

CHURCH OF THE SACRED HEART, BELMULLET

Sunday 10.30am, Monday 8.00pm, Tuesday to Friday 9.30am, Saturday Vigil 8.00pm

CHURCH OF OUR LADY OF LOURDES, GLENCASTLE

Sunday 12.00 noon, Wednesday and Saturday 10.15am

Fr. Michael Reilly P.P. 097-81426 or 086-0847179

Parish Office, Chapel Street, Belmullet, Co. Mayo 097-20777

E-mail belmulletparish@gmail.com

A new CCTV system has been installed in the Sacred Heart Church, Belmullet and also covering the church grounds.

MASS TIMES - BELMULLET

Sat	July	31st	12.00p.m.	Funeral Mass - Thomas McIntyre
Sat	July	31st	8.00p.m	Rita O'Malley-Hoey - Birthday Remembrance -- Annie Diver, Donegal
Sun	Aug	1st	10.30a.m	Ian McNulty & Michael McNulty -- Sadie Sheridan - 10th Anniv. -- Jack & Bridget McDonnell, Michael McDonnell, Kathleen Kelly & Deceased Family
Tues	Aug	3rd	7.00p.m	Micah Rodler - 1st Anniv
Wed	Aug	4th	9.30a.m	Bridgie & James Gallagher, Foxpoint
Thurs	Aug	5th	9.30a.m	Jack & Bridget Walshe & Deceased Family
Fri	Aug	6th	11.00a.m	<u>Sunday Mass for Senior Citizens</u> - Ann & John McAndrew & Tom & Mona McAndrew, Derrynameel -- John & Mary Shevlin, Mike & Sydney Shevlin & Deceased Family -- Martin Gibbons
Sat	Aug	7th	8.00p.m	Michael Kavanagh - 1st Anniv -- Kate & Paddy Hopkins & Johnny Hickey & Caherine Gavin
Sun	Aug	8th	10.30p.m	John McAndrew, Fr. Mulhern Crescent & Daughter Ann Ryan, Galway

MASS TIMES - GLENCASTLE

Sun	Aug	1st	12.00p.m	Tom Walsh, Muings -- Tony & Larry Barrett & Josie & Stephen Carey -- Phelim Scanlon, Shraigh & Deceased Members of the Grassmeal Factory
Mon	Aug	2nd	12.00p.m	Memorial Mass - for Paddy & Patricia McGuinness & Deceased McGuinness Family
Sun	Aug	8th	12.00p.m	Sr. Evelyn Gallagher- 1st Anniv -- Michael James Coyle -- Dan & Patrick O'Malley

NEW DATES FOR FIRST HOLY COMMUNION & CONFIRMATION

First Holy Communion:

4th September 2021 at 12 noon—Belmullet NS in The Sacred Heart Church, Belmullet.

11th September 2021 at 12 noon— Glencastle, Barnatra & Shraigh NS's in Our Lady of Lourdes Church, Glencastle.

Confirmation:

24th September 2021 at 6.00p.m.—Glencastle, Barnatra & Shraigh NS's in Our Lady of Lourdes Church, Glencastle.

25th September 2021 at 11.00a.m.—Belmullet NS in The Sacred Heart Church, Belmullet.

MINISTRIES	CHURCH	MASSES	SUNDAY 8th August
Stewards	Belmullet	Vigil 8.00p.m	Michael Doran & Maeve McDonnell
		10.30a.m.	Carmel Gaughan & Loretta McGuire
Readers	Belmullet	Vigil 8.00p.m	Sheila Tallott
		10.30a.m.	Deirdre Reuland
Eucharistic Ministers	Belmullet	Vigil 8.00p.m	Mairín Uí Mhurchú
		10.30a.m	Gerry Murphy
Stewards	Glencastle	12.00p.m	Michael Conmy & John McAndrew
Eucharistic Ministers	Glencastle	12.00p.m	Claire O'Donoghue

Steward for During the Week

Maeve Carabine

ALTAR SOCIETIES BELMULLETT Group 1

Mary Jane Farrell, Beana Carey &
Tisha McAndrew

GLE NCASTLE Bunnahowen
Brid McDermott & Catherine Barret

BAPTISED RECENTLY

We welcome into God's Family

Della May O'Neill,

Rathfarnham/Glencastle

We wish her every Blessing

CALLS TO THE SICK AND HOUSEBOUND

Fr. Michael will be calling to the sick and housebound on
Tues, Wed, Thurs & Friday this week

Good Luck

to Sinead Diver

who is representing Australia in the marathon at this year's
Olympics in Tokyo

Congratulations to Ryan O'Donoghue and Eoin O'Donoghue
and all the Mayo Gaelic Football Team who won the
Connacht Football Final in Croke Park last Sunday

Thank you to Glan Assured

for sanitizing the churches and to all the Parishioners who
sponsored the disinfection of both churches.

