



# Pioneer Total Abstinence Association of the Sacred Heart

## Notice for Parish Bulletins

Parishioners who wish to take a short-term pledge for Lent

are invited to visit [www.pioneers.ie](http://www.pioneers.ie) or to speak to a Pioneer in the parish.

(a longer form of this message is available on [www.pioneers.ie/lent2026](http://www.pioneers.ie/lent2026))

## Suggested Prayer of the Faithful

We pray a blessing from Heaven on all who are struggling because of addiction. May they and their families find hope through counselling, the AA fellowship and our prayers this Temperance Sunday.

Lord, hear us.

## Supporting families who are impacted by addiction

The short-term Pioneer pledge for Lent is a gesture of solidarity with people who are living “one day at a time” according to the 12 Step AA programme. More information is available at [www.pioneers.ie](http://www.pioneers.ie). A poster is attached here on page 2 and is also available for church noticeboards at [www.pioneers.ie](http://www.pioneers.ie)

Subscriptions to the Pioneer Newsletter are open via [www.pioneers.ie/newsletter](http://www.pioneers.ie/newsletter).

A pdf of the most recent edition of the Newsletter is available on request to [prayer@pioneers.ie](mailto:prayer@pioneers.ie)

Pioneers have been learning the 12 steps of the AA programme through the 2026 Pioneer Calendar. Additional copies of the 2026 Calendar are available from 01 805 4226. The calendar provides some of the practical language and wisdom which has helped many people to maintain a life of sobriety “one day at a time.”

## Homily Notes around this Sunday's Scripture texts

This Sunday immediately before Lent is a day of prayer and reflection on Temperance.

The psalm texts “**they are happy who do his will**” and “**may my footsteps be firm to obey your statutes**” resonate in the hearts of all who have learned to recalibrate their lives according to the Twelve Step Programme, AA meetings and the Serenity Prayer.

People in recovery discover and are thrilled by the beautiful truth which Jesus radiates in the Gospels and the Sacraments. This truth is summarised by Sr Consilio in Cuan Mhuire in her simple message to all residents: “**God made me good.**” Accepting this truth, they have found peace and daily happiness in “**all that God has prepared for those who love him.**”

The high standards which people in recovery set for themselves bring joy and peace back into homes which had lived under a dark shadow of addiction. Gone are the days of “**an eye for an eye.**” With the kind support of family, solid guidance of a Sponsor, and fellowship of the AA community, they are able to maintain their journey one step at a time, one day at a time.

Fr Robert McCabe  
Central Spiritual Director



Pioneer Total Abstinence Association  
of the Sacred Heart

## Lenten Challenge 2026

Abstaining from alcohol

Wearing the Pioneer emblem

Daily prayer



**I promise in honour of the Sacred Heart of Jesus  
to abstain from alcoholic drinks during Lent.**

We invite you to pray for people who are living with addiction, for their families and for all who are helping them to recovery.

**Your prayers will help them in their life-long challenge.**

You are also asked to pray for those all who are in recovery and who follow the 12 steps of the AA fellowship one day at a time.

**God grant me  
the serenity to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference!**

More information available at [www.pioneers.ie](http://www.pioneers.ie)

