

CHURCH OF THE SACRED HEART, BELMULLET

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

CHURCH OF OUR LADY OF LOURDES, GLENCASTLE

Sunday 12.00 noon, Wednesday and Saturday 10.15am

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

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

E-mail belmulletparish@gmail.com

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

MASS TIMES - BELMULLET

Sat	Sept	24th	8.00p.m	Carmel Sheridan - & Peg & John Joe Murphy & Mary & Geraldine O'Reilly
Sun	Sept	25th	10.30a.m	Mary Shevlin - Month's Mind -- Myles Carey - 1st Anniv. -- John & Bridget O'Donoghue -- Ann Walsh
Tues	Sept	27th	9.30a.m	Special Intention
Wed	Sept	28th	9.30a.m	Patricia & Con Fitzsimmons & son Con
Thurs	Sept	29nd	9.30a.m	Deceased Members of the Doherty & Connell Families
Fri	Sept	30th	11.00a.m	<u>Sunday Mass for Senior Citizens</u> - For the Sick
Sat	Oct	1st	8.00p.m	Eamonn & Sarah Brogan -- Chris Garvin & Deceased Garvin & Prendergast Family
Sun	Oct	2nd	10.30a.m	Joseph Kerrigan - 1st Anniv.

MASS TIMES - GLENCASTLE

Sat	Sept	24th	10.00a.m	Intention
Sun	Sept	25th	12.00p.m	Michael, Bridget & Peter Howard, Anne Handley & John Mooney
Sat	Oct	1st	10.00a.m	John, Evelyn & P.J. Barrett, Toorglass East
Sun	Oct	2nd	12.00p.m	Breege McGuane, Hughie O'Neill, Neil Pardoe & Deceased Leneghan Family Muingmore -- Mary, Martin & John Meenaghan

MINISTRIES	CHURCH	MASSES	SUNDAY October 2nd
Readers	Belmullet	Vigil	Patricia Barrett
		10.30a.m	Sharon Reilly
Eucharistic Ministers	Belmullet	Vigil	Máirín Uí Mhurchú
		10.30a.m	Joan Gaughan
Eucharistic	Glencastle	12.00p.m.	Maeve Carabine

Ministers			
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Confessions

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

The Killala Diocesan Mission to Brazil

The Killala Diocesan Mission to Brazil has ended, with the return to Ireland of Monsignor Martin Keveny and Mr. Gerard Mulherin. To mark the closure of the Mission, Bishop John will celebrate Mass at 11am on Sunday, October 23rd, Mission Sunday, in St Muredach's Cathedral. Ballina. All who worked on the Mission are invited to attend. Bishop John expresses his gratitude to all who supported this mission over the years.

Reminder - Placing Hope in Faith

This is a reminder that the next stage of our Placing Hope in Faith synodal pathway will be launched on Tuesday next, September 27th, in the Great National Hotel, Foxford Road, Ballina, at 8.00 pm with a meeting of the members of the 22 Parish Pastoral Councils in the diocese.

If you are a member of our Parish Pastoral Council, you will have received an invitation a few weeks ago. If not, please let us know ASAP. Bishop's Office, Sligo Road, Ballina. 096 21518; secretary@killaladiocese.org

RECENTLY DECEASED

Please pray for the soul of
Kevin Sheridan, College Park
May he rest in Peace

ALTAR SOCIETIES BELMULLET Group 5

Caramel McIntyre, Maura Murphy & Kirstie Lavelle

GLENCASTLE Shraigh

Kathleen Lally, Bridie Donoghue & Audrey Murphy

Killala Diocesan Pilgrimage to Knock

Takes place on 2nd October 2022.

Anointing of the sick 2.30p.m.

Mass at 3.00p.m.

For information contact Fr. Tommy Doherty

ST. PADRE PIO NOVENA

In the Sacred Heart Church, Belmullet on Monday 3rd October at 8.00pm. Rosary at 7.30p.m by the Legion of Mary.

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

Reflection

Season of Creation 1st September -4th October 2022

The Season of Creation has a special significance for the Catholic Church, particularly since Pope Francis established 1 September as an annual World Day of Prayer for the Care of Creation. The Season of Creation is marked throughout the Christian world from 1 September to 4 October (Feast of Saint Francis of Assisi) and celebrates the joy of creation as well as encouraging awareness-raising initiatives to protect the natural environment.

The theme for the Season of Creation 2022 is "Listen to the Voice of Creation". "I have heard their cry...I know their sufferings...Come, now! I will send you...I will be with you" (Ex 3: 1-12). The burning bush is the Symbol for the Season of Creation 2022. Today, the prevalence of unnatural fires are a sign of the devastating effects that climate change has on the most vulnerable of our planet. Creation cries out as forests crackle, animals flee, and people are forced to migrate due to the fires of injustice. On the contrary, the fire that called to Moses as he tended the flock on Mt. Horeb did not consume or destroy the bush. This flame of the Spirit revealed God's presence. This holy fire affirmed that God heard the cries of all who suffered and promised to be with us as we followed in faith to our deliverance from injustice.

