

## 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	Mar	11th	8.00p.m	Pat Carey, Muings
Sun	Mar	12th	10.30a.m	John & Mary Murphy, Toorglass & Deceased Family
Mon	Mar	13th	7.00a.m.	Michael Gaughan & Granddaughter Ruby
Mon	Mar	13th	9.30a.m	Intention
Tues	Mar	14th	7.00a.m	Mike & Margaret Williams & Deceased Barrett & Williams Family
Tues	Mar	14th	9.30a.m	Intention
Wed	Mar	15th	7.00a.m	John & Mary McAndrew & John & Evelyn Barrett
Wed	Mar	15th	9.30a.m	Private Intention
Thurs	Mar	16th	7.00a.m	Intention
<b>Thurs</b>	<b>Mar</b>	<b>16th</b>	<b>8.00p.m.</b>	<b>Vigil - St Patrick's Day</b> - Margaret & Patrick Staunton & Tommy, Margaret & Katie Mills & Mick Monaghan
<b>Fri</b>	<b>Mar</b>	<b>17th</b>	<b>10.30a.m</b>	<b>St. Patrick's Day</b> - Mick Monaghan U.K /Carrowmore & Margaret & Patrick Staunton -- Deceased members of Belmullet Tidy Towns
Sat	Mar	18th	8.00p.m	Michael Gaughan, Carne - 10th Anniv -- Maureen Connolly
Sun	Mar	19th	10.30a.m	Sandra & John Gaughan & Paddy Lavelle

### MASS TIMES - GLENCASTLE

Sat	Mar	11th	10.00a.m	Intention
Sun	Mar	12th	12.00p.m	John Reilly, Shraigh West, 20th Anniv & Deceased Moran & Reilly Families -- Tony Reilly, Shraigh East -- Willie McAndrew - Remembrance
Birthday				
Wed	Mar	15th	7.00p.m	Intention
<b>Fri</b>	<b>Mar</b>	<b>17th</b>	<b>12.00p.m</b>	<b>St. Patrick's Day</b> - Mary & Tommy Lennon
Sat	Mar	18th	10.00a.m	Intention & Deceased Casey Family -- Annie Kerrigan- 100th Birthday Remembrance, Larry Kerrigan & Deceased Family
Sun	Mar	19th	12.00p.m	Kathleen & John Harry Barrett -- Mary & Anne Doocey & Kate & Sr. Evelyn Gallagher

MINISTRIES	CHURCH	MASSES	SUNDAY March 19th
Readers	Belmullet	Vigil 8.00p.m	Sheila Tallott
		10.30a.m	Liam McAndrew
Eucharistic	Belmullet	Vigil 8.00p.m	Maura Murphy

<b>Ministers</b>		10.30a.m	Delia Garvin
<b>Eucharistic Ministers</b>	Glencastle	12.00p.m	Grace Kelly

### Glencastle Church

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

### MASSES FOR LENT AT 7.00a.m

Every weekday in Belmullet Church and Every Wednesday at 7.00p.m in Glencastle Church available to be booked for Mass intentions.

Please call into Parish Office or phone 097 20777.

### TRÓCAIRE BOXES

are at the church doors. Please take one and bring one to anybody who is housebound

The Bishops of Ireland have announced a “Year of Vocations to the Diocesan Priesthood.”

On Tuesday the 7th of March 2023 the Bishops of Ireland announced that a “Year of Vocations to the Diocesan Priesthood” is about to be launched. This Year of Vocations will begin on Sunday the 30th of April 2023. That Sunday is also known as Good Shepherd or Vocations Sunday. Interestingly, the 30th of April 2023 also marks the 60th anniversary of the initiation of the annual World Day of Prayer for Vocations, which was instituted by Saint Pope Paul the 6th in 1963 during the Second Vatican Council. The forthcoming Year of Vocations to the Diocesan Priesthood will have the theme, “Take the Risk for Christ.”

Feedback from newly ordained priests indicates a strong correlation between their calling and encouragement received from a priest. Over the twelve-month period of this Year of Vocations, it is planned to host events in parishes and at pilgrim sites around the country, and to provide resources for homes and schools. In 2023, answering God’s call to journey as a priest is a counter-cultural and courageous decision. Future priests need support to discern their vocation. Any man who seeks to explore his calling to priestly ministry is encouraged to make contact today with his local priest or diocesan vocations director. They would also be very welcome to attend a special conference in Saint Patrick’s College, Maynooth, next month at which this Year of Vocations will be opened. At this Conference there will be a special presentation on the theme, ‘Diocesan Priesthood in a Synodal Church’.” Please keep vocations to the diocesan priesthood in your prayers. The director of vocations for Killala diocese is our own Father Tommy Doherty.

