

John Paul Loreto Newsletter.

GOOD NEWS IN IRELAND ROSCOMMON WOMAN PUBLISHES FIRST BOOK AGED 95



Brigid Kavanagh was born in Roscommon in 1926 but lived most of her life in Dundrum, Dublin. It has been her lifelong ambition to publish her own book and she tried many times but was unsuccessful. However, Brigid never gave up and with the help of her family over lockdown, she is now an officially published author. She received 500 copies of her book *In My Mind's Eye* last week as she was turning 95. The book contains 95 short stories and poems and is similar to a memoir, drawing on her experience in London at the end of WWII and also her time spent growing up in Roscommon. Her sons came across many of the stories while doing a clear out and encouraged their mother to put them together.

With World Book Day coming up on the 4th of March, Brigid is an inspiration to all budding writers. She encountered many setbacks along the way but never gave up on her dream. She says the book gave her "a new lease of life" and she has much to celebrate as she turns 95 years old.

LIST OF IDEAS OF NEW THINGS YOU COULD START DOING FOR LENT

Many of us find it hard to give something up for lent. So instead of giving something up how about you pick something to try for the next 40 days. We have compiled a list of new things you can give a go. Give one of these a go or even a few.

- Go for a run or walk at least twice a week
- Meditate for ten minutes a day
- Write down three things you are grateful for everyday
- Write a letter or send a text to someone who might feel lonely
- Get up before sunrise
- Talk with a positive person
- Invest fifteen minutes a day to learning a language
- Invest fifteen minutes into sewing or crocheting
- List three things you genuinely like about yourself every week
- Repeat a mantra in your head
- Drink two litres of water a day
- Write down the main events of your week
- Write down some stories from your childhood so you can remember them better
- Write down stories elderly people have told you about times past
- Once a week wear an outfit that makes you feel happy
- Try a new healthy recipe once a week
- Go vegan for a day every week
- Sort through your old clothes and see if there's any you can recycle
- If you don't already have one, make a recycling bin to separate waste
- Give a thank you note to your postman
- Look into buying from small businesses

Scripture for Lent

“Rejoice in hope, be patient in tribulation, be constant in prayer” (Romans 12:12).

“No one takes [my life] from me, but I lay it down on my own. I have power to lay it down, and power to take it up again” (John 10:18).

“Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me” (John 15:4).

Trócaire
Working for a just world.

Trócaire, the Catholic Agency for World Development, is an organisation that helps and support vulnerable people in the developing world. Trócaire also raises awareness of Global Poverty & Injustice. Their work is grounded in Catholic Social Teaching and is in line with the teachings of the Catholic Church. They work in partnership with communities in over 20 countries to relieve poverty and tackle injustice. The organisation works with people of all faiths and none, and with a wide range of organisations. Trócaire is the Irish language word for “compassion”. For almost 50 years Trócaire has put the compassion of Irish people into action. The headquarters of Trócaire are in St. Patrick's College, Maynooth, County Kildare.

They work towards:

- People's dignity to be ensured, and rights are respected.
- Where basic needs are met, and resources are shared equitably.
- Where people have control over their own lives.
- Where those in power act for the common good.

They support people regardless of culture, ethnicity, gender or religion. They support women and men to stand up for their rights, as well as

20 Meditation Tips for Beginners

1. Sit for just two minutes.
2. Do it first thing each morning.
3. Don't get caught up in the how — just do.
4. Check in with how you're feeling.
5. Count your breaths.
6. Come back when you wander.
7. Develop a loving attitude.
8. Don't worry too much that you're doing it wrong.
9. Don't worry about clearing the mind.
10. Stay with whatever arises.
11. Get to know yourself.
12. Become friends with yourself.
13. Do a body scan.
14. Notice the light, sounds, energy...

A prayer for hope:

“As the sun rises on our day, may Your light dawn on our hearts. Reveal Your character and goodness to us as we put our hope in You.”

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.”

-Oprah Winfrey

TWO JOKES AND A RIDDLE

A class of nuts had 'show and tell' in school the next day. A walnut went home and found a picture of himself when he was just a baby and decided that it was the best picture that summed him up. When in school the following day he

demanding those in power to recognise their responsibilities to those they serve. Trocaire, the Catholic Agency for World Development, was set up by the Bishops of Ireland in 1973. Pope Paul VI was the founder of this organisation. Their two main aims are to help those in need in developing countries and to make Irish people more aware of those needs and duty in justice towards them.

WHAT CAN YOU DO FOR THIS AMAZING ORGANISATION DURING LENT?

An excellent Lenten promise this year especially with Covid-19 having a hard impact on many developing countries would be to donate to Trócaire. Your support is allowing them to limit the spread of the virus in places lacking the health systems to cope with outbreaks. It is also providing emergency aid to people affected. Trócaire have a Lenten Appeal where many churches usually hand out Trócaire boxes at the start of Lent and collect them towards the end and the collected money goes to the organisation. This year you can donate through their website by completing a few steps. https://www.trocaire.org/?gclid=EAlaIqobChMI_4rgyOL-7gIVtGLmCh0-pQwgEAAYASAAEgL8-PD_BwE

walked to the top of the classroom and showed everyone his baby photo and said "that's me in a nutshell".

A piece of string walked into a restaurant and went up to the front desk. The manager took one look at him and said "I'm sorry we don't serve pieces of string here". The string was annoyed and went outside, tied himself into a knot and ruffled up his edges. He headed back into the restaurant and once again went up to the front desk. The manager said "aren't you that piece of string I just said no to a few minutes ago". The piece of string replied "no I'm a frayed knot".

What's always in front of you but can never be seen?

