

The Cross and the Beatitudes

Blessed are those who hunger and thirst for righteousness for they will be filled. (Mt 5:6), now at the end of life Jesus now practices that Spirit when he speaks his fifth word from the cross, "I am thirsty" (Jn 19:28).

Hunger and thirst are intense experiences, since they are basic needs in our instinct for survival. There are those who desire justice and yearn for righteousness with similar intensity. Jesus tells us that they will be satisfied, sooner or later justice will come. We can cooperate to make that possible, even if we may not always see the results of our efforts.

Jesus offers a justice other than that of this world. Life experience shows how easy people look for their "justice", gang land justice, people looking for revenge, the daily politics of quid pro quo, where everything becomes "business". How many people suffer injustice, standing by powerlessly while others divide up the good things of this life? People who can afford it stockpiling, leaving little for those who are living week to week on their pension.

This has nothing to do with the hunger and thirst for justice that Jesus praises. True justice comes about in people's lives when they themselves are just in their decisions; it is expressed in their pursuit of justice for the poor, for the weak and for the marginalised. While it is true that the word "justice" can be a synonym for faithfulness to God's will in every aspect of our life. If we give the word "justice" too general a meaning, we forget that it is shown especially in justice towards those who are most vulnerable: "Seek justice, correct oppression, plead for the widow....."

In every heart, even in the person who is most corrupt and farthest from goodness, there is a hidden yearning for the light, even if it is found under the rubble of deceit and errors, but there is always the thirst for truth and goodness, which is thirst for God. It is the Holy Spirit that inspires this thirst: He is the living water that has moulded our dust. He is the creative breath that gave it life. Every person is called to rediscover what really matters, what they really need, what makes them live well and what they can do without.

Jesus proclaims in this beatitude - hunger and thirst for uprightness - that there is a thirst that will not be disappointed; a thirst that, if satisfied, will be sated and will always end well, because it corresponds to the very heart of God, to His Holy Spirit Who is love, and also to the seed that the Holy Spirit has sown in our hearts. May the Lord give us this grace: to have this thirst for justice which is precisely the desire to find it, to see God and to do good to and for others. Jesus in saying "I am thirsty" was yearning for justice and righteousness for the poor and marginalised right up to his death.

Our Lady Help of Christians, Navan Road Parish, Dublin 7



Our Parish

Palm Sunday 5th April 2020 - Holy Week Begins

BLESSED PALM CROSSES WILL BE AVAILABLE FROM A BASKET OUTSIDE THE DOOR OF 211 NAVAN ROAD THROUGHOUT PALM SUNDAY 5TH APRIL. FEEL FREE TO COLLECT ONE FOR YOUR HOME OR A HOUSEBOUND NEIGHBOUR WHILE GETTING YOUR EXERCISE.

DUE TO THE LATEST GOVERNMENT REGULATIONS THE CHURCH IS CLOSED UNTIL FURTHER NOTICE. SORRY FOR THE INCONVENIENCE.

Family Offering envelopes can be dropped into the Parish Office or the Sacristy letterboxes or 211 Navan Road. The Parish Office is now closed.

FOR EMERGENCIES PLEASE PHONE: 0871186474

BROADCAST MASSES

RTE NEWS NOW: Channel 220 / Sky 511:
10.30a.m. Daily.

EWTN: UPC/VIRGIN 815/ SKY855:
1p.m daily.

**RADIO MARIA: Saorview 21/
www.radiomaria.ie: 10a.m. daily,
Sun. 10 & 11 a.m.**

PRO-CATHEDRAL: www.procathedral.ie:
10.30a.m. daily, 11a.m. Sunday.

Mcmedia website <https://www.mcmedia.tv>
(this lists the churches in Ireland that are streaming Masses Daily. The list of Dublin Churches <https://www.mcmedia.tv/cameras/county/dublin>

Mass behind closed doors, broadcast on the parish radio 9a.m. daily. & 6.30p.m. Sat.

Listen for times for Holy Thursday, Good Friday Stations of the Cross & Holy Saturday

NEWSLETTER

The Newsletter will only be available on our website www.navanroadparish.com for the next few weeks. Please print one for a neighbour or family member who doesn't have access to a computer or smart phone.