REFLECTION

A Greek man named Alexander Papaderous founded an Institute of Peace and Understanding on the island of Crete as a result of the many atrocities that took place there during the Second World War. He was convinced that people needed to let go of the hatred the war had unleashed. One day he was giving a lecture and at the end, someone asked him, "What is the meaning of life?" It's such a difficult question to answer but Alexander took a small mirror out of his wallet and said: *I am a fragment of a mirror whose design and shape I do not know. Nevertheless, with what I have I can reflect light into the dark places of this world - into black places in the hearts of men and women - and change some things in some people. Perhaps others may see and do likewise. This is what I'm about. This is the meaning of life.*

It's a powerful image and for most of us, to answer the question might take some time and reflection. What is the meaning of life? It's the question on the lips of the crowd that greets Jesus in today's Gospel. These people are lost. They are looking for answers. How should they live their lives? Who should they follow? The answer is clear and unambiguous but the language is new. Jesus is the bread of life. He will nourish them and give them life but first, they must believe. Through Jesus they will find their meaning. Through him they will share his love and charity to their neighbours and family along the way. Our life's meaning becomes intertwined with the life of Christ.

The Memorare

REMEMBER, O most gracious Virgin Mary,
that never was it known that anyone who
fled to thy protection, implored thy help,
or sought thy intercession was left unaided.
Inspired with this confidence, I fly to thee,
O Virgin of virgins, my Mother;
to thee do I come; before thee I stand,
sinful and sorrowful. O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me.
Amen.

The time of the year

Normally this is the time of the year when the evenings are getting longer and there is a sense of challenge in the air and as the Covid-19 vaccine is beginning to be rolled out . . . even if it's only the garden! So it's a good time to dust off all the resolutions you made during the winter and Lent about that project you were going to get stuck into this year. But a bit of advice. Remember there are 6 phases in any project:

1. Enthusiasm
2. Disillusionment
3. Panic

4. Search for the guilty
5. Punishment of the innocent
6. Praise and honour for the
non-participants.
But don't let that get you down.
You know what they say:
Nothing ventured, nothing gained!

Just a thought!

*Cover my poor soul with the
healing balm of love and
compassion. Make me
unselfish sweet Jesus,
so I will be content with just loving
and count it a privilege to
forgive even seventy times seven.*

Pope Francis

Easter Blessings

May the Lord bless you this Easter time:
Bless you with faith, guard you in doubt;
Bless you with hope, uplift you in despair;
Bless you with love, keep you from fear;
Bless you with peace, calm you in trouble;
Bless you with mercy, help you to forgive;
Bless you with joy, comfort you in sorrow;
So your heart may rejoice in Him who is Risen. Amen.

CHURCH ENVELOPES

ONLINE DONATIONS. This diocese of Killala has launched an Online Donation System on a secure online platform operated by Stripe, a leading global company for secure online payments. The online donation option will be available on the homepage of our diocesan website (www.killaladiocese.org) and donations can be made to three types of collections: Weekly Offering Collection, Priest's Revenue Collections and Special Collections. Donors will be able to select their parish and the collection(s) they wish to donate to. Monies will be transferred to a central "Parishes Account" in the Diocese of Killala and forwarded to the individual parishes on a monthly basis.
Thanks to all who are returning Church envelopes & giving donations to support & keep our Churches open.

Finding New Ways of Praying at Home

The restrictions in place because of Covid-19 mean that as a Christian Community we cannot gather for our usual religious services. This situation challenges us to find new ways of reflecting on our faith and praying in our homes as the "Domestic Church". . One way of doing this is to set up a prayer space in a prominent place in your home. There, each day, you can place different symbols or things of meaning to you and your family. You can light a candle, read from your Bulletin or a Bible, the Word of God to enrich us our Lives.

