

## 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](mailto: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	Oct	23rd	8.00p.m	Kathleen & Anthony Reilly & Sons Tony & Joe Reilly -- Eadie & Martin Lally & Breege Sheeran -- John, Peggy and Katherine Munnelly
Sun	Oct	24th	10.30a.m	Michael Gaughan, Carne - Birthday Remembrance
Tues	Oct	26th	9.30a.m	John & Sabina Monaghan, Muings & Deceased Family -- John & Teresa Cleary & Michael Cosgrove
Wed	Oct	27th	9.30a.m	Pake & Mary McDonnell & Deceased Family – Josephine & Ned Barrett & Rita Barrett
Thurs	Oct	28th	9.30a.m	Fr. John Gilroy & Lena Doherty
Fri	Oct	29th	11.00a.m	<b>Sunday Mass for Senior Citizens</b> - Kathleen & Andrew Leneghan, Shraigh -- Bernie McAndrew - Birthday Remembrance
Sat	Oct	30th	8.00p.m	Eddie Barrett -- Kathleen, Tony & Daniel O'Donnell -- Mary & McDonnell
Pake				
Sun	Oct	31st	10.30a.m	Myles Carey - Month's Mind

### MASS TIMES - GLENCASTLE

Sat	Oct	23rd	12.00p.m	<b>Funeral Mass</b> - Semaus Ruddy, Muingmore/London
Sun	Oct	24th	12.00p.m	<b>Funeral Mass</b> - Mattie Kerrigan, Shraigh East
Sun	Oct	31st	12.00p.m	Padraig Ruddy - 1st Anniv. -- Peggy & Michael Joe Corcoran & Deceased Family -- Jack & Mary Gaughan & Son Tommy -- Fred & Kathleen Donohue, Shraigh

MINISTRIES	CHURCH	MASSES	SUNDAY Oct 31st
<b>Stewards</b>	Belmullet	Vigil 8.00p.m	Michael Doran & Maeve McDonnell
		10.30a.m.	Robbie Barrett & Ian McAndrew
<b>Readers</b>	Belmullet	Vigil 8.00p.m	Sheila Tallott
		10.30a.m.	Deirdre Reuland
<b>Eucharistic Ministers</b>	Belmullet	Vigil 8.00p.m	Mairín Uí Mhurchú
		10.30a.m	Mary Lally

<b>Stewards</b>	Glencastle	12.00p.m	Michael Conmy & John McAndrew
<b>Eucharistic Ministers</b>	Glencastle	12.00p.m	Grace Kelly

**Steward for During the week**  
Maura Murphy

**ALTAR SOCIETIES**

**BELMULLET** Group 6

Carmel McAndrew,

Joan Fahey & Mary Lally

**GLENCASTLE** Toorglass

Bridget Conmy, Kathleen Barrett,

Jacqueline Gruddy & Nancy Barrett

**BAPTISED RECENTLY**

*We welcome into God's Family*

Lorcan James Sweeney,

Attycunnane

*We wish him every Blessing*

**RECENTLY DECEASED**

Please pray for the soul of

Bridie Lynch U.K. sister-in-law

of Marty Lynch, Ballina Rd. &

Caitlín Glenn, Church Rd.

May they rest in Peace

**Mayo GAA Senior Football Championship**

Belmullet versus Breaffy on Sunday

24th October at 1.00p.m in Ballina

Stephanites Football Pitch

Your support for the team would be greatly appreciated

**Thank you to Glan Assured**

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

**Let me see again!**

THE second chance. We believe that we're entitled to it. Everyone can make a mistake. If only we knew. A second bite of the cherry. If I knew then what I know now, as the song goes. The phrases keep tripping off the tongue. The worst thing is that sometimes there's no second chance, no way of getting a second run around the same track. Things happen to us and we can't re-run the tape. There's no rewind button on the tape of life. Even though sometimes we'd like to reel back even a few minutes! The trick is to value what we have now, now – if you get the drift. Every, or nearly every, dead parent was wonderful. Every summer in a childhood was full of sunny days. Everything looks rosier in retrospect but the trick is to really see the rosiness now. These are the days that in the future we'll be looking back on and calling the good old days. Do you remember, we'll be saying to anyone whose ear we succeed in bending, do you remember the time when . . . Hadn't we it made! Like the blind man in the gospel, we too may one day want to revisit this present time and relish the goodness. God grant us the gift of living the present moment so that we can savour the giftedness of life and of love that we enjoy on this day.

