

Cathedral of the Assumption

Sunday, 8th February 2026

FIFTH SUNDAY IN ORDINARY TIME

Parish Facebook... Carlow cathedral parish
Parish Twitter @carlowcathedral

The Parish Team

Fr. Thomas O'Byrne Adm.

Fr Yanbo Chen CC

Fr Theodore Tomasik CC

The Presbytery,
Old Dublin Road,
Carlow.

Tel: 059 913 1227

Priest on Duty

(089)2432663

Deacon David O'Flaherty

Child Safeguarding Reps

Richard Hoolan

Niamh Brennan

059 9164087

Diocesan Designated

Liaison Person

Ms Michelle Hughes

Email: dlp@kandle.ie

Tel: 086 171 0643

Parish Centre

Tel: 059 9164087

info@carlowcathedral.ie

Newsletter

info@carlowcathedral.ie

By 4pm Wednesday

Banking Details

Carlow Parish Account

IBAN; IE66 AIBK 9331

0405 634065

BIC AIBKIE2D

Carlow Parish Clergy

IBAN; IE55 AIBK 9331

0405 6346 51

BIC AIBKIE2D

"Faith That Gives Flavour and Light"

In today's Gospel, Jesus calls His disciples the salt of the earth and the light of the world. Salt may seem small and ordinary, yet it gives flavour and preserves what is good. In the same way, Christians are called to enrich the world with faith, kindness, and truth. When we live according to the Gospel in our daily lives—

at home, at work, and in our communities—we help preserve what is good and bring meaning to the lives of others.

Jesus also reminds us that we are the light of the world. Light does not draw attention to itself but helps others see clearly and find the right path. Our good works, done with love and humility, can become a sign of God's presence. Even small acts of patience, forgiveness, or generosity can shine brightly in a world that often experiences darkness, division, and discouragement.

Christ encourages us not to hide our faith but to live it with courage and authenticity. When we allow God's grace to guide our words and actions, our lives become a testimony that leads others closer to Him. May we remember that by being faithful in ordinary moments, we can truly become salt that gives flavour and light that brings hope to the world.



A PASTORAL LETTER BY BISHOP DENIS

TO THE PEOPLE & PRIESTS OF KILDARE & LEIGHLIN DIOCESE

February 2026

'A Time to Pull in our Nets and take stock'

Letting our Nets down once again The Final Document from the Universal Synod on Synodality emphasises a deeper understanding and appreciation of our baptism as a calling to be lived out fully and completely. As Church there will always be a need to refocus on our core mission, spreading the good news of Jesus Christ. For too long we have been overly attentive to the 'maintenance' responsibilities to the neglect of evangelisation, spreading the Word. It is clear that all the baptised have a role in this mission and we must do all we can to foster that sense of mission among all the faithful. All of us are called; all of us are chosen. I see these as moments of transformation; with lay groups supporting the mission of the parish as clergy and laity work side by side, with an awareness of their baptismal calling. Out of this will emerge ministries to the bereaved and those in mourning; to our schools assisting in the sacramental programmes and to our parishes in the varied liturgical and pastoral ministries.

The full version of the Pastoral Letter may be accessed on the Diocesan or Cathedral Parish Websites

www.kandle.ie or www.carlowcathedral.ie



MASSES AT THE CATHEDRAL

Weekend: Vigil Saturday 6.15pm,
Sunday 8.30am, 10.30am, 12.30pm, and 7pm.
Weekdays; Monday to Friday 7.30am and 10am.

Saturday 10am

SACRAMENT OF RECONCILIATION

Saturday following the 10am Mass

Learn to Meditate during Lent

Carlow Meditation Group meets on Monday evenings from 7pm to 7:45pm in the Cathedral Parish Centre, College Street, Carlow - excluding bank holidays. Meditation, the universal practice of silent contemplation, can awaken the heart, deepen our spiritual sensitivity and promote our wellbeing.

During each Monday of Lent there will be an introduction to meditation for beginners. All are welcome - no experience needed.

No need to book – just turn up on any Monday evening!

