

7pm. All proceeds toward local students travelling to Uganda in May to volunteer with Irish NGO, Nurture Africa.

Diocese of Meath? Contact Fr. Mark

MINISTERS OF THE WORD (READERS) AND MINISTERS OF HOLY COMMUNION Such ministry is indeed a privilege service in the Faith Community and we are very grateful for all who assist in these various Ministries. For ongoing formation and reflection we invite All Ministers to attend the following scheduled gatherings to be in held in the church in which they minister. If anyone would be interested in either if these ministries please discuss with Fr. Mark or contact the Parish Office. Tuesday 19th March Rossnaree 7pm and Donore 8pm. Wednesday 20th March Bellewstown 7pm and Duleek 8pm.

> CONFIRMATION & FIRST HOLY COMMUNION As families and local faith communities we continue to encourage our parents as they support the children along the journey of preparing for the celebrations of these sacraments in 2024. Next weekend the children preparing for First Holy Communion and the recently confirmed will receive another sticker in their Sacramental Passport for Lent, a time of doing some penance, remembering what Jesus has done for us!

SYNOD FEEDBACK INVITATION A series of meetings is planned for the coming weeks across the diocese of Meath to offer feedback on the Synod which was held in Rome last October and to offer an opportunity for further discernment on the synodal process which will inform the preparations for the Synod in Rome next October. All interested persons are invited to one of the following meetings: Navan Parish Room, Wednesday 6th March or Ashbourne Parish Hall, Wednesday 13th March. All meetings commence at 7:00pm and will be facilitated by the Meath Diocesan Synodal Team. It would be helpful to have some familiarity with the document issued following the Synod last October called *Towards the 2024 Assembly* available on www.synod.va.



CLEANING IN OUR CHURCH We are most grateful to all who assist our sacristy teams in all our Churches. As you know many hands make light work, so we are asking for volunteers to assist with a cleaning rota in St Cianan's Duleek. If anyone is willing and able please contact the parish office.

Let us be courageous witnesses this Lent to the example of Jesus by imitating His wilderness or desert experience which he undertook before he began the three years of his public mission which ultimately led him to Jerusalem and his Passion, Death and Resurrection! As he prayed, we pray; as he fasted, we fast, as he give of himself and took on the Gospel mission, we give of our charity and take on renewed Christian purpose! 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 centre 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 traditionally give up some favourite foods/sweets or even T.V., iPad or Social Media 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 keeping this practice for Lent! Could you spend one hour a week in Adoration? During Lent there will be mass every Wednesday morning at 7.30am in St Cianán's Church. Lectio Divina (sharing the Gospel) will also take place in the room inside the porch of St. Cianan's Church every Tuesday at 10-10:30am. On Friday evenings at 6pm following the Angelus, Stations of the Cross will take place in St. Cianán's Church. On Saturdays from 5-6pm Guided Holy Hour, followed by Confessions. Perhaps invite your spouse or family or even a friend to join with you in attending some of these Lenten events. Maybe offer to travel together from the other faith communities of Bellewstown, Donore and Rossnaree to participate in Christian solidarity as we recall the words of Jesus, "Where two or three are gathered in my name, I am there with you". In each of our churches a Cross will be displayed for Lent, whatever crosses you may be carrying, please come and place your pain or burden or affliction or addiction before Jesus, as we make this journey of Lent 2024. *Trocaire Boxes can be picked up in the churches. www.trocaire.org*

the candidates; we extend our gratitude to all in our parish schools.

25^{TH} February 2024

THE SACRAMENT OF CONFIRMATION Congratulations to all the candidates who celebrated their Confirmation Day in St Cianán's Church, Duleek. May they, with their families support, continue to grow in the Faith and bear witness to the ways of Christ Jesus, with the inexhaustible grace of the Holy Spirit. Thanks to all who so kindly helped prepare the church with the cleaning, flower arrangements and sacristan duties. Thanks also to the principals, teachers and staff for their huge support instructing

"Dear brothers and sisters! When our God reveals himself, his message is always one of freedom: "I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery" (Ex 20:2). These are the first words of the Decalogue given to Moses on Mount Sinai. Those who heard them were quite familiar with the exodus of which God spoke: the experience of their bondage still weighed heavily upon them. In the desert, they received the "Ten Words" as a thoroughfare to freedom. We call them "commandments", in order to emphasize the strength of the love by which God shapes his people. The call to freedom is a demanding one. It is not answered straightaway; it has to mature as part of a journey. Just as Israel in the desert still clung to Egypt – often longing for the past and grumbling against the Lord and Moses - today too, God's people can cling to an oppressive bondage that it is called to leave behind. We realize how true this is at those moments when we feel hopeless, wandering through life like a desert and lacking a promised land as our destination. Lent is the season of grace in which the desert can become once more – in the words of the prophet Hosea – the place of our first love (cf. Hos 2:16-17). God shapes his people, he enables us to leave our slavery behind and experience a Passover from