

The second part is a verse and response. It was originally taken from Psalm 104:30 but it was taken into the office of Pentecost as a chant, the first part of which is sung by a cantor and the response is made by the congregation. The third part is the collect or official prayer for the feast of Pentecost, used at Mass and the office.

The divine office began to take its regular shape in the middle ages. The combination of these different elements from the liturgy (antiphon, verse and response and collect) became a common way of honouring a saint or a mystery especially in religious communities. This one, honouring the Holy Spirit, was particularly popular in monasteries where it was used to open community meetings, at the beginning of lectures to student monks or at the beginning of the monk's time of private prayer or spiritual reading.



### THE PRAYER

*Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.*

*V. Send forth your Spirit and they shall be created.*

*R. And you will renew the face of the earth.*

*O God, who by the light of your Holy Spirit, you instructed the hearts of your faithful. Grant that in the same Spirit, we may be truly wise, and ever rejoice in his consolation. Through Christ our Lord. Amen.*

### THE MEANING OF THE PRAYER

The Holy Spirit has sometimes been called 'the forgotten person of the Trinity.' That is probably not quite fair, as we invoke the Spirit each time

we make the sign of the cross or say the Glory be... Nevertheless, this is probably the only prayer to the Spirit that many Catholics know.

The prayer highlights four important aspects of the Spirit in our lives.

1 The Spirit is Life. Our word "Spirit" is a translation of a Hebrew word *ruah* which can mean wind, breath, the soul of a human being. It is a reminder that the Spirit is a creative force that had a role in creation, when God's *ruah* (wind, breath, Spirit) moved over the face of the primeval ocean. God's Spirit, breathing on us and on our world, renews and refreshes us.

2 The Spirit brings warmth. The hymn mentioned above describes how the Spirit 'melts the frozen, warms the chill.' Fire and wind are the symbols associated with the Spirit at Pentecost. In the antiphon, we pray that the Spirit will enkindle in us the fire of God's love, just as we can bring the dying embers of a fire back to life by blowing on them or fanning them with a piece of cardboard.

3 The Spirit is the source of wisdom. We remember how the Spirit instructed the faithful especially by inspiring the composition of holy scripture and guiding Church in its mission of teaching the faith. We ask for the grace to be truly wise. An even more exact translation might be "to relish or take delight in what is right".

4 The Spirit is the source of consolation. The energy, warmth and wisdom of the Spirit come together in the gift of consolation. Consolation means especially joy and comfort when things are going badly. It is the Spirit that binds up hearts that are broken and pours on our wounds the oil of gladness. ■



### Today's readings

Isaiah 58:7-10  
1 Cor 2:1-5  
Mt 5:13-16

### GOD'S WORD TODAY

The key to today's Gospel is the two sayings comparing the disciples to salt and light. Both begin with the words "You are..." and then draw out lessons from these two natural elements.

Salt was an essential commodity for life. In days before refrigeration, it was used to preserve food or to add flavour.

Salt was an important item of trade in the ancient world. Salt does not easily lose its flavour, but it can become damp and difficult to use. When that happens, there is nothing else to do but throw it away.

Disciples are to become 'salt of the earth.' By their way of life, especially one that is modelled on the beatitudes we read last week, they will impart flavour to the world and preserve it from going bad.

Disciples are also called to be light to the world. Towns in the ancient world were often built on top of hills for defensive purposes, as the hill posed a challenge to an invading army.

A town on a hillside, even if protected by a wall, could not be hidden from view. In the same way, the lifestyle of the disciples of Jesus should mark them out as different.

# Stou( )space

5 February 2017 – 5<sup>th</sup> Sunday in Ordinary Time **Year A**

Psalter Week 1

SERIES: GREAT CATHOLIC PRAYERS

Season colour: GREEN

In this series, **Brendan McConvery CSsR** looks at great Catholic prayers and their stories and meaning.



COME  
HOLY SPIRIT

### STORY OF THE PRAYER

This is the best known Catholic prayer to the Holy Spirit. It is made up of three parts. The first is an antiphon or invocation of the Holy Spirit, taken from the evening prayer of divine office, the Church's official daily prayer, for the feast of Pentecost. It inspired one of the most beautiful hymns to the Holy Spirit, *Veni Sancte Spiritus*, which is used in the Mass of Pentecost.



**FIFTH SUNDAY IN ORDINARY TIME.**

**Today, Sunday, 5<sup>th</sup> February 2017**

The light of Christ's love has been given to each one of us but it will go out if we fail to use it. We are invited to share our food, our homes, our possessions with the needy so that through us they can see the light of God and give him thanks.

