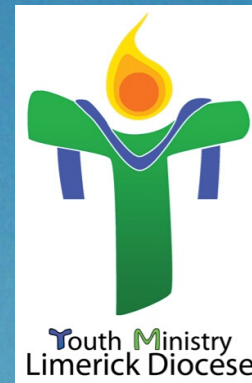


Muintearas Íosa sa Bhaile

KEEP THE HOME FIRES BURNING 🔥🔥🔥



Hello everyone! I hope you are all keeping well. In the challenging times we find ourselves in it's more important than ever to stay connected to each other and to keep our three fires of fáilte, foghlaim and guí burning brightly. But how can we do this while self-isolating and maintaining a social distance? Well firstly many of you have been extending your fáilte by sending me videos to post and I encourage you to keep sending them in as they are a source of joy for people every day. I have also been thinking about other ways to connect and this little sheet is one of those attempts! Each week I'll put together some tips /hints / ideas that might help you to stay sane in the midst of the current craziness! If you have come across any good ideas worth sharing please let me know aoife.walsh@limerickdiocese.org or 0852527465. Until next time mind yourselves and those around you, keep a social distance and help to flatten the curve!!

Fáilte 🔥 THREE WAYS YOU CAN BE A PERSON OF WELCOME THIS WEEK



Be nice to the people you are sharing your home with! Mother Teresa said if you want to change the world go home and love your family. Think of this time as our opportunity to change the world!



Ring someone you haven't talked to in a while and ask them how they're doing. They'll appreciate the call and you'll feel better because connecting with other people is always good for us.



Make a "Positivity Playlist" and share it with your family and friends. Ask them for suggestions and try to add a new track every day!

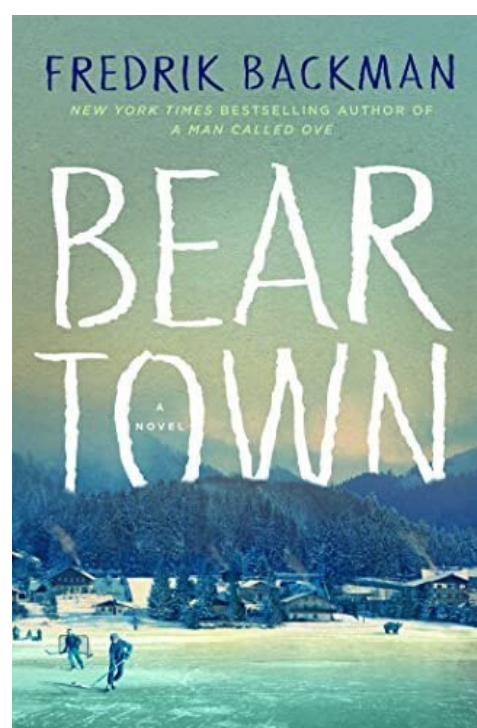
Foghlaim 🔥 TAKE TIME TO LEARN

N

I know you're all bingeing on Netflix and Disney+ at the moment but why not take the opportunity to broaden your mind and watch something that doesn't feature a celebrity! Blackfish (Netflix) is a documentary about a killer whale called Tilikum. It is honestly one of the best things I've ever watched. It really opened my eyes with regard to these amazing creatures and the ethics of keeping animals in captivity. Terrifying and heart-breaking in equal measure! WATCH IT!!!



Paudie Hurley is the person we go to for our recommendations and he says if you read one book this year it should be "Beartown" by Fredrik Backman. It's the story of a small town with a big dream and the lengths people are willing to go to in order to make that dream a reality. Tommy Walsh says he had to lie down for an hour when he finished reading it! Cayleigh Dunworth said TOTES EMOTES! If you have a good book recommendation please let us know!



Guí 🔥 TAKE TIME TO PRAY

In the name of the Father...

We begin our prayer as we always do with a moment of silence. We know that God speaks to us in the silence of the heart and that listening is the beginning of prayer (Sit quietly for a moment or two and just focus on your breath)

Story: A great festival was to be held in the village and everyone was asked to contribute by pouring a bottle of wine into a giant barrel. One of the villagers had this thought: If I pour a bottle of water into that barrel no-one will notice the difference. It didn't occur to him that everyone else in the village might have the same thought. When the banquet began and the barrel was tapped, what came out was pure water.