Pope Francis Words

Do you want to fast this lent
Fast from hurting words and say kind words
Fast from sadness and be filled with gratitude
Fast from anger and be filled with patience
Fast from pessimism and be filled with hope.
Fast from worries and trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your heart with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.

Our Lady of Lourdes Prayer for healing

O ever-Immaculate Virgin, Mother of Mercy,
health of the sick, refuge of sinners,
comforter of the afflicted,
you know my wants, my troubles, my sufferings;
look with mercy on me.

By appearing in the Grotto of Lourdes,
you were pleased to make it a privileged sanctuary,
whence you dispense your favours;
and already many sufferers have obtained
the cure of their infirmities, both spiritual and corporal.

I come, therefore, with complete confidence
to implore your maternal intercession.

Obtain, O loving Mother, the grant of my requests.
(mention your petition)
Through gratitude for your favours,
I will endeavour to imitate your virtues,
that I may one day share your glory.
Amen.

Celebration of Baptisms

While the celebration of the sacrament is within our remit, the concern we must have is the fact that it may facilitate family gatherings which do not observe the restriction in place at present. I suggest, therefore, that you outline the restrictions in place before you undertake to celebrate the sacrament. It is important to remember that the manner in which the celebration of the sacraments of baptism, Holy Communion and Confirmation are celebrated at present may put the celebration of them in jeopardy for next year.

Reflection

Where 2 or 3 meet in my name . . .

When we see the tabernacle
with the red light beside it, we
immediately accept that here is
the reserved presence of Our
Lord and Saviour. When we
attend Mass and the priest
holds up the sacred host we
immediately sense that we are
in the presence of God. But
sometimes too God may be present to us and
we can't tune into that presence. We can get a
glimpse of God in a beautiful sunset, in the
exquisite playing of a musician, in an
experience of great love.

But the other reality is that God is present to us
always. God lives in us by virtue of our baptism.
And God is present to us every time a few of us
meet in his name

Peace Prayer of Saint Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;

where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

A PRAYER FOR EVERYDAY

Everyday I need you Lord,
But this day especially,
I need some extra strength,
To face whatever is to be.

This day more than any day,
I need to feel you near,
To fortify my courage,
And to overcome my fear.

By myself, I cannot meet,
The challenge of the hour,
There are times when humans help,
But we need a higher power.

To assist us bear what must be borne,
And so dear Lord, I pray,
Hold on to my trembling hand,
And be near me today. Amen

This year, people can return their Lenten donation in several ways:

1. Online at www.trocaire.org
2. To the Parish Office.
3. By post to any of our offices: Trócaire, Maynooth, Co. Kildare
4. Bill Pay at any Post Office

Helplines Available:

HSE	1850 24 1850
Alone	0818 222 024
Samaritans	116 123
Childline	1800 66 66 66
Farm & Rural Stress	1800 742 645
Pieta House (24HR)	1800 247 247
Shine	1890 621 631

Other Services:

Mayo University Hospital	094 9021733
Community Response Team	094 9064660
Mayo Mental Health Association	094 9038148
Mindspace Mayo	094 9067001
Mayo Recovery College	086 8255441
CROÍ	091 544310

First Prayer

O Mary,

You shine continuously on our journey
as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick,
who, at the foot of the cross,
were united with Jesus' suffering,
and persevered in your faith.

“Protectress of the Roman people”,
you know our needs,
and we know that you will provide,
so that, as at Cana in Galilee,
joy and celebration may return
after this time of trial.

Help us, Mother of Divine Love,
to conform ourselves to the will of the Father
and to do what Jesus tells us.

For he took upon himself our suffering,
and burdened himself with our sorrows
to bring us, through the cross,
to the joy of the Resurrection. Amen.

We fly to your protection, O Holy Mother of God;
Do not despise our petitions in our necessities, but deliver us always
from every danger, O Glorious and Blessed Virgin.

Second Prayer

“We fly to your protection, O Holy Mother of God”.

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you,
Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are
distracted and mourn their loved ones who have died, and at times are buried in a way that grieves them
deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to
prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the
uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may
end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the
families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency,
and are risking their lives to save others. Support their heroic effort and grant them strength, generosity
and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and
fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find
effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those
lacking the basic necessities of life and may devise social and economic solutions inspired by
farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling
arms will instead be spent on promoting effective research on how to prevent similar tragedies from
occurring in the future.

