

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	Apr	30th	12.00p.m	Michael Mangan - Month's Mind
Sat	Apr	30th	8.00p.m	Pat & Mary Barrett & Breege Barrett, Logmore- Margaret & Patrick Staunton, Katy, Thomas & Margaret Mills -- Paddy Reilly, Carne Nash, John McGrath, Muing--Tom Sheeran, Glengad
Sun	May	1st	10.30a.m	Nora Lynam - Month's Mind -- John & Bridget O'Donoghue -- Anthony & Kathleen Reilly & Sons Tony, Paddy & Joseph Daughter-in-law Mary
Tues	May	3rd	9.30a.m	John & Mary Conmy & Deceased Family -- Dean John Gilroy
Wed	May	4th	9.30a.m	Mary & Joe Clarke, Foxpoint -- Mary & Pake McDonnell & Deceased Family
Thurs	May	5th	9.30a.m	Ellie Snee - 10th Anniv. & Pat Snee & John Lally -- Richard Sheehy
Fri	May	6th	11.00a.m	<u>Sunday Mass for Senior Citizens</u> - Martin Gibbons - 1st Anniv
Sat	May	7th	12.00p.m	Sal McAndrew - Memorial Mass
Sat	May	7th	8.00p.m	Martin & Peggy Geraghty -- John & Bridget O'Malley & Brian Dolan -- Mick Monaghan, Carrowmore
Sun	May	8th	10.30a.m	Margaret McHale - 1st Anniv -- Annie & Hugh Meehan & Family

MASS TIMES - GLENCASTLE

Sun	May	1st	12.00p.m	Paddy Ruddy - Month's Mind -- Mary Joe Conway - 70th Birthday Remembrance & Pat Conway, Billy, Lena & Tony O'Connor & Pat McAndrew & Nora Conway
Sun	May	8th	12.00p.m	Anthony Lally & Mary Gillespie, Shraigh -- Bridget & Thomas McLoughlin & Deceased Family

Thank You

A Sincere Thank You to Fr. Gerry Gillespie who is covering for me this week as I am away at a Wedding

COMMUNION CALLS

Fr. Michael will do the First Friday calls to the sick and housebound of the Parish on Tuesday 17th May to 24th May

DATES FOR FIRST HOLY COMMUNION

First Holy Communion:

14th May 2022 at 12 noon—Belmullet NS in
The Sacred Heart Church, Belmullet.

15th May 2022 at 12 noon— Shraigh NS's in Our Lady of Lourdes Church, Glencastle.
The Sacred Heart Church, Belmullet.

MINISTRIES	CHURCH	MASSES	SUNDAY May 8th
Readers	Belmullet	Vigil 10.30a.m.	Sheila Tallott Gerry Murphy
Eucharistic Ministers	Belmullet	Vigil 10.30a.m.	Maura Murphy Eva Reilly
Eucharistic Ministers	Glencastle	12.00p.m.	Michael Joe Lally

Trócaire

Please bring your Trócaire Boxes or donation to the church this weekend

WEDDING BELLS

Congratulations to
Róisín Connolly & Stephen Doherty
who are married Friday 29th April &
Siobhan McIntryre & Alan Carey who will be married in Altea, Spain on
Monday 2nd May
We wish them every Blessing

RECENTLY DECEASED

Please pray for the soul of
Eileen Flahive, London sister of Nora Mai Walshe
May she rest in Peace

BAPTISED RECENTLY

We welcome into God's Family
Cillian Patrick Jamison, Belfast
Joshua Andrew Fogarty, Shraigh East
Ailbhe Bridget Keane, Gladree, Belmullet
We wish them every Blessing

ALTAR SOCIETIES BELMULLET Group 5
Carmel McIntyre, Maura Murphy & Kristie Lavelle
GLENCASTLE Carrowmore
Margaret McAndrew, Mary Sweeney, Nora Gaughan
& Kathleen Linnane

Rosary for May

There will be a Rosary for Ireland and for peace in Belmullet Church at 7.00pm every evening for the month of May.
Everyone welcome to attend.

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

Message from Bishop John Fleming

My dear People,

Following a recommendation made at a meeting of the Council of Priests on March 24th, I held a meeting with the priests on April 12th to discuss the redeployment of priests within the diocese. Having listened to the views expressed on that occasion I have formulated a Plan for the Pastoral Care of the Diocese.

The Plan is designed to ensure that the best possible pastoral support will be available to all parishioners in the light of the vacancies which occur at present and the ones which will occur in the near future.

As you may be aware, at present, 22 diocesan priests are serving in the 22 parishes of this diocese. As a result I cannot appoint a resident priest to every parish. Unfortunately, this pattern will continue into the future as there is only one student preparing for priesthood at present.

I am deeply aware of the extra burden which decreasing numbers is placing on priests and people alike. I will not be able to fulfil the wishes of everyone and so I am asking, therefore, for your support in the implementation of this Plan.

With prayerful good wishes,
Bishop John.

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. Kildare 4.
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 3.00p.m.

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

PARISH NOTICE

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 course being delivered in the Erris and Achill areas. It is delivered over the course of 6 weeks whereby the attendees 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.

The next course will start on-line on May 11th at 7pm.

A qualified dietician will join us in week 5 to answer any of your questions.

To find out some more information or to book your place please contact the following. siobhanscanlon@mayonortheast.com or call Siobhan 087 --4347015.