### Confessions

Available before the Vigil Mass on Saturday Evening and before 11.00a.m. Mass on Friday Morning

### CHARITY TAX REBATE

If you are a PAYE worker or self employed and contribute weekly you should fill in a form and return it to us as soon as possible. It will not affect your own tax in any way. Forms are in the porches of the Churches. Please take one & return to Parish Office or Fr. Eddie Rogan or Fr. Tommy Doherty

### ALTAR SOCIETIES BELMULLET Group 1

Mary Jane Farrell, Beana Carey & Tisha McAndrew

### GLENCASTLE Muings/ Pullaguranne

Ann Lally, Kathleen Walsh, Loretta McGuire & Mary Geraldine Shevlin

### RECENTLY DECEASED

Please pray for the soul of  
Philomena Barrett, Shraigh West  
May she rest in Peace

**Adoration of Blessed Sacrament**

in Church of The Sacred Heart, Belmullet every Tuesday from 10.00a.m to 8.00p.m

**Times for Practise in Belmullet Church for Sacraments**

**First Confession :**

Mon. 25th Feb to Fri. 3rd March - 10a.m - 12.00noon daily

**First Communion:**

Mon. 17th April to Fri. 21st April 10a.m - 12.00noon daily

**Confirmation:**

Mon. 8th May to Fri. 12th May 10a.m - 12noon daily

**DATES FOR FIRST HOLY COMMUNION & CONFIRMATION 2023**

**First Holy Communion:**

**22nd April at 12 noon**—Belmullet NS in The Sacred Heart Church, Belmullet.

**13th May at 1p.m**— Glencastle, Barnatra & NS's in Our Lady of Lourdes Church, Glencastle.

**Confirmation:**

**12th May at 6.00p.m** Belmullet NS in The Sacred Heart Church, Belmullet.

**19th May at 6.00p.m.**—Glencastle, Barnatra & Shraigh NS's in Our Lady of Lourdes Church, Glencastle.

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.killaladiocese.orgsafeguarding](http://www.killaladiocese.orgsafeguarding).

### 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**

**Daffodil Day.** Friday March 24th is Daffodil day. Are you willing to help out in any way this year.

Collectors needed on the day in the Belmullet Area. Does anyone of these times suit you?

9/11, 11/1, 1/3, 3/5. Contact Mary 0871343365. Looking forward to hearing from you. You may like to donate on line. On line donation details next week.

**Bangor St. Patricks day Parade** The annual Bangor Erris St. Patricks day parade will be held immediately after 12 o'clock Mass on Friday 17 March. The parade will start at the GAA complex. You are invited to join the parade as a spectator, through a dance or music presentation or in a float. To enter a float contact Ollie 0872475002 or Kevin 0863626094.

**Belmullet St. Patrick's Day Parade 2023** 2.30 Irish Dancing on the Square followed by the Parade from Barrack Street around the town. All welcome. Entries to the parade meet at the Sports Complex at 2.30pm and all vehicles meet in the Industrial Estate on Church Road. Email [belmulletparadeandevents@gmail.com](mailto:belmulletparadeandevents@gmail.com)

**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.

**A date for the diary** Saturday March 25th 8pm Emer Dunne Folk Music Show 'An entertainer through and through' Hot Press Join this talented musical trio for a night of song and music. Sing along with well known and loved folk songs Visit [www.emerdunne.com](http://www.emerdunne.com) or social media @emerdunnesinger <https://arasinisgluaire.ie/> Tickets €20

Workshops in voice and guitar Sunday 26th at 11am Contact the theatre for more information & booking

Scoil Naomh Bhríde card game: Thank you to all who attended and supported last Friday night 3rd March in Ballycroy. Thank you to parents and sponsors for your continued support. Winners (1st Des O'Rourke and Michael Mc Manamon) – (2nd Fiona Cafferkey and Peter Cafferkey) - (3rd Michael Hough and Mickey Martin Conway) - (4th Mary Dunleavy and Anthony Kilboy). Well done all!