Beloved Mother, help us realise that we are all members of one great family and to recognise the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course. To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

Accord establishes support phone line to help relationships during COVID-19

To help support marriage and relationships in the context of the Covid-19 pandemic, Accord CLG and Accord Northern Ireland have established a new relationship support phone line which will be staffed by experienced couples and relationships counsellors. This will be a free service but calls are charged at a local rate.

Accord's specialist in counselling (marriage and relationships), Mary Johnston said, "Accord is very conscious of those experiencing difficulties in their relationships and family lives as we are confined to home during this unprecedented period for all in society. The circumstances in which we are living now can increase stress and pressure on relationships and in families. To help address these challenges, Accord has established a relationship support phone line to enable callers to speak to experienced couples and relationship counsellors in order to talk through the difficulties they are experiencing".

The support line is open from 9.00am – 8.00pm Monday to Friday. Please see contact details below:

- Accord NI – 028 9568 0151 or 00353 1 531 3331
- Accord CLG – 01 531 3331

Prayer for a Pandemic

May we who are merely inconvenienced,
Remember those whose lives are at stake.
May we who have no risk factors,
Remember those most vulnerable,
May we who have the luxury of working from home,
Remember those who must choose preserving their health, or making their rent.
when their schools close,
Remember those who have no options.
May we who have to cancel our trips
Remember those that have no safe place to go.
May we who are losing our margin money in the tumult of the economic market
May we who settle in for a quarantine at home
Remember those who have no home.
As fear grips our country, let us choose love.
During this time when we cannot physically wrap our arms around each other
Let us yet find ways to be the loving embrace of God to our neighbours. Amen

Prayer to Saint Roch

(St. Roch is patron saint of people suffering from infectious diseases)

O Blessed Saint Roch,
Patron of the sick,
Have pity on those
Who lie upon a bed of suffering.

Your power was so great
When you were in this world,
That by the sign of the Cross,
Many were healed of their diseases.

Now that you are in heaven,
Your power is not less.
Offer, then, to God
Our sighs and tears
And obtain for us that health we seek
Through Christ our Lord. Amen.

(Repeat the following 3 times)

Saint Roch, Pray for us,

That we may be preserved from all diseases of body and soul.

Peace Prayer of Saint Francis

Lord, make me an instrument
of your peace:

where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.
Amen.

Opening Prayer

O Jesus Christ, my Lord, with what great love did you pass over the painful road which led you to death; and I, how often have I abandoned you! But now I love you with my whole soul, and because I love you I am sincerely sorry for having offended you. My Jesus, pardon me and permit me to accompany you in this journey. You are going to die for love of me, and it is my wish also, my dearest Redeemer, to die for love of you. My Jesus, in your love I wish to live. In your love I wish to die.

- 1st Station: Jesus is condemned to death
- 2nd Station: Jesus carries His cross
- 3rd Station: Jesus falls the first time
- 4th Station: Jesus meets His Mother
- 5th Station: Simon of Cyrene helps Jesus to carry his cross
- 6th Station: Veronica wipes the face of Jesus
- 7th Station: Jesus falls the second time
- 8th Station: Jesus meets the women of Jerusalem
- 9th Station: Jesus falls a third time
- 10th Station: Jesus clothes are taken away
- 11th Station: Jesus is nailed to the cross
- 12th Station: Jesus dies on the cross
- 13th Station: The body of Jesus is taken down from the cross
- 14th Station: Jesus is laid in the tomb

In response to the COVID 19 related restrictions on public gatherings **RTE News** will air Mass at 10.30am each day. Mass broadcast on **Midwest Radio** 10.00am on Wednesdays and Fridays. Mass is broadcast each day via webcam from **St. Muredach's Cathedral** www.ballinaparish.org and scroll down to livestream. This webcam is only on when Mass is starting. Monday to Friday 8.00am and 10.00am Saturday 8.30am and 7.30pm and Sundays 8.30am, 11.00am and 12.30pm.

Offertory Collection

Belmullet €

Glencastle €

Many thanks for your continued support.

Eucharistic Ministers and Readers needed for both Churches. If interested please give your name to Fr. Michael Reilly or Parish Office.

Any parishioner who intends inviting a priest from outside the Diocese of Killala to celebrate Mass in their houses should inform the clergy of the parish of their intention to do so. The Bishop has requested that this be done in the interests of ensuring the safety of children in this diocese.

