

**A Word from Fr Jim**

 Thanks to all who came to the National Concert Hall on Sunday night and

 Dundrum Shopping Centre on Monday. Balally can be proud.

 This weekend we have our first Silent Sabbath. The aim is to….

 · Recover the sense of the Sabbath on Sundays.

 · Make time for silence, quiet, and reflection.

 · Put aside our phones. I pads/ gadgets and fast from Social Media.

 · Allow the Lord a chance to speak.

 **The program for the day….**

**11.00am— 6.00pm in Church:**

Exposition of the Blessed Sacrament

**6.00pm: Lane Room:** A simple meal of soup & brown bread

eaten in silence while listening to an inspiring reading.

(This is a custom from the monastery.)

7.00pm: Evening Prayer & Meditation (**Icon Chapel)**

8.30pm: Compline/ Night Prayer live from Glenstal Abbey

We would love you to join us for some of the day. Maranatha.

 **With My Love & Blessing**

 **Fr Jim**