

## ST AUGUSTINE'S CHURCH WASHINGTON ST. CORK

TEL: 021 427 04 10

### Weekday Mass Times

Monday – Saturday: 8.30, 9.30, 11.00, 4.00pm.

Divine Mercy Mass: Monday at 8.00pm.

### Weekend Mass Times

Saturday Vigil: 8.00pm.

Sunday: 10.30, 11.30, 1.00pm

Polish Mass: 9.00, and 6.00pm.

### Augustinian Devotions

Purgatorial Society: Monday 11.00am.

Mother of Good Counsel Novena Prayers

Friday, 10.35am and 3.35pm.

Exposition of the Blessed Sacrament:

Thursday, after 11.00 Mass – 4.00pm.

St. Rita Novena Prayers: Saturday after 11.00 Mass

Mass for the Sick: Saturday, 4.00pm

Rosary: Monday – Saturday, 10.35am and 3.35pm.

### Confessions

Mon. – Fri. 11.30-12.15, and 4.30pm-5.30pm

Sat. 11.30-1.00pm; 3.00pm – 4.00pm; 4.30-5.30pm  
and 7.15- 7.45pm.

Eve of First Friday: 11.30-1.00pm; 3.00- 4.00pm

4.30pm-5.30p

I thought I would let you, my friends, in on a little secret I've found for building my arm and shoulder muscles. You might wish to adopt this regimen. Three days a week works well.

I start by standing outside behind the house and, with a 5-pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can. After a few weeks I moved up to 10- pound potato sacks, then 50-pound potato sacks and finally I got to where I could lift a 100-pound potato sack in each hand and hold my arms straight out for more than a full minute!

Next, I started putting a few potatoes in the sacks, but I would caution you not to overdo it at this level.

### 33rd SUNDAY IN ORDINARY TIME

16.11.08.

Emerson, the great American essayist and philosopher, said: "It requires a great deal of boldness and a great deal of caution to make a great fortune, and when you have it, it requires ten times as much skill to keep it."

These words are good advice for businessmen, poker players and the servants in today's Gospel. Jesus' story tells us how the first two servants boldly and wisely invested the master's money and made their fortune. It was the timid servant who simply preserved the money who was the one punished.

What is our own stewardship of God's gifts to us?

For all members of the Christian community, that we may use our talents well, putting them at the service of all.

For an increase in the number of those who volunteer their services, that charities and other organizations may not lack good help.

For people who are sick, in mind, body or spirit, that our prayers and practical concern may support them.

Mass is offered each day in St. Augustine's during the month of November for the souls of the faithful departed. November Dead List envelopes are available in the Church.

### IN NOVEMBER WE REMEMBER

O Eternal Father !You are the glory of the faithful; You are the life of the just. We have been redeemed by the death and resurrection of your Son.  
Grant that our departed sisters and brothers, who confessed their belief in the mystery of our resurrection, may be found worthy to share in the joys and the blessings of the life to come. We ask this through Christ our Lord.

Some people grumble because roses have thorns.  
Be thankful instead that thorns have roses.

Some people take too much of vitamin "I"

There are few office activities that will upset a manager more than when an employee falls asleep at the desk. Yet with hectic lifestyles, repetitive tasks, stuffy environments and more stress, very few employees are immune to feeling sleepy at some point during the working day.

Sleepy workers can have financial implications as well — productivity along with worker health can suffer; it may also be a sign of a non-challenged, overworked or unmotivated work force.

Japanese firms have addressed the problem, many now provide a room for taking a nap; in China, the law actually guarantees a post-lunch snooze.

And in Spain — home of the siesta — business centers have opened up, where for a nominal fee, workers can relax and have a sleep after lunch.

One U.S.-based corporation, the Napping Company actually promotes the benefits of sleeping during the working day; its Web site offers online presentations on workplace sleep strategies and benefits.

—Nick Easen, "The cost of sleeping on the job,"

Speaking of the future: A man with a terminal disease is in the examining room with his doctor. He says, "Doc, I'm afraid to die. What do you think lies on the other side?"

The doctor says, "I don't know."

The man says, "We go to the same church. You've dealt with death a lot more than someone like me. Surely you have some idea."

At that point there came a scratching on the examining room door. The doctor opened it and in bounded his dog. The doctor says, "This is my dog. He's never been in this room before. He had no idea what was inside. He just knew that his master was in here, and when I opened the door, he came in without fear. I know little of what is on the other side of death, but I believe one thing — my Master is there, and that's enough!"