

ST PATRICK'S AND ST BRIGID'S GLENARIFFE



**Fourth Sunday of Year A**

**29th January 2023**



**“How happy are the poor in spirit,  
Theirs is the kingdom of heaven”**

**No daily mass Monday & Tuesday.**

**Wednesday Feast of St BRIGID St Brigid Crosses will be blessed during today's mass.**

**Thursday Feast of the Presentation of Our Lord CANDLEMAS DAY. Candles blessed today at the beginning of mass.**

**Friday evening Mass of St Blaise. Throats will be blessed at the end of this evening's mass.**

**SAFEGUARDING SUNDAY: See article on the Website**

**DECEASED: Rita McBride, Glenshesk,**

**MONTH'S MIND: Charlie McKillop**

**ANNIVERSARIES John McAuley, Mary Quinn, Cathy Riley, Jimmy Graham, Rosetta McAlister, Annie McAlister, Frank McAlonan, Mickey Hegarty,**

**GIG Monday lunch CLUB restarts on Monday 30 Jan @1:00pm in the Mariners Bar.  
Everybody welcome.Come and enjoy good food,music and company.**

**Donal Neary SJ:  
Gospel Reflections for Sundays of Year A: Matthew**

### **Day- to- day Compassion**

Today's gospel is described by Pope Francis: 'This is the new law, the one we call the "the Beatitudes."It's the Lord's new law for us' (February 2016). It highlights attitudes of the heart rather than just a set of rules to be followed.

We do not stay just with the words of Jesus. His life and teaching was a commentary on this sermon. Jesus invites us to watch how the sermon is lived out in his life. All the qualities – being poor in the spirit, able to mourn our losses and work for peace – are qualities of the human person. This is how we know our need for God, our need for each other. Even in his risen life he was the humble one who could listen to the doubts of his disciples and guide them to further faith, each in his or her own way.



The church is called to live these qualities, which lead us to the compassion of Jesus and to bring compassion in our lives. Compassion and understanding come from listening deeply to others, especially their joys and sorrows.

Compassion also grows in prayer – by asking for it, and by watching the compassion of Jesus in his life. Someone working with young people once said that 'an ounce of compassion is worth a ton of exhortation.' Marriage, friendship and family life are all enriched by the quality of compassionate listening.

**Some time today notice now you are feeling:  
share that with Jesus in prayer.  
Notice too how these feelings affect  
how you are with others during the day.  
Thank you, Lord, for your compassion for me in all times of my life.....**