

## HELPING OTHERS

I would like to ask you a question, and I'd like you to take a few moments to think about it carefully: Have you ever helped anybody?

It can be something small or something big. Simply bring to mind all the various ways in which you have helped others – and I imagine over the years you will have gathered hundreds of examples.

You may have helped a toddler when they fell, or a child with their homework; perhaps you gave someone a lift in your car or offered your seat on public transport. Have you ever donated to charity? Or taken part in a fundraiser? Or lit a candle for someone who was struggling?

Maybe you have lent a listening ear to a friend, or comforted someone who was grieving; perhaps you have lent money to a family member, or let your neighbour borrow your lawnmower, or toolset, or some other thing that belonged to you.

I have no doubt that every single person reading this will have answered "Yes" to my question. Yes, there have been times when you have helped others.

## ASKING FOR HELP

Why is it then, that so many of us struggle when it comes to reaching out and asking for help for ourselves? How can we feel so ready and willing to jump in and help someone else, yet hesitate and resist asking for help when we ourselves need it?

Maybe it's pride. Maybe it's fear of appearing weak or needy. Maybe it's denial. Maybe we don't want to admit that we can't do it by ourselves. Maybe asking for

help makes us feel like we have somehow failed. Maybe it's embarrassment, or shame. Maybe we've been so self-sufficient for so long that we don't know how to ask. It could be any of these things, or it could be some other reason.

The truth of the matter is that life catches all of us short from time to time. We all run into difficulties, we all face problems, we all have worries and concerns that can leave us feeling helpless. In that moment, it takes courage to reach out and ask for help, and it is a sign of strength.

## GOD'S HELP

So, where do we go to when we need assistance? Where do we turn to for help? I suggest there are two places: we can look *around* us towards others, and we can look *above* us towards heaven. The beautiful thing is that God is present in both. God is our constant companion (Mt 28:20), he sends others into our life to support and strengthen us (Rom 12:13), and he promises to respond whenever we seek him (Lk 11:9).

I don't know what kind of problem you may be facing right now, or what obstacle looms before you, but in your moment of need or helplessness, do not hesitate to take a deep breath and call out "Lord, help me," and God, who has counted every hair on your head (Lk 12:7), will immediately run to your aid. Know that when you ask God for help, God hears you, and God sees you, and "so we can say with confidence, 'The Lord is my helper'" (Heb 13:6). Let us never forget how much God cares for us, and let each of us pray, "Lord, help me." ■



## Today's readings

Acts 9:26-31

1 Jn 3:18-24

Jn 15:1-8

## GOD'S WORD TODAY

During the Last Supper, Jesus uses the symbol of the vine to teach his followers about the true meaning of discipleship. He begins by describing how vines are cultivated. It was essential to prune the vine carefully each year if it was to bear good quality fruit. Thorough pruning took place in the winter, but more gentle pruning continued during the rest of the year. Pruning was designed to remove dead or diseased branches to make room for new growth that would bear healthy rich fruit, ultimately leading to a healthy and productive vine. Caring for a vine

required skill and experience. It is the work of the Father. The vine was a common symbol in the Bible for Israel, the People of God: "You brought a vine out of Egypt, to plant it you drove out nations" (Ps 80:8). Jesus applies this image to the community that he is founding, the church. Its members are branches in him that will bear fruit, but they need to remain part of the vine, drawing life from the sap that runs up from the root to every part of the vine.

2 May 2021 – 5<sup>th</sup> Sunday of Easter Year B

Psalter Week 1

# Stu(space)

SERIES: JUST THREE WORDS

Season colour: WHITE

In this series, **Clare Gilmore** explores the sheer depth contained in "just three words".

LORD,  
HELP  
ME

"Lord help us!" is a commonly heard phrase used to express a kind of dismay, though spoken in a tone of gentle jest rather than derision, eg "Lord help us, she's going to sing!" Our three words this week – "Lord, help me" – come from the Gospel of Matthew (15:15), but they don't come from a place of joviality and slang, rather, they come from a place of need and sincerity.

There are two four-letter words in our phrase: 'Lord' (suggesting glory, majesty, and infinite power); and 'help' (a small word with immense meaning and feeling behind it). The catch, however, comes in the third word – two letters – 'me'. That makes all the difference. Lord. Help. Me.

