

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. Eddie Rogan P.P. 097 81426 or 086 2329151 Fr. Tommy Doherty C.C. 087 3488742

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	Sept	30th	8.00p.m	Nellie & Michael Mills, Carrowmore & Deceased Mills & Staunton Families & Bridget, Richard & Martin Ruddy, Inver
Sun	Oct	1st	10.30a.m	Annie & Patrick Geraghty & Pat & Kathleen Cuddy
Mon	Oct	2nd	8.00p.m	St Padre Pio Novena
Tues	Oct	3rd	9.30a.m	Eddie, Pat & Bridget Gibbons -- Holy Souls
Wed	Oct	4th	9.30a.m	Bridgie Gaughan
Thurs	Oct	5th	9.30a.m	John & Margaret Corduff
Fri	Oct	6th	11.00a.m	<u>Sunday Mass for Senior Citizens</u> - Special Intention
Sat	Oct	7th	8.00p.m	Mary & Johnny Murray -- Chris Garvin & Deceased Garvin & Prendergast Families
Sun	Oct	8th	10.30a.m	Special Intention

MASS TIMES - GLENCASTLE

Sun	Oct	1st	12.00p.m	Willie McAndrew - 1st Anniv. Carrowmore -- Joseph Kerrigan- 2nd Anniv. -- Catherine Lally, Church Rd. - Birthday Remembrance & Deceased Lally Family
Sat	Oct	7th	10.00a.m	Intention
Sun	Oct	8th	12.00p.m	Eileen Reilly - Month's Mind -- Michael, Bridget & Peter Howard, Ann Handley & John Mooney

MINISTRIES	CHURCH	MASSES	SUNDAY Oct 8th
Readers	Belmullet	Vigil 8.00p.m	Sheila Tallott
		10.30a.m	Deirdre Reuland
Eucharistic Ministers	Belmullet	Vigil 8.00p.m	Maura Murphy
		10.30a.m	Eva Reilly
Eucharistic Ministers	Glencastle	12.00p.m	Grace Kelly

St Padre Pio Novena

Starting October Monday 2nd in The Church of the Sacred Heart, Belmullet @ 8.00p.m.
Rosary 7.30p.m by the The Legion of Mary.

Rosary for the Month of October

Rosary after 9.30a.m Mass every Monday, Wednesday & Friday in the Church of
The Sacred Heart, Belmullet

Killala Diocesan Pilgrimage to Knock,

Sunday, October 1st. Anointing of the Sick 2.30pm,
Mass at 3pm. All welcome

Offertory Collection

Belmullet € 1025.00

Glencastle € 351.05

Many thanks for your continued support

Confessions

Available before the Vigil Mass on Sat. Evenings

October The Month of the Holy Rosary

By tradition, the Catholic Church dedicates each month of the year to a certain devotion. The month of October is dedicated to the holy Rosary, one of the best known of all Catholic devotions. October includes the Feast of Our Lady of the Rosary (October 7). A great way to celebrate the month is, of course, to pray the Rosary. The Rosary draws its mysteries from the New Testament and is centered on the great events of the Incarnation and Redemption with each decade referring to an event in the life of Jesus and Mary. The Mysteries of the Rosary give us “thumbnails” of the life of Christ and his Mother. The Rosary, as we know, is made up of Joyful, Luminous, Sorrowful and Glorious Mysteries. The Joyful Mysteries are taken mostly from Saint Luke’s Gospel in the New Testament. They involve the joyful events of Jesus’ childhood. The Luminous Mysteries bring a deeper understanding to the public life of Jesus. They fill in the blanks between the childhood of Jesus and His suffering and death on the cross. The Sorrowful Mysteries remind us of how much Jesus loves us. They recall how He suffered and died just for us. The Glorious Mysteries tell us what happened after Jesus died-His Resurrection, the descent of the Holy Spirit and the love Jesus had for his Mother.

