



PARENTS BE AWARE

HEAD SHOPS

Best Seller Pack



Sample Packs

HELP PREVENT A FAMILY MEMBER OR FRIEND BECOME A VICTIM OF THE SUBSTANCES BEING SOLD IN THESE SHOPS . IF YOU'RE A PARENT TALK TO YOUR TEENAGER ABOUT THE DANGERS AND DON'T LET IGNORANCE OR LACK OF FACTS BE THE REASON THAT THEY MAY BECOME THE NEXT PERSON IN YOUR PARISH TO BE EFFECTED AND POSSIBLY LOSE THEIR LIFE.

Should your parish initiative /group like more information on any item featured in this newsletter contact.

Darren 0877901461

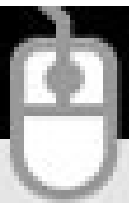
John 0868611531

There has been a dramatic increase in the number of so-called 'head shops' operating around the country.

Gardai say the businesses, which are legal, are selling herbal and synthetic substances and new premises are opening at a rate of one a week.

Synthetic and herbal substances that mimic the effect of illegal drugs are being sold in dozens of new head shops opened around the country in recent times and some are open until 4am at the weekends to attract business from young people leaving nightclubs. Some head shops are also running home delivery services. Head shops are legally selling items such as bath salts, plant food and party pills. On all packaging it states not for human consumption unfortunately this is being ignored and these herbal substances are being used as a substitute for illegal drugs such as Cocaine, Ecstasy, and Cannabis among others, Parents need to be aware of the dangers these products can cause if used as a drug or legal high as they are known. Young people are experimenting with these substances as they don't know the harm they can cause and as they are being sold legally they are not breaking the law. When a person presents themselves at A&E suffering from effects of these legal highs the doctors do not have the information available of the ingredients of these plants/pills or powders to attend to the victim as quick as they would like to. Don't let your Son or Daughter be the next person to suffer from Hallucinations, Vomiting, Nausea, Dependence, Withdrawal, Muscle , Joint pain or Spastic limb movements among many other effects.

live.help



Click for help
Mon-Fri 9am-1pm

On our website we have a "Live Helper" service to offer online information, support, and advice in relation to drug and alcohol related issues.

This is a free, secure and confidential service is being managed by Crosscare.

MANY OF US TRY TO BE MORE DISCIPLINED FOR LENT AND GIVE UP SOMETHING THAT WE REALLY LIKE. .THAT' IS GREAT ! FASTING HAS ALWAYS BEEN AN IMPORTANT TRADITION OF LENT . THIS YEAR HOWEVER, LET US ALSO CONSIDER OTHER THINGS THAT WE CAN GIVE UP.

THINGS TO GIVE UP FOR LENT

- Give up complaining — Focus on Gratitude *Philippians 2:14*

Do everything without complaining or arguing, so that you may become blameless and pure.

- Give up bitterness — Turn to forgiveness *Ephesians 4 : 31*

Be kind and compassionate to one another forgiving each other, just as Christ forgave you.

- Give up worry — Trust in God *Mathew 6 :25*

“Therefore I tell you, do not worry about your life...who by worrying can add a single hour to his life?”

- Give up hatred — Return good for evil *John 2 : 9*

Anyone who claims to be in the light but hates his brother is still in the darkness.

Contact

I.B.D.I

Columba Centre

St Patrick's College

Maynooth,

Co Kildare

This year Lent 2010 begins on Ash Wednesday, February 17, 2010.

Future Parish Events

- ASSISTSuicide awareness
- Confirmation Programme
- Diocesan Seminars
- Drug/Alcohol information night
- Training Programms
- Mass during Lent for people effected by Addiction
- Confirmation Programme
- Parish Family Fun Days



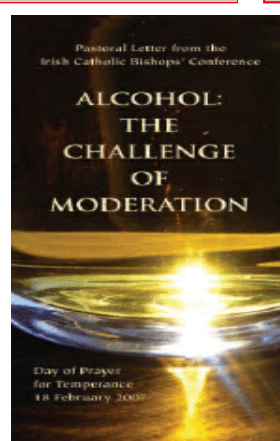
“Never look down on a man who cannot give up the drink. It is easier to get out of hell!”
-Venerable Matt Talbot 1856-1925

Prayers

Lord, in your servant, Matt Talbot you have given us a wonderful example of triumph over addiction, of devotion to duty, and of lifelong reverence of the Holy Sacrament. May his life of prayer and penance give us courage to take up our crosses and follow in the footsteps of Our Lord and Savior, Jesus Christ, Father, if it be your will that your beloved servant should be glorified by your Church, make known by your heavenly favors the power he enjoys in your sight. We ask this through the same Jesus Christ Our Lord. Amen.

May Matt Talbot's triumph over addiction, bring hope to our community and strength to our hearts, through Christ Our Lord. Amen.

If you have information relevant to the beatification of Venerable Matt Talbot, contact: Vice-Postulator, Saint Mary's Pro-Cathedral, 83 Marlborough Street, Dublin 1, IRELAND (stores.ebay.com/handmade-Rosaries)



Many Parishes are now putting information stands for leaflets to be made available for people to access easily and discreetly. Should you require leaflets for your parish please contact us.

Email: darren.butler@iecon.ie

Email: john.taaffe@iecon.ie

Email: ibdi@iecon.ie