# Parishes of Dromara and Drumgooland

Fr Peter McNeill Tel: 406 50207 Emergencies: 079 69403762 Email: [dromaradrumgooland@dromorediocese.org](mailto:dromaradrumgooland@dromorediocese.org) Web: [www.dromaradgooland.org](http://www.dromaradgooland.org)

## 5<sup>th</sup> Sunday of Easter – 2<sup>nd</sup> May 2021

### Anniversary Masses

#### Dechomet

Sat 1<sup>st</sup> Paddy and Phil Turley  
Nicholas Doyle

#### Leitrim

Sat 1<sup>st</sup> John and Kate Kelly  
Elaine Morgan  
Theresa and Charlie O'Higgins  
Wed 5<sup>th</sup> Martin Brown  
Sat 8<sup>th</sup> Tommy and Josie Bannon  
John Donnelly

#### Dromara

Sun 2<sup>nd</sup> John and Mary Drake  
Sun 9<sup>th</sup> Mary Galbraith

**Dromara Cemetery** - any person interested in taking on the care and maintenance of the cemetery/church grounds please contact Fr Peter

**Cemetery Service** - there will be no cemetery gatherings this year. A service of blessing and remembrance will be streamed on Sun 23<sup>rd</sup> May at 12 noon. All graves will be blessed at a different time prior to the service.

**Gargory Altar Society** May – Marion

**Leitrim Cleaners** 7<sup>th</sup> May - Kathleen's Team

### Drumgooland St Vincent de Paul

Are you experiencing difficulties and need a helping hand?  
Contact us in confidence on 075 8644 7427

### Collections

	<u>Parish</u>	<u>Trócaire</u>
Dromara	£144	£629
Drumgooland	£1209	£1058

### Dromore Diocesan Historical Society

The Society will host an online lecture by Larry Breen entitled *"Wolfe-Tone - family man"* on Mon 10<sup>th</sup> May 2021 at 7:30pm  
Larry Breen, originally from Lurgan, is editor of the Journal of the Federation of Local History Societies, and resident in Co. Kildare.  
Access to the event will be available from 7:20pm with a start at 7:30pm sharp.  
A link to the talk can be obtained by e-mailing the Hon Secretary [goss.jjm@gmail.com](mailto:goss.jjm@gmail.com) and will be forwarded on Monday May 10<sup>th</sup>

### Lourdes 59 Club Winners

27<sup>th</sup> Feb No. 20 S & M McEvoy  
6<sup>th</sup> Mar No. 15 Patsy Ward  
13<sup>th</sup> Mar No. 20 S & M McEvoy  
20<sup>th</sup> Mar No. 21 K McEvoy  
27<sup>th</sup> Mar No. 29 Number Available  
3<sup>rd</sup> April No. 5 Number Available  
10<sup>th</sup> Apr No. 30 Anne Mackin  
17<sup>th</sup> Apr No. 4 Patricia Burns

There are a few numbers available in the 59 Club, if anyone is interested, please contact Ann (07788195938) or Kieran (07986366162). There are 59 members and the bonus ball number in the Saturday night National Lottery draw is the winner each week.

### Weekend masses

Sat 6:00pm Dechomet 7:30pm Leitrim  
Sun 9:00am Gargory 11:00am Dromara

### Weekday masses

Mon 9:00am Leitrim & 7:30pm Dechomet  
Tues 9:00am Dromara  
Wed 7:30pm Leitrim  
Fri 7:30pm Dromara

**Diocesan Pastoral Council** - any person who is interested in serving on a diocesan pastoral council, please contact Fr Peter

### Dates for the Diary

#### Confirmations

Tues 18<sup>th</sup> May - St Mary's PS 6:00pm Leitrim  
Wed 19<sup>th</sup> May - St Michael's PS 6:00pm Finnis  
Fri 21<sup>st</sup> May - St Matthew's PS 6:00pm  
Gargory, and 7:30pm Leitrim

#### First Holy Communions

Sat 5<sup>th</sup> Jun - St Michael's PS 11:00am Finnis  
Sat 12<sup>th</sup> Jun - St Matthew's PS 10:00am Gargory  
Sat 19<sup>th</sup> Jun - St Mary's PS 10:30am and  
12 noon Leitrim

Each child will be allocated one seat only, parents are responsible for choosing the people who are safe to sit in that seat.