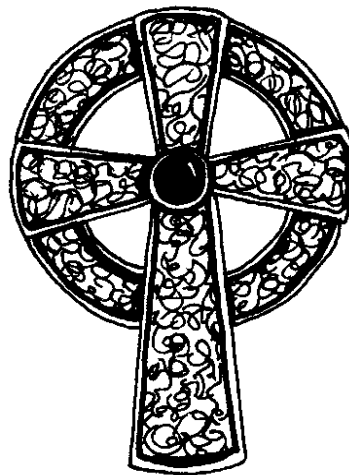
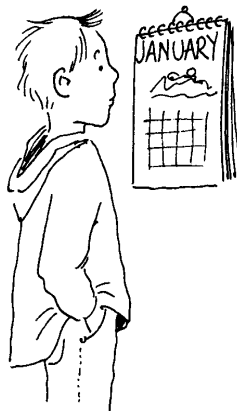


## TEENAGE NEW YEAR'S RESOLUTIONS

1. I will eat more fruit and vegetables every day, and I will limit my amount of fizzy drinks.
2. I will take care of my body through physical activity and nutrition.
3. I will choose non-violent television shows and video games, and I will spend only one to two hours each day - at the most - on these activities.
4. I will help out in my community - through volunteering, working with community groups or by joining a group that helps people in need.
5. I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so thick") out of my vocabulary.
6. When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a diary or discussing my problem with a parent or friend.
7. When I notice my friends are struggling or engaging in risky behaviour, I will talk with a trusted adult and attempt to find a way that I can help them.
8. I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.
9. I will resist peer pressure to try drugs and alcohol.
10. I will get in touch with God at least twice a day.



## Newsletter for the Parishes of St. John Vianney's & St. Bernadette's

3 + 10 January 2010

Diocese of Dunkeld

Scottish Charity No. SC001180

**Fr. Mike Freyne MHM**

Parish Priest

Tel: : 01259 213 274

Email: mafreyne@hotmail.com

**St. Bernadette's**

Baingle Brae

Tullibody

FK10 2SG

Tel: 01259 213274



**St. John Vianney's**

16 East Stirling Street

Alva

FK12 5HR

Tel: 01259 213274

**Sister Nora Carr U.J. & Sr. Margaret Maher U.J.**

Parish Sisters - Ursulines of Jesus

St. John Vianney's

Tel: 01259 760324

### Sunday Mass Times

9.30 am, St. John Vianney's

Alva

11.30 am, St. Bernadette's

Tullibody

6.15 pm, St. John Vianney's

Alva

Website [www.catholic-church.org/stbernadettes](http://www.catholic-church.org/stbernadettes) or [www.catholic-church.org/stjohnvianneys](http://www.catholic-church.org/stjohnvianneys) or

GOOGLE US !!

**Father Mike will see people when he comes back but many thanks to all who contributed with their coins throughout the year for a Brazilian project. Special thanks to the Knights of Saint Columba in Alloa and both groups of SVDP in Alva and Tullibody who all made special contributions**

### BeingCatholic.org

Opportunities in Scotland for Catholics to grow in faith, is a new WEB site launched to coincide with the beginning of Advent. It is the initiative of the Bishops' Conference of Scotland. The website is designed "to provide a catalogue of opportunities, including courses, conferences, lectures and seminars which are being provided nationally and in dioceses, deaneries, parishes and religious congregations." There are also other online resources like prayer, reflection and study. Please take a look and there are leaflets at the back of the church



### Enrolments for 2010 – 2011

St. Bernadette's Primary School, Tullibody

62 The Orchard, Tullibody. Clacks FK102SD

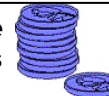
Friday 11<sup>th</sup> January to Friday 18<sup>th</sup> January 2010 (9.00am to 3.00pm)

Please come along to school with Birth and Baptismal certificates

Phone: 01259 723973 Email: [sibernadette@edu.clacks.gov.uk](mailto:sibernadette@edu.clacks.gov.uk)

Acting Headteacher: T. O'Neill

### Parish Finance 2009 Collections



St. John Vianney's	Alva
20 December	£426.80
Christmas Offering	£309.94
27 December	£639.06
St. Bernadette's,	Tullibody
20 December	£581.88
Christmas Offering	£676.25
27 December	£396.84



### Please Remember in Your Prayers

#### Those who are sick.....

Bishop Vincent Logan, Fr. Ian Mullen, Pat Franchie, Bronia Schultza, Vera Kasciewicz, Mary McGeehan, Tom Glass, Josie Nichols, Veronica Clarke, Jan Moffat, Mary Dryland, Jean McCann, Annie Fitzgerald, Patrick Meehan, Annie Russell, William Norwood, Robert McInnes, Jim Hislop, Lawrence Allan, Mary Elliot, Mary Wilkie, James Cairns, Margaret Hamilton, James Gallacher, Gerard Clarke, Dan Tierney, Jimmy McQueenie, John Reid Crichton, and Maeve Segrave

#### Remember those who have recently died.....

Jessie Tobin

**and those whose anniversaries of their death occur at this**

**time.....** Peter Witton, Ken Oxford, John and Silvia Cooper, Anne and James Patton, James Currie and Bernard Hughes.

**NEXT SUNDAY(10thJan) SPECIAL COLLECTION IN DUNKELD DIOCESE FOR THE AFRICAN MISISONS**

# Weekly Diary and Forthcoming Events

On Sundays 3<sup>rd</sup> and 17<sup>th</sup> January all masses will be celebrated by one of the priests from the SMA in Dunblane. No doubt someone well-known to you all. We thank them for their disponabilidad and not leaving the parish without the Eucharist this weekend

All emergencies are being looked after by Fr. Michael Milton from St Mungo's Alloa.

