

CHURCH OF THE SACRED HEART, BELMULLET
Sunday 10.30am, Monday to Thursday 9.30a.m, Friday 11.00am, Saturday Vigil 8.00pm
CHURCH OF OUR LADY OF LOURDES, GLENCASTLE

Sunday 12.00 noon, and Saturday 10.00am
Fr. Eddie Rogan P.P. 097 81426 or 086 2329151 Fr. Tommy Doherty C.C. 087 3488742
Parish Office, Chapel Street, Belmullet, Co. Mayo 097-20777
E-mail belmulletparish@gmail.com

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

MASS TIMES - BELMULLET

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Sat	Mar	9th	8.00p.m	Daniel, Tony & Kathleen O'Donnell -- John Joe Carey --Nora Howard, Shraigh East
Sun	Mar	10th	10.30a.m	Bridget Murphy - Month's Mind -- Johnny & Kathleen O'Donoghue 30th Anniv. -- Mary McNamara
Mon	Mar	11th	7.00a.m	Special Intention
Mon	Mar	11th	9.30a.m	Ann & Anthony Walsh
Tues	Mar	12th	7.00a.m	Intention
Tues	Mar	12th	9.30a.m	Mary Jo & Tom Ginty & Deceased Ginty & Mills Families
Wed	Mar	13th	7.00a.m	Holy Souls
Wed	Mar	13th	9.30a.m	Intention
Thurs	Mar	14th	7.00a.m	Intention
Thurs	Mar	14th	9.30a.m	Sarah & John Gaughan, Paddy Joe Lavelle, baby Tadhg, John McDonagh & John Fraine
Fri	Mar	15th	7.00a.m	Intention
Fri	Mar	15th	11.00a.m	<u>Sunday Mass for Senior Citizens</u> - Ellie, Jack & Deceased Cafferkey Family & Kathleen Utting - 1st Anniv
Sat	Mar	16th	8.00p.m	Margaret & Patrick Staunton & Tommy & Margaret Mills & Katie Mills & Mick & Mary Monaghan -- Maureen Connolly -- Tommy & John Gaughan & Val Monaghan & Katherine Munnelly & Deceased Families
Sun	Mar	17th	10.30a.m	St Patrick's Day -- Bridie Neary - Birthday Remembrance

MASS TIMES - GLENCASTLE

Sun	Mar	10th	12.00p.m	Tony Reilly - 8th Anniv., Shraigh East & Kathleen & Andrew Leneghan -- Mary & Anne Doocey & Sr. Evelyn & Kate Gallagher & Deceased Doocey & Gallagher Families
Wed	Mar	13th	7.00p.m	Eva & Mixey Lavelle & Annie & John McAndrew
Sat	Mar	16th	10.00a.m	Intention
Sun	Mar	17th	12.00p.m	St. Patrick's Day -Mary & Tommy Lennon -- Michael John Barrett & Mary Annie, Patrick & Paddy Barrett & Paddy Tighe

Date for Confirmation for Belmullet N.S - Belmullet N.S. 28th April 2024 @12.00p.m in The Church of the Sacred Heart, Belmullet.

Date for First Communion - Belmullet N.S
Sat. 13th April @ 12.00p.m & Glencastle N.S.
Sat. 11th May @ 1.00p.m

MINISTRIES	CHURCH	MASSES	SUNDAY Mar 17th
Readers	Belmullet	Vigil 8.00p.m 10.30a.m	Sheila Tallott Tisha Gallagher
Eucharistic Ministers	Belmullet	Vigil 8.00p.m 10.30a.m	Maura Murphy Brendan Deane
Eucharistic Ministers	Glencastle	12.00p.m	Grace Kelly

ALTAR SERVERS for Sat/Sun 16th/17th --BELMULLET VIGIL 8.00p.m Team A
 Lauren Cuffe, Keelan Cuffe, Declan Kilcoyne, Katie Shevlin, Mia Carey, Tulisha Beirne **BELMULLET SUN 10.30a.m.**
Team C Micheál Cafferkey, Shauna Cafferkey, Mason Tighe, Robyn Howard Saoirse Doherty, Conor Langan

EXTRA 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.

