

Kincasslagh Parish Newsletter, September 12th, 2021

Tel: 074 954 2935 - Email: kincasslagh@raphoediocese.ie - [f](https://www.facebook.com/KincasslaghParish) Kincasslagh Parish - Web: www.kincasslagh.ie - SVP 087 050 7895

Schedule of Masses

[St. Columba's Church](#)

Tuesday @ 10.00 a.m.

Friday @ 10.00 a.m.

Saturday Vigil Mass @ 6.30 p.m.

Sunday @ 11.30 a.m.

[St. Mary's Church](#)

Sunday @ 10.00 a.m.

Anniversaries and Masses

Patrick & Elsie Ward, Arlands, Sat 11th, **StC**

John Gillespie, Sean Gillespie & Patrick

Doogan, Sunday 12th, **StM**

Tom McHugh, Lackenagh, Sunday 12th,

StC

Thomas Conaghan and his parents Mary

and Pat, Friday, **StC**

Pat Forker and his parents Mary and

Doalty, Glenahilt, Sat 18th, **StC**

Celine McGrenra, Roshine Lodge, Sunday

19th, **StM**

Mary Boyle, Roshine north, Sunday 19th,

StC

I am taking annual leave and will be unavailable until Saturday 25th September. In the case of an emergency please contact Fr. Matt at the number above in the newsletter heading, or Dungloe Parish at 9521008.

TV and Radio: It's a rare pleasure to hear two sides of an argument - Page 35

The Irish Catholic

BREDA O'BRIEN
Finding a place for single people in the Church's parish

MINDING OUR PLANET
Celebrating the Season of Creation from 2021

MARY KENNY
A woman defies the Taliban

Thursday August 26, 2021 €2.50 (incl. P&H) The Irish Catholic Newspaper #IrishCatholic www.irishcatholic.com

Campaign hopes to overcome negative reactions to pregnancy
'Cautious confidence' as schools re-open

On sale at the back of the Chapel, €2.50

WISE

Women's Integration, Skills & Employment

Are you a woman who is unemployed and

- A lone Parent
- A carer
- On a disability payment
- Or a stay at home mother

The WISE Project are running **FREE** courses in First Aid and Child First Aid for anyone who meets the requirements above.

Terms and Conditions Apply



- Contact your nearest employment advisor for more information
- Grainne Letterkenny 086 145 2250
- Michelle Dungloe 086 145 2249
- Penny Buncrana 086 145 2252



COVID-19 Support Line for Older People

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

ALONE
YOU'RE NOT ALONE

CORONAVIRUS HELPLINE FOR OLDER PEOPLE

0818 222 024

The Gola Gangsters



We are not playing the wrong notes! We are playing the right notes!

But not necessarily in the right order!

My brain and heart divorced a decade ago over who was to blame about how big of a mess I have become. Eventually, they couldn't be in the same room with each other. Now my head and heart share custody of me I stay with my brain during the week and my heart gets me on weekends they never speak to one another

- instead, they give me the same note to pass to each other every week and their notes they send to one another always says the same thing:

"This is all your fault"

On Sundays my heart complains about how my head has let me down in the past and on Wednesday my head lists all of the times my heart has screwed things up for me in the future.

They blame each other for the state of my life. There's been a lot of yelling - and crying

So, lately, I've been spending a lot of time with my gut who serves as my unofficial therapist! Most nights, I sneak out of the window in my ribcage

and slide down my spine and collapse on my gut's plush leather chair that's always open for me
~ and I just sit sit sit until the sun comes up

Last evening, my gut asked me if I was having a hard time being caught between my heart and my head

I nodded

I said I didn't know if I could live with either of them anymore!

"My heart is always sad about something that happened yesterday while my head is always worried about something that may happen tomorrow," I lamented.

My gut squeezed my hand. "I just can't live with my mistakes of the past or my anxiety about the future."

I sighed my gut smiled and said: "in that case, you should go stay with your lungs for a while,"

I was confused - the look on my face gave it away.

"if you are exhausted about your heart's obsession with the fixed past and your mind's focus on the uncertain future your lungs are the perfect place for you. There is no yesterday in your lungs there is no tomorrow there either. There is only now there is only inhale there is only exhale there is only this moment. There is only breath and in that breath you can rest while your heart and head work their relationship out."

This morning, while my brain was busy reading tea leaves and while my heart was staring at old photographs I packed a little bag and walked to the door of my lungs.

Before I could even knock she opened the door with a smile and as a gust of air embraced me, she said, "what took you so long?"

~ john roedel