

# Abbeyleix & Ballyroan Parish

## NEWSLETTER



Parish Office 057 87 30844

May 10th, 2020

Parish Office : 057 87 30844 Email:

Fr Paddy Byrne: Phone 087 9948505

### Holding on to faith, hope and love

Living through this pandemic, coping with isolation whilst managing our mental health is undoubtedly a challenge. It is completely normal to be feeling overwhelmed and worried during this time. We may also experience feelings of anxiety, powerlessness, fear, irritability and depression. However, there are steps you can take to care for and manage your well-being.

1. Take a break from news and social media. If the media coverage is overwhelming and heightening your anxiety, it may be useful to allocate set times throughout the day to catch up on news and updates. Too much time on social media, googling things and excessive exposure to media coverage may increase your anxiety. This is an unsettling time for us, therefore, it's important to remember the facts and only listen to or follow reliable news sources.
2. Pray..... look after yourself.  
Our basic self-care needs include, taking deep breaths, exercising, eating healthily, staying hydrated and getting enough sleep. However, we can further care for our well-being by creating an evening unwind session. Take 20-40 minutes in the evening to reflect and relax. This can include reading, taking a bath, listening to music or practicing a guided breathing exercise on YouTube. Praying at this time is food for the soul, know that there is no social distancing when it comes to the healing presence of God in our lives. God's healing presence is available for us all.
3. Maintain connections.  
Even though we are further apart physically through social-distancing, this does not mean we need to lose our connections with family and friends. It is so important to keep in touch. Call, Skype, video call, message, text or email. It will help you and help them. We all need to check-in with each other, to talk about our fears and worries, to reassure and offer each other support.
4. Routine.  
Routine is key in helping us to care for our mental health and well-being. The lack of it can have a huge impact on thoughts, feelings and behaviour. Create a new routine, get up every morning at the same time, get washed and dressed. Even though you are at home and staying in a lot, it is important for your wellness. Sleep and diet are both also so important for your immune system, so stick to a good routine and make sure that you are getting enough sleep and eating well.
5. Lower your expectations  
It is okay if you're not on top of home schooling, or if you haven't learned a new skill or spring cleaned your home. Experiencing difficulty in concentrating and low motivation are to be expected. Adaptation will take time. So please go easy on yourself. Try not to compare to others on social media or in WhatsApp groups. What is important right now, is to go easy on yourself and to lower your expectations.
6. Stay in the present.  
Take each day as it comes and focus on the things that you can control. Mindfulness and meditation are great tools to help you do this. Remind yourself this is temporary and focus on what you can control.
7. Reach out  
If you have a pre-existing mental health condition and you have an appointment with your therapist or doctor, please keep them. If you need help or support right now, it is available.

During the coronavirus pandemic, Pope Francis has been offering encouragement to the world. From praying the Our Father with Christians of every domination to imparting an extraordinary Urbi et Orbi blessing, he has accompanied each action with powerful words about keeping hope and courage alive.

Join Fr. Paddy for Sunday Mass through the Parish Website, on the Parish Facebook page or on Fr. Paddys twitter or facebook page. Live Masses and messages of hope are all posted daily.



Abbeyleix and Ballyroan Parish



Fr. Paddy Byrne



@frpaddybyrne

Well worth a look on YouTube. A message for all the family.  
<https://m.youtube.com/watch?v=Nw5KQMXDiM4>



The Parish Church is now open daily. Please remember to use Social Distancing, and be mindful of hand hygiene. Please feel welcome to come light a candle. The Church is a place of prayer. It is a living sanctuary of hope at this time.

### Baptisms for May 2020

Due to the current COVID-19 pandemic, all baptisms booked for May are postponed until further notice. If anyone would like to book a Baptism, Fr. Paddy is most accommodating in relation to time or any other needs. If you wish to arrange a Baptism please contact Gráinne on 057 87 30844.



The months mind of Jim McDonald, Newtown Ballyroan will take place this weekend.  
May his soul Rest in Peace.

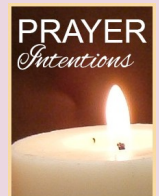


### Anniversary Masses

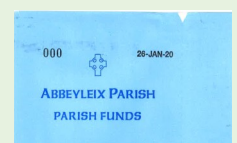
Please continue to book loved ones whose anniversaries occur at this time with Gráinne on 057 87 30844 and Fr. Paddy will remember your loved ones during Masses and name them as usual at our Sunday celebration.

We remember the following whose anniversaries occur at this time:

Peter & Brigid Ryan, Ballinakill & Rathdowney  
John & Mary Phelan, Ballyglisken  
Joey Rodgers, Rathmoyle  
Joseph and Margaret Dooley



A sincere word of appreciation to all who made contributions in this very difficult time to our Parish. If you wish to make any contribution to the Church during this time, please do so by posting a sealed envelope marked for the attention of Fr. Paddy Byrne through the letter box of Knocknamoe House.



Until the Parish Office re-opens signed Mass Cards are now available in SuperValu, Abbeyleix at €6 each. Please call Gráinne in the Parish Office with the name of who the card is for and your intention and Fr. Paddy will remember them in his daily prayers.



The Society of St. Vincent de Paul offer direct, personal assistance that is non judgemental and based on the need of the individual or family.

St. Vincent de Paul confidential number 087 6247868.

### Parish Office Contact:

Contact: Gráinne Email: [abbeyleixparishchurch@gmail.com](mailto:abbeyleixparishchurch@gmail.com) Tel: 057 8730844

Office Hours : Mondays : 9am-1.45pm Tuesday, Wednesday & Thursdays :9am - 3.30pm Fridays: 9am - 3pm

If urgently required, contact Fr Paddy on 087 9948505 (mobile)

Email: [frpaddybyrne@gmail.com](mailto:frpaddybyrne@gmail.com)