Communal First Saturday Devotion

Communal First Saturday Devotion will take place in Our Lady of Lourdes Church, Glencastle on the first Saturday of every month starting on Saturday 3rd February.
 Our Lady has said to the children in Fatima that peace will come about in the world through the practice of the first Saturdays Devotion. The conditions for the Devotion are: Confession, Holy Communion, Rosary, Mediation on mysteries of the Rosary (separate from the Rosary) and the intention of making reparation to the Immaculate Heart of Mary for the sins committed against her. Rosary will begin at 9.30a.m. Mass at 10.00a.m

Year of Prayer

“In this time of preparation, I would greatly desire that we devote 2024, the year preceding the Jubilee event, to a great symphony of prayer.”

The Prayer intentions of the Holy Father entrusted to the Pope’s worldwide prayer network for the Year 2024

March: For New Martyrs

We Pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.

Reflection

More History of Beautiful Belmullet. The foundation stone of the new church in the town of Belmullet was laid by Bishop Patrick O’Boyle of Killala Diocese, on Sunday the 6th of November 1960. It was announced that the church was to be built in honour of the Sacred Heart of Jesus. There was a large congregation present to witness the ceremony, which took place where the old church stood. The bishop was assisted by Very Reverend Chancellor Feeney, Very Reverend J. Holmes, Very Reverend J. Heverin, Very Reverend E. Loftus, Reverend J. Mulhern and Reverend W. Caffrey. His Lordship later presided at Mass celebrated by Reverend William Caffrey, Saint Muredach’s College. The Mass was celebrated in a temporary chapel in the town.

The plan for the new church was published in the local press and was to be as follows. The church was to have accommodation for 575 people and would replace the old church which was built more than 150 years before that. The new church would be

entered by two porches with a Baptistry between them, the three compartments forming a pleasant one storey grouping on the front elevation. On each side of the Nave, there would be a confessional recess. These recesses would be carried up to nave ceiling level and each would be lighted by a large window from each side. The nave ceiling would be splayed up from the side walls of the church to an apex. The ceiling would have ribs of fibrous plaster running the full length of the church from the choir gallery right into the inner sanctuary. These ribs of fibrous plaster were designed to lead the eye directly to the high altar, which would be further emphasised by a moulded cement plaster dossal [a dossal is an ornamental hanging at the back of an altar] with a mahogany baldechino [a baldechino is a canopy] over the altar and a predella [a predella is the name for the platform on which an altar is placed]. The splayed sanctuary walls would be complimentary to the splay in the nave and sanctuary ceiling and would thus tend to focus attention still further on the high altar. The inner sanctuary and the high altar would be flood-lit by 6' 0" wide recessed windows running from floor to ceiling on each side of the sanctuary. It was also planned that, as one approached the church, the most dominant element was to be the bell tower, which would be 70' 0" high to the top of the cross. This bell tower would contain the stair from the secondary entrance porch to the choir gallery. The church would be built of mass

concrete and the external walls would be finished in a rough textured rough cast dashing with piers, plinths and flanking walls picked out in a smooth cement plaster. Large lead glazed windows would light the nave, gallery and sanctuary. The church proper, bell tower, porches and sacristy would be roofed with a low-pitched copper roof and the sanctuary with reinforced concrete asphalt finished. Irish made materials would be used throughout the building as far as possible. The general building contractors would be Messrs. Cox, Walkin and Walkin and Cox, Distillery Road, Westport. The architects would be Messrs. William H. Byrne and Son.

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

A Prayer

O God, who in your unfathomable providence
are pleased to send your holy Angels to guard us,
hear our supplication as we cry to you,
that we may always be defended by their protection
and rejoice eternally in their company.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

Offertory Collection

Belmullet € 1145.00

Glencastle € 612.15

Many thanks for your continued support

ALTAR SOCIETIES BELMULLET Group 4

Mary Gaughan, Rosaleen Lally & Sarah Lavelle

GLENCASTLE Glencastle

Kathleen McAndrew, Mary Ellen Rowland &
Caroline McDonagh

RECENTLY DECEASED

Please pray for the soul of
P.J. Shevlin, Quay St. &
Evelyn Heffron, Shraigh Hill
May they Rest in Peace

Volunteers wanted for Church Cleaning of Belmullet Church. If interested please ring 097-20777 or drop in to Parish Office.