**Bangor Hall Bingo** Thursday night at 8pm. Join our raffle for an Apple iPad Air worth €1000. Usual transport from Doohoma Geesala. Transport available from Belmullet. Min 6 passengers. Call 0872427347

**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.

**25 Card Drive in Aid of Carne & Shanahee Churches** Good Friday 7th April at 8.30pm sharp in Broadhaven Bay Hotel. Prize Money €600.00, spot prizes and raffle on the night. Refreshment served.

**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](mailto: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** Maidin Caife – Caife agus ciorcal comhrá ag 11am Déardaoin 16ú lá de Márta. All level of Irish speakers welcome.

Hourglass – this folk, ballad music show by Emer Dunne will be coming to Áras Inis Gluaire on the 25th of March at 8pm. Erris Fm – Erris Fm will begin broadcasting for 2023 this week. All interested in recording and producing radio shows are welcome to volunteer.

'Voice' – An exhibition by Jane Dunn and Dr. Ann O'Mahony will open in Áras Inis Gluaire on Tuesday the 14th of March @3pm. All Welcome!

Seó Iorrais – In conjunction with Gaeltacht Iorrais Iománaíocht & Camógaíocht we will be running a variety concert on the 22nd June. Any children interested in taking part can contact Deirbhle on 097-81079 or [dhealy@arasinisgluaire.ie](mailto:dhealy@arasinisgluaire.ie)

For more information or to purchase tickets for any of the above please contact us on 097-81079, email [info@arasinisgluaire.ie](mailto:info@arasinisgluaire.ie) or visit our website [www.arasinisgluaire.ie](http://www.arasinisgluaire.ie)

**The Irish Wheelchair Association** are currently recruiting Community Employment participants for Belmullet, Monday – Friday positions. No experience necessary, all accredited training provided. There is also an opportunity to gain a QQI Level 5 in Healthcare Support Assistant to support your career progression. Eligibility to participate on Community Employment Scheme will be verified by the DEASP. For more info, please contact Aoife on 085 7483678 or [aoife.ralph@iwa.ie](mailto:aoife.ralph@iwa.ie).

**Bereavement Course:** There will be a 4-week course on ‘Understanding grief, a journey towards healing’ held in St John’s Welcome Centre, Knock Shrine on Wednesday nights – March 8th, 15th, 22nd and 29th at 8pm. Over the 4 evenings topics covered will include: how to best understand grief, managing difficult thoughts and feelings; where to find good support; and how to reach peace again. The course will be given by Monica Morley. For further information or to make a booking please contact 094-9375320.

**Singing Lessons** - 1 to 1 private singing lessons, RIAM voice exams, junior and leaving cert practical exam tuition available. Improve vocal ability and build confidence. All levels welcome. Contact Deirbhle on 085-7613008

**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)

**Mayo County Council** Vacant Homes Office Public Information Meeting: If you have a vacant / derelict property that can be brought back into use you are invited to come along & meet a member of staff to find out more about the grants& schemes available. Property owners are welcome to come along anytime between 12 pm and 2 pm at the Áras Inis Gluaire, Belmullet, F26W5H0 on Tuesday 7th of March. For more information contact [vacanthomes@mayococo.ie](mailto:vacanthomes@mayococo.ie) or 0949064741.

**The Pope John Paul II Award** is holding its annual pilgrimage to Knock Shrine. This pilgrimage is open to all young people between the ages of 16-18, Award Leaders, Parish Leaders, School Principals and Teachers. Venue: Knock Shrine, Knock, Co. Mayo Date: Tuesday, 28 March 2023 Time: 11:00am concluding after Mass at 2:30pm

**Shraigh National School Enrolment** for the academic year: 2023 -2024 Applications for enrolment are now welcome for Shraigh N.S. Please feel free to visit the school personally or for further information please contact the school on 097 – 81636 . Alternatively you can email [shraighns@gmail.com](mailto:shraighns@gmail.com). You can also visit our school website <https://www.shraighns.ie/> for more information. Please note : Provisions are in place for children in Junior and Senior Infants to remain in school until 3pm.

**Desert Fathers A Lenten Program for men** A lenten program for men has been developed by an Irish priest to help men make this Lent different. The program contains 4 pillars - Prayer, Penance, Spiritual reading & Charity. To find out more and join an online group a zoom information meeting is scheduled for Sunday Feb 19th at 8:30pm. Meeting ID 494 625 9738 Password: 997298. Email [desertfathers40@gmail.com](mailto:desertfathers40@gmail.com) for a copy of the program.