**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.

***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](http://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](http://www.trocaire.org)
2. To the Parish Office.
3. By post to any of our offices: Trócaire, Maynooth, Co. Kildare 4.
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 distraught 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](http://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

**A Bereavement Course** The Bereavement Course presented by Monica Morley, Director of the Knock Shrine Family Centre and Broadcaster is due to commence Tuesday 2nd November at 8pm here at The Newman Institute.

The cost of the course is €60 and will run for 4 Tuesday nights. To book a place please phone 096 72066 or email [reception@newman.ie](mailto:reception@newman.ie)

**Corrective Energy Therapy Clinic** operating from Broadhaven Hotel daily bookings are by appointment only contact Pauline 0872472284/Sean 0861069506

**Singing Lessons Available** One to one, RIAM examinations, junior and leaving very practical, improve vocal ability, build confidence, all levels and ages welcome. Contact Deirbhle on 0857613008

**November Wine Courses** with Fáilte Wine Education – for more information contact Mairín at - [failtetraining@gmail.com](mailto:failtetraining@gmail.com)

**Moyne College/ Abbey Street Further Education Centre, Ballina** Places still available on Healthcare Support/ Nursing Studies ( QQI Level 5) and Childcare/ SNA (QQI Level 5). Mature students particularly catered for. Contact 0860451474 or email [sineadcaffreyblaine@msletb.ie](mailto:sineadcaffreyblaine@msletb.ie)

#### **Further Education Centre Belmullet (Part Time Courses October 2021)**

The Back to Education Initiative is planning to commence the following QQI components in October 2021 -

QQI Level 5 Challenging Behaviour

QQI Level 5 Intellectual Disability Studies

For further information please contact Geraldine Tighe: 096 71652/087 7715096 or email: [geraldinetighe@msletb.ie](mailto:geraldinetighe@msletb.ie)

**Flu vaccine now available** at Dr. Ruane's for those aged 65 to 79 years . Walk in clinics every Monday in October 3p.m to 4p.m. Strictly Vaccination only. Vaccine free of charge.

**Order of malta** Belmullet/Erris are recruiting for their ambulance corps. Many different roles available within the unit. Training and qualifications for all roles will be provided for successful candidates. Please contact Stephen Cafferkey on 0877011540 for further details before the closing date of 16th October 2021.

**Living Well** is a free online group programme delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with a long-term health condition. You will develop self-management skills and confidence to live well with your health conditions. Free online Living Well Programme – next programmes commences on (Limited Places)

Thursday 07th October

Wednesday 13th October

Tuesday 19th October

Monday 1st November

You must register in advance as places are limited to 10/12 participants. Please note you do not have to disclose your health condition on the programme. Please contact Liam Gildea on 087 349 0393 or by email at [liam.gildea@mayocil.ie](mailto:liam.gildea@mayocil.ie)

### **Further Education Centre Belmullet**

Places available on VTOS Courses in Business Administration Level 5 and Tourism with Business Level 5.  
For more information contact: 097 20901 / 086 0610023 or email: vtosbelmullet@msletb.ie