Boxes of church envelopes are being distributed. If you haven't received a box and would like one please call into parish office
or call 097-20777

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

Prayer

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

We pray for world leaders, for compassion, strength and wisdom to guide their choices.

We pray for the world that in this moment of crisis,
we may reach out in solidarity to our brothers and sisters in need.

May we walk in your ways so that peace and justice become a reality for the people of Ukraine,
and for all the world.

Amen

The Memorare

REMEMBER, O most gracious Virgin Mary,
that never was it known that anyone who
fled to thy protection, implored thy help,
or sought thy intercession was left unaided.
Inspired with this confidence, I fly to thee,
O Virgin of virgins, my Mother;
to thee do I come; before thee I stand,
sinful and sorrowful. O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me.
Amen.

Just a thought!

*Cover my poor soul with the
healing balm of love and
compassion. Make me
unselfish sweet Jesus,
so I will be content with just loving
and count it a privilege to
forgive even seventy times seven.*

By appearing in the Grotto of Lourdes,
you were pleased to make it a privileged sanctuary,
whence you dispense your favours;
and already many sufferers have obtained
the cure of their infirmities, both spiritual and corporal.

I come, therefore, with complete confidence
to implore your maternal intercession.

Obtain, O loving Mother, the grant of my requests.
(mention your petition)

Through gratitude for your favours,
I will endeavour to imitate your virtues,
that I may one day share your glory.
Amen.

Peace Prayer of Saint Francis

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

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

A PRAYER FOR EVERYDAY

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

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

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

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

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

1. Online at www.trocaire.org
2. To the Parish Office.
3. By post to any of our offices: Trócaire, Maynooth, Co. Kildare4.
4. Bill Pay at any Post Office

Helplines Available:

HSE	1850 24 1850
Alone	0818 222 024

Samaritans 116 123
Childline 1800 66 66 66
Farm & Rural Stress 1800 742 645
Pieta House (24HR) 1800 247 247
Shine 1890 621 631
Alcoholics Anonymous helpline no. 089 2109824 12noon-10pm daily

Other Services:

Mayo University Hospital 094 9021733
Community Response Team 094 9064660
Mayo Mental Health Association 094 9038148
Mindspace Mayo 094 9067001
Mayo Recovery College 086 8255441
CROÍ 091 544310

First Prayer

O Mary,
You shine continuously on our journey
as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick,
who, at the foot of the cross,
were united with Jesus' suffering,
and persevered in your faith.
"Protectress of the Roman people",
you know our needs,
and we know that you will provide,
so that, as at Cana in Galilee,
joy and celebration may return
after this time of trial.
Help us, Mother of Divine Love,
to conform ourselves to the will of the Father
and to do what Jesus tells us.
For he took upon himself our suffering,
and burdened himself with our sorrows
to bring us, through the cross,
to the joy of the Resurrection. Amen.
We fly to your protection, O Holy Mother of God;
Do not despise our petitions in our necessities, but deliver us always
from every danger, O Glorious and Blessed Virgin.

Second Prayer

"We fly to your protection, O Holy Mother of God".

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realise that we are all members of one great family and to recognise the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course. To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

Prayer to Saint Roch

(St.Roch is patron saint of people suffering from infectious diseases)

O Blessed Saint Roch,
Patron of the sick,
Have pity on those
Who lie upon a bed of suffering.

Your power was so great
When you were in this world,
That by the sign of the Cross,
Many were healed of their diseases.

Now that you are in heaven,
Your power is not less.
Offer, then, to God
Our sighs and tears
And obtain for us that health we seek
Through Christ our Lord. Amen.

(Repeat the following 3 times)

Saint Roch, Pray for us,
That we may be preserved from all diseases of body and soul.

Peace Prayer of Saint Francis

Lord, make me an instrument
of your peace:

where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.
Amen.

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.

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

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.

A Prayer

O God, who in your unfathomable providence
are pleased to send your holy Angels to guard us,
hear our supplication as we cry to you,
that we may always be defended by their protection
and rejoice eternally in their company.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.
Amen.