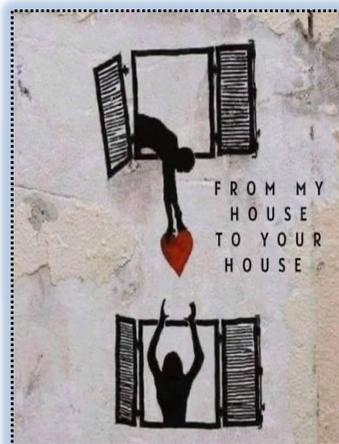
Lockdown – A Reflection by Brother Richard Hendrick OFM Cap

Yes there is fear.
 Yes there is isolation.
 Yes there is panic buying.
 Yes there is sickness.
 Yes there is even death.
 But,
 They say that in Wuhan after so many years of noise
 You can hear the birds again.
 They say that after just a few weeks of quiet
 The sky is no longer thick with fumes
 But blue and grey and clear.
 They say that in the streets of Assisi
 People are singing to each other
 across the empty squares,
 keeping their windows open
 so that those who are alone
 may hear the sounds of family around them.
 They say that a hotel in the West of Ireland
 Is offering free meals and delivery to the
 housebound.
 Today a young woman I know
 is busy spreading fliers with her number
 through the neighbourhood
 So that the elders may have someone to call on.
 Today Churches, Synagogues,
 Mosques and Temples
 are preparing to welcome
 and shelter the homeless, the sick, the weary
 All over the world people are slowing
 down and reflecting
 All over the world people are looking at
 their neighbours in a new way
 All over the world people are waking
 up to a new reality
 To how big we really are.
 To how little control we really have.
 To what really matters.
 To Love.
 So we pray and we remember that
 Yes there is fear.
 But there does not have to be hate.
 Yes there is isolation.

Yes there is panic buying.
 But there does not have to be meanness.
 Yes there is sickness.
 But there does not have to be disease of the soul
 Yes there is even death.
 But there can always be a rebirth of love.
 Wake to the choices you make as to how to live now.
 Today, breathe.
 Listen, behind the factory noises of your panic
 The birds are singing again
 The sky is clearing,
 Spring is coming,
 And we are always encompassed by Love.
 Open the windows of your soul
 And though you may not be able to touch across the
 empty square,
 SING.

There is a lovely animation to go with this
 prayer follow youtube link: [https://m.youtube.com/](https://m.youtube.com/watch?feature=youtu.be&v=J8loZfC6oIQ)

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SPIRITUAL COMMUNION

My Jesus,
 I believe that you are present
 in the most Holy Sacrament.
 I love you above all things,
 and I desire to
 receive you into my soul.
 Since I cannot at this moment
 receive you sacramentally,
 please come spiritually into my heart.
 I embrace you now
 as if you were already there
 and I unite myself wholly to you.
 Never permit me
 to be separated from you.
 AMEN

Pope Francis' Prayer to Mary during the coronavirus pandemic

O Mary,
 you always shine on our path
 as a sign of salvation and of hope.
 We entrust ourselves to you, Health of the Sick,
 who at the cross took part in Jesus' pain, keeping your faith firm.
 You, Salvation of the Roman People,
 know what we need, and we are sure you will provide
 so that, as in Cana of Galilee,
 we may return to joy and to feasting
 after this time of trial.
 Help us, Mother of Divine Love,
 to conform to the will of the Father
 and to do as we are told by Jesus,
 who has taken upon himself our sufferings
 and carried our sorrows to lead us, through the cross,
 to the joy of the resurrection. Amen.
 Under your protection, we seek refuge, Holy Mother of God.
 Do not disdain the entreaties of we who are in trial,
 but deliver us from every danger, O glorious and blessed Virgin.

Reading References:
 12th April Easter Sunday: Acts 10:34,37-43. Ps 117: 1-4,22-24R/ v 24. Col. 3:1-4. Jn. 20:1-9 **THE RESURRECTION OF THE LORD**

ALONE COVID-19 Helpline

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). The support line will be open **Monday to Friday, 8am-8pm, by calling 0818 222 024**

A Prayer for Healthcare Workers during this time
 Loving God,
 we place into your care all our doctors, nurses and healthcare workers. Give them courage of heart and strength of mind and body. Keep them safe from harm.
 May they know our deep gratitude for all they are doing to heal and help those affected by the coronavirus.
 God of all consolation may they know your protection and peace. Bless them in these challenging days and bless their families.
 Amen.