

The Visitation refers to the meeting between Mary and her cousin Elizabeth. During the visit Mary said the great prayer—the Magnificat — some words from which are inscribed in Latin over the altar:

“REPEXIT HUMILITATEM ANCILLAE SUAE FECIT MIHI MAGNA QUI POTENS EST”

He has regarded the lowliness of His handmaid — He who is mighty has done great things for me,

The Visitation is a painting by the Italian Renaissance painter Domenico Ghirlandaio, dating 1491. It is displayed in the Louvre Museum of Paris, France.



My soul magnifies the Lord, and my spirit rejoices in God my Saviour; Because He has regarded the lowliness of His handmaid; for behold, henceforth all generations shall call me blessed; Because He who is mighty has done great things for me, and Holy is His Name; And His mercy is from generation to generation on those who fear Him. He has shown might with His arm, He has scattered the proud in the conceit of their heart. He has put down the mighty from their thrones, and has exalted the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has given help to Israel, His servant, mindful of His mercy - Even as He spoke to our father - to Abraham and to his posterity forever.

Luke 1:46-55

"Life is too short to be little. Often we allow ourselves to be upset by little things we should forget..."

We may lose many irreplaceable hours brooding over small grievances that in a year's time will be forgotten.

So let us devote our lives to worthwhile actions and feelings—to great thoughts, real affection and enduring undertakings."

Andre Maurois

Saints of the Week

Mon 31	THE VISITATION OF THE BLESSED VIRGIN MARY
Tues 1 June	St Justin, martyr
Wed 2	Ss Marcellinus and Peter, martyrs
Thurs 3	St Kevin, abbot
Fri 4	Ss Charles Lwanga and Companions, martyrs
Sat 5	St Boniface, bishop and martyr



FOXROCK PARISH
Our Lady of Perpetual Succour

WEEKLY NEWSLETTER 30th May 2021



THE SOLEMNITY OF THE MOST HOLY TRINITY

‘Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.’ Mt 28:19-20

www.foxrockparish.ie

secretary@foxrockparish.ie

Fr Kieran Dunne 01 2893492

pp@foxrockparish.ie

Parish Office/Sacristy 01 2893492

Monday - Friday 10.30 - 11.30

Parish Pastoral Worker Maeve Davidson

087 6904814; 087 2853726

MASS INTENTIONS

Sunday 30th May 11.30 am Mass:-

Colin Bowers 1st Anniversary
Anna Dowling 10th Anniversary
Margaret (Eta) Mahon
10th Anniversary

Other intentions

Recently Deceased:-

Mal Loughran
Noel Martin

Anniversaries:-

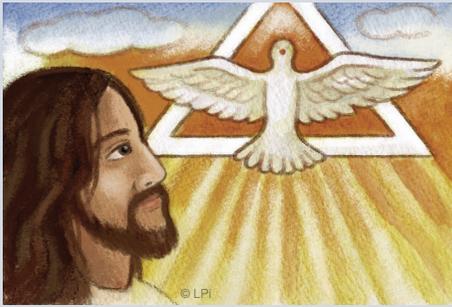
Baby Noah Crumlish – 5th
Mary Boylan – 25th
Jack Fitzgerald – 75th
Michael Lenehan
Oran O’ Kennedy
Frank, Frances & Fergal Mc Kevitt

Recently deceased

Evelyn Condon

May she rest in peace





We read that some of the disciples were hesitant when they encountered Jesus on the mountain. They had lost him to death, and now he was risen and with them again in the flesh. They may have felt they weren't ready or able for the task he was handing over to them. These first disciples were an imperfect group of people, yet Jesus chose them to spread God's vision of love, compassion and justice throughout the world. Perhaps, like some of the disciples, we are fearful or doubtful. At a time when everything is changing so rapidly, it can be difficult to navigate our own faith journey, never mind communicate it to others. Yet we have Jesus' assurance that he is with us, with the love and strength we need. The Holy Spirit is at work, inspiring and guiding us, shaping our lives, helping us to make the love of God present to all we meet.

'Love is the greatest force in the universe. It is the heartbeat of the moral cosmos. He who loves is a participant in the being of God.' (Martin Luther King Jr)

May 30, 2021
The Most Holy Trinity

I am with you

Today's Gospel is often referred to as the 'Great Commission'. It contains the instructions of the Risen Jesus to the disciples to spread the Good News to the ends of the earth, to teach and to baptise 'in the name of the Father and of the Son and of the Holy Spirit'. As we celebrate Trinity Sunday today, we pay attention in particular to the very last words of Matthew's Gospel: 'And know that I am with you always; yes, to the end of time.' Jesus will be with his followers through the gift of the Holy Spirit, God's presence with us.

THE MOST HOLY TRINITY
FIRST READING

Moses said to the people: Put this question to the ages that are past, that went before you, from the time God created man on Earth.
(Deut 4:32-34.39-40)

PSALM

The word of the Lord is faithful and all his works to be trusted.
(Ps 32:4-6.9.18-20.22)

SECOND READING

Everyone moved by the Spirit is a Son of God.
(Rom 8:14-17)

GOSPEL

The eleven disciples set out for Galilee, to the mountains where Jesus had arranged to meet them.
(Mt 28:16-20)

PRACTICAL GUIDANCE ON PHISHING EMAILS

You will be aware of the very serious cyber-attack that has happened in the HSE. We all have a part to play when it comes to IT security – these hackers can gain access to IT systems by getting people to click on email links or open attachments that are viruses disguised as spreadsheets or word documents.

Some guidelines:

Never trust the “From” email address or Display name – it is very easy to create a fake email so read everything very carefully.

Always check for spelling and grammar – phishing emails are often sent from places where English is not the main spoken language. Any “bad” English is something to be aware of. Also, if an email is threatening in anyway or insists you have to share personal data, it is fake.

Think twice before opening attachments – according to recent reports 85% of all malicious emails have a .doc, .xls, .pdf, .zip, or .7z file attached. Always hover over the links before opening to ensure they are from a trusted source.

Check the greeting – if the email uses something like “Dear Customer” or “Hi” or something generic, it is a tell-tale sign of phishing emails.

Don’t believe everything you see – just because it looks convincing with logos, language, valid email address etc. it doesn’t mean it is. It is very easy to make an email appear legitimate.

Don’t give personal information – Legitimate organisations will never ask you for personal credentials via email. Before clicking on the link, hover over it and see where it is going to take you. Links often redirect you to a website that looks like the actual website or login page.

Gut feeling – Trust your gut. If you are being asked to do something out of the ordinary, especially by someone you are in regular contact with, then the likelihood is that this is a phishing email. Take no chances. Don’t open the attachment, delete the email.



Still a few more days left to contribute to the support of Sr Winifride and her Loreto Sisters in their Mission in Peru. Among their projects is the Faith and Joy college in Jicamarca, headed by Sr Patricia and a wonderful staff which educates over 1000 students from 4 to 16. It used to be called a shantytown what has moved on from that stage –Every Euro counts!

The fully secure link to donate is: <https://bit.ly/SrWinifridePeruAppeal>