Eucharistic Adoration in Belmullet Church Tuesday 6am -10pm, Wednesday and Thursday 10a m -10pm New adorers needed to spend a weekly hour in the Church. (097) 20777.

KEEPING CHILDREN SAFE - The Diocese of Killala is fully committed to keeping children safe. If you have any concerns around their safety in any circumstance please contact D.L.P. Confidential line 087 1003554.
www.killaladioceseorgsafeguarding.

Sacred Heart Church Belmullet

Church will be closed at 6.30p.m every evening

HOUSE STATIONS

Anyone interested in hosting Stations please contact the priest.

NOTIFICATION OF SICKNESS

Please inform the priest if a family member outside this parish is sick or has died. Thank you.

Religious Bookshop in Belmullet beside the Church Monday-Friday 10.00a.m.to 3.00p.m.

All notices for the bulletin must be handed into the bookshop or by email: belmulletparish@gmail.com before noon on Thursdays.

PARISH NOTICE

Croí, the Heart & Stroke Charity, is delighted to announce a special online event for the Erris community in North Mayo focussing on "Minding your Heart Health".

Join Croí and leading experts for this free webinar online using Zoom on Thursday, August 12th, from 7–8pm.

Speakers on the night include Prof. Jim Crowley, Consultant Cardiologist; Ailish Houlihan, Self-Management Support Co-ordinator for Long-term Health Conditions with Community Healthcare West; and Zoe McCrudden, Cardiovascular Nurse Specialist. The expert speakers will answer your questions and address your heart health priorities and concerns.

Register now and submit your questions for the experts at www.croi.ie/erriswebinar, or call Croí on 091-544310. Don't miss this special event!

Erris Heartbeat Defibrillator has a gofundme page on facebook on erris defib page if you are on facebook it would be wonderful if you could make a donation, we have 36 defibrillators in Erris and over the past 2 years we were unable to have our Church Gate Collection

CE Vacancies at the IWA The Irish Wheelchair Association in Belmullet have CE positions available for people interested in working in roles supporting people with disabilities. Flexible working hours, no experience required as full training will be provided. For more information contact Anne on 087 7779395

Western Care Association Have you an interest in working with people with a learning disability and / or autism??

Western Care Association are recruiting Relief Staff to work in our Services based across Co. Mayo.

For further information please visit our website at www.westerncare.com or email hr@westerncare.com

North West STOP invites you to greet the dawn in Sunrise for STOP any morning of the bank holiday weekend (31 Jul-02 Aug) to support their free counselling services throughout the Northwest. Sign up at: <https://www.njuko.net/sunrise-for-stop/> to receive a t-shirt/registration pack and follow us on Facebook or Instagram for updates: search for "North West STOP" Access our counselling service by call or text to 086 777 2009

Free Training! Enrolling Now If you struggled at school, have been long term unemployed, are recovering from or living with an illness or would benefit from extra support, the National Learning Network could be for you. We offer the expertise and time to enable people to flourish. QQI courses include: IT & Business Skills (home and centre based), Sports and Gym Instructor Studies, Fast Track to Employment and more. If you are registered with the DEASP you could be entitled to the free training, Continuous enrolment, payments are protected and people under 26 could gain extra training allowance. Contact: Castlebar@nlm.ie; (094) 9022770; Breaftery Road, Castlebar, or see our website www.nlm.ie.

Theology of the Arts. Does the Church Need Art?

The Priory Institute week-long online Summer School will run from 8-13 August and again from 22-27 August. The course includes six recorded presentations and is very flexible as it is delivered entirely online.

Find out more and register on prioryinstitute.com

Counselling Services can still be accessed during the lockdown, our Outreaches such as Mindspace 0949067001 & Pieta House 09325586 are still running their services online or on the phone so please do call them. Also, our own Counsellors are still working remotely & some face to face too, depending on the need of the client, so if you need a counsellor do not hesitate to call 09675573 or 0870618525 or email us at admin@ballinafr.com and we will refer you.

Clobber Collection - if you are doing a clear out, ie clothes, shoes, bags etc we are still able to take your clobber, please call 0870618525 to arrange a drop off time. Wear a mask & please keep a 2-metre distance from our staff when dropping of clothes

Become a Western Alzheimers Befriender. Can you spare a couple of hours a week? A little of your time goes a long way! Do you have a few hours to spare, if so Western Alzheimers befriending volunteers are currently being sought. This is a befriending service for those in the early stages of dementia, who require friendship and stimulation. We are looking for

individuals who can give 2-3 hours a week in the homes of people living with dementia. The supports would range from companionship, meeting for coffee and generally supporting them in their own homes. This support is to offer the family carers a break from their caring role & companionship for those living with dementia. Full training provided.

