



# Cathedral of the Assumption

Sunday, 13th September, 2020. 24th Sunday in Ordinary Time  
'Safeguarding Sunday' [www.carlowcathedral.ie](http://www.carlowcathedral.ie)

## ***Safeguarding Message for Safeguarding Sunday 2020***

***The place of young people in the heart of our diocese, our parishes, our church***

**Video Message:** [https://drive.google.com/file/d/11fJkCRUIHgZRgoZvS\\_WbmjUGD74yT9ZI/view](https://drive.google.com/file/d/11fJkCRUIHgZRgoZvS_WbmjUGD74yT9ZI/view)

Last September we celebrated our very first Safeguarding Sunday in the diocese.

Safeguarding Sunday is an opportunity to recognise publicly the years of dedication and work by so many to ensure that our diocese is a safe place for children and vulnerable adults and for all those working with them. I thank the Diocesan Safeguarding Team and the Diocesan Safeguarding Committee for proposing this day once again and making it happen.

There are close to 200 people voluntarily working on behalf of safeguarding across all our parishes. I am most grateful for their commitment and dedication to their safeguarding brief. It is greatly appreciated. Our parishes, our diocese are safe places for young people to participate fully in the life of the Church.

The theme of this year's Safeguarding Sunday is the place of young people in the heart of our diocese, our parishes, our church.

Nothing gives me greater joy than to witness the involvement of so many young people in the life of our diocese: on my visits to parishes, meeting teams of Altar Servers, the John Paul II recipients, the 260 Meitheal leaders working across 26 secondary schools in the diocese and the young people who travel with us on our pilgrimages

All these young people are a credit to their families, their parishes and their schools. I thank the many priests and laity who work so hard to ensure young people's experience of Church is both positive and healthy.

We in Kildare & Leighlin diocese are committed to ensuring the safety and well-being of all children and young people and will work in partnership with parents/guardians to do this.

We recognise each child, each young person as a gift from God, and we value and encourage the participation of them in all activities that enhance their spiritual, physical, emotional, intellectual and social development.

All our priests, religious, staff and volunteers have a responsibility to safeguard children and young people through promoting their welfare, health and development in a safe and caring environment that supports their best interests and prevents abuse.

The participation of children and young people in the heart of our parishes, our diocese, our church is a source of enjoyment, growth in faith, support and enrichment for young people and the wider communities in our parishes, participation that grows year on year.

We are all enriched by the presence and participation of children/young people; it is an expression of the Christian Community. We all share the responsibility of making the Church a safe place for children/young people to be - Church personnel, parents and parishioners. We put certain requirements in place to enable this to happen but we also live safeguarding every time we are in contact with youngsters in our parish activities.

I once again commend this Safeguarding Sunday Initiative and reiterate my apology to anyone who has suffered abuse in the past. You are always very much in our prayers. A reminder that the services of Towards Healing and Towards Peace are available for all who are trying to deal with the trauma of abuse in their lives.

With my prayers & thoughts,

✠ Denis Nulty

Bishop of Kildare & Leighlin

## ***How can I Forgive?***

The Gospel message of forgiveness is challenging to the extreme. Some crimes may be deemed unforgivable, and some hurts run so deep that the human condition seems unable to forgive. Corrie ten Boom, a survivor of the Nazi Concentration camps, tells of the moment she encountered one of her captors after the war. He came to her seeking forgiveness:



*But I remembered him and the leather crop swinging from his belt. I was face to face with one of my captors, and my blood seemed to freeze. “You mentioned Ravensbrück in your talk,” he was saying. “I was a guard there... But since that time,” he went on, “I have become a Christian. I know that God has forgiven me for the cruel things I did there, but I would like to hear it from your lips as well.*

*Fraulein” — again the hand came out — “will you forgive me?”*

*And I stood there — I whose sins had again and again to be forgiven — and could not forgive. Betsie (her sister) had died in that place — could he erase her slow terrible death simply for the asking?*

*The soldier stood there expectantly, waiting for Corrie to shake his hand. She “wrestled with the most difficult thing I had ever had to do. For I had to do it — I knew that. The message that God forgives has a prior condition: that we forgive those who have injured us.”*

*Standing there before the former S.S. man, Corrie remembered that forgiveness is an act of the will — not an emotion. “Jesus, help me!” she prayed. “I can lift my hand. I can do that much. You supply the feeling.”*

*Corrie thrust out her hand.*

*And as I did, an incredible thing took place. The current started in my shoulder, raced down my arm, sprang into our joined hands. And then this healing warmth seemed to flood my whole being, bringing tears to my eyes.*

*“I forgive you, brother!” I cried. “With all my heart.”*

*For a long moment we grasped each other’s hands, the former guard and the former prisoner. I had never known God’s love so intensely as I did then. But even so, I realized it was not my love. I had tried, and did not have the power. It was the power of the Holy Spirit.*

God not only shows us mercy, God enables us to be merciful. The Name of God is Mercy writes Pope Francis. Let us Christians be beacons of God’s mercy in the world today. Let us remember God can help us forgive what we cannot forgive by ourselves.



