



St. Colman's Parish
Exaltation of the Holy Cross
13th /14th September 2025

'The Exaltation of the Holy Cross'

We celebrate this feast of the Exaltation of the Cross for two reasons: (1) to understand the history of the discovery and recovery of the True Cross and (2) to appreciate better the importance of the symbol and reality of Christ's sacrificial love, namely, the cross in the daily life of every Christian.

The Reluctant Cross-Bearer: Imagine a young man named David, who, like many, felt the weight of life's challenges. He saw the cross as a symbol of suffering, a burden he didn't want to carry. He avoided anything that resembled sacrifice or hardship, preferring comfort and ease. He saw the cross on others, in their struggles and sacrifices, and felt a sense of resentment towards it, for he believed that this suffering was something imposed upon them not something they would choose.

A Moment of Reflection: One day, during the Feast of the Exaltation of the Holy Cross, David found himself reflecting on the readings about Jesus's sacrifice on the cross. He realised that the cross wasn't just a symbol of pain, but also a symbol of God's immense love for humanity, demonstrated by Jesus's willingness to die for our sins. He thought about how Jesus, despite the suffering, embraced the cross as an instrument of salvation.

Embracing the Cross: This realisation sparked a change in David. He began to see the cross not as a burden to be avoided, but as a symbol of love and sacrifice that he could embrace. He started to see others' struggles, and his own as well, not as things to resent, but as opportunities to grow closer to God. He realised that the cross, in its various forms, was a reminder of God's unwavering presence in his life, even during difficult times.

Fr. Timothy Kiplagat Chebii (087) 0009181
Parish Residence: 18 Ballyoughtragh Heights, Milltown
Rev. Conor Bradley (087) 3664057
Parish Office: Thursday 9:00-3:00 Tel (066)-9767312
Email: milltown@dioceseofkerry.ie
Website: www.milltownlistryparish.com
Safeguarding Children: Contact No (087) 6362780

Recent Death: Please pray for:

Kenneth O' Neill (Snr) Woodville

Baptisms: We welcome into our Christian community:

John Daniel Lehane, Ahane

**Adoration of the Blessed Sacrament takes place every Friday in
 Milltown Church from 6:00 p.m. - 7:00 p.m.**

Masses & Intentions

Mon. Sept. 15 th			<i>No Mass</i>
Tues. Sept. 16 th	Listry	7:00 p.m.	<i>Ministry Blessing for new Readers & Eucharistic Ministers</i>
Wed. Sept. 17 th	Milltown	10:00 a.m.	<i>People of the Parish</i>
Thur Sept. 18 th			<i>No Mass</i>
Fri. Sept. 19 th	Milltown	7:00 p.m.	<i>Kathleen Flynn Rockfield</i>
Sat. Sept. 20 th	Listry	6:00 p.m.	<i>Mary Doona Lahard, Beaufort</i>
Sun. Sept. 21 st	Milltown	11:15 a.m.	<i>John & Joanne Coffey Corpus Christi Tce.</i>

Eucharistic Ministers

Listry Saturday Sept 20th Margaret Lehane
 Milltown Sunday Sept 21st Sheila O' Sullivan & Eileen Roche

Minister of the Word

Listry Saturday Sept. 20th Elizabeth Griffin
 Milltown Sunday Sept. 21st Turlough O' Brien

Offertory Collector

Milltown: September – Liam Ryan

All Weekend Masses will be streamed online via www.milltownlistryparish.com or churchmediatv.ie. The webcam in Milltown and Listry church captures images of individuals who sit in the first two seats of the church. Please sit in another part of the Church if you do not wish your image to be broadcast in this way.

Flower Arranger: Mary Aspell 20th September – 3rd October

Our church is blessed with beautiful flowers on the Altar each week, thanks to the generosity of our volunteers. If you'd like to be part of the rota — which usually involves helping just once every 2 to 3 months — please leave your name and contact details with the parish office at (066) 9767312. Thank you for your support.

Why Sunday Matters: The Irish Catholic Bishops have published a Pastoral Letter on Why Sunday Matters – *an invitation to reflect on Sunday Mass*. It is available in parishes, or can be downloaded from the diocesan website, www.dioceseofkerry.ie. There is also an accompanying video series entitled *Sunday Mass – Digging Deeper*, which can be access also on the diocesan website.

Peace with Creation Workshop: on Sunday Sept 21st, 3pm -5pm. Fossa Parish in collaboration with Diocese of Kerry Justice Peace and Integrity of Creation committee (JPIC) share how they have developed part of the church grounds, and are responding to the call of the Bishops to return 30% of parish grounds to nature. There will be a guided tour, *Way of Creation* Stations, information, networking and light refreshments. The day will close with the planting of a native tree to mark the occasion. Representatives from parishes around the diocese are warmly invited to attend.

Chimes: have recently set up a new free supportive service in Killarney for people who are hard of hearing. Meeting on Tuesday 16th September from 10:30am – 11:30am at their premise's; Chime Unit 1b Park Place, Hight Street, Killarney V93 CP9. Contact: 064 6620052/ 086 8056202

Meals On Wheels: Listry Community continue to run our Meals on Wheels Service, Three days a week. Monday, Wednesday & Friday. This is a vital service especially at this difficult time. To avail of this service please call Cathriona 087 9381063, these meals will be dropped to the person home and we deliver this service to as many as we can.

Foot Health Practitioner: The health foot practitioner will attend Listry community centre on Wednesday 17th September. For an appointment, please call Paula (087) 6606585.

Refreshments after Mass this Sunday - Please join us once again for a cuppa after Mass this Sunday 14th September.

Closing date for applications for a new Sacristan to serve both Milltown and Listry churches If you desire to serve in this role, please send your application to Fr. Timothy at 18 Ballyoughtragh Heights, Milltown, or by email to milltown@dioceseofkerry.ie by Monday 15th September 2025.

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The Transformation: David's journey wasn't easy, but with each step, he found strength and peace in embracing the cross. He learned that true joy and fulfilment come not from avoiding suffering, but from uniting with Christ in his suffering and finding strength in his sacrifice. He understood that the exaltation of the Holy Cross is not just a celebration of a historical event, but a call to embrace the cross in our own lives, finding strength, hope, and salvation in its symbolism.

REFLECTION

Blessed are those who realise
they cannot live on bread alone
But need the word of God too :
they will be fully nourished.
Blessed are those who, when they have sinned,
Follow the example of the prodigal son,
And come back home to seek
forgiveness and reconciliation:
They will cause heaven to ring with joy.
Blessed are those who stop and attend
to a wounded neighbour:
They are the good Samaritans of today.
And blessed are those who are not afraid of sacrifice:
On the day of the harvest they will sing for joy .

FINAL BLESSING

May the Lord bless
you with strong faith, a joyful spirit,
and a loving heart.

Amen

Offertory collection

Last Weekend's collection -€1,020

Thank you for your generous support

**Killorglin Pastoral Area
Priest on Duty this weekend
Fr. Fergal Ryan (087) 2408540**