

## AN ACT OF SPIRITUAL COMMUNION

My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things, and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally  
come at least spiritually into my heart.  
I embrace You as if You were already there and unite myself wholly to You.  
Never permit me to be separated from You. AMEN

### POPE TO PERSONS WITH DISABILITIES: "THE CHURCH IS TRULY YOUR HOME"

The Pope's message, released by the Vatican at a press conference on Thursday, has as its theme, "You are my friends" (Jn 15:14). "We are called to be friends of Jesus," the Pope says, adding that this can serve as the spiritual key to accepting the limitations that all of us have, and thus to be at peace with them. This in turn can lead to a joy that "fills hearts and lives."

"The Church is truly your home!" the Pope assures people with disabilities. "We, all of us together, are Church, because Jesus chose to be our friend . . . Everyone has a part to play; no one is a mere extra." Hence, "each of you," he says, "is also called to make his or her own contribution to the synodal journey" in "a participative and inclusive ecclesial process."

### Congratulations

To Sonia and Jonathan on the Baptism of their son Rowan Fitzgibbon. Also to Hilda and William on the Baptism of their son William Walsh.

### First Friday of the month

Priest will visit the sick and homebound for prayers and holy communion.

**Exposition of the blessed sacrament** after 10am mass.

### Bulletin Sponsorship

This weekend's Bulletin is sponsored in memory of Tim O'Herlihy whose Anniversary occurs now.

### SMA Calendar 2022

The 2022 calendar is now available at Reception. It has a "respect creation" theme. Why not send copies to family and friends?



St Joseph's SMA Church, Blackrock Road Parish, Cork  
Fr Alphonse Sekongo PP



E-mail: [parish.blackrock@sma.ie](mailto:parish.blackrock@sma.ie)

Webcam: [churchservices.tv/smablackrock](http://churchservices.tv/smablackrock)

Parish office: 461 6328

Priest on call: 461 6328

### First Sunday of Advent - Year C

To you, O Lord, I lift up my soul (Ps 24)

Psalter Week 1

28th November 2021

### Mass Times

**Weekdays:** 7.15am & 10am.

**Saturday:** 7.15am, 10am & 7pm (Vigil).

**Sunday:** 10am & 12noon.

### Mass Saturday 27th November 2021

**7.00pm Vigil:** Denise O'Keeffe RIP Anniv

### Masses Sunday 28th November 2021

**10.00am** D.J. Kiely RIP 3rd Anniversary

**12 noon** Tim O'Herlihy RIP Anniversary

### Remembrance / Anniversaries

Tim O'Herlihy / Jim O'Hea 2nd Anniv.

Mary Hurley / Ted Leary 2nd Anniv.

Gretta Murphy Birthday Remembrance

Patricia Quinn Month's Mind

Marion Daly/ May Donovan

Edward/Stephen Quinn / Frances Kent

D.J. Kiely 3rd Anniv./ Greg O'Herlihy

### Recently deceased

Siobhan Moynihan RIP

May they rest in peace.

Parish Collection €1,110

P.A.F.A. €510

Thanks for your support and generosity.

### THE ADVENT SEASON

It is a time of preparation that directs our hearts and minds to Christ's second coming at the end of time and to the anniversary of Our Lord's birth on Christmas. From the earliest days of the Church, people have been fascinated by Jesus' promise to come back. But the scripture readings during Advent tell us not to waste our time with predictions. Advent is not about speculation. Our Advent readings call us to be alert and ready, not weighted down and distracted by the cares of this world (Lk 21:34-36). Like Lent, the liturgical colour for Advent is purple since both are seasons that prepare us for great feast days. Advent also includes an element of penance in the sense of preparing, quieting, and disciplining our hearts for the full joy of Christmas.

**"Advent invites us to a commitment to vigilance, looking beyond ourselves, expanding our mind and heart in order to open ourselves up to the needs of people, of brothers and sisters, and to the desire for a new world."**