

Pope Francis Reveals Ten Secrets to Happiness

These are some of the top tips issued by Pope Francis in August 2014 as part of his prescription for a more content and fulfilled life.

In a typically frank and humble interview with the Argentine weekly *Viva*, the Pope also urged his followers to shun consumerism, retain an anti-war stance and protect the environment.

In what has been tagged “Pope Francis' 10 Commandments for a Happy Life,” he stressed his motto of *Live and let live* is the main ingredient for a happy life.

Here's the list of the Pope's guidelines to happiness:

1. Live and let live.
2. Be giving of yourself to others...If you withdraw into yourself, you run the risk of becoming egocentric...And stagnant water becomes putrid.
3. Proceed calmly [in life].
4. A healthy sense of leisure...Consumerism has brought us anxiety, [causing us to lose a] healthy culture of leisure. [At this point, the pope also urged families to turn off the TV when they're eating together.]
5. Sunday is for family.
6. We need to be creative with young people. If they have no opportunities, they will get into drugs.
7. [Environmental degradation] is one of the biggest challenges we have. I think a question that we're not asking ourselves is: “Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?”
8. Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead of picking myself up I have to cut others down.' Letting go of negative things quickly is healthy.
9. We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyzes: 'I am talking to you in order to persuade you.' No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytizing.
10. We are living in a time of many wars, [and] the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive.

Here's a link to the report (in English) on the TV station 9News Philippines:
www.youtube.com/watch?v=54buFJ1tmDU

[Extracted from: www.irishcentral.com/news/education/Pope-Francis-ten-commandments-for-a-happy-life.html]



ST. JOSEPH'S PARISH O'Connell Avenue Limerick Sunday 3rd January 2016 Second Sunday of Christmas

Fr Oliver Plunkett, Adm:.....087-6593176
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Mass Times and Intentions

Day	Time	Name
Sun. Jan. 3 rd	10.00am	Mary and Michael Daly (anniversary)
	11.30am	Michael and Mary Meskell; Andrew Hickey (seventh anniversary); Stephen and Peggy Coughlan; Frank McDonnell; Michael Galvin
	5.30pm	Dan and Elizabeth Riordan; Liam Maher
Mon. Jan. 4 th	10.30am	Nancy Glasheen; Maureen O'Donnell (fourth anniversary)
Tue. Jan. 5 th	10.30am	
The Epiphany Wed. Jan. 6 th	10.30am	Mary Hough (fifth anniversary)
	5.45pm	
Thur Jan. 7 th	10.30am	Alice and Batt O'Brien
Fri Jan. 8 th	10.00am	Bryan Walsh (birthday remembrance)
Sat. Jan. 9 th	10.30am	Tom Mulrooney (fifth anniversary)
Sun. Jan. 10 th	10.00am	Bridget Cleary and Jim
	11.30am	Richard Maher (first anniversary); Agnes Cronin (fifth anniversary); Ursula Walsh-Lane (first anniversary) and John Lane; Gladys Frawley (seventh anniversary)
	5.30pm	William and Margaret O'Dwyer; John English (third anniversary); Marie O'Donoghue (anniversary)

The Epiphany of the Lord

On next Wednesday 6th January Masses here in St Joseph's will be at 10.30am and 5.45pm.

Gratitude and Appreciation

We, the priests of the parish renew our profound gratitude to all who have supported us so graciously and generously over the Christmas season. We ask God's blessings on you and your families and assure you of our prayers in the year ahead.

Our Bethany (Bereavement) group is 30 years founded this year. We thank all members who have served in this group down through the years. We acknowledge with deep gratitude the generosity of Mrs Josephine Stack and Sister Margaret Greene RSM, who were the founding members.

Last Two Sundays' Collections

Thank you for your offerings: (i) Sunday 20th December Offertory €866.25 and Diocesan Needs €407.72 and (ii) Sunday 27th December Offertory €1016.10.

Recently Deceased

Pray for the happy repose of the souls of: ●Gertie Mullins, late of Pery Square, ●Sr Agnes Long FCJ. Laurel Hill, ●Phyllis Toomey (née Stokes), Carew Park and formerly of St Joseph's Place, ●Sr Monica Dwyer, Westbourne Convent, Ashbourne Avenue, ●Catherine McNamara (née Quill), O'Connell Avenue, and formerly of Nenagh, Co. Tipperary. We extend our sympathy to their families, communities, relatives and friends.

