



St. Bernadette's Tullibody Parish Newsletter

Parish Priest: Fr. Mike Freyne MHM
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2nd Sunday of Advent



Peace

Sat 6 Dec	8.45am - 9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass
Sun 7 Dec	8.30am 11.30am 4.30pm	Mass 2nd Sunday of Advent Mass ~ Children's Liturgy Advent service before the Blessed Sacrament
Mon 8 Dec	9.30am 12noon	Mass Feast of Immaculate Conception Deanery Christmas Lunch
Tue 9 Dec	~ ~ ~ ~	No Services
Wed 10 Dec	8.30am 9.30am	St Modan's Mass, Stirling Mass with Primary School
Thu 11 Dec	9.30am	Mass
Fri 12 Dec	7pm	Mass
Sat 13 Dec	8.45am - 9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass
Sun 14 Dec	8.30am 11.30am 4.30pm	Mass 3rd Sunday of Advent Mass Advent service before the Blessed Sacrament

Advent Adoration

During Advent at 4.30pm for about 45 minutes we will have prayer, adoration and reflection in the church. All welcome.

This Sunday's Readings	
First Reading	Isaiah 11: 1-10
Psalm	72(71): 1-2, 7-8, 12-13, 17
Second Reading	Romans 15: 4-9
Gospel	Matthew 3: 1-12

Last Sunday's Collection	
Non Gift Aid	£249.07
Gift Aid	£351.50
2nd Collection & Advent Appeal	£574.01
Total	£1174.58

Prayer Requests
<p>Those who are sick ~ Jones, Msgr. Basil O'Sullivan, Seamus Freyne, Natalie Otalini, Jade Dicerbo, Stuart Mason, Sean McCann, Carly Mournian, Brendan Murphy, Vincent McDaid, Peter Douglas, Mary Gordon, Mary Hughes, Peter & Margaret Stark, Sarah Jane Connelly, Duncan McGregor, Maria McIntyre, John & Trisha Smith, Drs. Diane & Mike Basquill, Maurice Di Duca, Heather Stewart, Cathy McCallum, Archie Gallaway, Bishop Stephen, Cathy Fox, Jim McKay, Peter Caproni, Laura Laing, Susan Duvall, Brian Robertson, Melissa Brown, Margo Tobin, John Lawlor and Lisa Mcilwrath, Father Frank Smith MHM, Fr. Malcom Hutchinson, Margaret Smith</p>
<p>Those who died recently ~</p>
<p>Those whose anniversaries occur at this time ~ Dennis Hallanan, John Neil, John Mangan, Peter Doyle, Paddy Docherty, Moira Scott, Margaret Carr, Dan Jolly, Kate Sprengel, Claire McNaught.</p>



Volunteers Needed!



The last few months have been pretty hectic and Fr. Mike is struggling to keep his housework up to date. Although very diligent he recognises his work would not attain his mother's standards!

We are looking for 4 or 5 volunteers for Monday before Christmas (22nd December) from 9am unto, at the most 11 am to give a general clean up in the parish house (hoover, duster, bathrooms, fridge etc).

If you think you can help please talk to Fr. Mike or Linda Lamb who is coordinating the work.

We are also trying to make contact with a firm who generously shampooed the sanctuary carpet last year to see if this is possible to do before Christmas.

We are looking for volunteers who have **"floor steamers"** willing to steam clean the blue corridors around the church.
Please make contact with Sheila or Fr. Mike.

Our Advent Project Update ~ Latest news from UGANDA

Fr Lawrence Akepa-Immas in Kamidakan tells us more about our Advent project:

"St. Joseph the Worker Parish is 4 years old it faces a number of social and economic challenges. It is needy in terms of facilities and key among them is safe and clean running water. Around the parish are three schools - two primary and one high school. There is also an urban centre with numerous households. A borehole was installed by a charity 2 years ago next to one of the schools. It attracts high numbers of people from the village and often it becomes so congested that many decide it will be better to go to the unprotected springs to draw water. This has led to high risks of waterborne diseases like whooping cough, bilharzia, diarrhoea, etc. By installing a solar pump and overhead reservoirs, and then spreading out the water points within the village, the situation would be salvaged.

The village has poor access to basic services, reflected in the high malnutrition rates and waterborne diseases. The resulting lack of safe drinking water has left a large proportion of the population at risk of preventable WASH-related illnesses. Women often endure conflicts and even physical altercations at the water source, while children are usually pushed aside in the struggle for access.

This project aims to install a solar-powered water pump system to provide sustainable and reliable water access, reducing reliance on traditional methods and promoting environmental responsibility. Water will be pumped to tanks pitched on a high hill and gravity will allow the flow of water to reach out to all the schools and other tap points so that households in the community will have easier access. This will reduce crowding and queuing.

Given that they are living below the poverty line whereby an average family lives on less than half a dollar a day, the villagers are being mobilised to make a local contribution to this project in terms of labour at the excavations pit, sand, bricks, stones and murrum. This will take care of a substantial percentage of the total cost of the project at the implementation.

Local water user committees will be established and provided with the skills and knowledge to manage and maintain the water points more effectively. Improvements to access of safe water will significantly reduce the amount of time women and girls spend in having to collect water and also reduce the risk of gender-based violence as girls will no longer have to travel great distances on their own to collect water. It will also reduce the pressure on women who are commonly left to attend the land and care for the family, while the men are often absent either tending cattle and other chores."

Please note the new latest generation of CCTV cameras around the church grounds and INSIDE THE CHURCH.

SILENCE IS GOLDEN

Quiet time can help reduce stress
Quiet time can help improve mental clarity
Quiet time can help enhance creativity
Quiet time can help emotional regulation
Quiet time can help increase self-awareness

"There is a time to speak and a time to keep silent."

Ecclesiastes 3:7, The Bible

"Silence speaks louder than words."

Thomas Carlyle

"Quiet people have the loudest minds."

Stephen Hawking

"The quieter you become, the more you are able to hear."

Ram Dass

"The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love.
The fruit of love is service. The fruit of service is peace."

Mother Teresa

"We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature—trees, flowers, grass—grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls."

Mother Teresa

We are surrounded at Christmas from every angle with plenty of noise. Some of it is wonderful and joyful - but also need moments of silence for ourselves and for us to be with God.

Every Sunday of Advent after the 11.30am mass the church will be left open up to the Advent Service at 4.30pm.

This should be no cause for concern as we now have 24 hour CCTV in the church.

Hopefully the church will be warm and quiet.

Please feel free to drop in - even just for a few moments - to sit or kneel in silence with God.

We ask everyone to respect each other and keep the silence.

There are a small number of **Christmas cards** on sale at the back of the Church.