(Noel Keating, 087 2251183)

Cathedral Collections

Last Weekend

Offertory €1,202.21

Development € 2,123.54

Your kind generosity is deeply appreciated

Lenten Parish Scripture Group

As we approach the sacred season of Lent, we invite you to join our Parish Biblical Studies Group to explore the historical, cultural, and linguistic nuances of the Sunday readings of Lent. This Group is led by Dr Amelia Fleming, Lecturer in Biblical Studies at Carlow College, St Patrick's. We welcome parishioners of all levels of familiarity with scripture—whether you're a newcomer to biblical studies, or someone seeking a deeper dive into the Word of God. Commencing on Friday, 20th February, we will gather every Friday morning during Lent after 10am Mass in the Parish Centre. Each informal session will last approximately 90 minutes, offering ample time for reflection and discussion. Amelia also welcomes any queries at afleming@carlowcollege.ie.

Graduates: Don't Lose Your Seanad Vote

Irish citizens with degrees from designated 3rd level colleges are eligible to vote in the 'Higher Education' constituency which replaces the NUI and Trinity panels in Seanad Éireann. Thousands of previous voters are unaware that they have been removed from the register. To secure your vote, go to www.seanadvoter.ie before February 26th.

Evidence of a passport is needed or

email applications@seanadvoter.ie

Prepare for Lent 2026!

Ash Wednesday is on February 18th

- ◆ Stations of the Cross every Monday after 10am Mass
- ◆ Lenten Scripture Group every Friday 10.30am Parish Centre
- ◆ Holy Hour every Friday evening in the Cathedral at 7pm.

Bob's Your Uncle Lotto

Jackpot

Sunday 8th February

€7,500

Carlow Active Retirement

Carlow Active Retirement Members' Meeting will be held on Wednesday, February 11th, at 2.30. in the Cathedral Parish Centre.

New members welcome.

Medjugorje

Carlow Medjugorje Group.

May 27th-June 3rd (€895) Fr Yambo Chen S.V.D. Deacon Liam Dunne.

Sept 9th - 16th (€895) Fr Theodore Tomasik. S.V.D.

Enquires Noeleen (086)2415986

Divine Mercy

Divine Mercy RDS Bus leaving Carlow, Saturday, 28th February.

To reserve seat Ph Noeleen 086 2415986.

Collectors Required

In order to assist with the weekly Development Fund and Offertory Collections at weekend Masses, we are seeking volunteers to take on this task on a regular basis. This will help to ease pressure on those who are currently carrying on this role without a break from week to week, and to whom we are most grateful.

If you can help at our Saturday evening or Sunday

Masses, we would greatly appreciate it.

Please give your name and contact details to a member of the Parish Clergy, the Sacristan, or the Parish Office. Alternatively, just speak to one of the regular collectors and offer your help. Thank you.

Sharing from the Table of the Lord: Training for Extraordinary Ministers of Holy Communion

Would you like to be a Minister of Holy Communion, or are you already one and would like to refresh your training and formation for this ministry? The next training course takes place in Newbridge Parish Centre on Saturday, 14 February from 10am to 4pm. Participants will receive a diocesan certificate of participation. If you would like to attend this training to serve as a minister in your parish, please contact your local parish office. Participants are asked to bring a packed lunch. Please note that a similar training day will be held in the Cathedral Parish Centre on 14 March as an alternative date and venue.

Rainbows Carlow

Rainbows Carlow has a new email and phone number to contact Carlow rainbows.carlowtown@gmail.com and 087 1256199

The Spring term of peer support groups commencing on Mon, 23rd Feb, at 4.30pm in Askea Parish Centre.

New facilitators to help with facilitating groups are always welcome and support is provided. Please get in touch if you would be interesting in volunteering with us.

Volunteer Opportunity – Rainbows Ireland, Carlow Town

Rainbows Ireland is seeking volunteers to support children and young people in our long established Rainbows Centre in Carlow Town. The Centre delivers 9 week Rainbows Peer Support Groups for children and young people affected by parental separation or bereavement.

Training & Support

Volunteers complete a 4 day online training with Rainbows Ireland and are paired with an experienced facilitator for support as they begin.

Volunteer Commitment

Small group sizes (up to 8 children)

9 week group cycles, 1 hour per week

Volunteers commit 2 hours weekly, for two cycles per year (Consistency is essential to ensure families can access support.)

More info: Geraldine Kelly – CEO

geraldine@rainbowsireland.ie

Learn more: www.rainbowsireland.ie