



St. Bernadette's Tullibody Parish Newsletter

Parish Priest: Fr. Mike Freyne MHM

Parish House, Baingle Brae, Tullibody, FK10 2SG

Phone: 01259 213274

Email: stbernadette@dunkelddiocese.org.uk

Website: <http://www.catholic-church.org/stbernadettes>

2nd Sunday in Ordinary Time

15th January 2023

Parish Diary			
Sat	14th January	9.30am 5.30pm	Morning Office & Holy Communion Vigil Mass
Sun	15th January	8.30am 11.30am	Morning Mass Morning Mass (Also on YouTube)
Mon	16th January	9.30am	Morning Office & Holy Communion
Tues	17th January	~~	No services
Wed	18th January	9.30am	Morning Office & Holy Communion
Thurs	19th January	9.30am	Morning Office & Holy Communion
Fri	20th January	~~	No services
Sat	21st January	9.30am 5.30pm	Morning Office & Holy Communion Vigil Mass
Sun	22nd January	8.30am 11.30am	Morning Mass Morning Mass (Also on YouTube)

Parish Offerings ~~ 8th January

Gift Aid	£267.00	Non Gift Aid	£431.35	Total	£698.35
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Special Collection Sunday 15th January for Justice & Peace



Please remember in your prayers



Those who are sick ~

Natalie Otalini, Jade Dicerbo, Stuart Mason, Sean McCann, Baby Jade, Ruby Lloyd, Sid Davies, Nellie Gallon, Carly Mournian, Brendan Murphy, Vincent McDaid, Peter Douglas, Mary Gordon, Mary Hughes, Peter & Margaret Stark, Maureen McKay, Sarah Jane Connelly, Duncan McGregor, Maria McIntyre, John & Trisha Smith, Drs. Diane & Mike Basquill, Maurice Di Duca, Heather Stewart, Cathy McCallum, Archie Gallaway, Fr John Callaghan, Rev. Mgr. Ken Canon McAffrey, Bishop Stephen, Cathy Fox, Jim McKay, and all those in Hospital and Nursing Homes.

Those whose anniversaries occur at this time ~

Fr. Colin Golden, Mary Galloway, John (Shaun) Clarke, Tom Mack, Frances Masterson, Margaret Byrne, Bishop Vincent Logan, Archbishop Philip Tartaglia, Vera Freyne, Dennis Callahan, Margaret Tobin, Bernard Hughes.

JANUARY 2023

Fr. Mike has not had a break for four years. Like most people he could not get away because of covid and he also had to do his treatment for cancer of the throat. The bishop had suggested he take an extended break. However, Ash Wednesday is early, which he needs to be back for, but he will be away a week longer than usual.

The Vigil and Sunday masses priests have kindly offered to come and celebrate our masses even though there is a shortage of priests in our Diocese in January.

Fr. Michael Carrie, parish priest of St.Mungo's in Alloa, will celebrate or organise requiem masses. In the case of a death please inform him. He will also attend to any EMERGENCY SICK CALLS. Please note only emergencies and during the day.

Our normal liturgical celebrations during the week will take place as normal in the Winter Chapel with Morning Office and Holy Communion.

"Let us #PrayTogether that educators be credible witnesses, teaching fraternity rather than competition, and helping especially the youngest and most vulnerable" — Pope Francis @Pontifex 11/01/23

Scottish screening of *The Letter*



The Letter: A Message For Our Earth
A must see film for all who care about Mother Earth.

Thursday 2nd February
Scottish Online Screening
7.00pm
All welcome.

The *Laudato Si'* Movement and the *Care of Creation Office* have organised an online Scottish screening of the film *The Letter: A Message For Our Earth* for **Thursday 2nd February** at **7.00pm**.

The film, is based on Pope Francis' 2015 encyclical letter, "*Laudato Si', on Care for Our Common Home*" and tells the story of several leaders, committed to ecological and social causes who were invited to Rome for a private audience with Pope Francis during which they shared their personal story and that of their country.

The leaders include an Indigenous leader from the Amazon, a Senegalese climate refugee, a youth activist from India and a married pair of scientists from Hawaii.

After the screening, there will be an opportunity for Q&A with Lorna Gold, who appears in the film and is president of *Laudato Si'* Movement.

Register at: <https://bit.ly/TheLetterScottishScreening>



ST. JOSEPH'S
MISSIONARY SOCIETY
THE MILL HILL MISSIONARIES

For information on the ongoing work of Father Mike's religious order Mill Hill Missionaries:-

<https://millhillmissionaries.com/>

Feed the Hungry

Please place non-perishable & tinned items, etc in the box at the back of the church. Our KSC & SVDP will distribute goods to the needy in our area and also support "The Gate" food bank.



