

Fear is a basic human emotion; it is both natural and immensely powerful. Fear alerts us to the presence of danger, whether that threat is real or imagined.

## FEAR IS COMMON

**W**e all have our fears. It may be that we are afraid of something specific (such as needles or spiders); however, there are deep-seated fears that many of us experience throughout our lives. Fear of the unknown; of the future; of death; of failure; of pain; of getting old; fear of what others think of me; of not being needed; of rejection. The list goes on... If we are honest about it, however, most of our fears really point towards an inner condition of our heart.

What do I mean by this? Well, when we find ourselves afraid, we can take the opportunity to really examine our fear and ask ourselves: "Why am I so afraid? What is it, exactly, that I am afraid of?" When we take the time to do this, we often find that fear can reveal the things that deeply matter to us.

## TRUST

**N**ot only can fear reveal to us the things we love, it can also reveal to us what it is we trust. President Franklin D Roosevelt coined the well-known saying: "The only thing we have to fear is fear itself." While it's true that irrational fear is something we might try to overcome; it's not true that fear itself is wrong or bad. I believe fear can be a powerful tool in revealing our trust in God.

## THE ANSWER

**T**here must be a reason that God repeatedly tells us "do not fear". For me, I believe it is one way God has of reminding us that the

answer to fear is found in placing our trust – our complete trust – in God himself.

The psalms tell us that "God is our refuge and strength," our "rock and fortress" (Ps 46 and 31). It is God to whom we can turn with confidence in times of trouble or turmoil. Scripture is not telling us that there is nothing scary in life – it is telling us that in approaching the various highs and lows of life, we are to remember we are not alone, and that God 'has our back' (so to speak).

## GOD IS WITH YOU

**W**hen you feel full of fear, no matter what that fear is, remember the words of Scripture: "Do not fear...for it is the Lord your God who goes with you. He will not leave you or forsake you" (Deuteronomy 31:6). If you sense you are being weighed down or controlled by fear, turn to God and let him lift your burden from you. Remember that God has called you by name, he knows you personally and he cares about you. He will not leave you to face your fears alone, but will carry you through all the trials of life.

## LET US PRAY

**W**hat fear is trying to take hold of you right now? What are you facing in life that you are having trouble dealing with? Take a moment now to pray with the psalmist: "When I am afraid, I will put my trust in you... In God I trust; I will not be afraid" (Psalm 56:3-4). ■



## Today's readings

Is 50:4-7  
Phil 2:6-11  
Mk 14:1-15:47

## GOD'S WORD TODAY

We read the Passion story in its entirety twice during Holy Week. On Good Friday, we read the majestic account of John. Today on the Sunday of Holy Week, we read the account in the gospel of the year. This year, it is Mark's account we read. Although Mark is the shortest of the gospels, his gospel has a special charm. This is particularly true of his Passion story which is a detailed account of the last day of Jesus' earthly life. Mark leads us from the supper room where Jesus eats his last meal with his followers. This week, let us try to read the story with faith as we follow Jesus, a man of sorrows and familiar with grief.

# Soul Space

SERIES: JUST THREE WORDS

Season colour: **RED**

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



**"D**o not fear" is one of the most frequent assurances delivered in Scripture. You will find these three words in the Gospels of Matthew and Luke (Mt 5:36, 10:28; Lk 8:50), but similar words like "fear not", "have no fear" and "do not be afraid" occur again and again throughout the Old and New Testament. I've often read that the Bible instructs us not to fear exactly 365 times – once for every day of the year. Why is that? Even if the statistic isn't 100 per cent accurate, it still brings home to us one of the most repeated commandments in the Bible.

# Parishes of Dromara and Drumgooland

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## Palm Sunday – 28<sup>th</sup> March 2021

### Recently deceased

Anne McCabe, Leitrim Road, Ballymaginthy

### Anniversary Masses

#### Dechomet

Sat 27<sup>th</sup> Stephen McElroy  
Patrick Hugh Morgan

#### Leitrim

Sat 27<sup>th</sup> Martin McDonald  
Kathleen Cunningham  
Eugene McMullan

Sun 4<sup>th</sup> 10am Brendan Boyd

#### Gargory

Sun 28<sup>th</sup> Patrick Hugh Morgan  
Patrick McAleenan (Ballymaginthy)

#### Dromara

Sun 28<sup>th</sup> Arthur Gilmore  
Paddy and Eileen Dillon  
Sun 4<sup>th</sup> Stephen O'Hare

### NI Blood Transfusion Service

Blood donation sessions at St Malachy's High School, Castlewellan, Thur 8<sup>th</sup> Apr 1:00pm – 4:00pm and 5:00pm – 7:30pm. Note that donation sessions are by appointment only; to book an appointment, please call 08085 534 653 between 10:00am and 4:30pm.

### Donations received and lodged

Parish £597 Priest £245 S&R Priests £17

**We welcome** into Drumgooland Parish Daniel Milligan and Zoe Fitzpatrick

**Leitrim Cleaners** Fri 16<sup>th</sup> Apr – Geraldine's Team

**Gargory Altar Rota** April - Roseleen & Anne

**On Holy Thursday** there will be no extended period of prayer after mass.

**Good Friday** – people are welcome to pray the Stations of the Cross individually in the churches at a time that suits them. If there are other people present, please wear a face covering and do not organise groups to gather at a particular time.

**Washing of the Feet, Kissing the Cross and Candles** in the seats will not be used this year.

**Keeping Everyone Safe** - please do all you can to help protect yourself and the people around you as public worship begins again. The 2m distance has to be observed, please respect it and remind those who have forgotten. Face coverings to be worn by all those who can wear them. Please sanitise your hands, and many thanks to all who clean their seats afterwards. If the church has reached its capacity please do not enter.

**Trócaire** has obtained matched funding from the UK government this year. So, every pound donated will be doubled for the Lenten Campaign. It has not been possible to distribute boxes, but they will be available in the churches if anyone wants to get one. Donations can be returned in late April or May.

**New Envelopes** begin on 11<sup>th</sup> April. Thank you to the people who are helping to deliver them. I will have the Dromara boxes with me on Palm Sunday. They will be available for collection, and for those who wish to distribute them after mass until 12:30pm.

### Masses Times

Sat 27<sup>th</sup> 6:00pm Dechomet 7:30pm Leitrim  
Sun 28<sup>th</sup> 9:00am Gargory 11:00am Dromara

Mon 29<sup>th</sup> 9:00am Leitrim 7:30pm Dechomet  
Tues 30<sup>th</sup> 9:00am Dromara  
Wed 31<sup>st</sup> 7:30pm Leitrim

### Holy Thursday - Mass of the Lord's Supper

6:00pm Leitrim 8:00pm Dromara

### Good Friday

3:00pm Stations of the Cross (*streamed from Parochial House*)

Celebration of Jesus' Passion and Death  
6:00pm Gargory 8:00pm Dromara

### Holy Saturday - Easter Vigil

9:00pm Dromara

### Easter Sunday

9:00am Gargory 10:00am Leitrim  
11:00am Dromara 12noon Dechomet

Hopefully, all masses and services will be streamed but IT issues can always arise.

The ceremonies will be adapted in order to keep people as safe as possible.

Palms will not be distributed - people are welcome to bring their own greenery.

Holy Water – no bottles will be distributed but people are welcome to take a bottle of water with them and it will be blessed in your seat on the Easter Vigil and Easter Sunday.