**WORDS FROM POPE FRANCIS ON THE FAMILY**

"The family is the place where parents become their children's first teachers in the faith". (Amoris Laetitia, Par 16)

**MASS FROM RTE WITH FR RAYMOND BROWNE** Mass on Sunday, 12<sup>th</sup> February will be broadcast from the RTE Studios in Dublin and will be celebrated by Fr. Raymond Browne of Kilbride parish. Roscommon Solstice Choir will perform the music, under the direction of Andrew and Eimear Reynolds. The Mass will be broadcast on RTE 1 TV, RTE Radio 1 and online at <http://www.rte.ie/player/ie/live/8/> and <http://www.rte.ie/radio/>

**WORLD MEETING OF FAMILIES 2018 - IDEAS FOR ST VALENTINE'S DAY** In The Joy of Love (Amoris Laetitia), Pope Francis refers directly to St Valentine's Day as an opportunity to make the most of traditional religious practices, invite couples to grow in love and help their children to prepare for their future married life. This is why, as part of the preparations for World Meeting of Families in 2018, we invite you to mark this St. Valentine's Day in a special way. For ideas see <http://www.worldmeeting2018.ie/stvalentinesday/>

**PRAYING WITH THE PSALMS** - Bishop Kevin will give a presentation in Sligo on Wednesday 22<sup>nd</sup> February from 7.30pm - 8.45pm in Summerhill College Library. All welcome. For further details see: [www.elphindiocese.ie/lent](http://www.elphindiocese.ie/lent)

**LOST IPAD** (red case) on 5th Jan. in Winestreet carpark. Sentimental value. Photos & video of deceased family. Reward offered. Contact Phil Cunningham on 087 2746090.

**READINGS FOR SUNDAY NEXT, 12<sup>th</sup> February** 1<sup>st</sup> Reading: Eccles. (Sir) 15:15-20. ; 2<sup>nd</sup> Reading: 1 Cor. 2:6-10.; Gospel: Mt. 5:17-37.

**PRAYER FOR THE WEEK** Lord, help me to welcome those far from home, protect children and work for the rights of all. Amen.

**VARIETY CONCERT** of Ballads Songs & Stories, in aid of St. Mary's Cathedral Parish Fund in the Gillooly Hall, on Friday 24th February 2017 at 8.00pm. Tickets €10, available from Liber Bookstore, O'Connell St., Sligo & Selected outlets in the Parish.

**BINGO - GILLOOLY HALL - TONIGHT Sunday, 5<sup>th</sup> February at 9.00 p.m.**  
With a jackpot of €3,150.

SLIGO CATHEDRAL PARISH – 2200 FAMILIES  
SUNDAY 22<sup>nd</sup> JANUARY PARISH ENV: €2,644 PL/STAND. ORD: €1,657  
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.

**25TH WORLD DAY OF THE SICK**

**10.30am Mass on SATURDAY, 11<sup>TH</sup> FEBRUARY**

The theme this year is:

*"Amazement at what God has accomplished: 'The Almighty has done great things for me...'" (Lk 1:49).*

In his message to mark this occasion, the Holy Father, Pope Francis turns his attention especially to the sick and all those who provide them with care and treatment.

A Special Blessing for those who care for the sick and also Anointing of the Sick will take place at the 10.30am Mass on this day. Please inform all the housebound and sick you know and consider helping them attend by providing transport or the means to join in watching our ceremony online: [www.sligocathedral.ie](http://www.sligocathedral.ie). Thank you.

**VOLUNTEERS REQUIRED**

**FORÓIGE BIG BROTHER BIG SISTER MENTORING PROGRAMME FOR YOUNG PEOPLE WITH AUTISM**

Would you like to give some time to making a difference in a young person's life or are you studying in the area of special needs, social care or health and disability? Would you like to gain some volunteering experience? Set yourself a new challenge?

The Foróige Big Brother Big Sister Youth Mentoring Programme is currently seeking male adult volunteers in Sligo & Leitrim who can make a real difference by sharing 1 - 2 hours a week with a young person aged between 15 & 24 years who has autism.

Support and Training to carry out the role will be provided by a designated staff member. If you are interested in becoming a volunteer or would like to find out more about the programme please contact Elaine Granaghan on 086 0497089 or email [elaine.granaghan@foroige.ie](mailto:elaine.granaghan@foroige.ie)

**FRI 3<sup>RD</sup> MARCH TEA DAY FOR NORTH WEST SIMON COMMUNITY**

If you, your friends, work colleagues, club, school or group wish to host a Tea Day in aid of your local homeless charity- North West Simon Community please register your interest by email to [mary@northwestsimon.ie](mailto:mary@northwestsimon.ie) or ring 087 7708865. If Fri 3<sup>rd</sup> March doesn't suit any day around this is fine. You can make a difference in your local community. [www.northwestsimon.ie](http://www.northwestsimon.ie)