Get in Touch Today : 094 93 64900 or email info@westernalzheimers.ie

Works will begin in a few weeks around Glencastle church and new graveyard to include footpath, parking, landscaping & generally enhance this area. Glencastle Parish Enhancement Group would like to acknowledge the Department of Rural and Community Development grant of €100,000 awarded under Town & Village Renewal Scheme. The 20% match funding was made possible through contributions from Cllr. Sean Carey & Cllr. Gerry Coyle and donations from Belmullet Parish Council and T.J. Lennon, without their support we would be unable to draw down this grant. The group would also like to thank MCC's Noelle Angley (Architect) and Martin O'Grady (Engineer) for their work on this project.

Belmullet Tidy Towns

As part of our anti-dog-fouling campaign, we have free dog-dirt-bag-holders to give away. They are very handy and they clip onto your dog's lead. Please call 097 20977 if you would like one. In order to protect the health of our dogs, our neighbours and local children, and to keep our community safe & clean, please remember to Scoop the Poop and Bag It, Bin It! Scaob an salachar! The refill bags are available in lots of places in Belmullet: The Discount Store, Main Street; Cuffe's Centra, Main Street; Langan's Discount Store, American Street; Castle Vets, American Street; and Erris Vet Clinic, The Docks. Please help us to keep Belmullet beautiful and to Leave No Trace!

Finished School and don't know what to do next?

Are you at home because you don't know how to access further training? NLN Mayo could help you. We train early school leavers, LCA students and people who would benefit from additional supports. Our courses will develop your skills and confidence to open up new opportunities for further training. We offer Sports industry and Gym Instructor Studies, Employment Skills, Business, IT & Digital Skills courses and more. All our courses are FREE! For more information on the courses available, contact: Castlebar@nlm.ie; (094) 9022770; National Learning Network, Breaffy Road, Castlebar.

FREE IT & Business Studies Course Now Enrolling in Belmullet.

ARE YOU OUT OF WORK? AT A DISADVANTAGE IN THE LABOUR MARKET? UNEMPLOYED DUE TO ILLNESS? ACCIDENT OR DISABILITY? And interested in gaining a wide variety of Computer Skills that will enable you to: Return to the workplace, gain a QQI level 5 qualification, develop on-line technologies for business use such as social media or set up your own business. If so, you could be entitled to FREE Training at National Learning Network. Participants are provided with all equipment required for the duration of the course FREE OF CHARGE—including laptop, software and online support. The course is a blend of centre and home-based Learning. If you are interested, please contact Sharon Allen on 087 290 9064 or Seamus Corless on 087 608 7154 Contact your Local Employment Office." Find us on Facebook Also.

A Note From Belmullet Tidy Towns

Belmullet Tidy Towns (supported by the Erris Chamber of Commerce and the Oweninny Community Benefit Fund) have launched an anti-dog-dirt campaign, which includes: the installation of 10 brand-new stainless-steel dog litter bins on popular walking routes around the town, the distribution of free dog litter bag holders (call Elaine 097 20977 if you need one), and a poster competition with local TY students (mile buíochas to Paula Murphy for allowing us to use her windows on Main St to display them). Dog dirt is a very serious issue - it carries viruses & parasites which can cause intestinal illness and serious kidney disorders in humans, blindness in children, and it can also spread disease to other dogs. People are being asked to show that they love their dogs, their community, and their town. By disposing of dog litter responsibly, dog owners are protecting their neighbours, the local children, and their own families. #BagItBinIt #ScoopThePoop

MARIAN PILGRIMAGES

"Marian Pilgrimages have released their pilgrimage schedule for 2021 & 2022 to Lourdes, Medjugorje, Fatima, Italy & Holy Land. For more information or to register your interest please visit www.marian.ie or ring Marian Pilgrimages on (01) 878 8159"

