



Galway Cathedral Newsletter

15 February 2026
Sixth Sunday in Ordinary Time

CATHEDRAL NEWS

Stations of the Cross are prayed after the 6:00pm Mass each Friday during lent.

Day of Prayer for Survivors & Victims of Abuse, Friday 20 February, will be marked in the Cathedral at the 11:00am Mass that day.

Lenten Reflections — As Bishop Michael reminded us in his homily during the Novena, “We don’t come to Mass to be entertained. Our gathering for Mass is at a different level altogether. It is quality time spent with God.” Throughout the Sundays of Lent, we will reflect more deeply on the different parts of the Mass, helping us to enter more consciously and prayerfully into our weekly celebration. A short reflection will also be available on the back of the newsletter each week to support your preparation for Sunday Mass.

Celebrations This Week — Optional memorials of the Seven Holy Founders of the Servite Order (17 February), St Fintan, abbot (17 February), and St Peter Damien, bishop & doctor of the Church (21 February).



Ash Wednesday — 18 February: Day of Fast & Abstinence

Ashes will be distributed at the 11:00am & 6:00pm masses, and will be available throughout the day.

Prayer Service, 7:00pm – 9:00pm, with exposition, confession, reflection, music and ashes.

With the conclusion of the Solemn Novena at Galway Cathedral, we extend sincere thanks to our parishioners, volunteers and Cathedral staff. Your dedication throughout these nine days made the Novena such a success. Your faithful service is, as always, deeply appreciated.

— Msgr Peter & Fr John Gerard



Ministry of Catechist & the Permanent Diaconate

Would you be interested in serving in the Ministry of Catechist or the Permanent Diaconate in the Dioceses of Clonfert, Galway, Kilmacduagh and Kilfenora?

As part of a dynamic and creative team, in union with priests, deacons, parish pastoral councils and others, catechists assist with the delivery of various faith development programmes and opportunities at both parish level and beyond.

Permanent Deacons are ordained to a life of service in charity to the poor, the vulnerable and the marginalised. They also provide a Ministry of the Word in preaching in church and officiating at certain liturgies, and Ministry of the Altar, in assisting the celebrant at Mass and preparing people for and officiating at baptisms and weddings.

Both the Ministry of Catechist and the Permanent Diaconate involve a sizeable period of discernment and formation. For further information please contact Fr Hugh Clifford (091-637154 or catechistsdeacons@clonfertgalway.ie) before 4 March 2026.

MASS INTENTIONS THIS WEEK

Masses for the living are not listed here, though are celebrated as usual.

Sat 6:00	James, Margaret & Joe Coffey; Carmel Keane	Thur 11:00	Pakie & Bridget Costello 6:00 Fr Anthony Scully
Sun 9:00	Margaret & Peter Lyons	Sat 11:00	Pádraig Walshe
10:30	William, Delia & Philip Spittle	6:00	Michael, Mary & John Burke; Holland & Burke families
12:30	Maira O’Sullivan	Sun 9:00	Bridie Corcoran
Mon 11:00	Fr Conor, Barney & Peggy Maguire	10:30	Stiofán De Búrca
6:00	Mary Cunningham	6:00	John Seary
Wed 11:00	Richard McHugh		

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Clergy

Mgr Peter Rabbitte
Fr John Gerard Acton
Fr Jijo Johnney
Br Ian Cunningham OFM

Mass on Sunday

Sat. 6:00pm; Sun. 9:00am (Gaeilge),
10:30am (choir), 12:30pm, 6:00pm

Mass on Holy Days

Vigil Mass at 6:00pm; Mass on the day at
11:00am, 6:00pm

Mass on Weekdays

11:00am, 6:00pm

Sacrament of Reconciliation

Monday–Saturday, 5:30pm–5:50pm

Eucharistic Adoration

Monday–Friday, 11:30am–6:00pm
Sunday, 1:30pm–6:00pm

Marriage & Baptism

For details & requirements see www.galwaycathedral.ie/liturgy

Cathedral Bookshop

091-531433
Monday–Saturday, 9:30am – 5:15pm;
Sunday after each morning mass

Bethany Bereavement Support

Contact the group at 085-2258827

Legion of Mary

Contact: 087-2423068

Safeguarding

Ms Aileen Cawley: 085-2288047

Music at today’s 10:30am Mass

Missa Orbis Factor (plainchant)

O sanctissima (Sicilian)

O most holy, O most pious, sweet Virgin Mary! Beloved, undefiled mother, pray for us.

O sacrum convivium (Farrant)

O sacred banquet, in which Christ is received, the memory of his passion renewed, the mind filled with grace and a promise of future glory given to us.

