GLENCORRIB & SHRULE PARISH NEWSLETTER - 5th SEPTEMBER 2021













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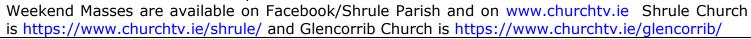
Fr. Vivian Loughrey PP, Parochial House, Ramolin, Shrule, Co. Mayo. H91, V2FK

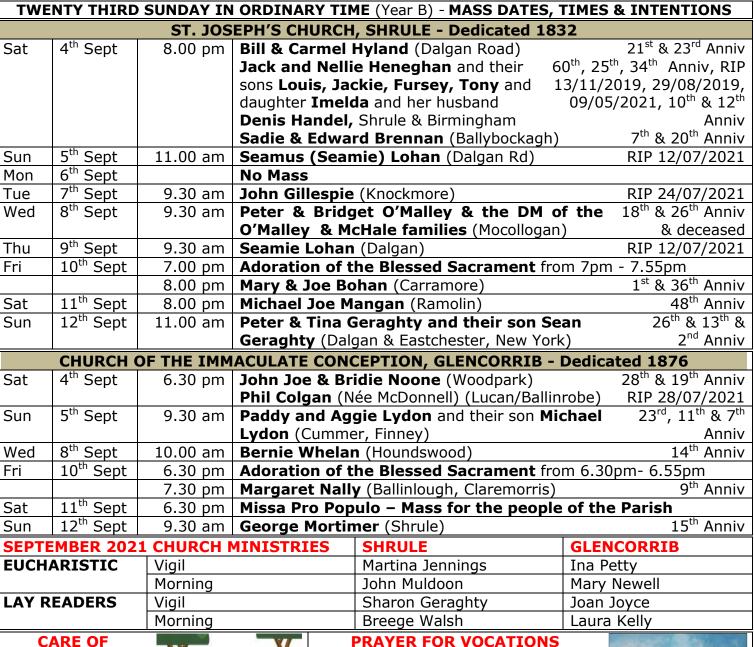
☎ 093 31262 or email parishofshrule3@gmail.com

Parish Website: www.shruleglencorrib.com Newsletter email: newsletter@shruleglencorrib.com Newsletter only 086 3782156 Newsletter (Vol. 26 - 06)

Newsletter on Web: www.shruleglencorrib.com & www.mayo.ie

All Masses are on the parish radio 101.4 FM





CREATION 1st September to 4th October 4th.

All are invited to pause and reflect the aift of

creation and how each one of us can take simple steps towards caring for this fragile earth we are called to share. As Mother Teresa once said "if everyone sweeps outside their own door, then

the whole street will be clean".

A home for all

PRAYER FOR VOCATIONS

God our Father, send workers into your harvest. May the Spirit we received in baptism touch the hearts of many to offer themselves in priesthood, religious life and other forms of service. Give the parents and families of our diocese the wisdom and courage to support young people in searching for and following the call of God in their lives.



JOB VACANCY GLENCORRIB

Sunny Days breakfast club & Afterschool service have a vacancy available for a childcare worker to cover maternity leave with immediate start. Hours Mornings 7.30am - 9.30am (2/3 days per week) Afternoons 1.30pm - 6pm (5 days per week) Contact glencorribcommunityservices@gmail.com



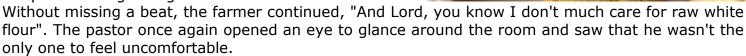
CHILDMINDER
REQUIRED in Cong to
take care of 3 children
in children's home.
Please © 0876747570
for more information.

JUST ANOTHER THOUGHT: A while back I read a story of a visiting pastor who attended a men's breakfast in the middle of a rural farming area of the country.

The group had asked an older farmer, decked out in bib overalls, to say grace for the morning breakfast.

"Lord, I hate buttermilk", the farmer began. The visiting pastor opened one eye to glance at the farmer and wonder where this was going.

The farmer loudly proclaimed, "Lord, I hate lard." Now the pastor was growing concerned.



