

## SIGN OF THE CROSS

**A** gently attentive Sign of the Cross, even without the usual accompanying words, is itself a complete prayer. What's more, although simple and brief, it gives expression to a complex of meanings that is quite surprising when we begin to spell it out. It is, for example, a remembering of Our Lord's passion and death, and a calling on the protective power of the Cross; it is a public profession of faith in Jesus and in the Trinity, the two distinctive truths of the Catholic faith; it is a gathering together of your whole being into the presence of God; it is an acknowledgement of the Love that is at the heart of reality and that was definitively revealed on Calvary. When footballers make the Sign of the Cross as they come onto the field, you may suspect an element of superstition but all the above meanings are implied as well, and it is a welcome witness of faith to the youngsters of the world.

## PRAYER

**A** quiet, relaxed attentiveness or mindfulness is what turns our movements and actions into prayer. Even

before arriving for Mass you are entering into a state of prayer through the deliberateness of your getting ready. Washing, putting on your best clothes, walking or driving to the church – all these acts are focused on the central act of Eucharist, and are already part of that great prayer.

## PLEASURABLE DELIBERATENESS

**T**he perfection of human movement is realised in dance. When you dance – even if you have two left feet! – you do so with pleasurable deliberateness, and the meaning of the dance is the dancing: you don't have to give it meaning by thinking about it. At Mass, ease into each movement or gesture with a similar pleasurable deliberateness and awareness. Feel the same lightness in your body as you do in dancing. Perform each gesture and movement with unhurried mindfulness. In the doing you will be drawn into the presence of God. You will begin to be alive. ■



## Today's readings

Mal 3:19-20  
2 Th 3:7-12  
Lk 21:5-19

## GOD'S WORD TODAY

Today's Gospel opens with the disciples' wonder at the beauty of the Temple. For country-folk like them coming up to Jerusalem, it would have been a breathtaking piece of architecture. Herod the Great had ordered the reconstruction of the temple along magnificent lines as part of his plan for rebuilding Jerusalem. Work had been going on for more than 20 years by the time Jesus and his disciples reached the city. It would continue for another 20 years or so.

No expense had been spared. It was truly, as Herod had expected it to be, one of the new wonders of the world, yet work had been so planned that daily worship could be carried on without interruption.

Jesus takes a different view: not one of the huge and carefully worked stones will be left standing. Everything will be destroyed.

Jesus' prophecy would be fulfilled when the Romans would level Jerusalem to the ground, leaving but the stumps of two of Herod's towers to remind travellers what a great city had once stood there.

This immediately prompts another question from the disciples about the signs that will precede the end of the Temple.

What follows is less a timetable for the end of Jerusalem than advice to Christians on how to live in the end times. They should avoid following any false claimants to be the messiah or avoid trying to see any particular disasters as presaging the end of the world. There will certainly be wars and revolutions, earthquakes, famines, plagues, even strange signs in the heavens, yet the end is not going to come quite so soon. Instead, what the church should brace itself for is a time of persecution. Because it is out of step with the political ambitions of worldly rulers, especially the Roman emperors who saw themselves as divine, the church and its members will face persecution and will be called on to bear witness. It will know betrayal, even from family members and close friends. Above all, its witness to the truth will make it highly unpopular.

Jesus' final words are consoling. God will take account of every witness given to the truth; none of it will be forgotten, for even the hairs of the believer's head are numbered. Endurance and patience will be the hallmark virtues of Christians under persecution.



# Soul Space

13 November 2016 – 33<sup>rd</sup> Sunday in Ordinary Time Year C

Psalter Week 1

## SERIES: SKILLS FOR MASS

Season colour: GREEN

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



**B**odily gestures and movements are frequent during Mass. You walk, bow, genuflect, stand, kneel, sit, hold out your hands to receive, eat, drink, make the sign of the cross, beat your breast.

## MOVING MINDFULLY

**E**ach of these actions can be done either thoughtlessly or attentively, either mindlessly or mindfully. Done mindfully, each of them is a prayer in itself. Mindfulness does not mean with ferocious concentration, but rather with quiet, unanimous deliberateness and awareness – awareness that what you are doing is not an empty, meaningless act, but an act that has meaning both in itself and as part of the larger 'doing' that is the whole Mass. 'Do this,' Jesus told us, 'in memory of me.'

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**THIRTY-THIRD SUNDAY IN ORDINARY TIME**  
**Sunday, 13<sup>th</sup> November 2016**

As we come towards the end of the Church's year we are reminded of the end of all time. Before it comes there will be time of trial: for the believer who endures in faith the end will not bring condemnation but healing and life.

**JUBILEE YEAR OF MERCY - POPE FRANCIS' WORDS**

"May we make God's merciful love ever more evident in our world through dialogue, mutual acceptance and fraternal cooperation."

**HOLY DOOR AT THE CATHEDRAL**

The Holy Door at our Cathedral will close today, Sunday, 13<sup>th</sup> November with a ceremony at the 12noon Mass.

**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](http://www.pioneerassociation.ie) or call 01 8749464.

**CEMETERY ROSARY** The Rosary will be recited in Sligo Cemetery on all four Sundays during the month of November 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 SUNDAY 27<sup>th</sup> NOVEMBER 2016**

**Advent Scripture Sharing Groups - Sligo**

Advent Sunday Gospel passages & short reflections now online at [www.elphindiocese.ie/advent](http://www.elphindiocese.ie/advent). For more Evening Prayer booklets or support in getting group up and running contact Justin at 087 6171526.