Adoration of Blessed Sacrament

in Church of The Sacred Heart, Belmullet every Tuesday from 10.00a.m to 8.00p.m & in
Our Lady of Lourdes Church Glencastle on Wednesdays 7.00a.m until 7.00p.m

ALTAR SOCIETIES BELMULLETT Group 2

Anna Gallagher, Marian Conroy & Cathy Mangan

GLENCASTLE Muings /Pullagurrane

Ann Lally, Mary Geraldine Shevlin, Loretta McGuire
Nora Gaughan

BAPTISED RECENTLY

We welcome into God’s Family

Annie Grace Cuffe, Binghamstown

We wish her every Blessing

Could the person who left a beautiful brass gift in the Church Porch recently please call in or call the Parish office and give us some information about the piece. Telephone No. 097-20777

Prayer

Loving God, We pray for the people of Ukraine, for all those suffering or afraid,
that you will be close to them and protect them.

We pray for world leaders, for compassion, strength and wisdom to guide their choices.
We pray for the world that in this moment of crisis,
we may reach out in solidarity to our brothers and sisters in need.
May we walk in your ways so that peace and justice become a reality for the people of Ukraine,
and for all the world.
Amen

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.

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.

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. Kildare4.
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
Alcoholics Anonymous helpline no. 089 2109824 12noon-10pm daily	

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.

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.

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.

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.

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 2.30p.m.
All notices for the bulletin must be handed into the bookshop or by email: belmulletparish@gmail.com before noon on Thursdays.

PARISH NOTICE

Killala Diocesan Pilgrimage to Knock, Sunday, October 1st. Anointing of the Sick 2.30pm, Mass at 3pm. All welcome

Architecture at the Edge Festival 2023 Join the conversation about the future of Belmullet Town. Discussion and public exhibition in Former Church of Ireland, Church Rd, Belmullet on Friday 29 September – 5pm - 7pm, Saturday 30 September – 11am - 3pm and Sunday 01 October – 11am - 3pm

Cara Iorrais | Belmullet/Erris Cancer Support Centre Free Driver Service For Chemotherapy

The Irish Cancer Society operates a free Driver Service that is available to patients undergoing Chemotherapy treatment at Mayo University Hospital in Castlebar. Volunteer drivers will pick up a patient at their home and drop them at the hospital door and after treatment will pick them up at the hospital door and bring them back to their home again. Patients wishing to avail of this service must register with their Oncology Nurse in the hospital.

BELMULLET /Glencastle Senior Citizens are holding a Church gate Collection on Saturday /Sunday 7th /8th October 23rd to help with funding the Christmas Party and Trips to Knock and Fr Peyton Centre and any other outings . Your support would be gratefully appreciated.

Belmullet Guide Book Tourist guide Neal Doherty has published a book that highlights the many local points of interest in Belmullet and the Mullet Peninsula. It is full of spellbinding stories and fabulous photographs that bring this Erris jewel to light. Great for locals living in the area, friends and relatives who are visiting and a powerful reminder for family who are away from home. The book is available in CAREY'S Bookstore in Belmullet or on www.AlchemyTours.ie/shop

Job Vacancy – Geesala N.S. - Part Time School Secretary. See - www.educationposts.ie (Job ID: 203173) for further details
Closing date for applications: 5th October 2023

MSLETB - Part Time Accredited Courses Starting September 2023 in the Further Education Centre Belmullet
There are places available on the following QQI Components:

Word Processing QQI Level 4
IT Skills QQI Level 4
Healthcare: Challenging Behaviour QQI Level 5
Communications QQI Level 5
Book Keeping Manual and Computerised QQI Level 5
Art Classes QQI Level 4

For further information please contact Geraldine Tighe: 087 7715096 or email: geraldinetighe@msletb.ie

Ante – natal & Infant Care Classes

A 4 session course for expectant mothers and partners beginning on the 4th October and running for four weeks will take place in the Broadhaven Bay Hotel. The course is run by Public Health Nurses and is free of charge. You are advised to attend early in your pregnancy. To register: Contact Nuala on 097/27418

Comhaltas Seisiún Traditional music, song and dance, Friday 6th of October, at 7pm, in Áras Inis Gluaire (Arts Centre), Belmullet, followed by a 'Rambling House' session, in Cormack's, Drum, at 9pm. All welcome to join in.

Belmullet Tidy Towns A few member of Belmullet traders and Belmullet Tidy Towns have been talking about rekindling the Sunday morning street sweep. We meet every Sunday from 8.30am. We will have bags and brushes. If you can bring your own brush that would be great. Míle buíochas for your support always.

