



THE PARISHIONER

Sunday 08-February-2026



Fifth Sunday In Ordinary Time

International Day of Prayer and Awareness against Human Trafficking.

The light of Christ's love has been given to each one of us but it will go out if we fail to use it. We are invited to share our food, our homes, our possessions with the needy so that through us they can see the light of God and give him thanks.

The Family of Parishes of: Ballincollig | Ballinora | Kilmurry | Ovens and Farran

Message of His Holiness Pope Leo XIV

Like the Good Samaritan who bent down to help the injured man along the road, the Christian community is also called to stop and help. Not just by individual effort, but through relationships with those in need, those who care for them and, ultimately, with God who gives us His love.

St. Luke notes that the Samaritan "was moved with pity". This compassion implies a profound emotion that compelled him to act. Above all the Good Samaritan gave of his time, seeking out further help from the innkeeper as a true neighbour should. These are ways in which we participate in another's suffering, so that our very person becomes part of the gift.

In the double commandment, "You shall love the Lord your God with all your heart, and with all your strength, and with all your mind; and your neighbour as yourself", we recognise the primacy of love of God and its direct consequences for every dimension of human love and relationship. The primacy of divine love implies that human action is not carried out for self-interest or reward. To serve one's neighbour is to love God through deeds.

This perspective also allows us to grasp the true meaning of loving ourselves. It means setting aside any attempt to base our self-esteem or sense of dignity on worldly stereotypes - such as success, career, status or family background – and recovering our proper place before God and neighbour.

Let us raise our prayers to the Blessed Virgin Mary, Health of the Sick, asking her to assist all who suffer and are in need of compassion, consolation and a listening ear. I cordially impart my Apostolic Blessing to all who are sick, to their families and those who care for them – healthcare workers and pastoral workers alike – and in a special way to all participating in the World Day of the Sick.

Pope Leo PP XIV

International Day of Prayer

Today is International Day of Prayer and Awareness against Human Trafficking and was first observed in 2015 and on the memorial of St Josephine Bakhita, 8 February. Each year, around 2.5 million people are victims of trafficking and slavery. For those engaged in trafficking it has become one of the most lucrative illegal activities in the world.

Through the Day of Prayer, we reflect on the experience of those who have suffered, but also, we are called to reach out to victims and survivors.

Family Mass

Our next Family Mass will be celebrated at 12.30p.m. at Christ our Light church on Sunday, 15th February. Our Family Mass gives all family members an opportunity to attend and enjoy Mass together as a Family on a regular basis. It gives everyone the opportunity to experience the strength and support that God gives us through Mass and in particular through the Eucharist in which Jesus comes to us in a very real way. We look forward to welcoming everyone and families to this Mass.

World Day of the Sick 11th February 2026

Feast of Our Lady of Lourdes



Sickness comes to all our homes unless we are extremely lucky. Most of us have experienced sleepless nights at one time or another; a sick baby, child, parent, awaiting test results, visit to a GP, consultant or the serious illness of extended family or friends. You may be a carer for someone with special needs, chronic illness or in the Medical Profession. Each year the church sets aside the 11th February, Feast of Our Lady of Lourdes, as a special day of prayer for the Sick. In our family of Parishes, Ballinora, Farran and Ovens have had the opportunity to celebrate World Day of the Sick and host the Sacrament of the Sick over the last three years.

This year it will be Celebrated in Christ Our Light Church in Ballincollig, where we will have the opportunity to pray for the sick and receive the Sacrament of the Sick.

For anyone with a serious illness, those who are infirm, in advanced years, or anyone prior to surgery, maybe someone struggling with addiction and obviously anyone in danger of death, the words of blessing over the oil say it all. It is "oil intended to ease the sufferings of your people". Oil soothes and heals. Oil blessed for the Sick is a sign of the Anointed One (Messiah) of God. The oil that is used is Olive Oil. The Bishop and priests bless it at the "Chrism Mass on Holy Thursday in the Cathedral. The Holy Oils are taken back to each parish for use during the following 12 months. A person is anointed on the forehead and the palms of the hands while the priest says: "Through this holy anointing may the Lord in his love and mercy help you by the grace of the Holy Spirit. May the lord who heals you, save you and raise you up"

Please consider offering a lift to a neighbour, or someone less able, on the 11th to get to Christ Our Light Church at 7:30pm.

Ballincollig Parish Number for Priest on Duty is: 087 4021357 & Parish office Telephone is 089 4008181 Mon - Wed. 9.00am - 12.30pm

The good man is a light in the darkness for the upright.