In this Season of Creation, this symbol of God's Spirit calls us to listen to the voice of creation, to the voices of those who suffer the impacts of climate change, to the voices of those who hold generational wisdom about how to live gratefully within the limits of the land. These are voices of the Earth. The global Christian family is called to awaken to the urgent need to heal our relationships with creation and with each other and to encourage our parish communities to do the same, "for we know that things can change!" (Laudato Si, 13).

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.

Reflection

Where 2 or 3 meet in my name . . .
When we see the tabernacle
with the red light beside it, we
immediately accept that here is
the reserved presence of Our
Lord and Saviour. When we
attend Mass and the priest
holds up the sacred host we
immediately sense that we are
in the presence of God. But
sometimes too God may be present to us and
we can't tune into that presence. We can get a
glimpse of God in a beautiful sunset, in the
exquisite playing of a musician, in an
experience of great love.
But the other reality is that God is present to us
always. God lives in us by virtue of our baptism.
And God is present to us every time a few of us
meet in his name

Peace Prayer of Saint Francis

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

O divine Master, grant that I may not so much seek
to be consoled as to console,

to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

A PRAYER FOR EVERYDAY

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

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

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

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

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

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

NOTIFICATION OF SICKNESS

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

Religious Bookshop in Belmullet beside the Church Monday-Friday 10.00a.m. to 2.30p.m.

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

PARISH NOTICE

Irish Wheelchair Association National Fundraising Day takes place on Thursday 29th September. Your support as always is greatly appreciated. If you would like to volunteer for an hour please contact Clare on 085 804 9424.

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 October 3rd 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

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 Enquiries: 094 9064358

AUTUMN WINE COURSES at a glance with Fáilte Wine Education. Máirín Uí Mhurchú is the WSET Approved Programme Provider and Certified Wine Educator. For more information contact Máirín on failtetraining@gmail.com

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

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

Mayo Cancer Support Association will be holding a Church Gate Collection in Belmullet Parish next weekend, September 24 and 25. We are a registered charity that provides free support services to local people affected by cancer. Your continued generosity is very much appreciated

Mayo PPN Community Consultation Workshops. We 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 Enquiries: 094 9064358
Market @ the Plaza Christmas 2022.

Knock Christmas Market will be held on Saturday 10th & Sunday 11th December @ Pope Francis Plaza, Knock from 10am to 4pm. Always a great event with beautifully hand crafted gifts made by local crafters from the west of Ireland. Ideally located adjacent to Knock Shrine, with great restaurants and gift shops close by. Wheelchair accessible, free car park and toilet facilities. A wonderful day for all the family to enjoy. Market @ the Plaza takes place the last Sunday of the month, next market date is Sunday, 25th September. If you would like to take part in our market please see contact information below: Leonie @ 086-8486924 E-mail: leoniekilroy@gmail.com Follow us on Instagram & Facebook @ Knock Market & Events.

As part of the Sláintecare Healthy Communities initiative the HSE are offering Free One to One Stop Smoking consultations with our HSE Stop Smoking Advisor in the Erris/Achill areas. Free, confidential advice and support will be offered together with FREE stop smoking medication e.g. patches gum etc. For more information or to book an appointment please contact Brenda on 087 4484711 or Email: brenda.mcnicholas1@hse.ie

Lough Derg Day of Prayer for Peace in Ukraine

The One Day Retreat on Sunday 25th September, will have the special focus of praying for an end to the conflict in Ukraine. Guest Speaker, refugee, Halyna Tesluk, Associate Professor of Old Testament at The Ukrainian Catholic University. More information at www.loughderg.org.

Boats from 9.15am | Retreat Programme begins at 10.15am | Boats return at 4.30pm

Morning Coffee & lunch included. Booking essential. Special discounted rate of €25 for Ukrainian refugees (must be booked by telephone: +353 (0)71 9861518). Full price €45

Further Education Centre Belmullet (Part Time Courses September 2022)

The Back to Education Initiative is planning to commence the following QQI Level 5 Healthcare Components

Care of the Older Person

Care Skills

Challenging Behaviour

Safety and Health at Work

For further information please contact Geraldine Tighe: 096 71652/087 7715096 or email: geraldinetighe@msleth.ie

Mayo Branch of Down Syndrome Ireland - On the 17th and 18th September there will be a church gate collection across the churches of the parish on behalf of the Mayo Branch of Down Syndrome Ireland. The charity looks after the Mayo people who have Down Syndrome and their families. Monies raised on these days go towards the continued support of people who have Down Syndrome and their families. Any support would be greatly appreciated.

Ante – natal & Infant Care Classes

A 4 session course for expectant mothers and partners beginning on the 21st September 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 097/82568/27418

The Priory Institute - Study Theology Online, is this for you? The Priory Institute provides online Theology courses to degree level. Attend Saturday lectures in Tullaght or from the comfort of your own home. Register before September 13.

Find out more on our website, prioryinstitute.com

Market @ the Plaza returns Sunday, 28th of August.

Mayo PPN new suite of FREE training programmes for community groups:

New Ways for Funding, Applying for Funding for your group, Strategic Planning for Community Groups, Social Media, etc. Check it out on www.mayoppn.ie

Follow us on social media Facebook (@MayoPPN), Twitter and Instagram.