Then the farmer added, "But Lord, when you mix them all together and bake them, I do love warm fresh biscuits. So Lord, when things come up that we don't like, when life gets hard, when we don't understand what you're saying to us, help us to just relax and wait until you are done mixing. It will probably be even better than biscuits Amen."

Within that prayer there is great wisdom for all when it comes to complicated situations like we are experiencing in the world today.

Stay strong, my friends, because our LORD is mixing several things that we don't really care for, but something even better is going to come when HE is done with it. AMEN

ALL IRELAND FOOTBALL FINAL – PREPARATIONS: Spirits are high once again as the Mayo football team make their almost annual trek to Croke Park in their quest to reclaim the Sam Maguire Cup. IF you were lucky to get a match ticket for the All Ireland on Saturday next, congratulations, safe travelling and best of luck to the Mayo team. The rest of us will be keeping the flags flying here. I haven't had the opportunity to visit Shrule village yet but I believe it's looking fantastic as Glencorrib is too. A huge thanks to all those who put in many hours in raising the flags, bunting and lighting. It's a credit to you all. I feel that Sam will be coming back into Mayo this year after a 70 year absence.

PARTING WORDS

priest spoke to his Α congregation at the end of mass. "Years ago", he told "Jesus asked me to them, become a priest. He knew that I had many gifts and talents and asked me to use them through the years and I have used them to the full. Jesus asked me to move to different appointments and Ι never said Everywhere I went; Ι did amazing work for him. years ago, Jesus asked me to move to this parish and I have worked tirelessly and achieved so much. Jesus is so grateful to me and now Jesus has asked me to move to another parish and so this is my last Sunday here". The choir sang "What a friend we have in Jesus".

WESTERN CARE ASSOCIATION'S ANNUAL DOOR TO DOOR COLLECTION

Unfortunately the annual door to door collection is unable to take place again this year in its usual way; our organisation must protect our valuable and dedicated volunteers who have supported Western Care over many years. However, when one door closes another door opens, we now have the opportunity to reach out to not only our longstanding donors but also to the doors that were never knocked upon, in our own local communities and to you, the Mayo Diaspora all over the world who can now support their Mayo Charity with the click of a button! To donate, find us on Facebook "Western Care Association" or on www.idonate.ie/wcadoor or find the link on (www.westerncare.com) to make your donation. our website The collection is now taking place during the month of September. If you would like to donate in any other way, (Cheque, Postal Order or Bank Transfer) we would be very happy to talk to you. Please Teresa Ward on 094 90 29174 or 087 246 7857 or email: tward@westerncare.com or drop it into Dell Maye, Glencorrib. Your support to Western Care Association is needed now more than ever, we appreciate your continued support to Western Care Association your Mayo Charity. Thank you. All donations are processed securely.