### **Dog Dirt Update**

Baile Slachtmhar Bhéal an Mhuirthead (Belmullet Tidy Towns) has recently been active with a campaign to eliminate dog fouling from the footpaths of our beautiful town. We heard many complaints from residents and visitors alike of the high level of dog dirt in Belmullet and a survey confirmed 127 instances in the town environs. In early summer we implemented a campaign to highlight the problem. This included the issuing of poo bag holders, installation of new bins and painting of signs on footpaths. We are encouraged by the response from dog owners who cleaned up after their dogs and a recent survey found just 27 instances of dog fouling around the town. We are sure that pram wheelers, wheelchair users, joggers and walkers will join us in celebrating the improvement. However, there is still work to be done - 27 is still too many. Let's keep the momentum going to eliminate the problem from our footpaths and #LeaveNoTrace. Ní neart go cur le chéile! If anybody would like to avail of complimentary dog poo bag holders please contact Elaine on 083 068 5103.

### **COVID-19 SUPPORT LINE FOR OLDER PEOPLE**

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

### **THE PRIORY INSTITUTE PROVIDES ONLINE THEOLOGY COURSES TO DEGREE LEVEL.**

lectures in Tallaght or from the comfort of your own home. Register now for Autumn 2021. Find out more on our website, prioryinstitute.com Click [here](#) to see a 2 minute introductory film Prioryinstitute.com  
If you have any further questions don't hesitate to call me, I'd be delighted to have a chat about it all.  
Frances O'Loughlin, Tel: +353 (0)86 8510769 (mobile) [www.prioryinstitute.com](http://www.prioryinstitute.com)

TFI LOCAL LINK MAYO SERVICES ARE CURRENTLY OPERATING AT 75% CAPACITY DUE TO COVID REGULATIONS. PRE BOOKING IS RECOMMENDED.

Contact 094 900 5150 or visit <https://locallinkmayo.ie/time-table/> for more information about services in the area

### **Free online Living Well Programme – next programmes commences on (Limited places)**

Thursday 9th of September

Monday 13th of September

Tuesday 21st of September

Wednesday 29th of September

If you are living with a long term health condition you may be interested in doing the 'Living Well' Programme'. This is a six week programme delivered in 2.5 hour weekly sessions where you will learn new skills to manage your health condition on a day to day basis. This Programme will commence in September. You must register in advance as places are limited to 10/12 participants. Please note you do not have to disclose your health condition on the programme. Please contact Liam Gildea on 087 349 0393 or by email at [liam.gildea@mayocil.ie](mailto:liam.gildea@mayocil.ie)

### **THE NEWMAN INSTITUTE FOUNDATION IN COUNSELLING COURSE - WE PLAN TO RUN THE**

FOUNDATION IN COUNSELLING COURSE AGAIN THIS AUTUMN. IT IS A ONE-YEAR Part-time course which will begin 7th October and will run for 26 Thursday nights from 7pm to 10pm until 20th May 2022. There are also two Saturdays from 10am to 5pm to attend. Some people complete the course as a first step to train as a counsellor while others participate for their own self development or to help them to cope better in their workplace or family life.

The cost of the course is €1200 which can be paid in instalments. There is a deposit of €100 required to secure a place on the course and this will be deducted from the full price. Please email [reception@newman.ie](mailto:reception@newman.ie) for enquiries or phone 096 72066 for further details. Please find attached copy of the brochure/application form for your attention and for further information on the course.

**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 087 991 6791 or 087 744 0729. Our website is [www.alhomecare.ie](http://www.alhomecare.ie)

**Erris Heartbeat Defibrillator** has a go fund me 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

**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](http://www.westerncare.com) or email [hr@westerncare.com](mailto:hr@westerncare.com)

**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](mailto:Castlebar@nlm.ie); (094) 9022770; Breafoy Road, Castlebar, or see our website [www.nlm.ie](http://www.nlm.ie).

**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](mailto:info@westernalzheimers.ie)

#### **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.

#### **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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](http://www.recoverycollegewest.ie) for our Prospectus. Please contact Karen McHale, Principal Recovery Educator 086 0294901 [recovery.educatormrc@hse.ie](mailto: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](http://www.glanassured.ie) 085 2103362.

### **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](mailto: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.

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](mailto: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](http://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](http://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.