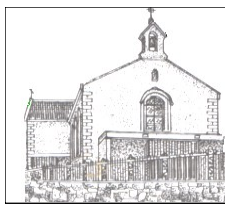


## Cappoquin, Modeligo & Affane

### Newsletter March 2026



#### March and Lent.

*Let us pray—that nations move toward effective disarmament particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence. (Don't forget to pray for Peace.)*

We have our story of Jesus laid out for the season of Lent the first Sunday gives us an account of the transfiguration of Jesus. To enter eternal life requires listening to Jesus, following him on the way of the cross carrying in our hearts, like him, the hope of Resurrection!

O Lord, we place our trust in You!

On Monday we are reminded of our shame by Daniel and we pray for forgiveness and in the Gospel Jesus tells us about God's forgiveness. Forgive and you'll be forgiven. As the hymn goes "Forgive our sins as we forgive, you taught us Lord, to pray but you alone can grant us grace to live the words we say".

"Whoever exalts himself will be humbled and whoever humbles himself will be exalted!" Suffering with Christ constitutes our holiness.. Jesus tells them "he came to be ransom of many". "Through his wounds we are healed".

We have the story of Joseph who the Midianites brought to Egypt to sell for profit! And then we have the tenants in the vineyard who were killed because they wouldn't kill the heir!

When the kindness and love of God our Saviour were revealed, it was not because he was concerned with any righteous actions we might have done ourselves; it was for no reason except his own compassion that he saved us!!!

**3rd Sunday.** The Samaritan Woman. She didn't recognise Jesus. He told her who he was. She went into the town and told the people, many believed

**Sunday** 4th of Lent. Cure of Blind born man. In the Ephesian epistle Paul tells the people to walk as children of light because the fruit of light is found in all that is good, right and true, and try to discern what is pleasing to the Lord. The blind man recovered his sight but the neighbours and parents were afraid to own up for him because the neighbours would kill them. But he did tell!

**17th Tuesday. St Patrick Patron of Ireland.** My book tells me that Patrick was born around 400. He was taken captive at about 16 and brought to Ireland where he worked as a slave and herdsman, until he escaped back to his family. Having felt a calling to be a missionary to the Irish, he studied for the priesthood in France. He returned to Ireland as an indefatigable preacher in the second half of the 5th century. He was made Bishop of Ireland and is buried in Downpatrick. He is Principal Patron of Ireland

God our Father, you converted a people to the glory of your name through the preaching of St Patrick. Inspire us by his spirit to walk in holiness, and help us to teach the Gospel to those around us, that our nation may turn again to you, through Christ our Lord. Amen.

**18th St Cyril of Jerusalem. Bishop.** He was expelled three times by heretics who opposed his unfailing orthodoxy! "O surpassing love of Christ he was truly crucified and buried and raised up and all these things he graciously gave to us, so that we might gain participation in salvation in reality. O surpassing love of humanity! Christ received the nails in his pure hands and suffered, and to me grants salvation without my suffering and pain through sharing his suffering..."

**19th St Joseph.** In 1870 Pope Pius IX declared Joseph patron of the Universal Church. Many saints have recommended his patronage especially St Teresa of Avila "To other saints our Lord has given power to help in one sort of need, but this glorious saint, as I know by experience, helps us in every need." We pray, O Lord, that just as St Joseph served with loving care your only begotten Son, born of the Virgin Mary so we may be worthy to minister with a pure heart at your altar through Christ Our Lord.

## 21st St Enda

**25th The Annunciation** Others were conceived by man and woman. From her own flesh God gave his body. So He is called son of God and Son of Man (*St John of the Cross*).

**29th Palm Sunday.** This was when "He emptied himself and assumed the condition of a slave". Wouldn't you be wondering why? We will have our Palms, praying with heart and voice: "Glory, laud and honour to our Redeemer King," offering him all the stored up energy of our reverence, gratitude and love. "O Lord, gather your Church in holiness that together we may proclaim your saving love to all the world, and in work through Christ our Lord. Amen.

### Holy Week Ceremonies

#### Palm Sunday — Confessions

Saturday 28th March: after 7pm Mass, Affane

Sunday 29th March: after **10 am Mass, Modeligo**  
after **11 30 am Mass,**

**Cappoquin**

#### HOLY THURSDAY:

Mass of the Lord's Supper 7.30 pm Cappoquin

#### GOOD FRIDAY

Stations **12 noon Affane**

THE LORD'S PASSION 3 pm in Cappoquin

Stations **7.30 pm Modeligo**

#### HOLY SATURDAY

**AFFANE 8pm Easter Vigil**

#### EASTER SUNDAY

**MODELIGO 10 AM**  
**CAPPOQUIN 11.30 AM**

## MARCH 2026

Sun 29th: Palm Sunday Jesus' entry  
Mon 30th Dinner for Jesus:

Mary anointed his feet

Tue 31st Poor Peter!

### **April**

Wed 1st: Judas personified all that was going to happen!

Thu 2nd The redeeming love of the Saviour bore on our behalf the burden of our sins

Fri 3rd: Good Friday We have the Gospel according to St John. We then have the solemn intercessions for the Church, the Pope, all those of orders and degrees and Bishops, for people in public office, for those in tribulation, for catechumens, for the newly baptised, union of Christians, the Jewish people, non-believers in Christ or in God, and for those in public office.

Then we have the adoration of the Cross. Then we have the Our Father and Holy Communion

Sat. 4th Most wonderful night of the year. The Lord is risen from the dead!

#### **CONTACT NUMBERS**

Very Rev Fr Martin Keogh PP 058 54216  
St Vincent de Paul 0871639108  
Samaritans 051 872114  
Cura 051 876452  
Alcoholics Anonymous 051 37317  
Gardai Cappoquin 058 54244  
Health Centre 058 54406  
Bunscoil Gleann Sídhéain 058 54015  
Scoil Mhuire Modeligo 058 68149

#### **Parish Office opening times**

**Tuesdays 10.15am—1.15 pm**

**Thursdays 10.15am—1.15 pm**

**Office Tel No. 058 52619**

Email [cappoffice@yahoo.ie](mailto:cappoffice@yahoo.ie)

Website [www.cappoquin.net](http://www.cappoquin.net)

We also have a variety of items for sale including Mass cards, candles & other items.

**Please call in.**

#### **Weekend Masses**

**Saturday Affane 7 pm Vigil**

**Sunday Modeligo 10.00 am**  
**Cappoquin 11.30 am**

**No morning Mass on Mon. or Sat**  
**First Friday 10 am Cappoquin**

**SACRAMENT OF PENANCE and**  
**SACRAMENT OF THE SICK : On request**

#### **BAPTISMS:**

**AFFANE 6.15pm Saturdays**  
**MODELIGO 10.45 Sundays**  
**CAPPOQUIN 12.15 Sundays**

#### **Child Protection DP**

**Breda Cunningham**