Dear God, we pray today that everyone gives the very best they can. We pray for those who are working in front-line services. They continue to pour all they have into their work, caring for the sick and vulnerable. We pray that we too can contribute by adhering to the guidelines, staying at home and helping to curb the spread of the virus. Dear God please relieve the anxiety and fear that we carry so that we can be more positive, courageous and hopeful. We pray for all those who are sick and for those who have died. May their souls and the souls of all our faithful departed through your mercy Lord, rest in peace. (Take a moment to think of your own intentions)

Our Father... Hail Mary... Glory Be...

Our prayer has ended; In the name of the Father..

Muintearas Íosa sa Bhaile Puzzle Page!

KEEP THE HOME FIRES BURNING 🔥🔥🔥

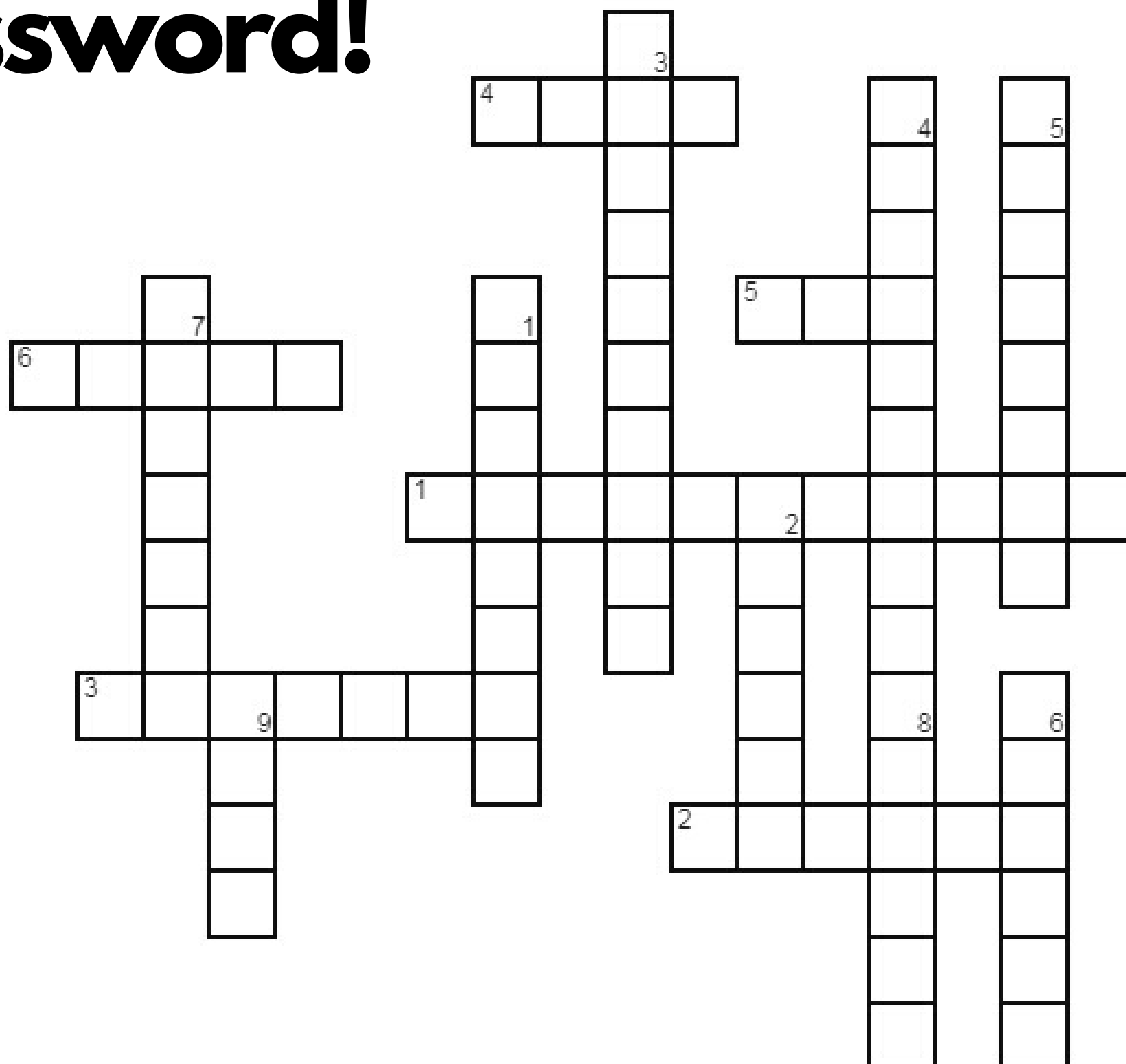
The Anois Crossword!