PLEASE REMEMBER WITH A PRAYER THOSE FROM SHRULE AND GLENCORRIB PARISH WHO DIED ON THIS WEEK IN FORMER YEARS



| Surname | Christian | Village | Date Died | Age | Cemetery |
|-----------|-----------|---------------|------------|-----|---------------|
| Egan | Mary | Shrule | 04/09/1932 | _ | Shrule |
| Davin | Norah | Dalgan | 04/09/1977 | 62 | Shrule |
| Hynes | Tom | Cahernabruck | 04/09/2000 | 61 | Shrule |
| Brennan | Sadie | Ballybockagh | 04/09/2014 | 83 | Shrule |
| Dooley | Margaret | Cahernabruck | 05/09/1924 | 18 | Shrule |
| Naughton | Peter | Rostaff | 05/09/1963 | 72 | Moyne |
| Ruane | Thomas | Gortatubber | 06/09/1976 | 90 | Shrule |
| Moran | Michael | Brackloon | 06/09/1989 | 85 | Shrule |
| Burke | Brigid | Shrule | 07/09/1953 | 85 | Shrule |
| Keleghan | William | Shrule | 07/09/1958 | 65 | Shrule |
| Hyland | Carmel | Dalgan Road | 07/09/1998 | 42 | Donaghpatrick |
| Keady | John Joe | Dalgan Road | 07/09/2009 | 65 | Shrule |
| Noone | John Joe | Woodpark | 08/09/1993 | 76 | Shrule |
| O'Malley | Brigid | Mocollogan | 08/09/1995 | 73 | Shrule |
| Monahan | Walter | Tubberkeerane | 09/09/1934 | 83 | Shrule |
| Greally | Nellie | Cloonbanane | 09/09/1939 | 45 | Shrule |
| Staunton | William | Dalgan | 09/09/1975 | 53 | Shrule |
| Burke | Delia | Cahernabruck | 09/09/1985 | 83 | Shrule |
| Lawless | Stephen | Wakefield | 10/09/1994 | 74 | Shrule |
| Bohan | Mary | Carramore | 10/09/2020 | 94 | Donaghpatrick |
| Concannon | Mike | Gortbrack | 11/09/1989 | 73 | Killursa |
| Moss | Cathy | Ballycurrin | 11/09/2005 | 54 | Killursa |
| Garvey | Anthony | Toorard | 12/09/1931 | 78 | Moyne |
| Mogan | Teresa | Cullagh | 12/09/1993 | 76 | Oughterard |

PLEASE REMEMBER WITH A PRAYER THE RECENTLY DECEASED:

Sally (Sarah) Lewis née Davin Kirkby-in-Ashfield, Nottinghamshire, UK and formerly of Brackloon, Shrule whose funeral Mass takes place on Tuesday 7th September at the Church of Our Lady Help of Christians, Kirkby-in-Ashfield, Nottinghamshire, England. RIP

CAO POINTS: On Tuesday next our Leaving Cert Students will receive their long awaited college course based on their Leaving Cert CAO points. BUT PLEASE PLEASE REMEMBER THIS:

You are more than a number. You are more than a grade on a paper or a score on a text. You are a special person. A person with unique skills, gifts and talents. A person with feelings, you get excited, happy, angry and sad. You get frustrated when you don't get the results and sometimes you worry too. You are a person with hopes, dreams and plans. You are more than your results in an exam. Please remember, you are special. **Sandy O'Donoghue**

RESTORATION FUNDRAISING RAFFLE FOR HEADFORD CHURCH:

First prize a car. Tickets are now on sale from the parish office or by 2093 35448 or through our website. Thank you to all who sponsored our fundraiser so far and helped out along the way.

THE SEASON OF CREATION:

1st September to 4th
October, 2021.

'A Home for All?
Restoring our Common

Home'.The Season of Creation or

Creation Time is marked throughout the Christian World for the month of September until the Feast of St. Francis of Assisi on the 4th October, celebrating the joy of creation as well as encouraging awareness to protect the natural environment. **Pope Francis**



THE SEASON OF CREATION:

'Rivers do not drink their own water, trees do not eat their own fruit, the sun does not shine on itself and flowers do not spread their fragrance for themselves.

Living for others is a rule of nature.

We are all born to help each other No matter how difficult it is...

Life is good when you are happy, but much better when others are happy because of you'.

Pope Francis

HISTORICAL SGK (Shrule Glencorrib Kilroe Historical Society) is working on an online map of the parish at the moment. We wish to identify and locate all landmarks of historical interest as well as old monuments, wells, roads, stiles etc. If you would like to be sure your favourite is included, please drop us an email at historicalsgk@gmail.com or \$\alpha\$ 0863782156. Thank You...

JUST A THOUGHT: The Covid restrictions are being lifted gradually. Full liberation will be achieved (or granted?) on October 22nd. As human beings, we all share the same sorrows, the same hopes, the same potential. The Covid-19 pandemic has reminded us how interdependent we are: what happens to one person can soon affect all, even those on the far side of our planet.

It is natural to feel anxiety and fear at a time when so many are suffering. The current global health crisis also reminds us that what affects the human family has to be addressed by all of us.



The solution to this, as too many other problems, especially concerning the environment, depends on international co-operation. Ultimately, if humanity is to thrive, or even survive, we must remember that we are one.

