

How are you getting on this Lent?

If you have already slipped on your Lenten Promises or haven't got round to embracing any, it's never too late to begin or to start again. There are still 40 days of this Season to go. Each of us knows what enslaves us, what we are attached to...God is calling us to be free of these. Ask His help to refrain from them. Try and spend some time in prayer each day; be merciful towards the poor and needy of this world. Try to be kinder. Fast from criticism and gossip. Let this season be a time of earnest repentance and renewal.

Lourdes Pilgrimage

12th-17th July 2023: Application forms and appeal for Nurses:

Applications forms available online at: Lourdes@downandconnor.org The pilgrimage is seeking volunteer registered nurses to work with other volunteer nurses and doctors in a specially designed care setting. You will be be part of a very special and faith-filled community. For more information, please email your contact details to the above email address.

PRO-LIFE RALLY - Be a voice for unborn babies at the Rally for Life in Belfast on Saturday 11th March 2023 gathering in Custom House Square at 2pm A special Mass for Life will be offered in St Patrick's Church, Donegall Street at 12.30pm. Buses to the Rally leaving from various locations. For further information please contact Precious Life on 07592280522 / 02890278484 / email info@preciouslife.com

LENTEN REFLECTION DAY: SMA DROMANTINE, NEWRY, BT34 1RH

Saturday 4th March 9.30am – 5.00pm Led by Fr. Damian Bresnahan SMA

Cost (including lunch) £35/€40Tel; 02830821964

email: admin@dromantineconference.com

Please don't forget the people of Syria and Southern Turkey. Do what you can by praying for them and supporting an earthquake appeal of your choice to help alleviate their plight. Trocaire are responding on the ground through their partner 'Caritas Syria'