

St. Mary's & St. Columba's Parish Newsletter

Fifth Sunday in Lent Year B

Email: stmarycastletown@rcaol.org.uk Phone: 01624 822272

Website: www.manxcatholic.org

Parish Priest: Father Joseph Kiganda, CSSp

Father Peter Otuonkpaikhian, CSSp (Asst. P/P St Mary's Douglas).

Deacons: Rev. Alan Molloy a.molloy@rcaol.org.uk

Rev. Graeme Easton g.easton@rcaol.org.uk

“The Family that Prays Together Stays Together”

Tactics to Overcome distractions in Prayer.

The fourth Sunday of Lent I shared with you the causes of distractions in prayers and this Fifth Sunday of Lent I give you the tools to overcome distractions.

One. **Find a quiet and secluded place:** Choose a location where you can minimize external distractions and interruptions. Ideally, select a peaceful and serene environment conducive to prayer.

Two. **Create a routine:** Set up a consistent prayer routine and schedule. Make prayer a regular part of your day, whether it is in the morning, afternoon, or evening. By having a predictable time dedicated to prayer, it can become easier to focus and eradicate distractions.

Three. **Set intentions:** Before starting your prayer, set a specific intention or focus for that session. This can help you prolong concentration and prevent your mind from wandering.

Four. **Use visual aids:** Use objects such as prayer beads, religious texts, or imagery to help keep your mind focused during prayer. These physical reminders can serve as focal points, grounding you and reducing distractions.

Five. **Practice mindfulness:** Practice being fully present during prayer. Instead of allowing your mind to wander, bring your attention to the present moment, your breathing, and the words of your prayer. When distracted, gently bring your focus back to the prayer.

Six. **Simplify your surroundings:** Minimize clutter and distractions around you by keeping your prayer space clean and organized. Set up a holy place in

the house, get a table on which to put a Crucifix, Holy Bible, and Candle to function as your anchors during prayer.

Seven. **Address internal distractions:** If your mind becomes preoccupied with worries, stress, or concerns during prayer, try addressing these thoughts first. Reflect on them, acknowledge them, and let them go. Writing down your thoughts before prayer can also help clear your mind.

Eight. **Seek guidance and support:** Talk to a religious leader or spiritual mentor for guidance on improving concentration and overcoming distractions in prayer.

Distractions during prayer are common human experience; just be patient, gentle, focused, and be aware that in prayer you relate to God.

Fr. Joseph

Please find below details of this week’s Mass intentions and other services in our Parish of St. Mary’s, Castletown (C/T) and St. Columba’s, Port Erin (P/E).

Week commencing 17th March			
Sunday 17 th March 4th Sunday of Lent.	C/T P/E	9 am 11 am	People of the Parish Gerry O’Toole (Ann)
Monday 18 th March Weekday in Lent.			<i>No Mass</i>
Tuesday 19 th March Solemnity of St Joseph spouse of the Blessed Virgin.	P/E	10 am	Brian Garland (RIP) Richard Connolly (Ann)
Wednesday 20 th March Weekday in Lent.	C/T	10 am	Canon Humphrey O’Mahony
Thursday 21 st March Weekday in Lent.	P/E	10 am	Eileen Jones
Friday 22 nd March Weekday in Lent.	C/T	10 am	Margaret Clarkson (Sick)
Saturday 23 rd March Weekday in Lent.	C/T	10 am	Private Intention
Sunday 24 th March Palm Sunday of the Passion of the Lord.	C/T P/E	9 am 11 am	People of the Parish Patricia Donaghty (Ann)

Response to the Psalm:

A pure heart create for me, O God.

Gospel Acclamation:**Glory to you, O Christ, you are the Word of God!**

If a man serves me, says the Lord, he must follow me; wherever I am, my servant will be there too.

Glory to you, O Christ, you are the Word of God!**Communion Antiphon:**

Amen, Amen I say to you: Unless a grain of wheat falls to the ground and dies, it remains a single grain. But if it dies it bears much fruit.

Mass Offerings: Last week £186.45

Second Collection: There will be a second collection towards the flowers for both churches for Easter Sunday.

Lent: During Lent there will be Stations of the Cross every Friday at St. Mary's at 10.30 am and at St. Columba's at 7 pm.

Food Bank: Thank you for all the generous donations to the Food Bank.

Good Friday: There is a 'Churches Together in Castletown', Ecumenical Good Friday Service in Castletown Square at 11am. All are welcome at this service.

Amnesty International: On Tuesday 19th March there is a demonstration outside Tynwald calling for a "Cease Fire Now " and "Stop the War on Gaza".

Summer Pilgrimage to Knock: Escorted Tour to Westport, Knock & Co Mayo, 16th June 2024. £899.00 pps. Price includes flight, 7kg luggage, 5 nights in 4* Castlecourt Hotel, Westport with Dinner, Bed & Breakfast. Lunch on three days. All entertainment, excursions and transport included. Visit Knock, Galway City, Kylemore Abbey, Croagh Patrick & Ashford Castle. Single supplement on Enquiry. Contact Patricia or Natali on 01268 762 278 or 07740 175557 or email knockpilgrimages@gmail.com.

Mass Intentions: Gerry O’Toole, Brian Garland, Canon O’M, Eileen Jones, Margaret Clarkson, Patricia Donaghty, Richard Connolly, Joan, and Jeff Hook and Doreen Short.

Parish Diary:

29th March 11am	Ecumenical Good Friday Service in Castletown Square
20th April	Sacrament of Reconciliation.
11th May 10 am to 1 pm	Island Spirituality Network at St John’s Mill. The theme is Happiness in the Psalms.
19th May	First Communion Mass.
15th December 3 pm	Parish Nativity Service at St. Columba’s.

If there are other future events of which you are aware, please let us know so we can add them to the diary. **Social Club Committee contact details:** Susan 460514, Nick 431606, Dee 437487, or Lynn 472867.