Covid has forced us to ask important questions and to address important human issues. For example, how can we stay connected when we are being encouraged to distance from one another? Many of us are missing small, meaningful moments of connection and our friends' absence is understandably felt at important familial events and memorials. Above and beyond physical distance, friendships are being strained over conflicting views or values.

Grateful as we may be to have the technology that allows us to keep in touch, many are struggling with feelings of disconnection and loneliness. Feeling connected to our friends is one of the single most important predictors of our physical health and emotional wellbeing. Loneliness is quite literally toxic for our health. My hope is that as painful as social distancing is, it's also a reminder of how precious our friendships are and a not so subtle nudge to reflect on how we can cultivate more meaningful connections.

We will gradually resume our shared activities, play-dates and events. But we can also benefit from recognising the importance of our friendships as adults and recognising the steps we can take to cultivate closer, more fulfilling relationships. Truthfully, loneliness has less to do with the number of friends we have or how often we see or speak to each other, and much more to do with our subjective experience of feeling connected and seen for who we really are. The more we can embrace vulnerability by sharing our struggles and successes, hold space for our friend's feelings without imposing our own, and make an effort to prioritise our friendships the same way we do our other relationships and responsibilities, the closer we will feel and the more able we will be to tease apart the difference between being alone and feeling lonely.

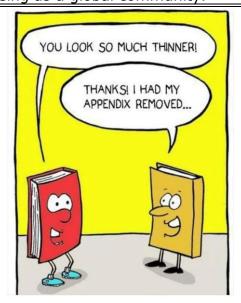
Covid-19 is now part of our normal lives and will likely continue to be a significant shaper and influencer of the immediate future. People have an amazing capacity to adapt and thrive.

Anxiety and worry are normal reactions to this sort of disruption and uncertainty. One of the keys to being resilient is being able to take the measures people need to rest, recover and look after themselves. From a public health perspective, we must also look broadly at other global challenges, such as the impact of global warming on disease spread. Public health will have to be an increasingly important part of the discussions about our future wellbeing as a global community.

WHAT DOES LOVE MEAN TO 4-8 YEAR OLD KIDS? PART 1

A group of professional people posed this question to a group of 4 to 8 year-olds, 'What does love mean?' The answers they got were broader, deeper, and more profound than anyone could have ever imagined!

- 'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore... So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.' Rebecca - age 8
- 'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.' Billy - age 4
- 'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.' Chrissy - age 6
- 'Love is what makes you smile when you're tired.' Terri age 4
- 'Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.' Danny - age 8
- 'Love is like a little old woman and a little old man who are still friends even after they know each other so well.' Tommy - age 6



SHRULE PARISH is committed to the protection of all children and young people in our Church. Please see notice board for contact details.

RAHOON CEMETERY MASS – Sunday 12th September @ 11am. In agreement with the Diocese this Mass will not be open to the public. However, this Mass will be streamed live via http://studiorove.ie/graveyardmass

OUR CHURCHES are open every day not just Sundays. Drop in for some quiet time, prayer and reflection. **God want full custody not just weekend visits**.

REMEMBERING YOUR LOVED ONES: If you're loved ones from the parish are not listed in our weekly list and you would like them to be remembered, then please **☎** / Text 0863782156 or email glencorrib2000@gmail.com with their details. **"To be forgotten is to die twice"**

FREE ONLINE LIVING WELL PROGRAMME: next programmes commences on (Limited places). Four separate courses starting on Thursday 9th, Monday 13th, Tuesday 21st & Wednesday 29th September 2021.

We have our living well programme up and running. We are using the zoom platform. If yourself or any of your friends or colleagues would like to join the next course in September.

