

## 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](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	May	27th	8.00p.m	Sean Gallagher - 15th Anniv. & Deceased Family
Sun	May	28th	10.30a.m	Bridget Courtney née Barrett- Month's Mind & Parents Edward & Margaret Barrett, Derrycorrib
Mon	May	29th	9.30a.m	Intention
Tues	May	30th	9.30a.m	Intention
Wed	May	31st	9.30a.m	Intention
Thurs	June	1st	9.30.a.m	Bridget Courtney - née Barrett, U.S/Derrycorrib & Deceased Courtney & Barrett Families
Fri	June	2nd	11.00a.m	<b><u>Sunday Mass for Senior Citizens</u></b> - Sarah & Eamon Brogan
Sat	June	3rd	8.00p.m	Jim & Margaret Hopkins
Sun	June	4th	10.30a.m	Tommy, Dora & James McDonald, The Heights

### MASS TIMES - GLENCASTLE

Sun	May	28th	12.00p.m	Michael Joe & Peggy Corcoran, Derrynameel & Deceased Family -- Paddy Reilly Anniv. -- Ann Handley, Michael, Bridget & Peter Howard -- Martin & Mary Meenaghan & John Meenaghan 1st Anniv.
Sat	June	3rd	10.00a.m	Nan Conneely, Connemara (mother of Filimíne Lally, Muings)
Sun	June	4th	12.00p.m	Marty Conway, Bunnahowen & Parents James & Margaret Conway -- Sarah, Celia & Joan Howard & Michael Ginley, Mary & Áine Goonan & Martin Ginnelly -- Anthony Monaghan, Foxpoint

MINISTRIES	CHURCH	MASSES	SUNDAY June 4th
<b>Readers</b>	Belmullet	Vigil 8.00p.m	Mary Barrett
		10.30a.m	Nuala Sheridan
<b>Eucharistic Ministers</b>	Belmullet	Vigil 8.00p.m	Patricia Barrett
		10.30a.m	Delia Garvin
<b>Eucharistic</b>	Glencastle	12.00p.m	Kay Carey

<b>Ministers</b>			
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### **Offertory Collection**

Belmullet € 1,160.00

Glencastle € 254.53

Many thanks for your continued support.

### **ST. PADRE PIO NOVENA & Mass for Exam Students**

Monday 5th June at 8.00pm.

Rosary at 7.30p.m in

The Church of the Sacred Heart,  
Belmullet.

### **CORPUS CHRISTI PROCESSION**

Commencing at Belmullet Church on Sunday 11th June at 5.00pm.

All the children who made their First Holy Communion & Confirmation are invited to dress up for the procession. The walk will be around the town. Traditionally shops and homes would decorate with flags and bunting etc. Light refreshments and entertainment in the grounds of the Parochial House afterwards, weather permitting

### **Rosary for May**

After 9.30a.m Mass on Monday & Wednesday and Before 11.00a.m Mass on Friday

### **All Ireland Rosary Rally**

Saturday June 3rd from 1.00p.m, at Knock. Talk, stations of the Cross, Rosary and Holy Mass.

*"A World at Prayer is a World at Peace" - Venerable Patrick Peyton*

### **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

### **Glencastle Church**

1 or 2 adorers wanted for Exposition of Blessed Sacrament on Wednesdays between 2p.m & 3p.m

### **ALTAR SOCIETIES BELMULLET Group 5**

Carmel McIntyre, Maura Murphy & Kirstie Lavelle

### **GLENCASTLE Glencastle**

Kathleen McAndrew, Mary Ellen Rowland &  
Caroline McDonagh

### **RECENTLY DECEASED**

Please pray for the soul of

Des Hefferon, Fr. Mulhern Crescent, Belmullet

May he rest in Peace

### **REFLECTION FOR PENTECOST SUNDAY**

We bake cakes for birthdays, and if the church was into the business of baking cakes, this is the day for it, the birthday of the Church. Why? Well simply because this was the day the Apostles got the courage to leave the Upper Room and get out into the world to live and preach the gospel of Jesus. They got their courage from the Spirit who descended upon them in the form of tongues of fire. On this Pentecost day we need the same courage,

the same Spirit. Just as the Apostles faced into a difficult and hostile world on the first Pentecost so too do we now. The problems may be different but the resources for dealing with them are exactly the same: working together as God's family, praying for each other and drawing on the gifts of the Spirit I invite all of us to pray for peace in Ukraine and to pray this prayer every day

### **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](http://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.