Bereavement Support Meetings: Life after a bereavement can feel very lonely. Trained facilitators conduct a weekly Bereavement Support Meeting at the Family Centre, Knock Shrine, each Wednesday at 11am. There is also a special meeting for bereaved partners / spouses on the First Thursday of each month at 11am. No appointment needed. Further information from Monica Morley on 094-9375320.

Final week of enrolment in Mayo College of Further Education for our free Level 4,5 and 6 courses throughout Mayo. SUSI grants and Erasmus+ placements available on all courses. Apply now on www.mayocollege.ie

Upcoming Classes in the Area September 19th - Physical activity for health Activator walking with poles over 55's
Tuesdays 8 weeks in Ballycroy Community Centre 3pm-4pm
October 13th - Physical Activity for Health Adapted for COPD Activator walking with poles, Fridays 8 weeks Belmullet, in Aras Inis Gluaire 12.30-1.30
November 3rd - Physical Activity for Health: Living Well Be Active; Activator walking with poles 6 weeks Belmullet in Aras Inis Gluaire 1.30-2.30. All classes are free. For info. contact 087 4764140 or eomalley@mayo.ie

Mayo Cancer Support Church Gate Collection Mayo Cancer Support Association will be holding Church Gate Collections throughout the Erris area on the weekend of September 23 and 24, 2023 including the churches at Belmullet and Glencastle. We would appreciate your continued support for this local charity that offers free emotional support to people affected by cancer and their families. See www.mayocancersupport.ie for more. If anyone can volunteer to assist with the collection please call (094)9038407.

Mayo PPN currently have vacancies and are seeking members from your organisation to join the PPN committee. Maybe you or someone from your organisation would be interested! The committee meet 4-6 times per year with a mix of in-person and online meetings. The PPN committee monitors the activities of the PPN and approves the PPN budget and work plan for the year ahead. Mayo PPN work in collaboration with Mayo Co Council and the Department of Rural and Community Development. Travel and subsistence will be met by the PPN. and Please bring this notice to all members of your committee/group. <https://mayoppn.ie/vacancies-on-mayo-ppn-secretariat-committee/> for information and nomination forms.

Bangor Hall Bingo Thursday night 5th October at 8pm. Jackpot €1000 in 55 calls or less F26 AE80

Information Evening in An Cosán, Erris Youth Service building on 24th October. Attend this information evening to learn about the service, our groups for young people and our volunteering opportunities. Gain great experience and new skills in this volunteering role! Location: Erris Youth Service building, Chapel Street. Time: 7:30pm-8:30pm, 24th October. For further information contact Hazel:0861035388/ Pierce:0861074754

Erris Parent Baby and Toddler Group - will be meeting every week starting from Monday 11th September from 10.30am - 12pm in the Irish Wheelchair Centre, Logmore. All Parents, Grandparents and Caregivers welcome. €3 contribution per family. Refreshments provided.

Free Advertising with Mayo PPN. Have you or your community an event or activity coming up? Avail of FREE advertising with Mayo PPN. It's simple – email mayoppn@mayococo.ie and include a Jpeg poster. Mayo PPN will be delighted to promote to their 1000 plus groups.

MSLETB - Part Time Accredited Courses Starting September 2023 in the Further Education Centre Belmullet There are places available on the following QQI Components: Word Processing QQI Level 4, IT Skills QQI Level 4 Healthcare: Challenging Behaviour QQI Level 5, Communications QQI Level 5, Accounting Manual and Computerised QQI Level 5, Art Classes QQI Level 4. For further information please contact Geraldine Tighe: 087 7715096 or email: geraldinetighe@msletb.ie

Living Well Programme Living Well is a free 6-week HSE programme which helps people living with a long-term health condition to manage their condition and improve their overall wellbeing. Anyone with any chronic illness such as diabetes, arthritis, COPD, cardiac illness, depression, anxiety, etc. can benefit from these workshops. A programme will start in Aras Inis Gluaire in Belmullet on Friday 22nd Sept, 10.30 am – 1pm, continuing weekly at that time for 6 weeks. Advance registration is required. To find out more, please contact Liam Gildea on 086 014 2675 or by email at lgildea@southmayo.com. (Online programmes are also available.)

