



# Cathedral of the Assumption

Sunday, 5th July, 2020. Fourteenth Sunday of Ordinary Time  
[www.carlowcathedral.ie](http://www.carlowcathedral.ie)

***The Lord says this:***

***Rejoice heart and soul, daughter of Zion!***

***Shout with gladness, daughter of Jerusalem***

Today is a day for celebration. This is our first Sunday of public worship since the 8th of March. 17 weeks. What would have been unthinkable at the beginning of the year has now become the 'new normal'. Social distancing, cocooning, face masks, hand sanitisers... these strange terms and objects have become everyday necessities for much of the country. Alongside all the changes we have experienced as a society has come a strong undercurrent of fear. It is an uncertain time. The risk of isolation, illness and in the worst case, death, are prevalent in our parish and throughout the world. It is indeed strange times.

And yet, there is always hope. Here we are, gathered together in (admittedly smaller for the moment) community participating in public worship. Please take joy and courage from what you see today, it is a good day. Our human spirit, which is breathed into us by our Creator, is not easily crushed. Yes we may feel despondent at times, but we are here, together and moving forward with hope and trust. Let us thank God for all those who have been on the frontline during the worst of the pandemic and who still courageously serve us today. The traits of generosity, strength, courage, humility and love are very evident when we think of our healthcare, clergy, retail and other frontline workers. May God continue to bless and protect us and our loved ones. Today is a great day. Let us rejoice and be glad!

**Exposition of the Blessed Sacrament Monday to Friday in the Cathedral from 6pm to 8pm.**

**Parish Centre Office and Shop open.**

The Parish Centre Office and Shop are open.

Opening hours are Monday to Friday 9am - 1pm and 2pm - 5pm.

We look forward to seeing you again!

**Mass in the Cathedral for the week of the 6th - 12th July.**

Monday to Friday: 10am and 1pm

Saturday: 10am, 1pm and 6.15pm Vigil

Sunday: 8.30am, 10.30am, 12.30pm and 7pm

**ALL MASSES AVAILABLE ON CATHEDRAL PARISH WEBCAM: <http://www.carlowcathedral.ie/webcam/>**