

# **Parishes of Glendermott & Strathfoyle**

**Sunday 15<sup>th</sup> February 2026 –  
Temperance Sunday**

## *The example of Matt Talbot*

In Ireland as in so many other countries we have always had a very difficult relationship with alcohol. Excessive drinking is tolerated and accepted regardless of its damaging and often catastrophic effects. Added to the problem of alcohol misuse is the widespread and relatively cheap availability of drugs such as cannabis and cocaine.

Temperance Sunday, this weekend, is a day of prayer for those who struggle with addiction of all kinds.

We are fortunate here in Ireland to have Venerable Matt Talbot to draw on as an example of how prayer and abstinence can help overcome substance addiction.

Matt Talbot was born in 1856 into a poor working class family in Dublin, Matt was the second of twelve children. He left school early to go working for a wine merchant and then, later, to work on the Dublin docks. In both locations, Matt has access to alcoholic drink, and, by his early teens, he had become alcoholic. For more than ten years, he was a severe addict.

At the age of twenty-eight Matt was at his lowest point and, in a state of destitution and despair, he decided to give up alcohol. The only way he could do it was to rely on prayer and abstinence. Once he embraced his faith in God, Matt never drank alcohol again. There is little doubt that Matt overcame his addiction through the will power, determination and courage that his spiritual practice brought him.

The example of Matt Talbot along with annual moments such as Temperance Sunday, and the Lenten season that begins in a few days on Ash Wednesday, remind us that it is only from within – from the Spirit – that personal and communal restoration and renewal can be attained and maintained.

*(This is based on an article from the Irish times by Bishop Michael Router for Temperance Sunday 2025)*

## *Mass Times for Ash Wednesday*

<b>St Columb's Church</b>	<b>7.15am*, 10.00am &amp; 7.30pm</b>
<b>Church of Immaculate Conception</b>	<b>9.15am &amp; 6.00pm</b>
<b>St Mary's Oratory</b>	<b>11.00am</b>
<b>St Oliver Plunkett</b>	<b>11.00am &amp; 7.00pm</b>

**\*Extra Mass at 7.15am Monday – Friday during Lent in St Columb's Church.**

**Ashes will be distributed during each Mass on Ash Wednesday.**

## *Lent*

Have you thought about what you might do for Lent this year?

**A Time in Lent for Prayer and Reflection – All Are Welcome**

During Lent, the parish is offering a simple weekly gathering for anyone who would like space to pause, reflect, and share faith in a relaxed and welcoming setting. Each evening will include a short reflection on the coming Sunday's Gospel, a brief video, time for prayer and conversation, and the chance to enjoy a cup of tea together.

The gatherings will run for four weeks of Lent, beginning on **Tuesday 24<sup>th</sup> February** at 8.00pm in the Parish Hall, St Columb's Church, Chapel Road. No need to register — just come along.

**Walk with Me Booklets** – 'A Journey of Prayer' for Lent will be available. Price £1.50. Ideal for reflecting on the readings for Lent.

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**Paul Denizot**, the Rector of the Shrine of **Our Lady of Montligeon**, will visit Derry City on Ash Wednesday, 18th February. He will lead a day of prayer and reflection at St Joseph's Church in Galliagh, Derry, starting with a Rosary at 9.30am. Attendees are kindly asked to bring a packed lunch (tea and coffee will be provided). The day concludes at 3.30pm.

**Violence against Women and Girls** - The Churches Trust is running a workshop on Violence against women and girls on 11<sup>th</sup> March. The aim of the workshop is to share thoughts on how the Churches can support change in our communities with a view to bringing an end to violence against women and girls. If you would be interested in attending and learning more, please contact the parish office.

**Baptisms** – We welcome into the family of God **Grace Betty Anne Kerrigan**, Good Shepherds Glen.

**Deaths** – We offer our sympathy to the family and friends of **Michael Doherty**, Parkmore Drive, **Francis Gamble**, Campion Court.

