



Kingscourt Parish Bulletin



www.kingscourtparish.ie
info@kingscourtparish.ie
T F @kingscourtpar



042/9667314 Parish House
083 8287147 (Emergency)
Fr.Gerry

<p>9th /10th May Webcam Saturday : Pat Hegarty, Anniv, Cissy McCullagh, Anniv, Noeleen Callaghan, Anniv, Paddy, Rose, Mary & Peter Martin, Anniv. Kevin Daly, Anniv.</p> <p>Sunday 11am: Eddie Kelly, Months Memory, Martha Dennehy, Months Memory, Rosie Bell, Anniv, Tom Harney, Anniv. A special Blessing for our Sacramental Pupils and their families will take place during this Mass.</p>	<p>16th/17th May Saturday 6pm: Charlie Lynch, Months Memory. Sheila Lynch, Anniv. Thomas McCabe, Anniv. Michael Buckley, Anniv.</p> <p>Sunday 11am: Kathleen Tracey & the Lynch family, Anniv. Martin McCabe, Months Memory. Fr Phonsie Mackin, Months Memory.</p>
<p>Tuesday 10am:Special Intention Wednesday 10am:Special Intention</p>	<p>Thursday 10am: Patrick J McCaul, Anniv. Friday 10am: Special Intention.</p>

<p>The Parish Office</p>	<p>THE PARISH OFFICE REMAINS OPEN ON <u>MONDAY, TUESDAY, THURSDAY & FRIDAY</u> FROM <u>10.30AM TO 12.30PM</u>. All bookings and enquiries can be made during these times. All notices to be included in the bulletin should be at The Parish Office <u>by 10.00a.m. on Thursday</u></p>
<p>Eternal rest grant unto them O Lord:</p>	<p>Lorna Shekleton, Rocks Road, Yvonne Dolan, Moynalty, We extend a very warm welcome to all our First Holy Communion pupils and Confirmation students who join us remotely for Mass this weekend.</p>
<p>Sacramental Families:</p>	<p>This month is always a very special time in the faith life of our parish. Unfortunately, our celebrations are currently postponed until it is safe for us to gather. In the meantime, keep praying as a family and continue to join us at weekend Mass. Thanks to the many Confirmation pupils for their wonderful prayers and poems available on our website.</p>
<p>Holy Hour on Webcam & Facebook for Exam Students & Families:</p>	<p>Please join us on WEBCAM on this Tuesday & Thursday at 7.30p.m. for Prayer, Reflections, Rosary & Benediction asking God’s blessing on our Leaving Cert Exam Students, those undertaking exams at third level, their parents, guardians and families. It is a time of real anxiety, stress and worry for many.</p>
<p>May Rosary:</p>	<p>There is a great tradition of gathering at the Fatima Grotto in May to pray the Rosary. While this is not possible this year, please pray the Rosary at home or join us before each Mass on webcam. Why not set up a simple “May Altar” in your home and pray, as Pope Francis has asked, a simple decade of the Rosary as a family.</p>
<p>Offering Day:</p>	<p>Today is an Offering Day in support of your priests. Thank you for your continued kind support to the parish in so many ways.</p>
<p>Family Photos:</p>	<p>Thanks to all who have sent in family photos. Please keep sending them in</p>

Accord's new counselling helpline Identifies problems and offers advice to couples during pandemic restrictions

Conscious of those who are experiencing difficulties in their relationships and family lives during the COVID-19 pandemic, Accord has set up a support line where callers can talk to experienced couples and relationship counsellors.

Accord's free and confidential 'Relationships Support Phone Line' for marriages, families and relationships offers support to those experiencing extra pressure due to social restrictions caused by the COVID-19 pandemic. The number is:

- **Accord CLG – 01 531 3331**

Calls to Accord counsellors are 45 to 60 minutes in duration, with the following issues being highlighted:**IDENTIFIED PROBLEMS Causes of conflict:** pressure and stress caused by uncertainty around security of employment; the effect on domestic finances; mental health; living in a confined environment; clashes with other family members due to poor communication; regret at being unable to grieve properly following the death of a loved one; pressure on students arising from changes in exam timetables; challenges associated with having home life converted to an office and a school; emotional impact of constant negative news reporting; and, frustration at the inability to socialise outside.**Pressure cooker' environment:** Accord counsellors have noted that people under stress at home can feel that they are living in a 'pressure cooker' environment. This situation can induce a regression in their behaviour and human interaction suffers. They can overreact to situations which in turn can cause the domestic atmosphere to deteriorate. This type of behaviour can present as either uncomfortable silences and/or very loud, explosive and noisy verbal exchanges.**Effects on children:** Young people and children exposed to aggressive behaviour - whether once off or on an ongoing basis - experience fear and distress which in turn affects their personal behaviour and relationships with others. Physical isolation at home can compound trauma.**Vulnerable relationships:** couples whose relationships had been under pressure prior to imposition of the COVID-19 restrictions are particularly at risk as their confinement exacerbates existing unresolved relationship issues. Being compelled to remain at home all the time, together, save for essential journeys, is magnifying existing tensions and problems.

KEY ADVICE TIPS

Accord counsellors offer the following key tips to people at home at this time

- For individuals living in fear at home, Accord counsellors are trained in identify and handling domestic abuse. In such situations the priority is the safety of the fearful person and their children. Accord can support an individual to develop a safety plan and can advise them of specialist crisis support contact numbers.
- In general, try and keep the lines of communication open with your spouse/partner
- Be conscious of how you raise issues with your partner. There are productive ways and unproductive ways of raising issues.
- Talk from your own feelings first and express what is difficult for you and what you feel you need rather than blaming and being critical of your partner. Criticism usually begets defensive, stonewalling or disproportionate responses.
- Be willing to look at yourself and your behaviour in addition to your partner's shortcomings. 'What is it like to be in relationship and to live with me?' is a good question to ask ourselves.
- Self-management is a very good skill to hone in these pressurised and worrying times. It might be better to raise an issue at another time so that your partner can hear the cause of concern in a calmer context and to avoid an experience of perceived criticism or attack.

