

Local Mass Times

Bohermeen	9:30am <i>Mon - Fri</i>
Dunderry	9:00am <i>Mon, Wed & Fri</i>
Robinstown	9:00am <i>Tues & Thurs</i> 8:00pm <i>Thurs</i> 10:00am <i>Sat</i>
Kilmessan	9:30am <i>Mon & Thurs</i> 8:00pm <i>Tues & Fri</i>
Dunsany	9:30am <i>Wed</i>
Beauparc	9:00am <i>Mon - Fri</i>
Kentstown	10:00am <i>Tues - Fri</i>
Rathkenny	9:00am <i>Mon, Tues, Wed, Thurs, Fri</i>
Grangeeth	8:00pm <i>Tues</i>
Rushwee	8:00pm <i>Thurs</i>
Slane	7:00pm <i>Tues</i> 8:45am <i>Wed, Thurs & Fri</i>
Kilberry	9:30am <i>Tues & Thurs</i>
Oristown	9:30am <i>Wed & Fri</i>

Mass Schedule for Lent

7:30am St Mary's Church <i>Monday - Friday</i>
8:30am Church of the Nativity, Johnstown <i>Monday - Friday</i>
9:30am St Oliver's Church <i>Monday - Friday</i>
10:30am St Mary's Church <i>Monday - Saturday</i>



Friday Mass for Lent at 7:30pm in St Mary's

*This Mass and time of prayer will include
a reflection on the journey of healing for
Grief & Trauma; Addiction;
Abuse Victims & Vulnerable Adults;
Family & Separation; Illness;
Living with Suicide.*

Details on www.navanparish.ie/lent

Navan & Johnstown

Invitation for Lent 2019



Some suggestions
for a fruitful
Lenten journey.

*Grant, O Lord,
that we may begin with holy fasting
this campaign of Christian service, so that,
as we take up battle against spiritual evils,
we may be armed
with weapons of self-restraint.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit, one God, for ever and ever. Amen.*



Prayer opportunities

Attend the community Sunday Mass
Make time for Daily Mass

Pray the Angelus at 12:00noon & 6:00pm
Eucharistic Adoration

Daily Bible Reading

Stations of the Cross
*Guided Stations of the Cross at 3:00pm
on Fridays of Lent in St Mary's Church*

Take a Short Daily Break for Prayer
Visit the Church before Work/School

Pray the Rosary
Pray the Divine Mercy Chaplet

Avail of Confessions
*Tuesdays 6:30pm - 7:30pm in St Mary's
Saturdays 12:00 - 1:00pm in St Mary's &
after the 7:00pm Saturday Mass in St Oliver's*

Fasting suggestions

Abstain from Chocolates,
Alcohol and/or Tobacco

Reduce Screen-time in order
to Increase Family-time

Change a Bad Habit
Give up Swearing

Remove some Creature Comforts

Observe Wednesday & Friday
as Days of Fast and Abstinence

*"Lent is a fitting time for self-denial;
we would do well to ask ourselves
what we can give up in order to help
and enrich others by our own poverty."
(Pope Francis)*

Almsgiving ideas

Light a Candle for your Family
Pray while Parenting

Become a Volunteer

Be Charitable in Word and Action

Develop a Good Habit

Befriend a Lonely Person
Speak out against Bullying

Drive with Courtesy
Treat others with Patience

Support Persecuted Christians

Trócaire Lenten Project
Boxes available in parish churches

Use the words "Please", "Thank You"
& "I'm Sorry" more frequently