PARISH NOTICE

A FREE Electrical recycling event hosted by WEEE Ireland and supported by Mayo County Council will take place in the Civic Office Car Park, Belmullet, on Saturday, 9th March, 2024, from 10am – 4pm. Any household waste electrical items which are operated by a plug, a lead or a battery (large or small) and are at the end of their useful life will be accepted for recycling free of charge. Also, all types of batteries and energy saving lightbulbs will be accepted for recycling.

Erris Tours are organising their Annual Trip. This year it is to Slieve Russell Hotel Cavan. We will be travelling on Monday 1st July to Thursday 4th July. Names as soon as possible to Mary Irwin 0879232327 and Carmel Gaughan 086 8488266. Carmel will be in Parish Office every Thursday from 12.00p.m - 1.00p.m to take names and deposits. More details later.
SLETB - Part Time Accredited Courses March 2024 in the Further Education Centre Belmullet

There are places available on the following QQI Components: Computers for Beginners, QQI Level 4 Component Word Processing. For further information please contact: T: Geraldine Tighe 096 71652 or E: Marilia Barreto, email address: mariliabarreto@msletb.ie

The Priory Institute is delighted to offer a FREE OF CHARGE Easter Triduum retreat 'Bright Sadness and Solemn Joy: The Easter Triduum'. Visit our website prioryinstitute.com to find out more.

Tullaghan Bay Rowing Club Fundraising Table Quiz - Good Friday 29th March at 7.30pm in the Erris Coast Hotel in aid of Tullaghan Bay Rowing Club. Cash Prizes & Raffle. To enter teams text 087-6333940, all welcome.

Enrolment Notice for Shraigh N.S.

Enrolment of Junior Infants children are now most welcome in Shraigh National School for the new academic year commencing September 2024. All enrolled pupils and their parents will have the opportunity to visit the school to meet each other and their class teacher in June. Families considering enrolment are welcome to visit the school, view our facilities and meet with the Principal and any available staff. The free hot meals scheme and the free schoolbooks scheme are in operation in the school since Sept 24 also. Please do not hesitate to contact Niall on 097-81636 or email the school: shraighns@gmail.com for any further information. You can view our website also on www.shraighns.ie

Family Support Drop-in Erris Community Based Family Support Service will have an Open door, drop-in on Wednesday mornings, starting Wednesday 28th February, 9.30am - 1pm and every Wednesday thereafter. Parents can drop-in without appointment to see our Family Support Worker, Leah Owens in confidence. This service is suitable for families who may be experiencing challenges and need some information, advice or support. Appointments can be made for other days and times also. The Family Support Service is a project of Erris Family & Community Support Centre, funded by Tusla, and located at Irish Wheelchair Association, Logmore, Belmullet. Email: l.owens@mayofamilysupport.ie. Tel: 0877059705.

This year Daffodil day is on Friday March 22nd. Can you help us in any way this year in our fund raising efforts in the Belmullet area? If you can please contact Mary 0871343365, or Lynda 0860564544. They will arrange at time slot that suits you.

9 - 11, 11-1, 1- 3, 3 - 5. Thanking you

Barnatra NS Enrolment - Enrolment forms for 2024/2025 are now available - by emailing barnatrans20@gmail.com or calling 097 84008. Alternatively, please feel free to make an appointment to visit our school and meet our staff.

Pilgrimage to Medjugorje – 9th - 16th October 2024. Spiritual Director Fr. Michael Harrison. For more information please contact Ann Geraghty on 085 1106644

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

Enrolment is now taking place for Glencastle N.S. Mainstream, Autism Class, Early Intervention Autism Class and Multiple Class. Forms are available from school. Please feel free to contact the Principal at 097 82283 to arrange a visit or to request forms.

Enrolment is now taking place in Belmullet Junior National School for 2024/25. Please contact us via email: belmulletjns@gmail.com to register for an enrolment form.