#### **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.

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](http://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](mailto:belmulletparish@gmail.com) before noon on Thursdays.

#### PARISH NOTICE

**Mayo Older Persons Council** invites you to: Mayo's OPC Information Day Date: Wednesday 31st May 2023

Venue: Park House Hotel, Kiltimagh Time: 10.30 to 14.00 (Registration time from 09.45) The event will highlight the work of Mayo's OPC. There will be guest speakers on the day, information stands from various services and supports available to the older population in Mayo. This event is free. For further details please email [agefriendlymayo@mayococo.ie](mailto:agefriendlymayo@mayococo.ie) or phone 094-9064735. We look forward to seeing you there!

**Mass for First Communicants & Families** All first communion children and their families are invited to a special Mass of celebration on Sunday June 4th at 12 noon in the Basilica, Knock. The children are welcome to wear their communion clothes and will actively participate in the Mass, making it a happy and memorable family occasion. Further information from Monica Morley on 094-9375320

**Crinniú na nÓg** – Ceol na nÓg - Musical fun for kids at the library. Contact Kate on 09782555 or [khealy@mayococo.ie](mailto:khealy@mayococo.ie) to register, places are limited. This is a free event. Early Years Musical Exploration June 10th – Belmullet library  
Baby & Toddler 10.30am & 11.45am. Jnr & Snr Infants 1.30pm. 1st & 2nd Class 2.30pm

**Exam Mass June 5th at 7:30pm in Knock basilica:** For all students and their families preparing for exams. Take some time out from your studies for a quiet moment to ask for God's strength and guidance as you move through your exam period. Bring your pencil case to have it blessed!

**VAKS PROGRAMME:** Applications are now open for VAKS (Volunteer at Knock Shrine) programme. It is an opportunity for young people in TY, 5th and 6th year to come to Knock to volunteer for a weekend in either July or August. This is a great way to meet new friends, serve others, express your faith and have fun! For further information please contact Knock Youth Ministry on 094 9375321 or [youthministry@knockshrine.ie](mailto:youthministry@knockshrine.ie)

**Mayo/Roscommon Hospice Sunflower Day** In Belmullet 9th June 2023. if anyone would like to help out on the day contact Linda Conway 0860564544. **Pop Up Shop** 3BS Pop up shop coming to Belmullet on Tue 13th - Sat 17th June All proceeds are going to - Ballyglass Lifeboat, Belmullet, Sports Complex & Belmullet, Tidy Towns. All Donations Welcome. Clothes| Shoes | Bric-à-brac For more info. Linda: 086-056-4544 or Christine: 086-126-4487

**Glencastle NS** Boys are through to a County Final in their respective division on Tuesday June the 6th at 12:10 pm in Hastings Insurance **McHale Park** Castlebar. We wish them every success in the Final V Partry N.S.

**Killala- Achonry Diocesan Pilgrimage to Lourdes** under the leadership of Bishop John Fleming, Bishop of Killala and Bishop Paul Dempsey, Bishop of Achonry. From the 29th August to 4th September 2023, departs from Ireland West Airport Knock. 6 nights in full board accommodation in the Hotel Agena. Price €895- (single rooms available, supplement applies). All bookings should be made through Joe Walsh Tours at [89 Harcourt Street, Dublin 2](http://89HarcourtStreetDublin2.com), D02WY88. Bookings are also accepted over the telephone 01-241-0800. No booking is definite until a non-refundable deposit of €300 has been received by Joe Walsh Tours.

PLEASE NOTE: There will not be a hospital pilgrim or assisted pilgrim section with medical and care staff as was the case in previous years. All pilgrims will be accommodated in hotels. All pilgrims should be able to undertake the pilgrimage independently or with the assistance of someone accompanying them and taking responsibility for their care. If you require wheelchair assistance please indicate the same on your booking form.

