



19th Sunday Ordinary Time – 13 August 2023

SUICIDE PREVENTION AND WHAT YOU CAN DO TO HELP



If you're worried that a friend or loved one is thinking of suicide - here are some of the key warning signs to watch out for:

- ♦ Talking or writing about hurting themselves, dying, or saying that they want to die
- ♦ Talking about ways to die or having a suicide plan.
- ♦ Saying that 'nothing is

going to change' or they feel like a 'burden'.

- ♦ Saying they have no purpose in their lives, that they feel hopeless.
- ♦ Engaging in self-harm or risk-taking behaviour
- ♦ Giving items away or saying goodbye to people
- ♦ Becoming more inward-looking and withdrawing from family and friends
- ♦ Changes in their sleep patterns - too much or too little sleep
- ♦ Extreme emotions or dramatic changes in mood
- ♦ Increasing their use of drugs or alcohol

If you recognise one or more of these warning signs in a loved one's behaviour, don't wait for someone else to do something. Contact Pieta by reaching out to us on our **24/7 Crisis Helpline. 1800 247 247. Text HELP to 51444**

If you believe someone is considering suicide, the APR approach may help:

If the person is opening up to you, engage them in a non judgemental manner with empathy and don't be afraid to ask them directly if they are struggling with thoughts of suicide or self-harming behaviour.

Ask them directly, "Are you thinking about suicide or wanting to kill yourself?" - Don't say, "Do you want to hurt yourself?" Self-harming is not the same as suicide.

The reality is that talking to them openly and honestly is one of the best things you can do. Just listening is one of the most powerful tools we have.

Calmly and gently try to persuade the person to seek help or to allow you to assist them in getting help. Say "Will you go with me to get help?" or "Will you let me assist you to get help?"

Or ask them to agree not to act on their suicidal thoughts until you've arranged help for them. If you can't persuade them to seek help in person straight away remember that Pieta's Crisis Helpline is open 24 hours day.

As quickly as you can, refer or guide the person you are concerned about to Pieta to your doctor or local mental health service. If you can, make the call with them or travel with them to the appointment.

Remember, most people who talk about suicide do not want to die. They want to stop the pain they feel.

For more information: www.pieta.ie

Change in Sunday Masses

From Sunday 3rd September there will be one Sunday Mass in each parish.

James's St: 10am

Meath St: 11am

Francis St: 12 noon

There is a 6.30pm mass on Saturday in James's Street and a 6pm Mass on Saturday in Francis Street. These will remain in place until the beginning of December when we re-assess the situation



Dublin 8 in 2050

The Digital Hub as announced an exciting new research programme for young people in Dublin 8. Critical ChangeLab // Beta is a unique and engaging afterschool initiative that aims to empower young individuals, aged 15 to 17, to envision and shape the future of Dublin 8. This new programme is in partnership with Trinity College Dublin School of education, the Trinity Long Room Hub Arts and Humanities Research Institute, and HoloGen. Participation in the programme is free. You can find more information on how to apply at the following link:

<https://www.thedigitalhub.com/news/critical-changelab-beta-call-for-participants/>

Deadline to apply: Friday, 25th August 2023.



Diocesan Youth Leadership

Beginning in September, a new Diocesan Youth Leadership Course will take place. This course will enable young adults to take on leadership roles in their parish. Email:

natalie.doherty@dublindiocese.ie

19TH SUNDAY ORDINARY TIME

Penitential Rite

As we begin our celebration, rejoicing in the Lord,
let us remember God's immense goodness to us.

In your mercy you call us to hope. Lord have mercy

From your goodness, you heal us and make us whole.
Christ have mercy

By your love you grant us new vision. Lord have mercy

May our great and gracious Lord,
who has conquered death and destruction, have mercy
on us, forgive us our sin and bring us to life
everlasting. Amen

1 Kings 19:3-8

Elijah was afraid and fled for his life. He came to Beersheba, a town of Judah, where he left his servant. He himself went on into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Yahweh,' he said 'I have had enough. Take my life; I am no better than my ancestors. 'Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat'. He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of Yahweh came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you'. So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

Romans 9:1-5

What I want to say now is no pretence; I say it in union with Christ - it is the truth - my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

Alleluia, alleluia!
My Soul is waiting on the Lord, I count on his word
Alleluia!

Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening

came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.'

'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God'.

Prayer of the Faithful

That the love of Father, Son and Spirit may be food for the journey of our lives. Lord hear us.

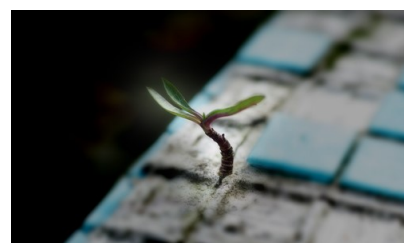
Lord, may we who follow Christ, be the bread of life for the world. Lord hear us.

May those who feel they have no hope, find in the Christian Community the compassion and support they need to make sense of their lives. Lord hear us.

For all who have died, and especially those who have died by suicide, that they may now find peace in God's love and compassion. Lord hear us.

We pray for those families, who have lost loved ones to suicide. May their pain and hurt be healed. Lord, let the memory of their loved one, become a source of consolation and joy. Lord hear us.

For a moment in silence, let us put aside our own needs and remember those who need our prayer and support..... Lord hear us



Reflection

This is the time to be slow, lie low to the wall until the bitter weather passes. Try, as best you can, not to let the wire brush of doubt scrape from your heart all sense of yourself and your hesitant light. If you remain generous, time will come good; and you will find your feet again on fresh pastures of promise, where the air will be kind and blushed with beginning.

John O'Donohue