HEALTHY FOOD MADE EASY - FREE 6 WEEK COURSE STARTS 13th MARCH 2023 @ IWA CENTRE, BELMULLET

Would you like to join us in a FREE fun-based interactive cooking course? 'Heathy Food Made Easy' is a community based healthy food and nutrition 6 week course, enjoy participating in practically preparing, cooking and tasting foods. The emphasis throughout the course is on group learning rather than formal teaching. It is open to all ages and abilities, so join us for 90 minutes that will help you to shop smart and save money while eating a healthy balanced diet. To book your place please contact the following rinagarrett@mayonortheast.com or text 087 1840214.

Mayo PPN Funding Information Workshops for Community Groups. (places limited - first come, first served basis).

Managing your Board/Committee - Wed 28th Feb 2024 - 10am. Tips on how to provide clear expectations and avoid conflict within your community group.

Home To Mayo Festival Grants Funding Open For Applications – Wed 28th Feb - 11.30am.

If you are planning to hold celebrations, festivals or events that will coincide with Home to Mayo - Mayo County Council are opening a grants process that can aid groups in putting on their celebration, festival or event. To register for the workshops - follow the link: <https://mayoppn.ie/mayo-ppn-funding-information-workshops/>

Free Course Do you love cooking? Do you want to improve your cooking skills? Are you interested in doing a training course to give you the culinary skills to work in a Restaurant or Hotel kitchen? Are you receiving a DA payment or do you need assistance in finding employment? If so you can work part-time and keep your benefits. The course will help you develop your everyday cookery skills in a modern purpose built culinary setting. You will explore a range of classic recipes aimed at breakfast, lunch and dinner options. This course is packed full of hints and tips for the home cook. In addition a work placement in a local hotel or restaurant will be secured for you and on the job training and support will be provided". Call Ruairi @ 087 120 2617 or email ruairi.hughes@nln.ie "

Knock Drama Group takes to the stage again to perform a two act comedy play: 'Paige Fright' An Ode to Joy, at Aghamore Community Centre (F35 AT21) Friday 5th & Saturday 6th April 2024 @ 8pm. Hilarious comedy written and directed by Stephen Flatley. Strictly over 18's. Tickets €12.50 plus booking fee; available online @ Eventbrite. (Limited tickets available on the night at the door). We hope once again to entertain and make it a night of fun and laughter.

Chair Yoga Gentle exercises for your body and mind, Every Tuesday and Thursday at 11:00 in the gallery at Áras Inis Gluaire. New term starting 20th of February. For further information contact Dan Keegan: 089 493 7983 dankeeganyoga@gmail.com

Bangor Hall Bingo Thursday night 14 th March at 8pm. Jackpot €600 47 calls or less F26 AE80.

International landscape designer. TV presenter & founder of the global environmental movement 'We are the ARK', Mary Reynolds, will give a talk in Áras Inis Gluaire, Belmullet, on Monday, 18 March, at 7pm. Mary was the youngest winner of a gold medal at the Chelsea Flower Show and has written the bestselling book 'The Garden Awakening'. As part of Belmullet town's bicentenary celebrations, Áras Inis Gluaire (Eriss Arts Centre) and Baile Slachtmhar Bhéal an Mhuirthead (Belmullet Tidy Towns) are thrilled to be co-hosting this unique event, during which Mary will kindly launch a charming new bilingual children's book called 'An Bhumbóg Mór Bhuí ar Strae' - written and illustrated by local people. Tickets to this exclusive talk and book launch cost €10, and are available from Áras Inis Gluaire box office.

Family Support Drop-in

Eriss Community Based Family Support Service will have an open door, drop-in every Wednesday morning @ 9.30am - 1pm. Parents can drop-in without appointment to see our Family Support Worker, Leah Owens in confidence. This service is

suitable for families who may be experiencing challenges and need some information, advice or support. Appointments can be made for other days and times also. The Family Support Service is a project of Erris Family & Community Support Centre, funded by Tusla, and located at Irish Wheelchair Association, Logmore, Belmullet. Email: l.owens@mayofamilysupport.ie. Tel: 0877059705.

Widowed Separated or Divorced men and women: Beginning Experience offers valuable support to help process the deep loss of a loved one, by a trained team of men and women who are themselves bereaved. Residential weekend Fri 22 to Sun 24 March 2024. Star of the Sea Centre, Mullaghmore, Co Sligo. Details from Maureen 087-664-6896

Family Carers Ireland Are you caring for a loved one at home with additional needs? A spouse, partner, child, close relative or neighbour? Then you are a family carer! Become a member of Family Carers Ireland, the national charity supporting Ireland's 500,000+ family carers nationwide. Contact 057 93 70221 and hear how we can support you or for more info visit www.familycarers.ie.