**HSE Community Healthcare West** & Mayo County Council invite you to the BELMULLET HEALTH FAIR on Wednesday March 1st in Aras Inis Gluaire, Belmullet from 7pm-9pm. A public information evening on FREE programmes, events and activities available in your area. Everyone welcome, no booking required, refreshments provided as well as FREE Diabetes and Blood Pressure checks.

**Glencastle NS-** enrolment forms are now available for Mainstream and Early Intervention classes. Please call 097 82283 or email [gleannachaisil@gmail.com](mailto:gleannachaisil@gmail.com) to arrange collection or to arrange a visit to the school.

**Free 6 Month Course** Are you interested in doing a training course to give you the skills to work in Hospitality?. Are you receiving a DA payment or do you need assistance in finding employment?. The course covers HACCP, Barista, Customer Care & 1st Aid training. In addition a work placement in a local hotel or restaurant will be secured for you. The classroom based training on Tuesday, Wednesday and Thursday is held in Westport. Call Ruairi @ 087 120 2617 or email [ruairi.hughes@nln.ie](mailto:ruairi.hughes@nln.ie)

**Clár sa Charr** - Clár nua i nGaeilge ar Midwest Radio\* Clár sa Charr ar siúl chuile maidin Dé hAoine ag c.8.15rn mar chuid den Breakfast Show - bíg ag éisteacht le muintir Iorrais ar Midwest Radio!

**Online Lenten Retreat.** The Priory Institute is delighted to offer a FREE OF CHARGE online retreat 'Reflecting on the Sunday Gospels of Lent as Stepping Stones on our Journey to East' Visit our website [prioryinstitute.com](http://prioryinstitute.com) or click on this link <https://bit.ly/3DWrTkx> to register/find out more.

**MSLETB Belmullet FET Campus** have places available on the following courses: QQI Level 5 Ecotourism – Monday 10 am – 12.30 pm; Spreadsheets – Tuesday 10 am – 2 pm; Communications Wednesday 10 am – 12.30 pm; Work Experience Wednesday 12.30 pm – 2.30 pm. Any of these courses can be completed as a single subject certificate or as part of a Major Award in Business Administration or Tourism with Business. Also available - Computer Literacy Thursday afternoon.

### **Ante – natal & Infant Care Classes**

A 4 session course for expectant mothers and partners beginning on the 8<sup>th</sup> March 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

**Barnatra NS** - enrolment forms are now available. Please call 097 84008 or email [barnatrans20@gmail.com](mailto:barnatrans20@gmail.com) for a form or to arrange a visit to the school and to meet the staff.

**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.

**The Erris Tours Annual Trip for 2023** is to the Allingham Arms Hotel Bundoran, Donegal . We will be leaving on Tuesday 27th June to Friday 30<sup>th</sup>. Cost of trip is Single room €350 and double or twin is €310 . Buses and breakfast going and Dinner on return is included in price. €50 deposit is required when booking seat and is strictly non refundable . Names as soon as possible to Mary Irwin 0879232327 and Carmel Gaughan 0868488266 . . There are only 2 buses going so places are limited.

**Healthy Food Made Easy** is a community based healthy food and nutrition course, delivered over the course of 6 weeks. Those attending the course enjoy participating in practically preparing, cooking and tasting foods. The emphasis throughout the course is on group learning rather than formal teaching. The course also teaches people to shop smart and save money while eating a healthy balanced diet. Each workshop has a total of six sessions each with a different topic each week with a visit from a nutritionist on week 5. Suitable for all ages and valuable in teaching skills for life. New workshop will be starting soon. To register your interest please email [siobhanscanlon@mayonortheast.com](mailto:siobhanscanlon@mayonortheast.com). Call / Text 0838696276

**Pilgrimage to Rome, Assisi & San Giovanni Rotondo** – Led by Fr. Michael Harrison on 17<sup>th</sup> April 2023 for 7 nights @ €1199 per person. Direct return flights from Dublin, 20kg bag included, Joe Walsh Tours Representative throughout the tour, All transfers & tours in Italy by private coach, 3 night San Giovanni Rotondo – Full Board, 2 nights in Assisi – Half Board, 2 nights in Rome B&B, Full religious Programme, Optional travel Insurance – Single room supplement. For More Information please contact Fr. Michael Harrison on 087 8112163

