



Parish Priest: Fr. Mike Freyne MHM
 Parish House, Baingle Brae, Tullibody, FK10 2SG
 Phone: 01259 213274

16th Sunday in Ordinary Time

Sat	18 July	8.45am - 9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass
Sun	19 July	8.30am 11.30am	Mass Mass
Mon	20 July	9.30am	Mass
Tues	21 July	~~~~	No services
Wed	22 July	9.30am	Requiem Mass for Peter Clarke, then Tullibody Cemetery Feast of Mary Magdalene
Thurs	23 July	9.30am	Mass
Fri	24 July	7pm	Mass
Sat	25 July	8.45am - 9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass
Sun	26 July	8.30am 11.30am	Mass Mass

This Sunday's Readings	
First Reading	Wisdom 12: 13, 16-19
Psalm	86(85): 5-6, 9-10, 15-16
Second Reading	Romans 8: 26-27
Gospel	Matthew 13: 24-30

Last Sunday's	
Non Gift Aid	£389.44
Gift Aid	£378.00
Sea Sunday	£581.36
Total	£1348.80

Prayer Requests

Those who are sick ~

Joan Jones, Msgr. Basil O'Sullivan, 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, Cathy McCallum, Archie Gallaway, Cathy Fox, Jim McKay, Peter Caproni, Laura Laing, Susan Duvall, Brian Robertson, Melissa Brown, Margo Tobin, John Lawlor and Lisa Mcilwrath, Fr. Hutchinson, Margaret Smith, Kath Massanopoli, Bobby Williamson, Corbin Hollywood.

Those who have died recently

Harry Reid, Peter Clarke

And those whose anniversaries occur at this time ~

Agnes Roberts, Bob Huber, George Campbell, Richard Clarke, Winnie Conlan, Moira Doherty, Iain Burns, Margaret Reid, Susanne Hughes, Emma Dryisdale, Tom Harvey, Mgr. Tony Duffy.



Please note due to our technicians being on holidays over the next few weeks there possibly will be no YouTube coverage of our masses on at least two Sundays. We apologise for this. Obviously we need more technicians!

Saint Mary Magdalene



Who was Mary Magdalene?

Saint Mary Magdalene was one of Jesus Christ's most faithful followers. The Bible tells us that Jesus healed her by casting out seven demons (Luke 8:2). After this, she became one of His devoted disciples and supported His ministry.

Mary Magdalene remained with Jesus during His crucifixion when many others had fled. She was also among the women who visited His tomb on Easter morning. According to the Gospels, she was the first person to witness the risen Christ and was sent to tell the disciples the good news of His Resurrection. Because of this, she is sometimes called the "Apostle to the Apostles."

The Misunderstanding

For many centuries, Mary Magdalene was wrongly portrayed as a repentant prostitute or "fallen woman." However, the Bible never says this.

This misunderstanding began in the 6th century when Pope Gregory I gave a sermon that combined Mary Magdalene with two other women mentioned in the Gospels:

- the unnamed sinful woman who anointed Jesus' feet (Luke 7:36-50), and
- Mary of Bethany, the sister of Martha and Lazarus.

These are presented as separate people in the Bible, but they became confused in Christian tradition for many centuries.

The Truth Today

Modern biblical scholarship and the Catholic Church recognise that there is no biblical evidence that Mary Magdalene was a prostitute. She is honoured as:

- A faithful disciple of Jesus.
- A witness to His crucifixion, burial, and Resurrection.
- The first messenger of the Resurrection.

In 2016, Pope Francis raised the celebration of Saint Mary Magdalene on 22 July to the level of a Feast, highlighting her important role in the life of the Church.

Mary Magdalene's story reminds us of faithful discipleship, courage, and the hope of the Resurrection—not the mistaken identity that was attached to her for centuries.



Dumyat

Last Sunday after mass about 12 people walked from Sherrifmuir to the top of Dumyat on a wonderful sunny afternoon. We met on the way down some of our parishioners making their way up. Great adventure!



International Self-Care Day is observed every year on 24 July.

The date (24/7) symbolizes that self-care is something people can practice 24 hours a day, 7 days a week.

International Self-Care Day aims to encourage people to:

- Take an active role in maintaining their physical and mental health.
- Prevent illness through healthy lifestyle choices.
- Recognize when they can safely manage minor health concerns themselves and when professional medical advice is needed.
- Build healthy habits that improve long-term wellbeing.

What is self-care?

According to the World Health Organization, self-care refers to the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness—with or without the support of a healthcare provider.

Self-care includes:

- Eating a balanced, nutritious diet.
- Staying physically active.
- Getting enough quality sleep.
- Managing stress through relaxation, mindfulness, or hobbies.
- Maintaining good personal hygiene.
- Staying hydrated.
- Taking medications responsibly and following medical advice.
- Looking after mental and emotional wellbeing.
- Building supportive relationships and staying socially connected.

Why it matters

Practicing self-care can:

- Improve physical health.
- Reduce stress and anxiety.
- Increase resilience.
- Improve concentration and productivity.
- Lower the risk of some chronic diseases.
- Enhance overall quality of life.