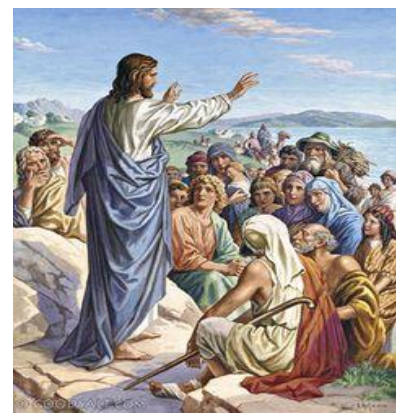




# Tramore & Carbally Parish Newslink

## Sunday 1<sup>st</sup> February 2026

### 4<sup>th</sup> Sunday in Ordinary Time



## MASS TIMES

*Holy Cross Tramore*

**Saturday:** 10am & 7.30pm (Vigil)

**Sunday:** 8.30am & 11am

**Monday - Friday** 10.00am

### CONFESSIONS

Saturday 10.30am and upon Request

### NOVENA TO OUR LADY OF PERPETUAL HELP

Mondays after 10am Mass

### HOLY FACE DEVOTION

Tuesday after 10am Mass

### DIVINE MERCY

Wednesdays at 3pm

### EXPOSITION OF THE BLESSED SACRAMENT

Thursday after 10am Mass until 5pm

Church closes at 4pm Monday – Wednesday  
and Friday & 5pm Thursday

### PRAYERS FOR HOLY SOULS

Friday after 10am Mass

*Our Lady's Church, Carbally*

**Sunday Feb 8<sup>th</sup> NO MASS**

*Church of the Immaculate Conception Fenor*

**Sat Feb 7<sup>th</sup> 6pm**

*Sacred Heart Church, Dunhill*

**Sunday Feb 8<sup>th</sup> No Mass**

### COVID -19

It is recommended that all Parishioners continue to sanitize their hands on entry and exit from the church

**Priest on Duty**

**086-6004384**

## Reflection for 4th Sunday in Ordinary Time

### Day- to- day Compassion

Today's gospel was described by the late Pope Francis: *'This is the new law, the one we call the "the Beatitudes."* It's the Lord's new law for us' (February 2016). It highlights attitudes of the heart rather than just a set of rules to be followed.

We do not stay just with the words of Jesus. His life and teaching was a commentary on this sermon. Jesus invites us to watch how the sermon is lived out in his life. All the qualities – being poor in the spirit, able to mourn our losses and work for peace – are qualities of the human person. This is how we know our need for God, our need for each other. Even in his risen life he was the humble one who could listen to the doubts of his disciples and guide them to further faith, each in his or her own way.

The church is called to live these qualities, which lead us to the compassion of Jesus and to bring compassion in our lives. Compassion and understanding come from listening deeply to others, especially their joys and sorrows.

Compassion also grows in prayer – by asking for it, and by watching the compassion of Jesus in his life.

Someone working with young people once said that *'an ounce of compassion is worth a ton of exhortation.'* Marriage, friendship and family life are all enriched by the quality of compassionate listening.

*Some time today notice how you are feeling:  
share that with Jesus in prayer.*

*Notice too how these feelings affect  
how you are with others during the day.*

*Thank you, Lord, for your compassion for me in all times of my life.*

Donal Neary SJ



## Feb 1<sup>st</sup> Feast of St Bridget

An Old Irish Blessing:

*May Bridget's mantle protect me always!*

*And we pray...*

*Holy Bridget, watch over our homes and our communities.*

*Goddess of hearth and guardian of fire,*

*Embrace us with your mantle of protection.*

*Breathe your healing blessing on each one.*

## Feast of St Blaise -Tuesday Feb3<sup>rd</sup>

Blessing of the throats will take place after 10am Mass on Tuesday

*Masses booked for the coming week:*

*Please remember in your Prayers.....*

*Those who have died recently:*

William Tony O'Sullivan  
Brian O'Shea

*Those whose Months mind Occurs:*

*Those whose' Anniversary Occurs:*

Jack, Josie & Clare Kearney  
Robert & Eileen Taylor  
Seamus Kiely  
Mary (Peter) Hally  
Michael Frisby  
Pat Drohan  
Margaret Fitzgerald  
Tom Browne  
Michael Power  
Nicky, Kathleen & Pat Dunphy  
Bernadette Meyers