**A new full-time** & fully funded course by MSLETB is starting soon in FIT, Teeling Street, Ballina. **Introduction to Manufacturing Processes QQI Level 4.** Topics include Electronics, Control Systems and Career Planning. Apply through [www.fetchcourses.ie](http://www.fetchcourses.ie) or email [jennifermurray@fit.ie](mailto:jennifermurray@fit.ie)

### **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 9<sup>th</sup> 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)

**Belmullet Tidy Towns** AGM Wednesday February 22nd, 2023 @8pm. Áras Inis Gluaire, Belmullet. Come along help us make a difference

### **Áras Inis Gluaire Upcoming Events -**

#### **Youth Theatre Iorras**

Youth Theatre Iorras is enrolling for the upcoming term. If you have a keen interest in drama and theatre and are aged 12-18 this is the opportunity for you. Classes every Monday evening 6-8pm.

#### **Creative Writing Group**

The Erris Creative Writing group will meet on Mondays at 7pm in Áras Inis Gluaire. The group will perhaps be discussing a writing project to commemorate 200 years of Belmullet town. All aspiring writers welcome.

For more information on any of the above please contact Áras Inis Gluaire on 097-81079. Tickets can be purchased through our box office and also online on [www.arasinisgluaire.ie](http://www.arasinisgluaire.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

**Enrolment** is now taking place in Belmullet Junior National School. Forms can be collected from the school, to be returned by 15th February 2023

**Spring 2023 Wine Course** at a glance with Fáilte Wine Education. Máirín Uí Mhurchú is the WSET Approved Programme Provider and Certified Wine Educator. More info. at [failtetraining@gmail.com](mailto:failtetraining@gmail.com)

**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.

FREE ONLINE LIVING WELL PROGRAMME – NEXT PROGRAMMES COMMENCE ON (LIMITED PLACES)

Online on Thursday 12<sup>th</sup> Jan to 16<sup>th</sup> February 16<sup>th</sup> 10.30a.m – 1.00p.m

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)

**On Our Knees by Fr Brendan Hoban** On Our Knees, Famine in the Parishes of Killala Diocese is the second volume of a comprehensive study of the Great Famine in Killala diocese written by Fr Brendan Hoban. This book relates the famine history of each of the 22 parishes revealing the agony and the anguish of the Famine years. Copies are available in Carey’s Bookshop.

**Choir in Our Lady of Lourdes Church Glencastle** are looking for new members. Please contact parish office.

**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, Shrulce, 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

**The Bangor Erris parish hall** committee Halla Pobal Baingear Teo are delighted to announce that the hall has been completely refurbished. It is a comfortable warm ideal venue for events eg meetings, parties, cookery classes, sports etc. There are three spaces depending on the size of the event or meeting. A small room for 10-15 people, a medium room for 15-25 people and a space for large public events/meetings. A fully equipped kitchen and shower rooms are also available. Rates are very reasonable to encourage maximum use. Please book early or get more info by contacting 0863488846

**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)

### **What are your hopes and aspirations for your Community?**

Mayo PPN want to hear your views on how we can make Mayo the best possible place to – Live, Work and Invest. Workshops in Belmullet on Tuesday 27th September and Westport on Tuesday 11th October. For more information and to register visit [mayoppn@mayococo.ie](mailto:mayoppn@mayococo.ie) Enquiries: 094 9064358

**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 [fsully@enableireland.ie](mailto:fsully@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.

**St. Vincent de Paul** in Ballina/North Mayo are looking for volunteers to form a Visitation Conference (Group) in Belmullet/Erris. Volunteering with SVP involves working as part of a volunteer team where different skills are needed. To find out more please visit [<svp.ie/volunteer>](http://<svp.ie/volunteer>) or freephone 01 884 8246 or Ballina office on 096-72905

**Flourish North & West Mayo** can support your health and wellbeing by linking you with activities, supports, and resources based in your community. This is a new service in Belmullet, Erris, Achill and surrounding areas and is part of the Sláintecare Healthy Communities Initiative. For more information and/or to arrange a confidential chat with the social prescribing link worker call Lisa on (085) 2599 699 or email [lmarren.flourish@thefamilycentre.com](mailto:lmarren.flourish@thefamilycentre.com). This service is free of charge.

**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

**A message from the Church Choir**. As always new members are very welcome and we want to thank most sincerely all our cantors who sang here in the church during lockdown

**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.

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 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)

**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

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.

**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"

#### **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.