Organ postlude: Pièce Héroïque (Franck)

Weekly music listings on the Cathedral website:
www.galwaycathedral.ie/music/listings

Ideas for Lent 2026

These forty days offer an invitation to look honestly at the heart and to allow God to work where we most need healing.

The following suggestions are not tasks to complete but pathways to conversion. Choose one or two that truly speak to your present condition, and walk with them faithfully.

Small, sincere steps taken with love can open the soul to grace in ways we may never have expected.

Prayer & Interior Life

- Sit in silence and tell God honestly how you are feeling.
- Pray about a wound you usually avoid.
- Place one fear deliberately into God's hands each morning.
- Read the Passion narratives slowly and imaginatively.
- Spend time before the Blessed Sacrament and speak from the heart.
- Let yourself weep in prayer if tears come.
- Pray for someone who hurt you.
- Ask God to show you where pride hides in your life.
- Offer your loneliness to Christ.
- Pray for the grace to forgive yourself.
- Bring your anger into prayer instead of suppressing it.
- Ask God to soften a hardened part of your heart.
- Tell Jesus where you feel disappointed.
- Pray for the person you envy.
- Reflect on one Gospel scene as if you are present in it.
- Thank God for a cross you usually resent.
- Ask for humility in one specific area.
- Pray for someone who has left the Church.
- Spend time listening rather than speaking in prayer.
- Surrender one long-held anxiety to God each night.

Fasting of the Heart

- Fast from defending yourself immediately.
- Fast from needing to be right.
- Fast from replaying old arguments.
- Fast from bitterness.
- Fast from comparing your life to others.
- Fast from speaking negatively about yourself.
- Fast from suspicion.
- Fast from sarcasm that wounds.
- Fast from harsh self-criticism.
- Fast from holding grudges.
- Fast from judging another's intentions.
- Fast from needing the last word.
- Fast from silent resentment.
- Fast from coldness toward someone difficult.
- Fast from indifference to suffering.
- Fast from cynicism.
- Fast from constant distraction.
- Fast from emotional withdrawal.
- Fast from pretending you are fine when you are not.
- Fast from perfectionism.

Mercy & Reconciliation

- Ask forgiveness from someone you wounded.
- Celebrate the Sacrament of Reconciliation.
- Reach out to someone you have avoided.

- Pray sincerely for someone you struggle to love.
- Make a gentle effort to rebuild trust.
- Let go of an old grievance.
- Offer a sincere compliment to someone you find difficult.
- Visit a relative you have neglected.
- Begin a difficult but necessary conversation.
- Choose patience when irritation rises.
- Listen fully without preparing your reply.
- Encourage someone who feels unseen.
- Sit beside someone who is grieving.
- Give time to a person who drains you.
- Speak kindly about someone who is criticised.
- Refuse to participate in gossip.
- Pray for unity within your family.
- Bless someone silently who annoys you.
- Offer understanding instead of judgement.
- Choose mercy over memory.

Compassion & Solidarity

- Spend time with someone lonely.
- Volunteer where suffering is visible.
- Learn the story of someone who is struggling.
- Support a cause that relieves hardship.
- Go without a comfort and offer it for the poor.
- Pray for refugees or those displaced.
- Visit the sick.
- Sit quietly with someone who is anxious.
- Share a meal with someone who eats alone.
- Carry another person's burden in practical ways.
- Offer your inconvenience for someone else's good.
- Give generously where it costs you.
- Stand up gently for someone overlooked.
- Fast in solidarity with those who hunger daily.
- Pray by name for the suffering in the news.

Growth & Surrender

- Admit one weakness you usually hide.
- Bring your shame into the light of Confession.
- Ask God to reveal where you need healing.
- Accept correction without defensiveness.
- Let go of control in one situation.
- Trust God with an uncertain future.
- Replace self-criticism with gratitude.
- Spend time in nature reflecting on your dependence on God.
- Ask for the grace to accept your limits.
- Offer your tiredness without complaint.
- Embrace a hidden sacrifice.
- Choose joy when discouragement whispers.
- Speak truth gently when silence would be easier.
- Ask the Holy Spirit to renew your hope.
- Receive Holy Communion with deliberate attention.
- Make a sincere examination of conscience weekly.
- Ask Christ to dwell in the part of you that feels broken.
- Reflect on your mortality and entrust your life to God.
- Thank God for the gift of your life as it is.
- Pray for the grace to love more generously.
- Accept someone as they are without trying to change them.
- Spend one day without complaining at all.
- Offer your Lenten effort for someone else's conversion.
- Ask for deeper trust in God's mercy.