Across

1. S.U.E. is a series of _____ events
2. What we build towers out of?
3. The De La Salle Brother who looks after us so well?
4. Fail to _____ and you _____ to fail!
5. What is Step 3 of the Anois Squiggle?
6. What we do on the bus on the way to Anois – _____ friending?

Down

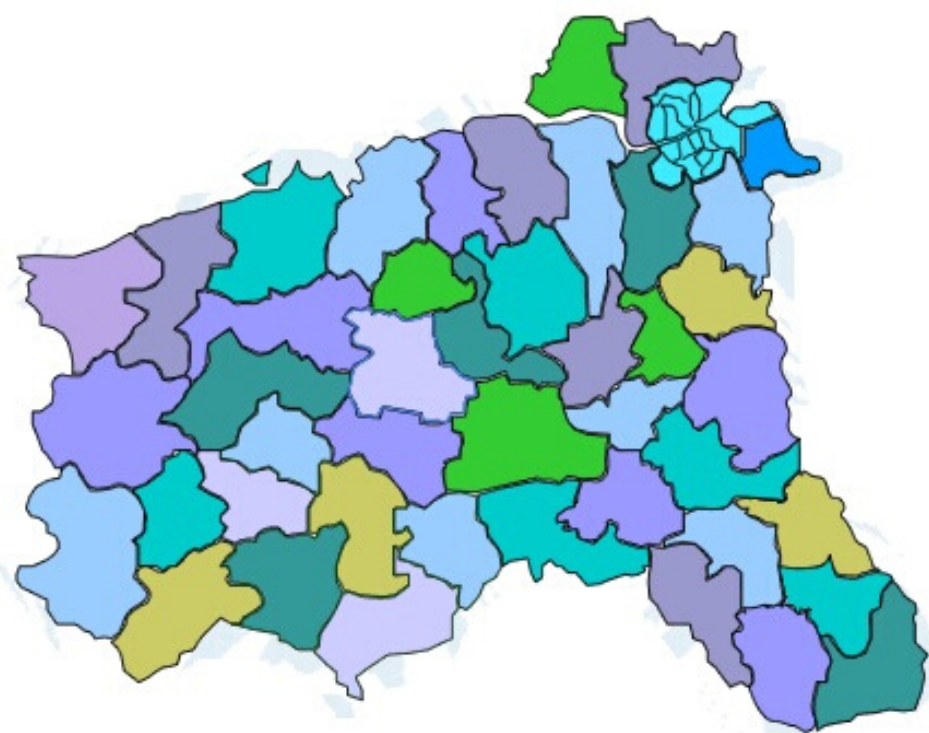
1. Anois, _____ people together?
2. Anois has _____ ?
3. Anois takes place in _____ ?
4. What we do every morning after prayer (2 words)?
5. This nun sometimes visits us – Sr _____ ?
6. You need to be silent to do this!
7. What is the final step on the Anois Squiggle?
8. How we begin and end each day at Anois?
9. A Breakaway Room at the end of the corridor upstairs is St _____ ?



Anagrams

Unscramble the letters to reveal some well known places in the Diocese of Limerick (just to point out that at least one of these places is in County Clare - Up the Banner!!!!)

- An Here
- Scarlet Toy
- A Dear
- Ear Clot
- Ling
- Pan Tree
- Armed Foe
- Earth Leak
- Nasel Den Hog
- Germ Nut



Word Equations

Example 365 D in a Y
365 Days in a Year

- 26 L. of the A.
- 7 W. of the W.
- 12 S. of the Z.
- 54 C. in a D. (with the J.)
- 9 P. in the S.S.
- 32 D.F. at which W.F.
- 18 H. on a G.C.
- 90 D. in a R.A.
- 3 B.M. (S.H.T.R.!))
- 24 H. in a D.
- 29 D. in F. in a L.Y.
- 13 in a B. D.
- 13 U.F.S.
- 2 P in a P
- 12 M in a Y

Dingbats

What common phrase or word(s) do you see visually represented here?