COVID-19 COLLECT AND DELIVER SERVICE

Helping people to stay at home is the new role of Local Link Mayo rural transport services. Local Link Mayo is offering a collect and deliver service in existing Local Link routes throughout Mayo from pharmacies and local shops, delivering shopping and critical medical supplies to the elderly, the vulnerable and sick. If your need of such support or know someone who does, contact Local Link Mayo on 094 900 5150 between 9:00am and 5:00pm (M-F) or email mayo@locallink.ie

BALLINA FAMILY RESOURCE CENTRE ARE WORKING BEHIND CLOSED DOORS DURING THIS LOCKDOWN, IF YOU DO NOT GET AN ANSWER ON OUR landline 09675573 please call us on our mobile number 0870618525 or leave a message on either and we will get back to you. You can also email us admin@ballinafrc.com or you can contact us through messenger on our Facebook page or Whatsapp.

Services that are still available during current Lockdown @BallinaFRC:

Senior Alert Scheme is still happening during the lockdown. Just ring us and we will deal with your application over the phone. 09675573/0870618525 or email admin@ballinafrc.com

COUNSELLING SERVICES CAN STILL BE ACCESSED DURING THE LOCKDOWN, OUR OUTREACHES SUCH AS MINDSPACE 0949067001 & PIETA HOUSE 09325586 are still running their services online or on the phone so please do call them. Also, our own Counsellors are still working remotely & some face to face too, depending on the need of the client, so if you need a counsellor do not hesitate to call 09675573 or 0870618525 or email us at admin@ballinafrc.com and we will refer you.

HAVE YOU ROOM IN YOUR HOME? HAVE YOU ROOM IN YOUR HEART? HOME SHARERS REQUIRED. WOULD YOU BE INTERESTED IN SHARING YOUR home and supporting a person with additional needs, for a few hours per day, a couple days per month, or long term. We are looking for single people, couples, married people and/or families to provide short or long term respite for children or adults. If you are interested please contact Western Care Association, Social Work Dept. on 094 9025133.

Cara Iorrais Belmullet Cancer Support House

Due to Covid Restrictions we will be operating on an appointment only basis until further notice. Our phone service is always available, for appointments or further information we can be contacted on 097 20590, 087 0678630 or email caraiorrais@gmail.com or private message us on Facebook. We are adhering to HSE guidelines.

Affordable Live-in Homecare provides live-in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Eileen or Tom today on 087 9916791 or 087 7440729. Our website is www.alhomecare.ie

Employability Service (Belmullet Office) & Local Employment Service (Belmullet Office)

We wish to advise that whilst our doors remain closed to the public, we are working in the offices and continue to offer the same service via phone, text, zoom or messenger. If you need information on Employment or Courses, or need a CV done to apply for a position, please call :-

Colette Corless : Employability Service : 0863418643

Marie O'Donnell : Local Employment Service: 09781722

Ann Conroy : Local Employment Service: 0872156660

Remember the service continues to be free and confidential. Instructions will be given over the phone re: collecting CV, etc.

DO YOU WANT TO LEARN MORE ABOUT MENTAL HEALTH? HAVE YOU EXPERIENCE WITH MENTAL HEALTH CHALLENGES? ARE YOU A FAMILY member/supporter or health professional? If yes then join the MAYO RECOVERY COLLEGE this Autumn Winter at our free Online interactive audio/video classes. Log onto

www.recoverycollegewest.ie for our Prospectus. Please contact Karen McHale, Principal Recovery Educator 086 0294901 recovery.educatormrc@hse.ie to register”

GLAN ASSURED AN ERRIS BASED BUSINESS HAS COMMITTED TO THE DISINFECTION OF OUR CHURCHES PRIOR TO THE reopening and resumption of Masses. One of our parishioners has kindly sponsored the first eight weeks of church disinfections. Their charitable deed is greatly appreciated by all. Contact www.glanassured.ie 085 2103362.

Doing a Clear Out – Clothes Recycling

If you are clearing out your home please drop the clothes, shoes, bags etc into the Ballina Family Resource Centre, Abbey Street, Ardnaree. We are doing a Cash for Clobber as a Fundraiser for the Centre, your support would be greatly appreciated. If you need bags we have some in the centre, just drop in and collect them. For more info call 096 75573, all money received for clobber goes directly to Ballina FRC.

