

As we begin Lent, our sacred time of 'operation transformation' set aside an extra bit of time for prayer, daily Mass, or charity work. Maybe set up a sacred space/altar in your home with the Bible at the center and use the Trocaire Box as a visible reminder of how fortunate we are and of what we can share with those whose needs are greater. And of course we are called to give up some favourite foods/sweets or even T.V., iPad or Facebook time as a way of fasting for Lent! Remember that as Catholics we are asked to abstain from meat every Friday and if possible every Wednesday so perhaps you might also consider



CONFIRMATION 2023 At Baptism they were called by name and now with a new name they will be sealed with the Gift of the Holy Spirit by Bishop Tom on 1st March. On Saturday the 25th February, the Sacrament of Reconciliation or Confession will be available for all candidates and their families in the Church of the Nativity of Our Lady, Donore from 1-2pm and in the Church of St. Cianán from 2:30-4:30pm. It is a moment along the journey to humbly

WORLD YOUTH DAY 2023 ( $1^{ST}-6^{TH}$  AUGUST) the limited places we have available are almost booked out. Anyone or parishes interested in joining with us to participate in this world event are encouraged to book now. Cost €650 approx. All expenses included. To find out more please check out www.dioceseofmeath.ie or email: meathyouth@gamil.com. A Get2gether for pilgrims already booked and anyone interested in travelling but still hasn't booked yet will take place on Friday 24<sup>th</sup> February at 7:30pm in St. Anne's