Feast of the Baptism of Our Lord

At all the Masses on Sunday next, 10th January, which is the feast of the Baptism of Our Lord, we invite all parents who have had their children baptised here in St Joseph's during 2015 to come with their child's baptismal candle which will be lit during Mass. We will also have a special blessing for both parents and newly baptised.

This Week's Solemnities and Saints

3 rd (Sunday):	St Munchin (Mainchín), bishop (co-patron of our diocese)
5 th (Tuesday):	St Charles of St Andrew, priest
6 th (Wednesday):	The Epiphany of the Lord
7 th (Thursday):	St Raymond of Penyafort, priest

Vocations

Then you shall be radiant at what you see, your heart shall throb and overflow. (Is. 60:5)

The image of the infant Son of God lying in the manger made the hearts of all who witnessed Him throb and overflow with joy. This world of ours today, drifting into spiritual darkness, needs to be re-awakened to the radiant image of the Christ Child but who will bear witness to this Incarnation of God? Is God asking you? If so, why not contact: Fr. Leslie McNamara (Limerick Diocesan Vocations Director) at (061)414624 or mailto: lesliemcnamara@eircom.net

Prayer: We pray that during this difficult time, that the Holy Spirit may bring new life into our Church, our Community and our Diocese so that the good news will continue to be heard by people of good will.

Message from The Samaritans (Limerick-Tipperary Branch)

We are looking for volunteers for the Samaritans in our branch, our vision is to alleviate emotional distress and reduce the incidence of suicidal feelings and behaviour. We are a confidential and non-judgemental service. Anyone can become a Samaritan, from all walks of life and backgrounds, and a full training scheme will ensure that you will be able to deal with any call. In 2015 we have answered almost 500,000 calls, reaching out to those who needed our support at difficult times in their lives. We are available 24 hours a day 7 days a week. We are holding information sessions in our branch at 20 Barrington Street on three Saturdays in January, viz. 9th, 23rd and 30th at 11am each day.

The training takes place over several months and is a great way to meet other Samaritans and develop a skill that will last a lifetime, and maybe save a life. It is a way to give something back to the community. Our Freephone is 116123 and we can be contacted online at www.samaritans.ie or text on 087-2609090

Thanks, Philip Bray, Deputy Director, Limerick-Tipperary Samaritans

The Bible...EXPOSED!! (Ten Week Course)

Join us for a crash course in the bible and see the bible brought to life. Uncover the hidden treasures of the bible. Can ancient writings like the Old Testament help us in everyday life? Become aware of God's love for you and get to know him. Mass—is Jesus really present? Who is the Holy Spirit? Can Mass be meaningful? Why do we have readings from the Old Testament, New Testament and Psalms? Are the sacraments in the bible? For answers to these questions and more, come to our bible course at the Pastoral Centre, Denmark Street, commencing on Monday 18th January, for 10 consecutive Mondays from 7.30pm to 9pm. For further details, contact Sharon Clohessy 087 9027217 or Eilish Carter 087 8170420 (after 6pm). The booking deadline is Monday 11th January and places are limited. The fee is €10 per night.

I came so that you could have life and have it to the full— John 10:10

"The Joy of the Gospel" (Six Week Course)

Have you heard about "The Joy of the Gospel"/Evangelii Gaudium? It's a wonderful document written by Pope Francis. If you would like to learn more about it, join us for a six week course. We will study, read and reflect on "The Joy of the Gospel, and also look at how we can put it into action in our lives and parishes. We will do this in a variety of ways including a unique course based on this document, as well as video, discussion, activities and reflection/prayer time. You can join this course at the Pastoral Centre, Denmark Street, commencing on Wednesday 20th January, for 6 consecutive Wednesdays from 7.30pm to 9pm. For further details, contact Sharon Clohessy (087 9027217). The booking deadline is Monday 11th January and places are limited. The fee is €10 per night. Copies of "The Joy of the Gospel" will be provided. Tea/Coffee and Biscuits afterwards!

On the web: ●Parish: www.stjosephsparish.ie ●Diocese: www.limerickdiocese.org

●Diocese on Facebook: www.facebook.com/dioceseflimerick

An electronic version of this newsletter may be seen on our website.

Newsletter prepared by Cathal McCarthy