Citizens Information Opening Hours The Citizens Information Office on Main Street, Belmullet is open every Monday for general queries from 10am to 1pm and 2pm to 4.45pm an additional Information Officer from our Ballina office attends every Wednesday. On Friday the office provides a phone service from 10am to 1pm. The office is contactable on 0818 07 6030 while the National citizens Information Phone Service is available on 081807 4000. Alternatively you can access Citizens Information online at www.citizensinformation.ie

Fatima & Lisbon Coast Pilgrimage 2024 18th – 25th September 2024. 4 nights in the 4* Hotel Styler in Fatima, 3 nights in the 4* Hotel Vila Gale in Estoril. Breakfast & Dinner in both hotels. Full religious programme organised by Marian Pilgrimages with a complete programme of Sight-seeing and visits to sites of interest & Lisbon Coast. €945 per person sharing Booking forms will be available from Fr. Francis Judge, Crossmolina 087 2401899 Or direct online from www.marian.ie / www.crossmolinaparish.com

Mayo PPN Community Interactive Map.

The map showcases community groups' location and list each groups services and amenities. It will list assets groups have available to share with other groups in their local area. eg: marquee, stage, utensils etc. The Interactive map is displayed on the PPN website, www.mayoppn.ie Is your Community Group listed on the map? If not email mayoppn.ie and we will send you on the link to add the groups details.

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OUR TRIP TO THE HOLY LAND WILL BE FILLING UP VERY QUICKLY SO EARLY BOOKING IS ADVISABLE. THIS IS A GREAT OPPORTUNITY TO FOLLOW IN THE footsteps of Jesus and to share a nice holiday in the company of fellow parishioners and friends you have not yet met from outside of the Parish.

We are recruiting for our Fast Track to Employment programme in Mayo. FREE Training Course Now Enrolling! Fast Track to Employment. ARE YOU OUT OF WORK? And interested in gaining the skills required to secure employment. The Fast Track to Employment course allows you to undertake a work placement with an employer in an area of your choice, to upskill and retrain to secure a job. Contact Caroline O' Malley on 0867701996 or email caroline.omalley@nlm.ie

Belmullet Town has been awarded a research position by the Irish Architecture Foundation. Our local town architect Mark Ruddy will work with the wider community of Belmullet through public meetings and workshops to develop a whole-community vision for the sustainable development of the town. Announcements for community meetings will be made over the coming weeks.

Pilgrimage to Holy Land. In February of next year, God willing, Father Eddie Rogan will lead a nine day pilgrimage to the Holy Land. The pilgrimage will begin on the 21st February 2024 and finishing on the 29th February 2024. The cost of the pilgrimage will be €1955 per person sharing (there is a supplement of €650 for a single room). Since the number of places on the pilgrimage is limited early booking is advised.

Alone “Hi, my name is Paul Stafford and I am the Volunteer Support Officer for ALONE and your local community. I am looking for volunteers in the Mayo area for older people who need befriending for up to 1 hour per week and our telephone service for up to 2 hours per week. Our befriending program is designed to help older people combat loneliness and isolation. We need your help more than ever. If this is something that interests you, then please reach out to me on 086 0135043, email paul.stafford@alone.ie or follow the link www.alone.ie <https://alone.tfaforms.net/.../ALONE-Volunteer-Expression...>

Living Well is a free group programme delivered over six workshops (2.5 hrs x 6) on both online and in a classroom setting. It is delivered by trained leaders, most of whom are also living with a long-term health condition. This free group programme is aimed to help people manage their long-term health conditions and improve their wellbeing. 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 086 014 2675 or by email at lgildea@southmayo.com

St. Vincent de Paul urgently require Volunteers to assist in the Shops in Ballina. Make new friends and enjoy helping others. Please give as little as 2 hours a week. Call Jackie on 085-8759460 or 096-72905

Exciting Volunteer role to become a Volunteer for Children with a disability.

Have you some free time on your hands or have you always been thinking of becoming a Volunteer to help those in your community?

“My time spent volunteering at Enable Ireland provided me with the opportunity to have a lasting and positive impact on people’s lives, a chance to work with a wide range of people and I absolutely believe it will impact my life and my career. In particular, it has shown me that helping people can be a really valuable and rewarding experience and that there are so many people out there that really need and would appreciate the support and help a volunteer can provide.

My main activities when working with children with a variety of disabilities was to support them in living their lives more independently and to reach their potential by providing support. This was usually done through art, music and play.

