

THE PARISHES OF MALLOW & MOURNEABBEY

Parish Office St Joseph's Parish Centre, 27/28 Bank Place, Mallow
Phone: (022) 20276 Email: parishmallow@gmail.com
Hours: Monday to Friday 9am-5pm. Closed 10am-10.30am & 1pm-2pm
Website mallowparish.ie **Facebook** @mallowparish



Rt Rev. Msgr Anthony O'Brien, P.P., V.G. (087) 6834193
V. Rev. Andrew Carvill, Adm Mourneabbey (022) 51606
Rev. Anthony Sheehan, C.C. (087) 6563997
Rev. Damien Lynch, C.C. (022) 53909
Sick Calls: (022) 21251
Youth Minister: Bernadette O'Connor (086) 8031126

6TH SEPTEMBER 2026 ~ 23RD SUNDAY IN ORDINARY TIME

MASS & CONFESSION TIMES

St Mary's Church, Mallow

Saturday (vigil): 6.30pm

Sunday: 8.30am & 11.00am

Monday – Saturday: 10.00am

Confessions Saturday after 10.00am Mass

Convent of Mercy: Sunday Mass 9.30am

St John the Baptist, Burnfort

Sunday 11.30am

Thursday 9.30am

Church of the Resurrection, Mallow

Saturday (vigil): 7.30pm

Sunday: 10.00am & 12.00pm

Monday – Friday: 9.15am

Confessions Friday after 9.15am Mass

St Michael the Archangel, Analeentha

Sunday 10.00am

Friday 9.30am

Adoration Chapel in St Mary's Church Monday to Saturday 10.30am – 6.00pm

The Sacrament of Baptism is celebrated on Saturdays & Sundays. Enquiries to the Parish Office.

Livestreaming from St Mary's Church on churchservices.tv/mallow

Catholic newspapers are on sale after Sunday Masses in Mallow.

Society of St Vincent de Paul Contact (022)50188 or (086)2693571

Mallow Young Catholics Fridays at 7pm in the Parish Centre. Prayer, Scripture, Refreshments.

MASS INTENTIONS FOR COMING WEEK –

MONDAY 7TH SEPTEMBER – SUNDAY 13TH SEPTEMBER

St. Mary's Church *Mon* Tom Cronin, *Tue* Ann Myers, *Thur* John Joyce, *Sat* 10am Months Mind:
Sr. Nora Anne Lombard, *Sat Vigil* 6.30pm Anne-Marie Carroll, *Sun* 11am First Anniv: John Holmes

Church of the Resurrection *Mon* Liam Sheehan, *Tue* Michael & Kitty Walsh, *Sat Vigil* 7.30pm
Months Mind: Elizabeth O'Keeffe, *Sun* 10am Months Mind: John Long, *Sun* 12pm First Anniv:
Anne O'Callaghan

St. John the Baptist, Burnfort *Sun* 11.30am Teade Sheahan

FEAST DAYS THIS WEEK (Optional observance in italics)

Tue 8th The Nativity of the Blessed Virgin Mary **Wed 9th** *St Ciaran, Abbot*

Thurs 10th *St Peter Claver, Priest* **Sat 12th** *The Holy Name of Mary; St Ailbe, Bishop*

THE FIVE PATHS OF REPENTANCE FROM THE WORKS OF ST JOHN CHRYSOSTOM

Shall I list the paths of repentance? There are certainly many of them, many and various, and all of them lead to heaven.

The first path is the path of condemnation of sins. As Isaiah says, *Tell your sins, and you will be acquitted.* And the Psalmist adds: *I said "I will bear witness against myself before the Lord," and you forgave the guilt of my sin.* So you, too must condemn the sins you have committed. Condemn them, and that condemnation will excuse you in front of the Lord, since whoever condemns the sins he has committed will be slower to commit them next time. Stir up your own conscience to be your accuser – so that when you come before the judgement-seat of the Lord no-one will rise up to accuse you.

This is the first path of repentance but the second is in no way inferior to it in excellence. It is to forget the harm done to us by our enemies, to master our anger, to forgive the sins of those who are slaves together with us. As much as we do this, so much will our own sins against the Lord be forgiven. So this is the second path to the expiation of our sins. As the Lord says, *Yes, if you forgive others their failings, your heavenly Father will forgive you yours.*

Would you like to know the third path of repentance? It is prayer: fervent prayer, sincere and focused prayer, prayer coming from the depths of the heart.

If you want to know the fourth path, I will tell you it is the giving of alms. It has great power.

And finally, if someone acts with modesty and humility, that path is no less effective as a way to deprive sin of its substance. Look at the publican, who had no good deeds to speak of. In place of good deeds he offered humility, and the huge burden of his sins fell away.

So now I have shown you the five paths of repentance. First, condemnation of sins. Second, forgiving the sins of those near us. Third, prayer. Fourth, almsgiving. Fifth, humility. So do not be idle, but every day advance along all these paths at once. They are not hard paths to follow. Poverty is no excuse for not setting out on the journey. Even if you are destitute you can do all these things: put aside anger, carry humility in front of you, pray hard, condemn your sins. Poverty is no obstacle – not even to that path of penitence that demands money: that is, almsgiving. Remember the story of the widow's mite.

Now we have learnt the right way to heal our wounds, let us apply these remedies. Let us regain true health and confidently receive the blessings of Holy Communion. Thus we may come, filled with glory, to the glory of Christ's kingdom, and receive its eternal joys through the grace, mercy and kindness of our Lord Jesus Christ.

NOTICES

The 9.15am Mass on Mondays in the Church of the Resurrection resumes tomorrow, 7th September.

St. Pio Pilgrimage to Knock, Sunday, 20th September. Coach from Mallow, departs from Church of the Resurrection – 7.30 a.m., and from St. Mary's Church – 7.45 a.m. Contact 086 3722143 for further details. Everyone welcome.

The Irish Cancer Society is seeking volunteer drivers, two days per month to bring patients to and from hospital for their treatment. Please contact Monica or Emily at volunteer@irishcancer.ie for further details.