**KNOCK PILGRIMAGE TO NEW YORK**

Will take place from 8<sup>th</sup>—14<sup>th</sup> May. Itinerary includes a Requiem Mass on Saturday, 13<sup>th</sup> May at Old St. Patrick's Cathedral for the re-internment of the remains of John Curry, the youngest of the Knock witnesses which will be celebrated by His Eminence Cardinal Dolan. For more info contact JWT 01 2410800 or email: [bronwyn.clinton@joewalshstours.ie](mailto:bronwyn.clinton@joewalshstours.ie)

**CATHEDRAL OF the IMMACULATE CONCEPTION**

Upcoming **EVENTS** THE WEEK AHEAD

Wed 8<sup>th</sup> Feb "Wednesday Tea" after 10.30am Mass  
Saturday 11<sup>th</sup> Mass for Sick at 10.30am  
Confessions 2.00p.m. - 4.00p.m.

**DATES TO REMEMBER**

**ST BERNADETTE'S CHAPEL**, Rockwood Parade. Mass will be celebrated on Monday February 6th at 5.15 pm. All welcome.

**MERCY COLLEGE SLIGO ADULT EDUCATION CLASSES** will take place on Tuesdays in the Mercy College Italian at 7pm, German Beginners also 7pm and Intermediate at 8.15pm. For further information phone Mercy College on 9143476 or email [mercycollegesligo@eircom.net](mailto:mercycollegesligo@eircom.net).

**ANNUAL CHURCH GATE COLLECTION** for The Irish pilgrimage trust takes place next weekend, 11<sup>th</sup>/ 12<sup>th</sup> February.

**RETRouvaille** - A Lifeline for Married Couples: Do you feel lost, alone or bored in your marriage? Are you hurt, frustrated or angry with your spouse? Does talking about it only make it worse? The Retrouvaille programme can help marriages at all stages. Next programme starts 10th – 12th February 2017. For information contact Tony & Anne (01) 495 3536, Mike & Anne (01) 450 0922, or email [info@retrouvaille.ie](mailto:info@retrouvaille.ie) or visit [www.retrouvaille.ie](http://www.retrouvaille.ie)

**INTRODUCTION TO HORTICULTURE COURSE**, starting the 3<sup>rd</sup> March at St Michael's Family Life Centre every Friday from 10-1pm, for info contact Cathy or Gary at 071 9138415.

**POST—PRIMARY BOARDS OF MANAGEMENT AND TEACHER IN SERVICE DAYS** In service for post –Primary Religious Education Teachers takes place Tuesday March 7th from 10am—3pm in Abbey Hotel, Abbeytown, Galway Rd, Roscommon. Further details [www.elphindiocese.ie/re-inservice](http://www.elphindiocese.ie/re-inservice).



In-service for Catholic Secondary Schools' Boards of Management takes place on Tues March 7th College of Immaculate Conception, Summerhill, Sligo from 7pm—9.15pm. For further details [www.elphindiocese.ie/ethos-in-service](http://www.elphindiocese.ie/ethos-in-service).

**ELPHIN DIOCESAN PILGRIMAGE TO LOURDES** Monday 28<sup>th</sup> August to Saturday 2<sup>nd</sup> September 2017. For further information and to book contact JWT on 01 2410800.

**CATHOLIC MARRIAGE ENCOUNTER** Gift yourselves a special weekend break together to boost and refresh your relationship by making a Marriage Renewal Weekend. The next Weekend will be at The Creggan Court Hotel, Athlone from 3rd to 5th March 2017. For more info and / or to book, visit [www.marriageencounter.ie](http://www.marriageencounter.ie) or call 087 7840408. Weekends are presented by Catholic Marriage Encounter in Ireland.

**DIOCESAN VOCATIONS** Men who are willing to accept the challenge are asked to explore their 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) for more information.

**Anniversary & remembrances**

DAY	8.00am	10.30am
MON 6 <sup>th</sup>	JIMMY MCHUGH	EMMET O'CONNOR
TUES 7 <sup>th</sup>	—	LARRY LAVIN
WED 8 <sup>th</sup>	MARY QUIGLEY	<b>1<sup>st</sup> Anniversary</b> PADDY O'GRADY 
THURS 9 <sup>th</sup>	—	JOHN & ALICE PRIOR
FRI 10 <sup>th</sup>	—	MARTIN MCLOUGHLIN
SAT 11 <sup>th</sup>	VINCENT GEELAN	<b>Months Mind</b> EITHNE DOLAN 

**Rest in peace** Your prayers are asked for the repose of the souls of: RONNIE CALLAGHAN, Steven McDonagh Place; ANGELA CHRYSAL, Ashbrook, Pearse Road and PETER HENNESSY, Thornhill & Belfast *May God grant them eternal rest and comfort and console their bereaved families and friends.*