**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, 20<sup>th</sup> NOVEMBER** 1<sup>st</sup> Reading: 2 Sam.5:1-3; 2<sup>nd</sup> Reading :2 Col 1:12-20; Gospel: Lk. 23:35-43.

**SLIGO CATHEDRAL PARISH – 2200 FAMILIES**

SUNDAY 6<sup>th</sup> NOVEMBER PARISH ENV: €2,703 PL/STAND. ORD: €1,611  
 THANK YOU for your contribution.

**ST MARY'S PRESBYTERY** ☎ 071 9162670 **SACRISTY** ☎ 071 9161261  
 ✉ email us at [news@sligocathedral.ie](mailto:news@sligocathedral.ie) We welcome your comments.

**BINGO - GILLOOLY HALL - TONIGHT, 13<sup>th</sup> November at 9.00 p.m.**  
 This week's jackpot is €2,650.

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

**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](mailto: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 especially during these challenging economic times when all of us are experiencing a shortfall in incomes.

**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](mailto:vocations@elphindiocese.ie)

**ANNUAL EUCHARISTIC HEALING RETREAT**

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

**CHRISTMAS PEACE CONCERT** The Three Tenors on Saturday, 19<sup>th</sup> November at 8.30pm in St. Patrick's Church, Strandhill. Tickets are €25 from Liber, O'Connell St., Sligo (071 9142219) and St. Patrick's Parish Office (087 6470452). Very special guests Scoil Asicus Strandhill Primary School Choir. [www.threetenorsireland.com](http://www.threetenorsireland.com)

**ROAD SAFETY AUTHORITY'S MEMORIAL SERVICE FOR 'WORLD REMEMBRANCE DAY FOR ROAD TRAFFIC VICTIMS' 2016**

in Salthill Hotel, Salthill, Galway on Sunday, 20<sup>th</sup> 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](mailto:cflaherty@rsa.ie) or phone 087 2027034. Please visit [www.rsa.ie](http://www.rsa.ie) for more information.

**BAPTISMS** We welcome into God's family CIAN SULLIVAN recently baptised in our Cathedral.

**CATHEDRAL of the IMMACULATE CONCEPTION**

**Upcoming EVENTS THE WEEK AHEAD**

Sunday 13<sup>th</sup> Closing of the Holy Door - 12 Noon  
 Wed. 16<sup>th</sup> "Wednesday Tea" after 10.30am Mass  
 Saturday 19<sup>th</sup> Confessions 2.00p.m. - 4.00p.m.

**DATES TO REMEMBER**

**ALZHEIMER'S CHURCH GATE COLLECTION** this weekend 12<sup>th</sup> & 13<sup>th</sup> November in the Cathedral, Sligo. Please support.

**ST. JOSEPH'S YOUNG PRIESTS SOCIETY** Next meeting will take place tomorrow, Monday, 14<sup>th</sup> November, immediately after the 10.30am Mass in the Upper Room of the Cathedral Sacristy. New members welcome.

**FR. FLANAGAN PRAYER GROUP** Next meeting will be held at 8pm in St. Mary's Presbytery on Tuesday, 15<sup>th</sup> November. All most welcome.

**BEREAVEMENT AWARENESS/ END OF LIFE CARE DAY** on 17th November, 10.30am–3.30pm in the Main Foyer, Level 3, Sligo University Hospital. Everyone welcome. For information please contact [anng.hayes@hse.ie](mailto:anng.hayes@hse.ie) or 9171111 ext 4793.

**MASS FOR DECEASED MEMBERS OF AN GARDA SÍOCHANA** Sligo/Leitrim Div. will be celebrated in Embassy Rooms on Thursday, 17th Nov. at 7pm. Family members welcome.

**ANAM CARA**, the organisation that supports bereaved parents, is holding its next monthly Parent Evening on Thursday, 17<sup>th</sup> November from 7.30pm to 9.00pm in the Family Centre, Chapel Street, Castlebar, Co. Mayo. This event is open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether the death was recent or not.

**SAFETALK WORKSHOP** on Tuesday, 6<sup>th</sup> December in Sligo from 10am—1pm. Advanced booking is essential. No cost involved. Contact Belinda Taylor on 071 9135061 or [Belinda.Taylor@hse.ie](mailto:Belinda.Taylor@hse.ie)

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

**AFFORDABLE LIVE-IN HOMECARE** provide live in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Mary or Tom today on 087 9916791. Our website is [www.alhomedcare.ie](http://www.alhomedcare.ie)

**Anniversary & remembrances**



DAY	8.00a.m.	10.30a.m.
MON 14 <sup>th</sup>	JOSEPH & EMILY MCMANUS & DECEASED FAMILY	—
TUES 15 <sup>th</sup>	PATRICK HEALY	JOSEPHINE & HARRY KENNY
WED 16 <sup>th</sup>	BELLE & BILL FISHON	<b>1<sup>st</sup> Anniversary</b> CLAIRE O BOYLE ✠
THURS 17 <sup>th</sup>	THOMAS CAWLEY	SARAH, BERTIE & JOSEPH HENRY
FRI 18 <sup>th</sup>	DECEASED FINNERTY FAMILY	<b>Month's Mind</b> PATSY NAIRN ✠
SAT 19 <sup>th</sup>	THOMAS O'CONNOR	<b>Month's Mind</b> FLORRIE GILMARTIN ✠