Please see below link for more information about the course: www.hse.ie/livingwell If you are living with a long term heath condition you may be interested in doing the 'Living Well' Programme'. This is a six week programme delivered in 2.5 hour weekly sessions where you will learn new skills to manage your health condition on a day to day basis. This Programme will commence in September. 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 Liam Gildea on 0873490393 or by email at liam.gildea@mayocil.ie

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 to the outbreak of Covid-19. Professional staff will be available to offer reassurance where necessary. The support line is one seven days a week, 8am - 8pm, by 🕿 0818222 024

PERNET LAY ASSOCIATES NETWORKING TOGETHER (PLANT) work with Sister Imelda O'Sullivan (Little Sisters of the Assumption) and are asking for parish help in publicising their autumn courses and events. Poster attached; www.pernet.ie/courses for further information. **Taylor** Mary Cunningham 086 3836567 Pernet CLG www.pernet.ie

PARISH NOTES: - WAYS TO MAKE CONTRIBUTIONS:

With the resumption of public liturgies, the following ways now in place to make contributions. These contributions make the works been carried out possible. Thank you for your continuing support in these unfamiliar times. At weekend Masses, Shrule Post Office. Drop off at Parochial House (Tuesdays, 10.30 am - 12noon) or Curates' House (Wednesdays, 10.30 am - 12noon) or Banking Online or Standing Order. Details of each church bank account have been provided below

o **Shrule Church:** Bank: Ulster Bank Ireland DAC Account Name: Shrule Church Finance Committee:

IBAN IE10ULSB98525010138070 and BIC: ULSBIE2DXXX

o **Glencorrib Church:** Bank: Ulster Bank Ireland DAC Account Name: Shrule Glencorrib Church:

IBAN IE97ULSB98525010138153 and BIC: ULSBIE2DXXX With banking online please ensure **full name is given** as

reference when making the standing order or account transfer, so the parish has a record of who has made their weekly contribution through each bank account. This is **very important** for the Charitable Donation Scheme. Thank you for your continuing support.

Welcome to those Outside of Parish: People outside of the parish are most welcome to attend public liturgies in the parish. Please observe guidelines. Regarding contributions please continue to support your parish and use your own parish envelopes It is standard practice for envelopes to be returned to their respective parishes.

ACT OF SPIRITUAL COMMUNION: If you are not able to come together to celebrate Mass and receive communion, please find time to pray and receive Jesus spiritually.

SPIRITUAL COMMUNION PRAYER: My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

SAMARITANS ANSWERED CALL EVERY 56 SECONDS IN 2020

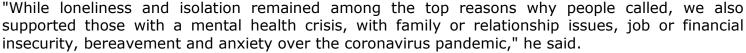
Samaritans' volunteers in Ireland answered a call for help every 56 seconds last year, according to its latest Impact Report. Emotional wellbeing, isolation, loneliness, and concerns about Covid-19 were the biggest issues for those who phoned the mental health charity in 2020. 2,300 volunteers listened for more than 100,000 hours during the year and over 560,000 calls and emails were answered. The Samaritans offered a national response to ALONE last year for callers to that service outside of opening hours. In November and December 2020, it took 92 of these calls.

The report highlights the Emigrant Support provides Programme, which 24-hour freephone access the Samaritans to Ireland helpline for Irish people abroad. The service was launched in 2018 on a pilot basis in the United Arab Emirates, China, Hong Kong, and Poland. Christmas, it was extended to Canada and Australia.

The distance from home, and the limitations imposed by Covid-19 restrictions, meant that many people have been feeling increased loneliness and isolation according to the report.

Executive Director Niall Mulligan (pictured

on the right) says overall, the service was a vital link for those in need of support.



The Samaritans Ireland Impact Report 2020 has been launched ahead of World Suicide Prevention Day, which takes place this Friday 10th September 2021.

The organisation said that while the long-term effects of the pandemic likely to be felt for several years, sharing ways of remaining hopeful could support anyone struggling to cope and be an important reminder that suicidal thoughts are not permanent.

'Couldn't see beyond anything' Six years ago, Michael Keelan (pictured on the right) turned to the Samaritans for help.

He describes it as a dark time in his life when he "couldn't see beyond anything". Michael called the Samaritans. To this day, he cannot remember if the volunteer he spoke to was a man or a woman. "At the time it was enough for me to speak to them, I think it was nearly 20 minutes, 40 minutes of speaking the first time and when I just felt low again, I just lifted up the phone".



