

Mass Intentions this Week

We pray for all those who died recently, **Freda Flavin**, Ardmore, and for all with Anniversaries, Birthday Remembrances etc. at this time of the year and all who have gone to God.

Sat 19th	5.30pm	Sally Flood (Month's Mind) Michael Croker (Remb); Archie Croker (Remb) Michael Jordan (Remb); Patrick Gavin (Remb) Joe and Doris O'Grady and grandson Daniel (A1) Yvonne Roche (A) Dolores Brophy (RIP)	G.J.
Sun 20th	9.30am	Judy Duggan (A)	C.S.
	11 am	Private Intention	T.P.
	12.30	Nora Murphy (1st A) Tony O'Connor (5th A) John Mitchell & decd. members of the Mitchell & Corbett families	G.J..
Mon 21st	10 am	Private Intention	G.J.
Tues 22nd	10am	Eamon Molloy, Kilkenny (RIP)	G.J..
Wed 23rd	10 am	Tom Murphy (A)	MSC
Thurs 24th	10 am	Private Intention	C.S.
Fri 25th	10am	Bill & Chris Sammon (A)	C.S.
Sat 26th	10am	Private Intention	G.J.

Mass Intentions Next Weekend include:-

Sat 26th	5.30pm	Dolores Rainsbury (1st A), parents Andy & Maureen Mc Grath (A) and sister Mary Morris (A) Anna Marie Byrne (2nd A)
Sun 27th	9:30am	Private Intention
	11 am	Private Intention
	12.30pm	John Burke (3rd A) Catherine & Michael Mc Donagh and decd. family members Jerry Murray (2nd A)

PARISH NEWS

20th June 2021



"CHRIST THE KING PARISH — A FAMILY OF FAMILIES"

Parish Notices.

All our Ceremonies are on-line "salthillparish.ie - live web cam". We hope you will join us on the airways in prayer for some of them.

Daily Mass: 10 am

Saturday: Vigil mass at 5.30pm

Sunday: Mass at 9:30 and 11a.m & 12.30pm

**Booking Necessary
for Weekend Masses**

Church Open daily for private prayer

Parish Office open as usual (Mon-Fri) 9:30am to 4:30pm (lunch 1-2pm).

Happy
Father's
Day!

Lough Derg regrets that it will not be possible in 2021 to re-open Station Island for the traditional Three-Day Pilgrimage, or even for the autumn programme of Day Retreats. Lough Derg will again offer the opportunity to 'Do Lough Derg from wherever you are' from 3rd to 5th July.

The outdoor Pilgrimage on the Lough Shore Pilgrim Path will also be available as the summer goes on. Further information from Lough Derg office 0(0353) 71 9861518 or www.loughderg.org.

Salthill Parish is committed to the protection of all children and young people in our Church.



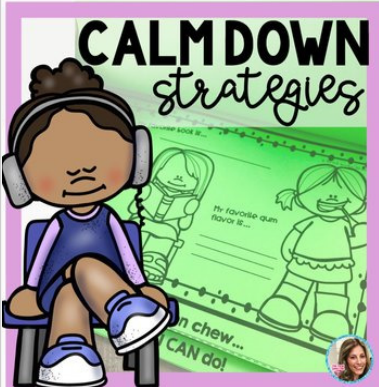
SCATTERED THOUGHTS !



Dear Fellow Traveller,

Today the disciples find themselves in a boat, in the eye of a storm, facing a dilemma. Dealing with stressful life situations is never easy. Where to go to, who to ask, finding the way is the start of a new journey.

This is exam time, and we all remember the pressure we felt at this time. Stress is stress, no matter what the reason, so the tips we get for exams are for life.



7 tips to help you cope with exam stress

A little stress can be a good thing: it can be the motivational push that we need to get things done.

1. Remember to breathe

Setting aside a couple of minutes every day to practice mindfulness techniques, such as breathing exercises. Saying a short prayer allows time for new options to arise from within. It also helps to calm down your body's stress response and shift your attention back to the present moment.



2. Eat, sleep, and exercise well

Eating well and getting some exercise into your day can reduce symptoms of anxiety. For your body's best performance, make sure you're getting 8/9 hours of sleep, less caffeine and more water, and at least half an hour of exercise per day.

3. Set realistic goals

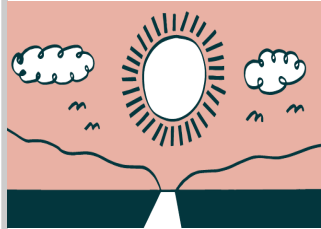
Acceptance of your situation and working within the realms of what you have maximises your productivity without the risk of burning yourself out.

4. Don't go it alone

Find a new social outlet, phone an old friend, send a card for no reason but to say hallo. The benefits of social support tend to include a better sense of confidence and autonomy.

5. Pace yourself through panic

If you experience panic at any point, take six deep breaths, hydrate yourself, and then go back the issue at hand, being sure to break it down into several, manageable chunks. Remember that there is usually a rational solution to every problem, even if you cannot see it at first glance.



6. Believe in yourself!

When constantly faced with new challenges, we often forget to look back at how far we have come, and how much we have already achieved. Given that you have prepared well, there should be no reason for you to worry. Therefore, when experiencing a negative thought, try to replace it with a positive one.

7. If you feel like you are struggling, talk to someone.

Asking for help is never shameful. In the most extreme cases, it can help save a life. When struggling, talk to friends, family, or your personal tutor about how you are feeling. Do not be afraid to seek professional help and support.

Good luck, everyone!

MASS TIMES ON-LINE ONLY

WEEKENDS

Saturday: 5:30pm (Vigil)

Sunday: 9:30am, 11am,
9Booking Necessary).

WEEKDAYS:

Mon —Sat.: 10am.

The Parish Office:

Hours: Mon-Fri: 9:30—1pm
2pm —4.30pm

Yvonne Thornton [Mon-Wed]

Rhona Bolger [Thurs-Fri]

Phone: (091) 523413

E-mail:

Salthill@parishes.galwaydiocese.ie

Parish Co-Ordinator:

Frank Keane.

Parish Sister: Sr Breege Ruane

Music Director: Jackie Lillis.

Priests of the Parish:

Fr. Gerry Jennings 523 413

Fr Charlie Sweeney MSC
523413

Readers

5.30pm

9.30am Parish Reader

11am

12.30pm Parish Reader

Flowers

Margo Cunningham

Teresa O'Flynn

Linens

Bridie O'Mahony