Mindspace Outreach Service in Ballina FRC

Mindspace Mayo offers a support service to young people (15-25yrs) presenting with anything from common concerns (e.g. dealing with break-up, exam stress, bullying) to young people with emerging mental health difficulties such as mild depression and anxiety. **The outreach service is running by phone or online whilst the lockdown is on for Covid19.** For further information on Mindspace Mayo please see our website www.mindspacemayo.ie or call us on 094-9067001

Pieta House Outreach Service Ballina

Pieta House provides counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide or feeling suicidal. **Pieta House outreach service is running by phone or online whilst the lockdown is on for Covid19. Contact: 09325586 to make an Appointment**

Covid-19 Collect and Deliver Service Helping people to stay at home is the new role of Local Link Mayo rural transport services. Local Link Mayo is offering a collect and deliver service in your area, from pharmacies and local shops, delivering critical medical supplies to the elderly, the vulnerable and sick. If you need of such support or know someone who does contact Local Link Mayo on 094 900 5150/086 029 3728 between 9:00am and 5:00pm or email mayo@locallink.ie

Extract from Saint Patrick's Breastplate
Christ with me,

Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

ARE YOU FINDING IT DIFFICULT TO COPE WITH LIFE'S PROBLEMS? PERHAPS GROW CAN HELP YOU. GROW IS A FREE CONFIDENTIAL SUPPORT group, promoting positive mental health using a 12 step program. Meetings run weekly on Tuesdays at 8pm in the Ballina Community centre. For further information on GROW or other GROW meetings across Co Mayo, you can contact Emily at 0864183543, www.grow.i.e or the GROW information line 1890 474 474.

THE FOLLOWING SERVICES ARE PROVIDED TO THE HOUSEHOLD BY CLÁR ICH, BALLYHAUNIS ROAD, CLAREMORRIS, CO Mayo 094-9371830 or 094-9373455. Attic Insulation, Draught Proofing, Lagging Jackets, Low Energy Light Bulbs, Ventilation, Cavity Wall Insulation, Energy Advice. This scheme is available to homes which meet the following criteria. Owner occupied, non local authority homes, Constructed before 2006, The owner is in receipt of one of the following: Fuel Allowance as part of the National Fuel Scheme, Job Seekers Allowance for over 6 months with a child under 7 years, Working Family Payment, One Parent Family Payment, Domiciliary Care Allowance, Carer's Allowance (must live with the person you care for) All calls and queries to 094-9371830 or e mail us at info@clarichmayo.com or message us on Facebook Clár ICH.

GENEALOGY – ARE YOU INTERESTED IN TRACING YOUR ANCESTORS OR HAVE A RELATIVE OVERSEAS WHO WOULD LIKE TO TRACE their roots? The North Mayo heritage centre, Crossmolina can help. Gift vouchers also available. Contact 096 31809.

MAYO COUNTY COUNCIL BELMULLET AREA OFFICE WISHES TO ADVISE THAT THE NEW CONTACT NUMBER DIRECT TO THE OFFICE is 094-9064900 and the old 097 number is no longer operational.

Supporting parents drop in service, offering one to one informal support, information and advice for any parenting concerns, free and confidential service for parents of children of all ages. Irish Wheelchair Association Belmullet, every Friday 9am-3pm, contact Elaine 087-7214511.

Tune on your television to the 'EWTN' catholic station on (sky channel 588 or on Saorview free to air) where you will be able to view daily Masses, the rosary, the divine mercy chaplet; also news and interesting talks about the catholic faith.

DO YOU REQUIRE FIRST AID COVER FOR AN EVENT? DO YOU WANT FIRST AID TRAINING? CONTACT THE ORDER OF MALTA ON (087) 7011 540. First aid saves lives.

GETTING MARRIED? BOOK YOUR APPOINTMENT WITH THE LOCAL REGISTRAR online at www.crsappoint0

PREGNANT? NEED TO TALK? If you are concerned about an unplanned pregnancy and would you like to talk to someone in confidence contact CURA Lo-Call 1850 622626. See www.cura.ie for local Centre details. All Cura services are free and confidential. Our support service is available to women, men and all family members.

ST. VINCENT DE PAUL Tel. Helpline 085 1305390. You are not alone in your need for help.

Signed Mass cards. All Mass Cards Signed in our parish office are sent regularly to the missions, to Fr. Innocent Abonyi, Fr. Keveny, Brazil, Missionaries of Africa & Aid to the Church in Need. All names are recorded by our staff and Masses individually celebrated according to the intention of the donor. This provides a major support and basic need to the priests working in the foreign missions.