



Local Priest: Fr. Jim Lenihan, P.P.

Parish Office: St. Agatha's Parish Centre, Headford, Killarney. V93 X0C2.

Office Hours : Mon/Tues 10am to 3pm to book Masses, Baptisms, Weddings.

Email: glenflesk@dioceseofkerry.ie **Phone:** 064 7754008 **Mobile:** 087 108 1588.

GBC Radio: 98.6fm for all Masses from Glenflesk Church.

Masses: Saturday 26th July to Sunday 3rd August

St. Agatha's, Glenflesk:

Saturday 26th 6.00pm Dan O'Donoghue, Rusheenmore (Anni)

Saturday 2nd 6.00pm Mass

Our Lady of the Wayside, Clonkeen:

Sunday 27th 9.30am Mass

Sunday 3rd 9.30am Mass

Sacred Heart, Barraduff:

Sunday 27th 11.00am Ursula O'Donoghue, Barraduff (Anni) & Tadg 'Danny O' O'Donoghue & deceased family members.

Sunday 3rd 11.00am Connie Warren, Annaghmore (Anni)

PRIEST ON DUTY THIS WEEKEND: Fr. Pádraig Kennelly 083 3541877

PRIEST ON DUTY WEEKDAYS: Monday Fr. Kieran O'Brien 087 6501998

Tuesday to Friday Fr. Jim Lenihan 087 1081588

NOTICES

COLLECTIONS: Offertory: €1,615. Thank you.

DIOCESAN COLLECTION: 2nd/3rd August for the Pastoral Centre.

ADORATION: Every Monday in the Sacred Heart Church from 10 am to 1 p.m.

St. Agathas 2 p.m. to 5 p.m. and Our Lady of the Wayside 7 p.m. to 8 p.m.

FIRST SATURDAY DEVOTIONS: August 2nd is the first Saturday of the month. Devotion will begin at 5.30pm before Holy Mass.

ANNUAL DIOCESAN PILGRIMAGE TO KNOCK: on Saturday 23rd August.

There will be a bus going from the parish. Contact Clare Brosnan 087 254 7361.

WEDDING ANNIVERSARY MASS: For those in our parish who are celebrating a significant wedding anniversary this year, you are invited to renew your marriage vows at the 6pm Vigil Mass in St. Agatha's Church, Glenflesk on Saturday 30th August. Please spread the word to those who were married in our parish and are now living elsewhere. You might kindly contact the parish office with details of your anniversary before Friday 22nd August.

A NOTE FROM FR. JIM....

At present I am in Medjugorje with a group of 88 and 13 from Glenflesk parish. It's an opportunity for us to retreat from the world and spend time with the Lord reflecting on our lives to see are we travelling the right road that is leading us to peace and joy. Below find two litany's that will help you at home to come to that place of peace, freedom and joy. In today's fast-paced, hyper-connected, and often chaotic world, the Litany of Surrender and the Litany of Rest have become profoundly relevant spiritual tools. Their necessity lies not only in personal spiritual growth but in helping us navigate modern life with peace, trust, and deeper reliance on God. Here's why they matter so much today:

They teaches us to let go of control and to trust in Jesus. It counters the modern mindset of self-reliance, where success, safety, and happiness are often believed to depend entirely on our own effort. Today's culture idolizes planning, perfectionism, and control—yet so much is ultimately out of our hands. This litany frees us from anxiety by repeating: "O Jesus, I surrender myself to you, take care of everything." The Litany of Rest speaks directly to a world where burnout, overwhelm, and mental fatigue are rampant. It invites us to pause and rest in God's presence, reminding us that we're not defined by productivity or performance. It echoes the heart of Jesus' invitation in Matthew 11:28: "Come to me, all you who are weary and burdened, and I will give you rest."

LITANY OF SURRENDER:

From the fear that I am missing out....Deliver me, Jesus.

From the temptation to act when I should stay still....Deliver me, Jesus.

From the overwhelming feeling that I have too much to do....Deliver me, Jesus.

From the belief that I am too unworthy to slow down....Deliver me, Jesus.

From restless self seeking....Deliver me, Jesus.

From frustration with myself and others....Deliver me, Jesus.

From anxiety and fear....Deliver me, Jesus.

From constant busyness....Deliver me, Jesus.

From insincerity and lack of intention....Deliver me, Jesus.

From the belief that I must change to earn Your Love....Deliver me, Jesus.

THE LITANY OF REST:

That I may believe that You are in constant control...Jesus, help me to rest in You.

That I may lay down my fears and burdens at Your feet....Jesus help me to rest in You.

That I may surrender my all to You....Jesus, help me to rest in You.

That I may still my heart to dwell with You....Jesus, help me to rest in You.

That I may fully trust in Your Love....Jesus, help me to rest in You.

That I may be more intentional with my actions....Jesus, help me to rest in You.

That my ambition may be rooted in You.... Jesus, help me to rest in You.

That I may quiet my mind to hear You....Jesus, help me to rest in You.