Volunteering with Enable Ireland has developed my communication skills in many ways. My volunteering experience has taught me the value of empathy and compassion and how deeply rewarding volunteering can be.” A Volunteers story

Enable Ireland Mayo Services require Volunteers in all areas of County Mayo to work with Children with a disability. Our volunteers usually work one-to-one with a child within their home but also within their community or at our centre in Castlebar. No more than three hours are required per week. We work around your availability to make this exciting opportunity suit your lifestyle. Training is also provided. If you are interested please contact Fiona at 087 6808350 or email fscully@enableireland.ie for further information. This is a very rewarding role and our Volunteers are very positive about their experience.

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

Enable Ireland Mayo Services require Volunteers in all areas of County Mayo to work with children with disabilities. Our volunteers usually work one-to-one with a child with a disability within their home but also within their community or at our service centre in Castlebar. No more than three hours are required per week. We will work around your availability to make this exciting opportunity suit your lifestyle. Training is also provided. If you are interested please contact Fiona at 087 6808350

or email fscully@enableireland.ie for further information. This is a very rewarding role and our Volunteers are very positive about the experience.

“My time spent volunteering at Enable Ireland provided me with the opportunity to have a lasting and positive impact on people’s lives, a chance to work with a wide range of people and I absolutely believe it will impact my life and my career. In particular, it has shown me that helping people can be a really valuable and rewarding experience and that there are so many people out there that really need and would appreciate the support and help a volunteer can provide”.

Mayo Cancer Support - Mayo Cancer Support provides FREE support services to those affected by cancer. Call (094) 9038407.

St. Vincent de Paul urgently require Volunteers to assist in the Shops in Ballina. Donation sorters, Till Operators, Merchandisers, Shop Floor Assistants and Social Media assistants. Contact Peter on 085-8759460 or 096-72905

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

Alone Older people need your support! ALONE is recruiting volunteers to provide companionship and support through their Telephone Support & Befriending service for older people. ALONE asks that interested volunteers commit to one set shift of 2 hours per week for a minimum of 6 months. Visit www.alone.ie/volunteers for more information.

Accord is recruiting interested people to assist in the provision of Marriage Preparation Programmes. Application forms are available by contacting marriagepreparation@accord.ie Selections will take place in June of this year with training commencing in September. This year Accord is celebrating 60 years supporting couples and families. Please contact us for any support you may need www.accord.ie

Mindspace Mayo offers a support service to young people (12-25yrs) 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 will run one day a week (Monday) and is based in the Ballina Family Resource Centre. For further information on Mindspace Mayo please see our website www.mindspacemayo.ie or call us on 094-9067001

Pieta House

Pieta House provides counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide or feeling suicidal. Pieta House operate an outreach service from the Ballina Family Resource Centre on Tuesdays from 1pm to 5pm & on Wednesdays 9.00am to 1.00pm by apt only Contact: 09325586 to make an Appointment

www.westbewell.ie our new website– West Be Well is an online mental health resource for Galway, Mayo and Roscommon. West Be Well is happy to share news, events, and resources of relevance on its website and social media channels.

Connected health are looking to recruit caregivers throughout all areas of Mayo. Paying rates up to 16 euro PH plus travel. No experience required as full accredited training will be provided. Apply to info@connected-health.ie.”

Western Alzheimers Dementia Carer Support group meetings are resuming and will be held on the first Wednesday of each month at 8pm in the Ballina Family Resource Centre, [Unit 2 Abbey Street, Ardnaree, Ballina, Co Mayo](#).

The support group meetings are for carers of people with dementia. They provide an opportunity to meet others in a similar situation, to share stories and experiences, and access information and practical advice in a relaxed, understanding and supportive environment.

If you are caring for a loved one suffering from Alzheimer’s or if you are worried about Alzheimer’s then you will find this meeting to be very informative.

For more information contact Western Alzheimerson : 094 93 64900

Religious Book Shop - New Book “Miracles On Tap” by Frank Duff available in our Shop now

Adult Literacy classes available one to one. Contact 0876643796

North West STOP offers a free counselling service with no waiting lists. North West STOP: 086 777 2009 to arrange free confidential counselling.

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

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.

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”

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**

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 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 St. Vincent de Paul Helpline 096 72905
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.