Knights of St Columba
Serving God by serving others.

the gate



Society of
St. Vincent de Paul
Scotland

THE GIFT OF AGE



Following our year-long survey researching the contribution of older people to the life of our faith communities, the final report on this project has been completed and will be published early 2023. We are currently developing a dissemination strategy as we feel it is vital that this unique exercise in Scotland should be widely discussed and ideas shared.

The contribution of older people to the life of our faith communities

Faith in Older People aims to highlight and celebrate the contribution made by older people in our faith communities. Although people are aware of this, we wanted to look in more detail about the range of activities that are sustained and developed by older people. We were therefore delighted that the TOR Christian Foundation funded us to undertake a research project to identify the extent to which older people contribute.

We met with representatives of our different faiths and undertook a survey of all faith communities in Scotland.

FORTHCOMING EVENTS AND NEWS:-

Please save the dates

THURSDAY 26 JANUARY 2023 - LINKING LIVES WEBINAR – 4.30PM-6.00PM

With Jeremy Sharpe

A view of loneliness and isolation and its impact on mental wellbeing

Jeremy Sharpe is the National Director of Linking Lives UK and is based in Reading, Berkshire

Effective Responses to Loneliness & Mental Health

Loneliness and mental health have always been intertwined issues and this will continue to be the case in the future. Whilst loneliness is not a mental health condition in and of itself, it can (and does) often lead to mental health problems. These can include various types of social phobia, depression, anxiety, low self-esteem, sleep problems and increased stress. ('About Loneliness'- Mind

website). Equally, mental health problems of varying types and levels can often lead to significant experiences of loneliness and so the two issues can exacerbate each other. In July 2020, the Campaign to End Loneliness published a report called 'The Psychology of Loneliness' and this explored the relationship between mental health and loneliness and made a number of recommendations as to how individuals and agencies could address this growing problem.

TO BOOK YOUR FREE PLACE NOW - [click HERE](#)

THURSDAY 9 MARCH 2023, 4.30pm - 6.00pm

EXPLORING CARING - INCLUDING EMOTIONAL AND SPIRITUAL SUPPORT

Richard Meade, Director, Carers Scotland will present this seminar and discuss the impact of the caring responsibilities of unpaid carers and their wellbeing; in particular, in relation to spiritual, emotional and physical wellbeing including financial consequences and social isolation.

Family, friends, neighbours and those who provide care to others face huge emotional, spiritual and physical challenges in their caring role. The burden of caring can often exceed their capacity to cope, which negatively affects their psychosocial and physical health, morbidity, social life and quality of life. Spiritual care has been shown to play a very important role in supporting carers, particularly when the person they are caring for is terminally ill and approaching the end of life. A good spiritual wellbeing can reduce levels of burden and stress for carers as well as increase levels of happiness, but not every carer is able to get the support they need. Carers need a range of support including health and social care services, communities and faith groups as well as their families and personal networks in order to continue to provide the care that they do. This presentation will explore the importance of spirituality and caring, what it means and how we can do more to support carers to improve their spiritual wellbeing.

TO BOOK YOUR FREE PLACE [CLICK here](#)

PUBLICATIONS

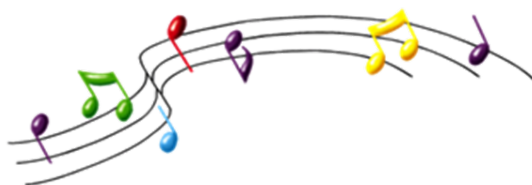
Research Report about the impact of COVID on faith communities

You may be interested to know that the Scottish Government's Research Report has been published and is available on their website >>

[The impact of COVID-19: Conversations with Faith Communities](#)

COMING SOON

Reviving our popular event - **THE POWER OF MUSIC - SINGING FOR HEALTH**



A WORKSHOP LED BY DIANA KERR, DEMENTIA CONSULTANT, AUTHOR AND SINGING GROUP LEADER

***“THE POWER OF MUSIC for people with dementia and their carers
CREATING SINGING GROUPS FOR PEOPLE WITH DEMENTIA”***

Who should attend?

- Do you like a good sing song?
- Have you had your spirits lifted by music?
- Are you looking for an opportunity to be involved in bringing fun, joy, and a sense of wellbeing to others?
- Would you like to be involved with the support of people with dementia and their carers?

If so, then come to this workshop and be inspired to have a go.

What will you get from the workshop?

- You will hear about why music, and especially singing together, is so important to people with dementia and their carers
- You will learn about what songs to use
- You will learn about different ways of using songs to increase the fun and sense of achievement
- You will experience the joy of a sing song
- You will learn what you need to do to set up a group in either a community or residential setting
- You will be offered follow up advice and support after the event

Venue to be confirmed. FURTHER DETAILS TO FOLLOW SOON

Mary Wilkinson, Administrator

FAITH IN OLDER PEOPLE

21a Grosvenor Crescent, EDINBURGH EH12 5EL

info@fiop.org.uk www.faithinolderpeople.org.uk