



St Mary's
Parish
Haddington
Road

Serving
the
Community

Serving
the Family

Serving the City



Doing Nothing Can Lead to Everything

*“These hours of meditation are the only time in the day where I am fully myself, ‘me’ without distraction or obstacle, and where I can really say that I am as nature wanted me to be. Entering into myself allows me to forget the feelings and even the memory of my words. Thus I can learn from personal experience that the source of real happiness is within our selves.” (Jean-Jacques Rousseau, *Reveries of a Solitary Walker*, 1776)*

There are many forms of meditation but, in the simplest terms, one can say that *to meditate* is simple *to stop*, to take time out, to create a space, where we can turn our spirit toward the *essential*, which is at the heart of things, in a deliberate and regular way. It’s hardly surprising that the practice of even a very simple form of meditation is to the brain what physical exercise is to the body. Meditation is a discipline of the spirit.

What we are referring to here is *mindfulness*, the simplest form of meditation and the basis of all other forms. Mindfulness allows us to be fully conscious of what we’re living. It resembles what in some forms of spirituality is referred to a *contemplation*. The contemporary French atheist philosopher, André Comte-Sponville, tells us that ‘this is a attitude of mind which allows us to consider what *is* without wishing to possess it, use it, or judge it.’

Contemplation without any expectation is any experience that is both quite simple and ,at the same time, somewhat uncommon in our time. We live in a time where the focus tends to be on ‘*aims and objectives*’, either material or existential. In this we risk living without any real consciousness, or without any distance or detachment from the hustle and bustle of daily living. This leads us to into an endless race where we exhaust ourselves in attempting to respond to all the demands of an adult life.

It is important to understand that meditation does not require us to abandon an active life to enter an enclosed monastery. For most of us meditation does not lead to a retreat from the world but, on the contrary, to a deeper form of *presence*, an increased and more attentive presence to *others* and to *oneself*.

Of course, meditation is also one of the most powerful ways of entering into our interior life. Just consider the idea of taking *the time* every day to quietly observe *what is going on* in and around ourselves! In meditation, everything begins with an increased attentiveness to our feelings, moment by moment, as they come and go.

Let’s just try it! Let us be aware of our breath and take the time to feel it rather than to analyse it or control it...Let us be conscious of sensations within our body, whatever they might be, pleasant or unpleasant. Meditation is *not* relaxation. It is, rather, the *exploration* of how *we enjoy*, how *we suffer* in our lives. This allows us an understanding of how we might intensify or lighten our joys and pains. There is a real need for us to be attentive to the sounds that surround us, to stay in contact with the ‘*really real*’ of everyday life rather than fleeing it. This is what gives depth to our *living*.

Finally, let us observe our thoughts and their *wanderings* as they come and go. If they lead us into the *future*, let’s try to bring them back to the *now*. If they bring us back to the *past*, let’s bring them back to the present moment. Should they lead us *elsewhere*, let’s call them back to the *here and now*, which is where life happens.

Our spirit most often reflects, judges, focuses on actions, thoughts or distractions. Through meditation we seek to keep it centred quite simply on *what is*. Thus we learn *to do nothing*, consciously *do nothing*. The problem is that most of us believe that *doing nothing* leads to nothing. However, the truth is, that, at times, *doing nothing*, leads to *everything*.

(Adapted from Christophe André, ‘*La Méditation*’ *Vie Intérieure*, France Culture 2017)

Contacts: Fr Fachtna McCarthy, Administrator, Fr Patrick Claffey C.C. Tel 01-6600075
Streaming and Website www.stmaryshaddingtonroad.ie email: info@stmaryshaddingtonroad.ie
Child Protection: <http://www.stmaryshaddingtonroad.ie/ministries/child-protection/> also
www.csps.dublindiocese.ie

Pilgrimage



A Seven-Church Pilgrimage in Dublin

Plans are underway for the **World Meeting Of Families 2018 Pilgrim Walk** will take place from **Saturday 18 – Saturday 25 August 2018**.

Pilgrims are invited, in a single day or over a few days during that week, to undertake the WMOF2018 Pilgrim Walk. It involves visiting seven designated churches and spending time in prayer in each of them for a special intention for families before finishing the visit with the WMOF2018 prayer.

Each pilgrim will be issued with a pilgrim walk passport which will be stamped at each church in the ancient tradition of the Camino of St James. A pilgrimage certificate of completion will be stamped when they arrive at the last of the seven churches. Each church will have a roster of ambassadors to meet the pilgrims, stamp their pilgrim passports and offer a WMOF cead míle fáilte.

The churches can be visited in any order. Families, groups, individuals, adults and children will be participating in the pilgrim walk and there is no charge.

The route for the WMOF2018 Pilgrim Walk includes the following churches:

- **St Teresa's Carmelite Church, Clarendon Street** – the theme is the gift of parents to the family
- **St Francis Xavier's, Gardiner Street** – the theme is the role of teachers in enriching the children of our families.
- **St Saviour's, Dominick Street** – the theme is God walks with families when times are tough
- **St Michan's, Halston Street** – the theme is the gift of children to the family
- **St Michan's, Church Street** – the theme is fostering the gift of forgiveness among families
- **St Audoen's Church, High Street** – the theme is the gift of grandparents to the family
- **Our Lady of Mount Carmel (Whitefriars), Aungier Street** – the theme is love at the heart of the family

All churches will remain open each day between 9.30am and 7pm

For details see <https://www.worldmeeting2018.ie/en/Programme/Additional-Events/The-WMOF2018-Pilgrim-Walk>

In Memoriam

11am, Charles Rooney (Anniversary)

**MASS TIMES AT HADDINGTON ROAD
SUNDAY 26 AUGUST**

**PLEASE NOTE
ALL MASSES WILL BE AS NORMAL**



WMOF 2018 Hospitality Evening at St Mary's

Our thanks to the many parishioners who have been helping out and contributing to the event, where we will welcome visitors to the **WMOF2018**. We will host a *fáilte Isteach* evening event on **Friday 24 August at 7.30pm**. This will include a short prayer service around the WMOF icon, a short cultural programme, presented by our own very talented musicians, **Emer Barry, Catrina Scullion and Paul McGough** along with members of his ensemble **Four-in-Bar** aka sometimes **Crux Ensemble**.

The visitors attending the Haddington Road event will be mostly from the **UK, Australia, New Zealand** and perhaps a few other English-speaking countries.

Catering arrangements have been put in place but we will be counting on the hospitality and generosity of parishioners.

Thoughts for a Day

We are guilty of many errors and many faults,
but our worst crime is abandoning the children,
neglecting the fountain of life.

Many things can wait. Children cannot.
Right now their bones are being formed,
their blood is being made,
and their senses are being developed.

To them we cannot answer, "Tomorrow."

Their name is today.

-Gabriela Mistral (1889-1957) Chilean poet-diplomat, educator

Masses and Confession

Sundays: Vigil, 6pm (Saturday), 9.30am, 11am, 5pm

-**Rosary** daily after 10am mass

Adoration Blessed Sacrament, Weds 10.30-12.40

Church Collections

W/e 29th July 2018

W/e 12th August 2018

1st Collection.... €935

Share Collection... €730

Weekday collections.....€395

THANK YOU

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