Home Instead I would like to introduce myself as Caroline Halligan and I work for a Homecare Provider in Castlebar who provide Home Help to the elderly in their homes safely and happily.

With the current shortage of qualified CAREGivers we are actively recruiting CAREGivers to service all the clients who need care throughout Co Mayo and are hosting a series of events in various locations in the county during our National CAREGiver Hiring Week from 15th – 19th August

For further information please email: info.mayo@homeinstead.ie or phone our office on 094 9044785

Interested in Becoming a ‘Healthy Food’ Facilitator? We are currently recruiting male and female facilitators that will be contracted to deliver a number of ‘Healthy Food Made Easy’ programmes over the course of the year, as part of Healthy Communities Initiative in NW Mayo. The priority areas for the delivery of this programme are Erris and Achill.

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.

Successful applicants will be provided with full training for the role of ‘Healthy Food Made Easy’ a ‘Healthy Food Made Easy’. Each tutor will be paid a generous hourly rate for the contracted service.

These are some of the requirements or qualities required to fulfil the role:

Live and/or work in the local community

Have some knowledge or understanding of Healthy Food Choices– through personal experience or through training or work experience

Be willing to listen and learn from the experiences of others

Group facilitation skills or willingness to engage in training to develop these skills

An Application Forms available by emailing siobhanscanlon@mayonortheast.com or phone 087-4347015. Please send

completed application forms to Siobhan Scanlon (siobhanscanlon@mayonortheast.com) or post/drop it into Mayo North East, An PhríomhShráid, Béal An Mhuirthead, Co. MhaighEo, F26 E6W2. Phone Siobhan on 087-4347015 for more information.

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

Monday 05th September 10.30am-1pm, Wednesday 07th September 7pm-9.30pm, Tuesday 20th September 10.30am-1pm

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

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 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 or phone our office on 094 9044785

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

Home Instead -We're looking for caring and compassionate people to join our team of CAREGivers. Learn more at HomeInstead.ie/Become-a-CAREGiver Call (094) 904 4785 Email info.mayo@homeinstead.ie

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; (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

Lough Derg welcomes Pilgrims again with a full Pilgrimage programme this summer. Three Day Pilgrimage: 1st June - 15th August. Booking advised. Concessions available for students, seniors and groups. One Day Retreats and guided Pilgrim Path experience: dates in May and late August through September. Booking essential. All booking information at www.loughderg.org, email info@loughderg.org or telephone 0(0353) 71 9861518. Lough Derg, Pettigo, Co Donegal, F94 N289.

Affordable Live-in Homecare provides live-in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Eileen or Tom today on 087 991 6791 or 087 744 0729. Our website is www.alhomecare.ie

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

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 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 Imarren.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 Selections will take place in June of this year with training commencing in September. This year Accord is celebrating 60 years supporting couples and families. Please contact us for any support you may need www.accord.ie

Mindspace Mayo offers a support service to young people (12-25yrs) presenting with anything from common concerns (e.g. dealing with break-up, exam stress, bullying) to young people with emerging mental health difficulties such as mild depression and anxiety. The outreach service will run one day a week (Monday) and is based in the Ballina Family Resource Centre. For further information on Mindspace Mayo please see our website www.mindspacemayo.ie or call us on 094-9067001

Pieta House

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

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

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

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

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

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

For more information contact Western Alzheimerson : 094 93 64900

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

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 with any queries or to receive an application pack

Medjugorje Group Pilgrimage 2022 - Direct flight to Mostar Medjugorje from Knock. 28th Sept. - 5th Oct. Price €775. For more Information contact Ann on 085 1106644

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.

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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

FREE IT & Business Studies Course Now Enrolling in Belmullet.

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

MARIAN PILGRIMAGES

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

COVID-19 COLLECT AND DELIVER SERVICE

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

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

Services that are still available during current Lockdown @BallinaFRC:

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

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

HAVE YOU ROOM IN YOUR HOME? HAVE YOU ROOM IN YOUR HEART? HOME SHARERS REQUIRED.

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

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

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

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

Colette Corless : Employability Service : 0863418643

Marie O'Donnell : Local Employment Service: 09781722

Ann Conroy : Local Employment Service: 0872156660

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

DO YOU WANT TO LEARN MORE ABOUT MENTAL HEALTH? HAVE YOU EXPERIENCE WITH MENTAL HEALTH CHALLENGES? ARE YOU A FAMILY member/supporter or health professional? If yes then join the MAYO RECOVERY COLLEGE this Autumn Winter at our free Online interactive audio/video classes. Log onto www.recoverycollegewest.ie for our Prospectus. Please contact Karen McHale, Principal Recovery Educator 086 0294901 recovery.educatormrc@hse.ie to register”

Pieta House Outreach Service Ballina

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

Extract from Saint Patrick's Breastplate

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

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

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

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

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

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

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

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

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

ST. VINCENT DE PAUL Tel. Helpline St. Vincent de Paul Helpline 096 72905
You are not alone in your need for help.

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