBRANCE DAY FOR ROAD TRAFFIC VICTIMS' 2016

in Salthill Hotel, Salthill, Galway today, Sunday, 20th November 2016 from 2pm to 3pm. This is a free event and is open to all bereaved families and those who have suffered life altering injuries. Families are also invited to bring a framed photograph of their loved one and to RSVP by email cflaherty@rsa.ie or phone 087 2027034. Please visit www.rsa.ie for more.

DIOCESAN VOCATIONS

Vocations just don't happen. Ask somebody. Explore your vocation to the priesthood by contacting Fr. Jim Murray at 071 9162136 or Fr. John Coughlan at 071 9662012 or email vocations@elphindiocese.ie

CATHEDRAL of the IMMACULATE CONCEPTION

Upcoming EVENTS THE WEEK AHEAD

Sunday 20th D.T.I.M. Mass at 10.30am
 Wed. 23rd "Wednesday Tea" after 10.30am Mass
 Saturday 26th Confessions 2.00p.m. - 4.00p.m.
 Sunday 27th C.O.C. Enrolment Mass at 10.30am

DATES TO REMEMBER

ACTIVE RETIREMENT CHOIR Are seeking new members. Rehearsals are from 1-2 pm on Tuesdays in Prespytarian Hall. If you like singing we would love to have you join us

ANNUAL MASS FOR DECEASED MEMBERS of CIE Bus Eireann & Sligo Rail in Sligo Rail Station on Thursday, 24th November at 8.30pm.

There is an **ADVENT RETREAT IN GALILEE COMMUNITY** on Sat., 26th November. The presenter is Fr. Jim Noonan ODC. The theme is "Mary model for Advent, Woman of courage, tenderness and Pathfinder." Day begins at 10.30 am and concludes with Mass at 4.00pm. A light lunch of soup and brown bread will be served. Cost- €20.

A meeting of the **HEART SUPPORT GROUP** will be held in the Sligo Park Hotel on Wednesday, 30th November at 7pm. Speaker: Dr. Anna Cleminson, Consultant in Palliative Medicine. Topic: Role of Palliative care in Heart Failure.

SLIGO CONCERT BAND GALA CONCERT with special guests IT Sligo Choir, Saturday, 3rd Dec. at 8pm in the Southern Hotel, Sligo. Admission €10/€5. Tickets available at the door

SAFETALK WORKSHOP on Tuesday, 6th December in Sligo from 10am—1pm. Advanced booking is essential. No cost involved. Contact Belinda Taylor on 071 9135061 or Belinda.Taylor@hse.ie

Lissadell Church is hosting International Singing Sensations, **THE WILLOUGHBY BROTHERS IN A CHRISTMAS CONCERT** on Friday, 16th December. Tickets now available from Drumcliffe Tea House, Grange Pharmacy, Veritas, Sligo or by calling 087 1655880.

Please note **SLIGO CATHEDRAL CHRISTMAS CAROL SERVICE**

is being held on Sunday, 18th December at 8.15pm this year.

All most welcome.

CAROL SINGERS NEEDED If you have a couple of hours to spare and you can sing, sway or clap your hands please join our Carol Singing Group to raise funds for Sligo Social Services. If interested, please contact Martina on 071 9145682.

ANNUAL EUCHARISTIC HEALING RETREAT Led by Renowned Priests in the Charismatic Renewal & Healing Ministries. Venue: Holyrood Hotel, Bundoran, Co. Donegal. Tel: 071 9841232. Dates: 2nd, 3rd, 4th December. Registration €25. Accommodation: € 140pps/2 nights B&B + 2D included. Contact: Mary 087 7847304/ Catherine 087 9432846.

Rest in peace Your prayers are asked for the repose of the soul of:

BRENDAN KELLY. Brother of Brian Kelly, Kevinsfort Heath.

May God grant his eternal rest and comfort and console

his bereaved family and friends.

Anniversary & remembrances

DAY	8.00a.m.	10.30a.m.
MON 21 st	MICHAEL & LILY HUGHES	—
TUES 22 nd	MARY SHORT	WILLIAM & CHRISTINA SWEENEY
WED 23 rd	KATE & FRED McEWING	CATHY McELROY
THURS 24 th	—	GEORGE GETHINS
FRI 25 th	—	DENIS & HELEN HARRINGTON
SAT 26 th	DENIS & BREEGE FARRELL	Month's Mind MARY FOLEY