**Anniversaries** – We are asked to remember in our prayers – *Eddie Dolan, Eileen Keyes, Marcella Neeson, Maureen Campbell, Joe Kelly, Deedee Kelly, Lily McGee, James Cairns, Irene Mullan, Pat Simms, Caolan McCrossan, Gerry McLaughlin, John Murray, Lily Nicholas, Jack McLucas, Nuala, Gerard and Jacqueline Logue.*

**Offertory Collection: Glendermott: £5,567.00 Strathfoyle: £770.00**  
**Thank you for your generosity to the parish collections.**

**Cemetery Sunday** – Outdoor Blessing of the graves will take place on **Sunday 31<sup>st</sup> May 2026**. 3.00pm in Ballyoan and Altnagelvin Cemeteries and 6.00pm in Ardmore cemetery.

**Vocations Retreat Weekend** for anyone (18+) interested in the diocesan priesthood, in Drumalis Retreat Centre, Larne, **Friday 6<sup>th</sup> – Sunday 8<sup>th</sup> March 2026**. For further information, please contact the Diocesan Vocations Director, Fr Pat O'Hagan at pgoh2111@gmail.com

**Marriage Enrichment Weekend – Friday 20<sup>th</sup> – Sunday 22<sup>nd</sup> March 2026** at St Mary's Retreat Centre, Knock, Co Mayo. Marriage Enrichment supports married couples in their Sacrament of Matrimony by offering them a sacred space to deepen their relationship, renew their commitment, and grow together through reflection, prayer and dialogue.

**Derry Diocesan Pilgrimage to Lourdes 2026:** Monday 29<sup>th</sup> June – Friday 3<sup>rd</sup> July. For availability, please ring 02871 260293 and leave a message or email; derrypilgrim@outlook.com or contact JWT Dublin on 353 1 685 2244.

**Matt Talbot Urban Mystic** – A film about venerable Matt Talbot and his journey to freedom from addiction. Showing at 7.00pm on **23<sup>rd</sup> February** at Brunswick Movie Bowl. Pre-booking tickets at Brunswickmoviebowl.com

**Vocations Society of St Joseph (Waterside Parish)** - We continue to pray for priests, vocations to priesthood and religious life and support seminarians. The Rosary on Thursday mornings at 9.30 am, is offered for this intention and everyone welcome.

# Parish Mass & Confession Times

## Sunday

St Columb's Church	10:00am, 12:30pm & 6.00pm
Church of Immaculate Conception	10:15am & 12:15pm
St Oliver Plunkett's Church	11:15am
St Mary's Oratory	9:15am

## Monday to Friday

St Columb's Church	7.15am*, 10:00am & 7.30pm
Church of Immaculate Conception	9:15am (Monday – Friday)
St Oliver Plunkett's Church	11:00am
St Mary's Oratory (Wednesday only)	11:00am

\*Lent only

## Saturday

St Columb's Church	10:00am & 7.00pm (Vigil of Sunday)
Church of Immaculate Conception	6:00pm (Vigil of Sunday)
St Oliver Plunkett's Church	6:00pm (Vigil of Sunday)

## Confessions

St Columb's Church	Monday to Friday 7:00pm-7:25pm Saturday after 10:00 Mass
Church of Immaculate Conception	Saturday 5:30pm-5:55pm
St Oliver Plunkett's Church	Saturday 5:30pm-5:55pm

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Parish Office 32 Chapel Road, Derry. BT47 2BB. Tel 028 71342303

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Rev Joshy Parokkaran CC 02871342303 [secretary@watersideparish.net](mailto:secretary@watersideparish.net)

**SAFEGUARDING CHILDREN AND VULNERABLE ADULTS** – If you are concerned about the welfare and safety of children or a vulnerable adult contact: Designated Diocesan Person Ms Marie Gormley at 07596500793 or [marie.gormley@derrydiocese.org](mailto:marie.gormley@derrydiocese.org) or PSNI 101.

**Our Churches** are monitored by CCTV cameras and by live streaming cameras. Live streaming can be viewed online at the parish website. The Diocese of Derry Privacy Notice is displayed on the parish website and Church notice board, or you may obtain a copy from the Parish Office.