Visit Our Website: www.ballincolligparish.ie or Facebook www.facebook.com/BallincolligParish

† IN SYMPATHY †
 PLEASE PRAY FOR THE FAMILY AND FRIENDS OF THE RECENTLY
 DECEASED :
 Han Lane, Kisbeam.
 Betty Sheehan, Carriganarra.
 Gerald (Ger) O'Sullivan, Beech Road.
 Catherine (Kay) Hitz, Rosewood.
 Angela Ryan, Classis Lake.
 Kitty Buckley, Crookstown.
 Mary Traynor, Beech Park.
 Mairead McGrath, Cork/Durrus.
 Danny Murphy, Ballincollig / Killarney.
 Tom O'Mahony, Ballincollig/Ballyphehane.
 Abina O'Hea, Coolroe Heights.

PLEASE PRAY FOR THE REPOSE OF THE SOULS OF THE FOLLOWING
 WHOSE ANNIVERSARY OCCURS OR OTHERWISE REMEMBERED:

Pat Manning, Farranree.
 Michael Gallahue, Island Way.
 Bernice Herley, Beech Park.
 Jimmy Murphy, Pinewalk, Clonmel.
 Kevin Roderick, Westgate.
 Tim Murphy, Glounthane.
 Patrick Goodwin, Tralee/Glasheen.
 Michael & Peg Gilleran, Rosewood.
 Michael Murray, Beech Park/Carriganarra.
 Margaret Kelleher, Castlepark.
 Frances Barry, Leamlara.
 Donnacha Fox, Dublin.
 Elizabeth Collins, Cloyne.
 Denis Murphy, Rosewood.
 Tim & Teresa Cagney, Gardiners Hill.
 Dec. mem. of the Cagney & McAuliffe families.
 Jack O'Callaghan, Kilcrea, Ovens.

READINGS FOR THE WEEK

Fifth Week In Ordinary Time

08 Sunday Is. 58:7-10. Ps. 111. 1 Cor. 2:1-5. Mt. 5:13-16 Lect I: 650
 09 Monday 1 Kgs 8:1-7, 9-13. Ps 131. Mk 6:53-56. Lect II: 512
 10 Tuesday 1 Kgs 8:22-23, 27-30. Ps 83. Mk. 7:1-13. Lect II: 514
 11 Wednesday 1 Kgs 10:1-10. Ps 36. Mk 7:14-23. Lect II: 517
 12 Thursday 1 Kgs 11:4-13. Ps 105. Mk 7:24-30. Lect II: 519
 13 Friday 1 Kgs 11:29-32, 12:19. Ps 80. Mk 7:31-37. Lect II: 521
 14 Saturday Acts 13:46-49. Ps 116. 1k 10:1-9. Lect II: 957

Next Sunday's Readings 15-February-2026

Eccles (Sir) 15: 15-20. Ps 118. 1 Cor 2:6-10. Mt 5:17-37 Lect I: 652

MASS TIMES

St. Mary & St. John	Christ Our Light
8:30 am, 10 am	Sunday 11 am, 12:30 pm
9:30 am	Monday No Mass
9:30 am	Tuesday No Mass
9:30 am	Wednesday 8:30 am
9:30 am	Thursday 8:30 am
9:30 am	Friday 8:30 am
6:00 pm (Vigil)	Saturday 7:30 pm (Vigil)

Ballincollig Bulletin Board

Coeliac Hosts

Low gluten hosts are available and suitable for Coeliac's. Please inform the priest prior to Mass if possible if you require it.

Adoration of the Blessed Sacrament

There will be Adoration of the Blessed Sacrament at 3p.m. until 4p.m. in St. Mary & St. John's Church every Friday.

Meditation

Meditation continues in the Ballincollig Community Hall on Tuesday morning after 9.30am Mass. New members welcome.

Confirmation

Please pray for the boys / girls in Scoil Barra who will receive the sacrament of Confirmation on Monday 9th February. Sincere thanks to the parents and dedicated teachers who work diligently preparing young people for the sacrament.

Family Carers Ireland Support & Services

Join Lynne Dennehy Support Manager for the South & West of Cork with Family Carers Ireland, together with Citizens Information to learn about Family Carers Ireland Support and Services and your rights and entitlements as a family carer. The Talbot Hotel Ballincollig February 26th at 10:30am- 2pm. Tea & Coffee provided on arrival to give you a chance to meet other carers and lunch will be provided after the information session. For more information, contact Lynne at 086 0759064 or ldennehy@familycarers.ie

Week of Guided Prayer

In 2025, the parish organised a Week of Guided Prayer, whereby parishioners were given the opportunity to meet with a trained spiritual director for 30 minutes each day for five days at a time suitable to both. The feedback that I received from those who partook was overwhelmingly positive and I am glad that we have been able to organise it again for 2026, from **Monday 2nd through to Friday 6th of March**.

Participants commit to spending part of each day in prayer and will be guided sensitively by their spiritual director when they meet. No prior experience of spiritual direction is necessary and those who have done it before are welcome to undertake it again. Places are limited, however. Expressions of interest can be sent to me directly at: fr.ronan2022@gmail.com, by no later than Friday 20th of February. Feel free to ask me any questions also.

God bless - Ronan Sheehan CC.