

**R.I.P: Pray for Áine Connolly, Kellistown, Carlow who died during the week**

**Ballon Mass will be available on our webcam: [mcnmedia.ballon](http://mcnmedia.ballon).  
Also available on radio 107.6FM.  
Both churches will remain open for private prayer**

### Baptism of Our Lord

Sat 9th Ballon 6.00pm	Jim & Josie Brophy, Ballintrane
Sun 10th Ballon 11.30am	Elizabeth & Philip Martin, Ballykealy.
Mon 11th Ballon 7.00pm	
Tues 12th Ballon 10.00am	
Wed 13th Ballon 10.00am	
Thurs 14th Ballon 10.00 am	
Fri 15th Ballon 7.00pm	
Sat 16th Ballon 6.00pm	
Sun 17th Ballon 11.30am	

### Ballon Business & Training Service—059-9159447.

Art online with Breda. Thursday 19th January - 10am until 11.30am. 6 weeks

**Manual and Computerised Payroll-ONLINE.** 14th January 7-10pm for 10 weeks 300 euro

**Manual and Computerised Book-keeping-ONLINE**

15th January 7-10pm for 10 weeks. 300 euro

To register your interest, please email [ballonbts@gmail.com](mailto:ballonbts@gmail.com)

**2020 Community Magazine “CONNECTED”** is now available in Michael McAssey’s, Centra, Nolan’s, Shop & Deli, Joe O’Toole’s, Tullow, Anne Connors, Rathoe and from Breda McDonald, Graiguealug for €5. Ideal Christmas present. Congratulations to Breda McDonald & Fidelma Joyce on another wonderful magazine. It has articles covering many aspects of the community bound into a booklet of high standard.

### An Act of Spiritual Communion

My Jesus,  
I believe that You  
are present in the Most Holy Sacrament.

I love You above all things,  
and I desire to receive You into my soul.

Since I cannot at this moment  
receive You sacramentally,

come at least spiritually into my heart.

I embrace You as if You were already there and unite  
myself wholly to You.

Never permit me to be separated from You.

**Amen.**

**Kildare & Leighlin SAFEGUARDING Designated Liaison**

**Person:** Telephone: 085 8021633. Email: [dlp@kandle.ie](mailto:dlp@kandle.ie)  
Safeguarding

Co-ordinator Telephone: 086 1710643

Email: [safeguarding@kandle.ie](mailto:safeguarding@kandle.ie) Local Enquiries. Parish Office  
@ 087-421 3030

## Ballon-Rathoe Parish Office

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Items for the newsletter must be in by 5 pm each Wed,  
they can be phoned in, emailed or put in the letter box.

**Fr. Jim O’Connell 086 810 2675/ 059-910 7096**

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The readings for each day and a reflections are on  
[www.catholicireland.net](http://www.catholicireland.net)

## Eight Steps Toward a More Satisfying Life

In a recent *TIME* magazine sidebar, there were “Eight Steps Toward a More Satisfying Life.” Here are the eight steps:

1. Count your blessings
  2. Practice acts of kindness
  3. Savour life’s joys
  4. Thank a mentor
  5. Learn to forgive
  6. Invest time and energy in friends and family
  7. Take care of your body
  8. Develop strategies for coping with stress and hardship.
- (*TIME*, 17 (January 2005), A8-A9. This morning when we reflect on the parable of the ten virgins, we add one more step, a 9th Step to the strategy. Be prepared. Be prepared to step off life’s planned paths, and trust the Spirit. After all, the Spirit can appear in many guises, disguises, and surprises.  
(Rev. Leonard Sweet)

## New Year resolution time— when we practise giving up things for Lent.

The best way to keep a New Year’s resolution is to yourself.  
Paddy says to Mick how did you get on at the faith healing group last night? Mick said, “He was absolutely useless” even the fellow in the wheelchair got up and walked out.



**Ballon Masses are on 107.6FM & [mcnmedia.ballon](http://mcnmedia.ballon).**