**Erris Defibrillator** Emergency Information leaflet will hopefully be distributed throughout Erris in the next 2 weeks. They will be in Doctor's Surgery's, shops, Post offices, hotels, schools and anywhere people meet.

**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@nln.ie](mailto:caroline.omalley@nln.ie)

**Bangor Hall Bingo** Thursday night 1<sup>st</sup> June at 8pm. Jackpot €850 in 52 calls or less F26 AE80

**'An Cosán' Foróige Erris Youth** Service Would Like To Invite You To Attend Our Official Launch. Friday June 2nd 11am - 1pm in Áras Inis Gluaire. Please Rsvp to [hazel.oconnor@foroige.ie](mailto:hazel.oconnor@foroige.ie)

**Come along to Mayo PPN Community Open Evening.** Hear all about the new Community Climate Action Fund. Meet 'Mayo Person of the Year' Darren Forde who will launch the Wellbeing Vision Statement for County Mayo. Find out what's happening around Climate action in Mayo. Tuesday 23rd May at 7pm in Breaffy House Hotel, Castlebar. To register email: [mayoppn@mayococo.ie](mailto:mayoppn@mayococo.ie) All welcome – refreshments served.

**Irish Wheelchair Association Church Gate Collection** Please support the annual Irish Wheelchair Association Church Gate Collection on the weekend of 3rd and 4th June. Your support is greatly appreciated.

**Irish Wheelchair Association Erris Branch Annual Barbeque** Yes, it is that time of year again! The Erris Branch of the Irish Wheelchair Association will hold their annual barbeque on Friday 16th June. The Venue this year is the Broadhaven Bay Hotel. Tickets are on sale from any member of the branch or contact teresa on 0879358901.

**Belmullet LGFA** are looking forward to welcoming Claddagh Gaels LGFC senior team from Luton, UK, to Tallagh on Saturday next, May 27th, to play their senior ladies team, in a challenge match, at 1pm. Fáilte roimh chách.

**Erris Tours Annual Trip to the Allingham Arms to Bundoran**

On 27th June to 30th June. Carmel Gaughan will be in the Belmullet Parish Office every Thursday from 12p.m - 1.00p.m and would appreciate remainder be paid by end of May. You can call Carmel 086 8488266. Thank you.

**Come along to Mayo PPN Community Open Evening.** Hear all about the new Community Climate Action Fund. Meet 'Mayo Person of the Year' Darren Forde who will launch the Wellbeing Vision Statement for County Mayo. Find out what's happening around Climate action in Mayo. Tues 23rd May at 7pm in Breaffy House Hotel, Castlebar. To register email: [mayoppn@mayococo.ie](mailto:mayoppn@mayococo.ie)

All welcome – refreshments served.

**Job Vacancy** The North Mayo Community Employment Scheme have a vacancy for a Clerical Support Assistant at the Mayo North East office in Belmullet. For to be eligibly you need to be 1 year on a social welfare payment. Contact Angela O'Brien on 0879903620 for information.

**The “Pilgrim Virgin Statue”** is available to visit homes in the Parish. If you would like to have Our Lady in your home for a week. Please contact Bridie at 086 1694188. Part of the work that the Legion of Mary does is visitation with the “Pilgrim Virgin Statue”. Our Blessed Lady always brings blessings to any home that makes her welcome. Her deep desire is to bring her children closer to her son Jesus and this has manifested itself through all her apparitions throughout the world.

**Would you be interested in hosting a Spanish Student** this summer? If you have a child aged 13 - 17 years old then this could be for you!! They will arrive on the 27th June 2023- to 25th July 2023 . How it works..... Students are placed in host families with children of the same gender and a similar age, and are carefully matched in terms of interests and hobbies, the focus is on participating in daily family life and activities so the student can enjoy the real Irish experience, staying with an Irish family. Each family can only host one student at a time. Payment is €350 p/w. If interested please contact Rina 0877414252 for more information.