## **Mass in the Cathedral for the week of the 14th - 20th September.**

Monday to Friday: 7.30am, 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/>

### ***House Visitation***

The Parish team are not currently visiting houses with the Blessed Sacrament. However, if you wish to receive the Eucharist at home please contact the Presbytery at 059 913 1227 and a visit can be arranged.

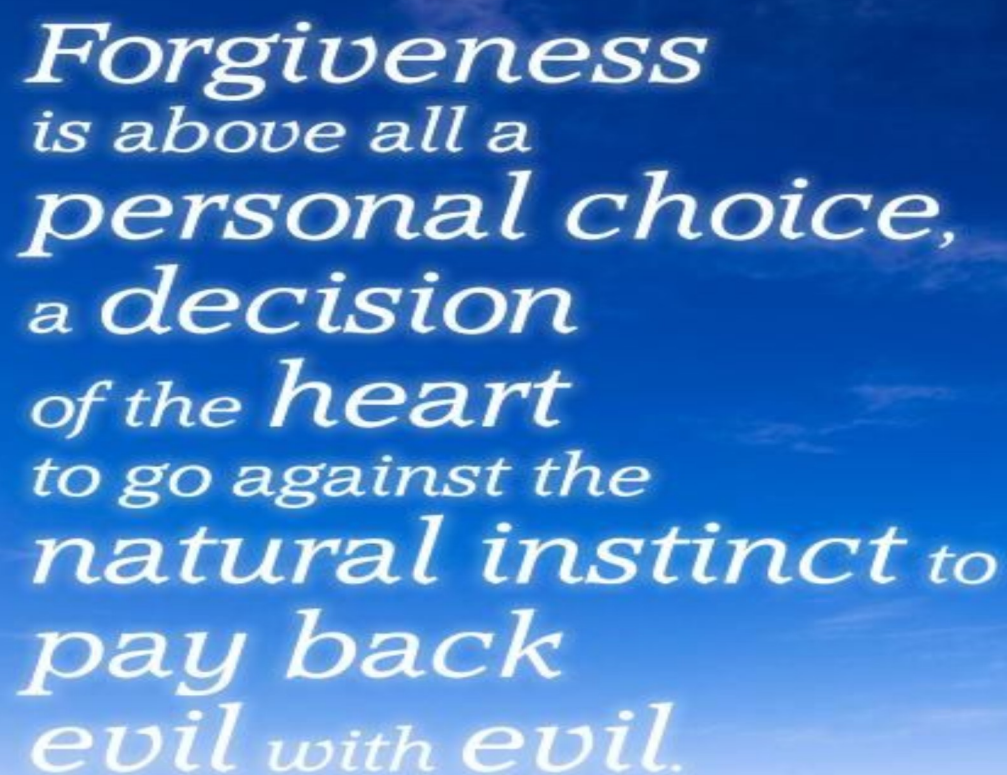
**Exposition of the Blessed Sacrament Monday to Friday in the Cathedral from 6pm to 8pm.**

### ***Covid\_19 Phone Supports***

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

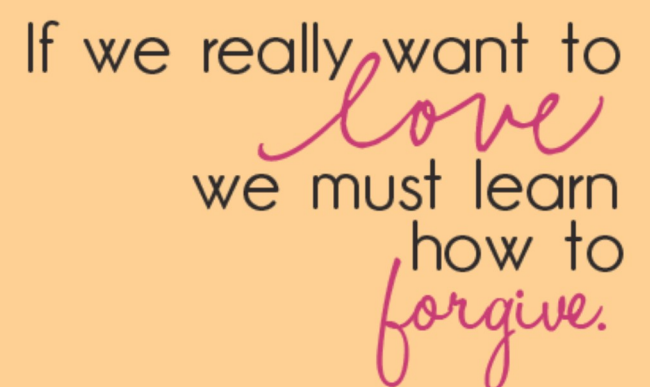
### ***Bereavement Support Line***

The Irish Hospice Bereavement Support Line is a new dedicated National Phone Line, in partnership with HSE Live to support those grieving in these exceptional times. Dial freephone 1800 80 70 77.



*Forgiveness  
is above all a  
personal choice,  
a decision  
of the heart  
to go against the  
natural instinct to  
pay back  
evil with evil.*

*Pope John Paul II*



If we really want to  
*love*  
we must learn  
how to  
*forgive.*

~ Mother Theresa

### ***Grandparents Pilgrimage, Knock Shrine 2020***

The 2020 pilgrimage is on Sunday 13th of September at the Shrine of Our Lady of Knock taking place virtually at 3pm at Knock Basilica.

[www.https://  
www.knockshrine.ie/watch-  
live/](https://www.knockshrine.ie/watch-live/)