Email parishoffice@beechwoodparish.com Office hours Monday to Friday 9am to 2pm Tel (01) 4967449 Email parishoffice@beechwoodparish.com The parish Child Safeguarding and Protection representatives may be contacted through the parish office. The Chair of the Parish Pastoral Council and the Chair of the Parish Finance Committee may be contacted through the parish office.	18th to 25th January 2024 Ranelagh-Rathgar-Terenure fellowship are marking the week of prayer for Christian Unity 2024. You are warmly invited to a service here in the Church of the Holy Name this Sunday afternoon at 3.00pm. 'You shall love the Lord your God, and your neighbour as yourself (Luke 10:17)
 Parish partnership working together— Beechwood Avenue Rathgar Rathmines Harold's Cross Mount Argus 	We extend a very warm welcome to the children who join us at our Mass- es this weekend as they continue their preparations for First Reconcilia- tion and First Holy Communion. Children from Sandford Parish National School join us at the 5.30pm Family Mass on Saturday evening
 Mass Times in Church of the Holy Name Tuesday and Thursday 10.00am Saturday 5.30pm Family Mass Sunday 9.30am (as Gaeilge), 11.00am Holy Days 10.00am First Friday of each month 10.00am All our Masses are streamed on the parish 	and children from Scoil Bhride and Lios na nOg join us at 9.30am Aifreann on Sunday morning. We ask for your prayers for the children, their par- ents, families and teachers at this time.
webcam. Please use https://beechwoodparish.com/ webcam/ to access Beechwood webcam link. Exposition of the Blessed Sacrament takes place on Tuesdays from 10.30am to 11.30am	I chased a golden butterfly one lovely summer's day. But when I tried to catch it, it always flew away! Then, as I mused on other things, sitting quietly on a boulder, My elusive friend came suddenly, resting on my shoulder!
Tap and Go machines : There is a Tap and Go machine at the back of the church to allow you to contribute to the par- ish. Donations made using this machine remain in the parish. The other Tap and Go machine at the back of the church is to support the priests of the dio- cese and the Share diocesan services. Thank you for your ongoing generous support.	I often think how we forget wild flowers at our feet, And stretch our hands to catch the stars While our sense of wonder sleeps. Pat Deighan (from the book Keeping the Wonder Alive, by Vincent O'Hara OCD).

Pope Francis—intention for January 2024 For the gift of diversity in the church Let us pray that the Spirit help us recognize the gift of different charisms within the Christian community, and to discover the richness of different ritual traditions in the heart of the Catholic Church.

Stop Food Waste

Each year, Irish households throw away almost 1/3rd of the food they buy. According to <u>www.mywaste.ie</u>, 80% of that is "avoidable" or "potentially avoidable". That's bad news not just because of the waste of money. Energy and land resources are also wasted in producing the food and getting it to your home. Bread, salads and dairy products are high on the list of foods that never make it to the table, going straight from the kitchen press to the bin. Planning your shop, avoiding bulk discounts (those enticing "3 for the price of 2" offers!) or choosing unpackaged fruit and veg are just some of the tips suggested by <u>www.stopfoodwaste.ie</u>

Energy saving at home

With more and more people working from home at least one day a week, domestic energy use has come into focus, as electricity, gas and oil costs remain high. Using your appliances wisely can help keep you comfortable while keeping an eye on the budget. It also reduces Ireland's fossil fuel needs, as we work towards a fully renewable energy system. <u>Www.seai.ie/home-energy/energy-saving-</u> tips/ offers useful information on a range of topics: running the washing machine on cooler cycles, unplugging laptops and TVs when not in use, choosing the air fryer over the oven, and avoiding the tumble dryer. Did you know that turning down your thermostat by one degree you could reduce your heating bill by 10%?

Our new parish website was launched before Christmas. Please have a look and let us know what you think!

Mass intentions this week Saturday 20th 5.30pm Brian Hillery (A) Ellen & John Doyle (A) Tina Gill (RD) Jessie Boggan (RD) Sunday 21st 9.30am John Black (RD) 11.00am Theo Ryan (A) also remembering his late daughter Geraldine Ryan Gerry Bell (18th A) Monica O'Grady (RD) Tuesday 23rd 10.00am Mary Cantwell (RD) Martin Feely (RD) Ina O'Donovan (RIP) Thursday 25th 10.00am Kitty & Martin Brennan (A) Lisha Given (RD) Patricia McElahtton (RD) Saturday 27th 5.30pm Carmel Freeman (A) **Elizabeth Feighery (A)** Sunday 28th 9.30am Josephine Kavanagh (RD) 11.00am Michael Foley (A) Jane Fitzgerald (RD)

We ask for your prayers for the soul of the late Eilish McAteer who died recently. Her funeral has taken place in Donegal. We offer our sympathy to her bereaved family.

We pray for all in our community who are ill or housebound at this time and we pray for those who care for them.

If you or someone you know would like a visit from Fr Paul please contact the office.

Mass cards are available in the parish office and sacristy. An offering is received with gratitude and is another means of supporting your local clergy. If you make an offering for Mass online, please contact the office with your intention.