

Chaplain Resources

A video message from our Chaplain Mary Redmond

Click [HERE](#)

Prayers and Reflections of Hope

I hope that all of you are staying safe and well in these strange times for our country.

In these dreadful weeks and in hope that we will soon see an improvement, I take comfort from the quote from Julian of Norwich, an English mystic from the 14th century who said, with complete trust in God,

‘All shall be well, and all shall be well, and all manner of thing, shall be well’.

Mary Redmond

Chaplain

mredmond@goreycs.ie

I have compiled some resources that I hope you will find useful and inspirational in the coming weeks. There are a variety of sources, both religious and secular that will give you some hope that all will be well in the not too distant future!!

I will keep updating them, and if anyone comes across something that will lift our spirits then please send it on to me!

I would particularly like a few that show us the lighter side of life!

Daily Mass

- RTE News are broadcasting Mass live every morning during the week at 10.30 from St Eunan’s Cathedral in Letterkenny. You or your elderly family or friends may want to participate.
- Southeast Radio also broadcasts Mass and services on Sunday. Details on their website southeastradio.ie

- Quite a number of parishes are broadcasting Masses or services on line. Go to the relevant parish website.

Niall Breslin Mindfulness

Niall Breslin's mindfulness meditations are on *niallbreslin.com*. Niall has a big interest in mental health issues and encourages people to talk about their problems or issues. It may be important for people who are feeling a little low because of the ongoing social distancing restrictions.

Universalis Website and App

This website *universalis.com* focuses particularly on the Liturgy of the Hours which is the Christian church's daily prayer, said seven times during the day. It also has an app which costs about €13, which gives daily readings, Liturgy of the Hours, prayers, novenas, etc.



A Prayer for Healing at a time of Covid-19

*We come to you in prayer, O Loving God
as people of hope, trusting in your protection,
your care and healing.*

Help us to care for each other in these unprecedented times.

Bring healing and comfort to those who are sick.

*Bless and protect the medical professionals caring for the sick
and all who take care of those who are ill.*

Guide our leaders towards wise decisions.

*Strengthen all to live and work in new ways together
for the greater good of all.*

We make our prayer through Christ our Lord. Amen.

*St Patrick, Pray for our world
St Brigid, Pray for our world
Venerable Mary Ward, Pray for our world*



WE PRAY THAT WE WILL ALL GO GENTLY WITH OURSELVES AND WITH EACH OTHER DURING THIS TIME OF ONLINE TEACHING AND LEARNING.

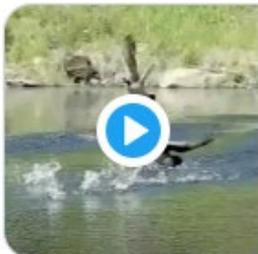


I like the above prayer as it talks to us of having perspective in our lives that the work doesn't always have to be done now, it can be done another time.

Youtube Resources

There are wonderful resources on Youtube. Here is an example of one. There are many inspirational and beautiful Irish songs and hymns there.

[@YouTube](#)



Deep Peace of the Running Wave - John Rutter with SloMo G...
I've put John Rutter's setting of the Celtic blessing, "Deep Peace of the Running Wave to You..." to the Edward Tufte's stunning...
[youtube.com](#)

Sacred Space Website

<https://www.sacredspace.ie/> This is a lovely website which offers prayers and meditations for every day and run by the Irish Jesuits. It also offers opportunities to send in prayer requests online.