Sunday 3rd January Epiphany of the Lord	* Special Second Collection today for Fabric and Maintenance * 9.30am - Mass, St John Vianney's 11.30am - Mass, St. Bernadette's 6.15pm - Mass, St. John Vianney's
Mon 4th January	9.30am - Morning Office + Holy Communion, St. John Vianney's
Wed 6th January	9.30am - Morning Office + Holy Communion, St. Bernadette's
Thurs 7th January	9.30am - Morning Office + Holy Communion, St. Bernadette's
Friday 8th January	9.30am - Morning Office + Holy Communion, St. John Vianney's
Sat 9th January	9.30am - Morning Office + Holy Communion, St. Bernadette's (No Confessions)
Sunday 10th January Baptism of Jesus	Special collection in Dunkeld for African Missions We welcome Fr. Peter Cominsole from Australia and thank him for coming, not from Australia today, but from Edinburgh. Also thanks to Fr. Michael who is saying the evening mass. 9.30am - Mass, St John Vianney's 11.30am - Mass, St. Bernadette's 6.15pm - Mass, St. John Vianney's
Mon 11th January	9.30am - Morning Office + Holy Communion, St. John Vianney's
Wed 13th January	9.30am - Morning Office + Holy Communion, St. Bernadette's (St. Kentigern/Mungo)
Thurs 14th January	9.30am - Morning Office + Holy Communion, St. Bernadette's
Friday 15th January	9.30am - Morning Office + Holy Communion, St. John Vianney's
Sat 16th January	9.30am - Morning Office + Holy Communion, St. Bernadette's (No Confessions)
Sunday 17th January Peace Sunday in UK	We welcome one of the SMA Fathers who will be celebrating the Eucharist for us today. 9.30am - Mass, St John Vianney's 11.30am - Mass, St. Bernadette's 6.15pm - Mass, St. John Vianney's

## TODAY SPECIAL COLLECTION (FIRST SUNDAY OF THE MONTH FOR FABRIC & MAINTENANCE)

We are fully aware people have given most generously before Christmas when we could see the roof windows being taken out, the scaffolding around the church, the trees being cut down. Also we are aware that people have just had lots of festivity expenses. We soon begin the rewiring and electrical repairs to the parish house and church for which we took out a loan of £8,000. We have to repay £500 a month so please dig deep into your pockets **AGAIN!!**

## AFTER CHRISTMAS MESSAGE: FOR KIDS AND PARENTS, WELL EVERYBODY !!

Well.... It's all over... Christmas, it came and went just like that! Did you all have a good Christmas. Was it fun and exciting?

I guess before long it will be time to put all the Christmas decorations and things away until next year. The tree starts looking old and the lights don't seem to be so bright anymore after Christmas is over... it's a new year and we need to get on with that. Did any of you have the manger with Jesus and Mary and Joseph? Isn't it nice to look at that and think about the Christmas Story and Jesus being born? Most people have a special one that they get out every year and always children love to look at Jesus. I guess it will be time to put Jesus away too... hey wait, maybe we shouldn't put him away. What do you think? Do you know that sometimes we put Jesus away from our hearts too? After Christmas it seems that we get busy with the New Year and we forget to think about Jesus and talk to him and pray... I guess we really do put him away. What do you think about us making a deal right here this morning not to forget about Jesus. Let's agree that we won't forget about Jesus and we will talk to him and think about him and pray! Jesus is really good all year long... he is what makes every time of the year important and we should never put him away. What do you think? Let's pray. Lord, forgive us for putting you away after Christmas for not thinking about you and not praying to you. Thank you for being with us all through the year. You are truly the reason for every season and we love you. Amen!



**MUNGO** (January 14<sup>th</sup>) Glasgow's coat of arms contains the four symbols of Mungo (or Kentigern), the sixth century saint.

They are a bird, a fish, a bell and a tree:

The bird commemorates the pet robin owned by Saint Servanus, which was accidentally killed by monks who blamed it on Mungo. He took the bird in his hands and prayed over it, restoring it to life.

The fish was one caught by him in the Clyde. When it was slit open, a ring belonging to the Queen of Cadzow was miraculously found inside it. She was suspected of disloyalty by her husband, and thought to have left with his ring. She has asked Mungo for help, and he found and restored the ring in this way to clear her name.

The bell may have been given to Mungo by the pope. The original, which was tolled at funerals, no longer exists and was replaced by the justices of Glasgow in 1641. This one is preserved in the People's Palace.

The tree is a symbol of an incident from Mungo's childhood. Left in charge of the holy fire in Saint Servanus's monastery, he fell asleep and the fire went out. However he broke off some frozen branches from a hazel tree and miraculously re-kindled the fire.



I Baptize With Water  
But One Mightier  
Is Coming

**Baptism** is a lot like a wedding ring. Baptism is symbolic of the washing away of our sins. It is also symbolic of a new way of life. It has been said that Baptism is to the Christian faith what the wedding ring is to a marriage. It is a symbol. Like the wedding ring, baptism draws a mark on the ground between the past and the future. Like the wedding ring, it says, "From this day forward, I stand with God". (Guy Glass)