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. 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. Separately there are also some paid roles available as Family support workers. If you are interested please email Fiona: fscully@enableireland.ie for further information. This is a very rewarding role and our Volunteers are very positive about their experience.

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 Galway and Mayo and its surrounding areas for older people who need befriending for one hour per week and/or telephone support for 2 hours per week. Our befriending program is designed to help older people combat loneliness and isolation. We need your help more than ever. If this is something that interests you, then please reach out to me on 086 0135043, email paul.stafford@alone.ie or follow the link <https://alone.tfaforms.net/f/ALONE-Volunteer-Expression-of-Interest-2021>

Mayo library are delighted to announce the launch of new age friendly parking at Belmullet library. These parking spaces are available to the public wishing to use Belmullet library, Mayo County Council local area office and social events and activities in Aras Inis Gluaire arts centre. The age friendly parking is provided to help members of the community with respiratory or mobility difficulties with ease of access to the Library, Civic Offices and Arts centre. The launch will take place on Thursday 2nd Feb at 2pm - All Welcome. For further information contact Kate Healy at Belmullet library on khealy@mayococo.ie or 09782555

Mayo Defective Concrete Blocks (DCB) Facilitator: Mayo North East Partnership will hold clinics by appointment to assist with the Enhanced DCB Grant scheme every Tuesday at Belmullet Civic Offices from 10am until 1pm. If anyone has an available local property that can be rented out to people whose homes are impacted by Pyrite, please contact: Caroline Wilson on 087 482 8261 / email: carolinewilson@mayonortheast.com

Are you caring for a loved one at home with additional needs? A spouse, partner, child, close relative or neighbour? Then you are a family carer! Become a member of Family Carers Ireland, the national charity supporting Ireland's 500,000+ family carers nationwide. Contact 057 93 70221 and hear how we can support you or for more info visit www.familycarers.ie.

MSLETB - Part Time Accredited Courses January/February 2024 in the Further Education Centre Belmullet
There are places available on the following QQI Components: QQI Level 4 Component Word Processing. QQI Level 5 Healthcare Components - Care Support and Work Experience. For further information please contact Geraldine Tighe: 096 71652 or 087 7715096 or email: geraldinetighe@msletb.ie

Living Well is a free HSE programme which helps people living with a long-term health condition to manage their condition and improve their overall wellbeing. Anyone with any chronic illness such as diabetes, arthritis, COPD, cardiac illness, anxiety, etc. can benefit from these workshops. The next programme in Westport it commences on Friday the 09th of February. The programme is delivered over six weekly workshops (2.5 hrs x 6) by trained leaders. Advance registration is required. To find out more, please contact Liam Gildea on 086 014 2675 or by email at lgildea@southmayo.com

Suicide Prevention training Courses for January – June 2024 in Galway, Mayo and Roscommon have recently been added to www.bookwhen.com/srotrainingmr

The following courses are taking place in Mayo. Please click on the link for further information on the course.

ASIST: 28th and 29th February 2024. 9am – 5pm. The Newman Institute, Cathedral Close, Ballina. F26 YV61 ASIST Ballina February

25th and 26th April 2024. 9am – 5pm. The Ellison Hotel, Castlebar. [ASIST Castlebar April](#)
SafeTALK 23rd January 2024. 10:00 – 1:30pm. Newman Institute, Ballina. [SafeTALK Ballina January](#)
22nd February 2024. 09:30 – 1:00pm. The Ellison Hotel, Castlebar. [SafeTALK Castlebar February](#)
30th April 2024. 10am – 1:30pm. McWilliam Park Hotel, Claremorris F12 D1W3 [SafeTALK Claremorris April](#)
Understanding Self Harm: 8th February 2024. 09:30 – 04:30pm. The Ellison Hotel, Castlebar. [USH Castlebar February](#)
09th April 2024. 10:00 – 5:00pm. The Mc William Park Hotel, Claremorris. [USH Claremorris April](#)
Other courses maybe added over the coming months so please check the website on a regular basis if you are interested in booking a place.