He said that by speaking to the Samaritans, he was able to get his own story out. "I wasn't afraid of having a mask on to keep other people happy. It was just the reset that I needed to start again, I felt strong enough to be able to bring my life back again and make myself unemployed". That reset led to Michael leaving his job as a taxi driver and returning to work in IT. "I started growing my career back again and six years later I'm starting to feel like my life is back on track", he said. Michael is now in college studying psychotherapy and is a Samaritans volunteer. "I just felt at the time it was such a great service that I just wanted to give something back and I'm glad I did". He said that most of the calls he answered last year were due to loneliness. Asked if he has any advice for people who may be going through challenging times he said: "Don't bottle it up, just open up, reach out to somebody, whether it's a sibling or parents, friends, anyone. "If you do not have that, just reach out us in the Samaritans, never bottle it up, you are not alone and like the saying, this too shall pass. It always does pass".

Anyone seeking emotional support can contact Samaritans, for free, 24 hours a day, seven days a week on 116 123 including on mobiles without credit or email on jo@samaritans.ie

Source = https://www.rte.ie/news/2021/0907/1245276-samaritans-report/

EVERY LEAVING CERT STUDENT SHOULD READ THIS INSPIRATIONAL COMMENT

A comment about the Leaving Cert results has gone viral on Twitter and has been praised by Marian Keyes and Ryan Tubridy - for good reason

With today's Leaving Certificate results a big talking point for the past week, a lot of solid advice for students has been buried beneath the furrows of the internet. However, one inspirational comment left on a news website has managed to stay afloat in the viral world.

A Twitter user spotted this comment made by writer Billy O'Hanluain online on Tuesday and shared it on social media soon after.

Since the screenshot of the note has been shared the words have gone viral, reaching more than 4,100 people on Twitter.

"Today, I am thinking about all the students who'll get their leaving cert results on Friday; not the ones who'll be feted on the covers of newspapers with their freakish bouquets of seven A1s," O'Hanluain wrote.

"No, this morning, I salute the dreamers, the ones who ploughed through their own furrow against the grain, the dancers and chancers, the schemers, the unsung heroes of the magical space between the classes, the bike shed kissers and smokers, the ones whose crooked branches could never be bent straight.



"The raconteurs of the school bus stop, the shy ones who'll be beautiful late bloomers, the bullied ones, the ones who thought their leaking buckets were deficient but it is only along a well-watered path that the most beautiful flowers grow.

"The boys and girls who held tight to their own songs, whistling their own melodies against the wind that blew hard for the last six years. The oddballs who rolled collecting only the moss they wanted.

"The gay boys who've waited for years to walk out of those school gates for the last time and walk tall. The ones who were taunted and not taught, the ones whose songs were frozen and stultified by facts; there is no failure today."

"The thaw begins today. This is your Spring, your release, your recovery, your time," O' Hanluain continued. "Take flight. Learn to forget and dazzle yourself by being who you truly are. Let nobody measure or assess you. Look up into the cosmos of your beautiful self and follow that star that winks at you showing you the way towards the place that school never revealed to you.

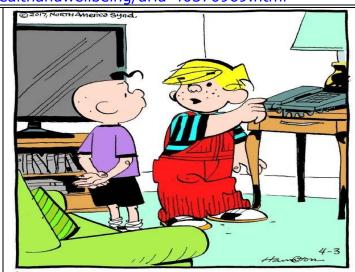
"Somewhere way beyond what you thought was possible. Somewhere so close. Deeply lodged in you."

The comment has struck a note with Twitter users, including author Marian Keyes.

"This is absolutely beautiful," she penned, along with a retweet of the piece.

Source = https://www.irishexaminer.com/lifestyle/healthandwellbeing/arid-40370969.html





"MY PARENTS USE THIS PHONE TO CALLTHEIR CELL PHONES WHEN THEY CAN'T FIND THEM."