**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](http://www.alone.ie) <https://alone.tfaforms.net/.../ALONE-Volunteer-Expression...>

**Aras Inis Gluire** Events –

Seó Iorras – A variety concert will take place on the 22nd of June, any children under 12 who would like to be involved can contact Deirbhle on [dhealy@arasinisgluire.ie](mailto:dhealy@arasinisgluire.ie) or 097-81079. Classes will begin at the end of March. For more information or to purchase tickets for any of the above please contact us on 097-81079, email [info@arasinisgluire.ie](mailto:info@arasinisgluire.ie) or visit our website [www.arasinisgluire.ie](http://www.arasinisgluire.ie).

**Livingng 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](mailto:lgildea@southmayo.com)

**Erris Parent & Toddler Group** Erris Parent, Baby & Toddler Group meets every Monday from 10.30am-12pm in the Irish Wheelchair Centre, Logmore. All parents, guardians and caregivers are welcome to attend with their little ones. There is a weekly €3 contribution fee for each family. Toys, tea, coffee and snacks provided. In conjunction with Erris Family & Community Support Centre. Supported by Mayo County Childcare Committee.

**We Can Quit – Stop Smoking Group Belmullet**

The HSE under the Sláintecare Healthy Communities initiative are offering a FREE stop smoking programme in Belmullet starting on February 9th for 7 weeks. We Can Quit is a FREE Group Based Stop Smoking Programme. FREE nicotine replacement medication, group support and one to one Support will be offered to all participants. For more information or to book a place please contact Brenda Mc Nicholas on 087 4484711 or email [brenda.mcnicholas1@hse.ie](mailto:brenda.mcnicholas1@hse.ie)

**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](mailto:fscully@enableireland.ie) for further information. This is a very rewarding role and our Volunteers are very positive about their experience.

**Live in Home Care for retired Members**

We understand people are in need of care in your area - with so many shortages of carers especially during this cold weather. If anyone in the area needs more information please ring us 087 7440729 or 087 9916791

**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. This free online group programme is aimed to help people manage their long-term health conditions and improve their wellbeing.

**Home Instead** With the current shortage of qualified Caregivers we are struggling to recruit enough Caregivers to service all the clients who need care we are hoping to add a note to the parish newsletter that we are actively recruiting Caregivers throughout Co Mayo but particularly in the following locations:

Louisburgh, Westport, Swinford, Ballinrobe, Cong, Shrule, Kilmaine, Ballyhaunis, Ballina, Castlebar, Knock, Kiltimagh, Foxford, Knockmore, Partry, Ballintubber, Belmullet, Kincon, Crossmolina, Killala

For further information please email: [info.mayo@homeinstead.ie](mailto:info.mayo@homeinstead.ie) or phone our office on 094 9044785

**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)

**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](mailto: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

### **Free Training Opportunities**

Are you at home because you don't know what to do next? NLN could help you. We train early school leavers, LCA students and people who would benefit from additional learning supports. Our courses will develop your skills and confidence to open up new opportunities for further training. We offer Sports Studies, Employment Skills, Business & IT Skills, Hospitality courses and more. Find out more by contacting [Castlebar@nlm.ie](mailto:Castlebar@nlm.ie); (094) 9022770; National Learning Network, Breaffy Road, Castlebar.

### **Calling All Community Groups in Mayo**

Do you want your community group to be listed on the PPN County Mayo Interactive Map? This map will showcase community groups' services and amenities. It will also list assets groups have available to share with other groups in their local area.

Submit your details via the link - <https://forms.office.com/r/FfmriDfEqB> Call 094 906 4358/4365 or email: [mayoppn@mayococo.ie](mailto:mayoppn@mayococo.ie)

**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)

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

**Enable Ireland-** Mayo services require volunteers to work with children with disabilities throughout Co. Mayo. Roles vary to meet the needs of the child and their family. Volunteers usually work one-to-one with a child within their own homes, within their communities and at our service- centre based in Castlebar. Training is provided. Please contact Fiona at 094-9060234/087 6808350 or email [fscully@enableireland.ie](mailto:fscully@enableireland.ie) with any queries or to receive an application pack

### **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.

**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)

**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](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”

### **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](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 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.