Free Event. PHYSICAL ACTIVITY FOR HEALTHADAPTED FOR COPD ACTIVATORWALKING WITH POLES TO BOOK YOUR PLACE Contact Edel: 087 4764140 or eomalley@mayococo.ie Starting Friday 19th Belmullet, Aras Inis Gluaire. 12.30 - 1.30pm for 8 weeks

Upskill yourself with free certified online courses in Mayo College of Further Education and Training in 2024. We have courses in conjunction with Mayo GAA in Mentorship, Sustainability in the Workplace, Project Management and Leading Through Change commencing in January. Apply Online at mayocollege.ie to improve your CV and employment options.

MSLETB - Part Time Accredited Courses February/March 2024 in the Further Education Centre Belmullet
There are places available on the following QQI Components: QQI Level 4 Component Word Processing
QQI Level 5 Healthcare Components - Care of the Older Person and Care Support. For further information please contact Geraldine Tighe: 087 7715096 or email: geraldinetighe@msletb.ie

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Holding Out for a Hero is the title of a new book from Fr Brendan Hoban, looking at the hope and promise that Pope Francis is bringing to the Church. Copies available in Carey's Newsagents, Belmullet at €18.

Interested in hosting an Italian student in 2024, Experience new cultures and become a host. Students arrive at different times of the year which allows host families great flexibility when to host. Payment of €330 p/w, For more information text Rina on 0877414252 or email rinagarrett@gmail.com to receive your application form.

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Information and Support for Birth Mothers - whose babies were placed for adoption may be found at www.birthinfo.ie or by calling the relevant section of TUSLA at +353 818 445 500

TFI Local Link Mayo - 803 Ballyglass to Belmullet, operated by Malachy Gaughan (on behalf of Local Link Mayo) has extended its route taking in Shore Rd, Seaside Rd, and Church St. (Friday Weekly)
802 Blacksod to Belmullet, operated by Kevin Gaughan (on behalf of Local Link Mayo) has extended its route taking in Church St, Logmore, Toorglass, Attycunnane, and Barrack St. (Thursday Weekly)
Check out our website www.locallinkmayo.ie call our main office 094 9005150 or drop in to our local office in Belmullet Civic Centre for more information.

Safeguarding survey for survivors of abuse

The Irish Bishops' Conference, along with the Association of Leaders of Missionaries and Religious of Ireland, have commissioned consultants, RSM Ireland, to undertake a review of child safeguarding in the Catholic Church.

One part of this review is to engage with survivors and victims of abuse, to seek their views on Church Safeguarding processes. Specifically, RSM would like to hear from survivors who have disclosed abuse within the last twenty years, to see what needs to be improved. For more information please contact: survivor.consultation@rsmireland.ie

Belmullet Library & Croí - blood pressure monitor loan service. Healthy Ireland @ your library
Mayo Library Service & Croí are now offering FREE BP monitoring units for loan via the library service for more information please contact Kate on 097 82555 or khealy@mayococo.ie

Home Instead. Change career. Change lives. Take the path to your new caring career with Home Instead Mayo
We are urgently looking for Care Assistants across all areas of Co. Mayo. Help us provide Care to someone in need, in a town near you today! Training and Support provided. Cal 094 9044785 or email cara.hughes@homeinstead.ie
Safeguarding survey for survivors of abuse.

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

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

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

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

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

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

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per week and our telephone service for up to 2 hours per week. Our befriending program is designed to help older people combat loneliness and isolation. We need your help more than ever. If this is something that interests you, then please reach out to me on 086 0135043, email paul.stafford@alone.ie or follow the link www.alone.ie <https://alone.tfaforms.net/.../ALONE-Volunteer-Expression...>

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

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

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

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

My main activities when working with children with a variety of disabilities was to support them in living their lives more independently and to reach their potential by providing support. This was usually done through art, music and play. Volunteering with Enable Ireland has developed my communication skills in many ways. My volunteering experience has taught me the value of empathy and compassion and how deeply rewarding volunteering can be.” A Volunteers story

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

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

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

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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.

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.

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.

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”

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.