**Next Week's Team** 7/8 Feb

**Readers:** Team B

**New Rota for Readers**, available in the Sacristy.

**Ministers Rota of the Eucharist:**

Contact: Olivia 086-3438467

**Weekly Church Collection: 25th Jan**

**Tramore:** € 2895

**Carbally:** € 200

We thank all for your continued support

**The Parish Office**

Next week's opening Times:

Mon - Fri: 9.30am - 1pm

Contact: 051-386477

**Mass Booking**


The Mass Book for May will open at the Parish Office on Tuesday February 3<sup>rd</sup> at 9.30am and phone booking at 10am 051-386477

**Tramore Parish FACEBOOK**

Parish of Tramore & Carbally

You may also access on parish website:

[www.tramoreparish.ie](http://www.tramoreparish.ie)

Please LIKE  and SHARE with your family and friends

**Parish Website**

You may have noticed, over the last few weeks, there is an additional page added to our Parish website: "**Gospel & Reflection**" which features the Sunday Gospel every weekend. On this page also there is a Reflection on the Gospel each week, written by Fr. Richard.

[www.tramoreparish.ie](http://www.tramoreparish.ie)

Saturday	31 <sup>st</sup> Jan	<b>10.00am</b>	Josie Walsh
		<b>7.30pm</b>	Jack, Josie & Clare Kearney Robert & Eileen Taylor Nellie Dunne (1 <sup>st</sup> Ann)
Sunday	1 <sup>st</sup> Feb	<b>8.30am</b>	Charles & Anastasia White Denis & Mary McCarthy
		<b>11.00am</b>	Breda Hodgson Mary Behan
Monday	2 <sup>nd</sup> Feb	<b>10.00am</b>	Michael & Maureen McGuire Noel Power
Tuesday	3 <sup>rd</sup> Feb	<b>10.00am</b>	Michael & Catherine Leahy Kitty & Eddie Mooney
Wednesday	4 <sup>th</sup> Feb	<b>10.00am</b>	Evelyn Dineen David Kiely
Thursday	5 <sup>th</sup> Feb	<b>10.00am</b>	Dick Murray Chrissie Moylan
Friday	6 <sup>th</sup> Feb	<b>10.00am</b>	Geraldine Carberry (1 <sup>st</sup> Ann)
Saturday	7 <sup>th</sup> Feb	<b>10.00am</b>	Sr Margaret Browne & Bob Browne Mary Flanagan
		<b>7.30pm</b>	John O'Connor Josie Walsh
Sunday	8 <sup>th</sup> Feb	<b>8.30am</b>	Emmie Wright & Kitty Whelan Eddie O'Neill
		<b>11.00am</b>	Andrew & Anastasia Crowe Michael & Joan McCarthy
<b>Carbally</b>			
Sunday	1 <sup>st</sup> Feb	<b>11.00am</b>	Tony Caulfield, Daniel Doyle, Francis Power Mary & Jim Molloy, James Kelly
Sunday		<b>11.00am</b>	Billy McGrath, Terry Manton, Michael Power, Carballymore

**THREE- DAY NOVENA**

A short 3-day Novena in honour of Our Lady of Lourdes will take place in Holy Cross Church from Monday Feb 9<sup>th</sup> to Wednesday 11<sup>th</sup> inclusive at 10am Mass.

On the Wednesday the Feast Day of Our Lady of Lourdes, an extra Mass will take place at 7pm with anointing of the sick for all who feel they would benefit from that sacrament.

**AN EVENING WITH THE CHOSEN IN TRAMORE PARISHDAY NOVENA**

Tramore Parish invites you to see Jesus through the eyes of those who lived with and knew Him. Come along to watch Season Three, Episode 3 of The Chosen series with us at Glór na Mara School, Convent Hill, TDaramore beginning with tea & coffee from 7.15 to 9pm on Mondays: **9<sup>th</sup> Feb, 9<sup>th</sup> Mar, 13<sup>th</sup> Apr, 11<sup>th</sup> May.**

**All are welcome.**

**SONGS OF PRAISE:**

Cathedral of the Most Holy Trinity Within, Barronstrand St., Waterford. Sunday 8<sup>th</sup> February at 5pm. Join local choirs singing Waterford's favourite hymns in aid of *The Samaritans* and *Friends of the Cathedral Music* which supports the cathedral music programme for young musicians. All welcome!

**ENCOUNTER FOR YOUNG ADULTS** aged 18 - 35. Talk / Prayer / Music / Adoration and opportunity for Confession, followed by Pizza and Chat! St John's Church, Parnell Street, Waterford. Friday 13<sup>th</sup> February at 8pm. More info on [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

**Popes Monthly Intention for February**

**For children with incurable diseases**

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope