



## Today's Mass Readings

### First reading

A reading from the prophet Zephaniah

Seek the Lord, all you, the humble of the earth, who obey his commands. Seek integrity, seek humility: you may perhaps find shelter on the day of the anger of the Lord. In your midst I will leave a humble and lowly people, and those who are left in Israel will seek refuge in the name of the Lord.

They will do no wrong, will tell no lies; and the perjured tongue will no longer be found in their mouths. But they will be able to graze and rest with no one to disturb them.

The Word of the Lord

### Responsorial Psalm

Response: Happy are the poor in spirit; theirs is the kingdom of heaven.

### Second Reading

A reading from the first letter of St. Paul to the Corinthians.

Take yourselves for instance, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen – those who are nothing at all to show

up those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

The Word of the Lord.

### Gospel Acclamation

Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!

### Gospel

A reading from the holy Gospel according to John

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them: 'How happy are the poor in spirit; theirs is the kingdom of heaven. Happy the gentle: they shall have the earth for their heritage. Happy those who mourn: they shall be comforted. Happy those who hunger and thirst for what is right: they shall be satisfied. Happy the merciful: they shall have mercy shown them. Happy the pure in heart: they shall see God. Happy the peacemakers: they shall be called children of God. Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven. 'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

The Gospel of the Lord



# ARLES DOONANE PARISH NEWSLETTER

SERVING ARLES, BALLYLINAN, DOONANE, KILLEEN AND MAYO

4th Sunday in Ordinary Time

1st February 2026



### A Happy New You

Take a look at the front cover of any women's magazine, and you'll find a host of headlines promising to transform readers' lives for the better. Inside you'll find articles about miracle diets, the most flattering make-up, the latest fashions to achieve the perfect look. This trend is particularly noticeable at this time of year when the focus is on new year resolutions – new year, new you!

We live in a culture obsessed with appearances. The ultimate message is that we need to constantly transform our outward image in order to feel fulfilled and happy. If we let this message filter in, we can be left feeling empty, frustrated and dissatisfied with our lot.

But today's Gospel speaks of a different type of happiness. The word 'happy' appears nine times in the Beatitudes – it is sometimes translated as 'blessed'. This happiness Jesus is talking about should not be viewed as a reward for religious achievements, but rather as an act of grace by God. The focus is much



deeper than superficial happiness. The Beatitudes call us to a radically new way of being. When we centre our lives on God, we find our true identity and lasting peace.

Triona Doherty



## Religious Services to attend

Morning Mass (Arles): 10am Tuesday - Friday

Recitation of the Rosary (Arles): 9.30am Tuesday - Friday

Confession: After 10am Arles Mass (First Friday)

Adoration of the Blessed Sacrament: Tues. 11am-1pm (Killeen), Wed. 10am-9pm (Doonane) & Fri. 7.30pm-8.30pm (Ballylinan)

## In Memoriam

We pray for: Kathleen (Kit) Farrell, Kilkenny Rd., Ballylinan who died during the past week.

## Anniversaries for 1 February 2026

Ballylinan (7pm): Mona Morris

Tom McDonnell

Dick Donohoe & his parents Denis & Ellen

Margaret Bambrick, also her husband William, daughters Mary & Pauline & her son Willie.

Doonane (8pm): Wally & Mar-Jo Jordan, Clonbrock

Killeen (9am):

Arles (10am): Paddy Doogue, Maidenhead

Nicholas Boran (Birthday Remembrance -100 on 28th January)

Mayo (11.30am): Rosemary Eyre

## Anniversaries for 8 February 2026

Ballylinan (7pm): Michael Kelly (1st Anniversary) and Breda Kelly (3rd Anniversary)

Doonane (8pm): Betty Hosey (Months Mind)

Killeen (9am): Ann Kelly, Tierernane

Arles (10am): Peter & Mary Farrell, Arles

Katie Graham (2nd Anniversary)

Mayo (11.30am):

Eternal rest grant unto them, O Lord



## Rainbows Carlow

Now has a new email and phone number to contact Carlow Rainbows.

rainbows.carlowtown@gmail.com

and (087) 1256199

The Spring term of peer support groups commences on Mon 23rd Feb, at 4.30pm in Askea Parish Centre. New facilitators to help with facilitating groups are always welcome and support is provided please get in touch if you would be interesting in volunteering with us.

## Sharing from the Table of the Lord: Training for Extraordinary Ministers of Holy Communion



Would you like to be a Minister of Holy Communion, or are you already one and would like to refresh your training and formation for this ministry? The next training course takes place in Newbridge Parish Centre on Saturday, 14 February from 10 am to 4 pm. Participants will receive a diocesan certificate of participation. If you would like to attend this training to serve as a minister in your parish, please contact your local parish office. Participants are asked to bring a packed lunch.



Fr. Padraig Shelley PP (059) 914 7637

✉ arlesdoonaneparish@gmail.com



## Parish Contact Details

Parish Office: (083) 8765 800

Opening Hours: Tuesday 10am - 1pm & Friday 10am - 1pm

## Religious Services to attend

Confession: After 10am Arles Mass (First Friday)

Adoration of the Blessed Sacrament: Tues. 11am-1pm (Killeen), Wed. 10am-9pm (Doonane) & Fri. 7.30pm-8.30pm (Ballylinan)

## Ceremony of Light

St. Anne's Church, Ballylinan

Wednesday 4th February at 7pm

*We keep the young people in Arles NS, Ballylinan NS and Killeen NS in our prayers as they prepare for their Confirmation.*



## Sick and Housebound

Thursday 5th Feb.

Afternoon: Arles

Friday 6th Feb.

Morning: Killeen & Ballylinan

Afternoon: Mayo & Doonane

*If you wish to be added to those who are attended monthly, please ring the Parish Office with your details (083) 8765 800.*



## St. Brigid's Blessing



May Brigid bless the house wherein we dwell.

Bless every fireside, every wall and door.

Bless every heart that beats beneath its roof.

Bless every hand that toils to bring its joy.

Bless every foot that walks

portals through.

May Brigid bless the house that shelters us.



## Congratulations and Well Done

To all the boys and girls who made their First Confession during the past week.



A word of thanks also to their teachers for preparing them for the sacrament.

## Lotto Results

27th January 2026

Winning Numbers

1    2    13    16

Jackpot €7,850

Jackpot - No Winner

Lucky Dip €20 - Delaney Family, Hollypark

Lucky Dip €20 - Shane Purcell

Lucky Dip €20 - Nicola Rowan

Lucky Dip €20 - Michael Jordan

Next Weeks Jackpot €7,850

Tuesday 3rd Feb—  
Feast of St. Blaise



There will be a Blessing of Throats after our mass at 10am in Arles.

## Arles Doonane Parish Office

(083) 8765 800

Opening Hours: Tuesday 10am - 1pm & Friday 10am - 1pm

Please contact the Office if you require an Anniversary Mass booking, a copy of a Baptismal Certificate or if you wish to book a Baptism or Wedding in the Parish.

## Safeguarding

DLP: Michele Hughes , mobile number 086-1710643 and email: dlp@kandle.ie

Parish Safeguarding Rep: Christine Ogleby (087) 654 6149