Erris Credit Union- Employment Opportunities - 2 x Teller Positions

Go to www.erriscreditunion.ie to download job application form & job description

Deadline for receipt of job application- Sunday 8th May 2022 Erris Credit Union is an Equal Opportunities Employer.

Shraigh N.S. Book Fair

The staff in Shraigh N.S. are excited to invite parents and children to our upcoming Scholastic Book Fair. Hosted by the staff, this event is an opportunity for children of all ages to build their home libraries and further their love of reading. We are inviting you and your children to come and browse and purchase books on Wednesday the 4th of May – 7pm to 9pm in our Multi - Purpose Room in Shraigh N.S. We're excited to celebrate our love of books together at the Book Fair. We look forward to seeing you there. Happy Reading

FRC for Erris Meeting

A community info evening will take place in Ballycroy Community Centre at 7.30pm on Wed 4 May. Fáilte roimh chách! Public meetings have recently taken place in parishes across Erris. This is the final parish meeting - an opportunity to share your stories and ask us questions. Find out how a Community & Family Resource Centre would benefit the entire Erris region. Your support is a vital part of the FRC for Erris campaign! For more info please email frcferris@gmail.com or visit our Facebook page @frcferris

Lough Derg Re-Opens

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.

Croí, the Heart & Stroke Charity, and our Third Age Mayo Programme that we will be teaming up with pharmacies across Mayo for the month of May to offer free blood pressure checks.

The Croí Third Age Mayo Programme, which aims to promote healthy cardiovascular ageing, urges you to Own it, Check it and Sort it with 'May Measurement Month'. Did you know that high blood pressure typically has no symptoms - the only way to find out if you have high blood pressure is to have it checked regularly (at least once a year).

From May 3rd – 31st, over 30 pharmacies across Mayo will be participating in this initiative. Visit one of the participating pharmacies for your free blood pressure check and 'Own it, Check it, Sort it!'. For the latest list of participating pharmacies, please visit www.croi.ie/third-age-mayo-bp.

New Croí 'My Blood Pressure' Programme

Members of the public found to have high blood pressure will be offered information and advice, as well as the opportunity to take part in a free Croí blood pressure management programme delivered by the Croí multi-disciplinary health team.

The participating pharmacies include:

Achill – Molloy's; Balla – Life Pharmacy; Ballaghaderreen – Molloy's; Ballina – Molloy's (Bunree Road), Molloy's (Garden Street), Kilroy's, McKane's; Ballinrobe – Hynes; Ballyhaunis – Curley's; Bangor Erris - Lavelle's; Belmullet – Lavelle's, McCormack's; Castlebar – O'Donnell's, MacAuliffe's, Treacy's, Staunton's; Charlestown – Colleran's; Claremorris – Haven Pharmacy, Aran Health Pharmacy; Cong – Cong Pharmacy; Crossmolina – Molloy's, Quinn's; Foxford – Heneghans; Kilkelly – Life Pharmacy; Killala – Lavelle's; Kiltimagh – Heneghans; Knock – Life Pharmacy; Louisburgh – Staunton's; Swinford – O'Connell's; Westport – O'Connell's, O'Donnell's, McVann's, Treacy's.

Would you be interested in hosting a Spanish Student this summer? If you have a child aged 13 - 17 years old then this could be for you!! They will arrive on Wednesday the 28th June 2022 until Wed 26th July 2022 . How it works..... Students are placed in host families with children of the same gender and a similar age and are carefully matched in terms of interests and hobbies. The focus is on participating in daily family life and activities so the student can enjoy the real Irish experience by staying with an Irish family. If interested please contact Rina 0877414252 or email rinagarrett@gmail.com for application form and more information on payment etc.

A Day of Prayer - There will be a Day of Prayer and Healing in the Immaculate Conception Church, Carratigue on Sun 8th May, at 1.30pm. Talk and prayers for healing by Aidan Byrne. Eucharistic blessing by Fr Joseph Hogan. Enquiries to (097)88917 or 0872207804.

Variety Concert Transition Year students from St. Brendan's College will present their Variety Concert in ArásInisGluaire on 4th and 5th May at 7.30pm. Booking is essential at 097 81437 Tickets: Adults €10 . Students/OAP's €7.

FRC for Erris Campaign Erris is one of the most beautiful but isolated regions in the country, with many members of the community having to travel significant distances to access services that other areas may take for granted. A local steering

committee has been formed to secure a Family & Community Resource Centre for the area. This Centre would act as a hub from which a range of family, community, mental health and well-being supports and services could be delivered, as well as supporting community development activity. By signing this petition you are supporting the FRC for Erris Campaign and our vision for Erris as an inclusive, sustainable, and independent community that is self-sufficient and provides a supportive environment to all those living in the area.

The Kilmore May Festival will be held on the May Bank Holiday weekend. See our posters for details of the many fun filled events taking place. Anyone interested in helping out and being part of the event please contact 0872185702 or 0876032649. All volunteers are welcome. On Mon 2nd May a family fun day will be held in the Kilmore sportsfield. Any group or business who would like to have a stand to display their products please contact the above numbers for details. Please note that the official opening ceremony of the Kilmore May Festival will now be held at 5pm in the Kilmore Clubhouse. This will include a blessing and a special memorial to all the deceased members of the community. All welcome.

Concert - Traditional Songs and Music of Erris - Halla Naomh Bhreandáin, Eachléim (8pm on Friday 6th May) featuring local musicians including David Munnely and the Ó Mongain family and many others. All welcome.

Tour Guides for Blacksod Lighthouse

CFID are looking for tour guides for the season to provide guided tours of Blacksod Lighthouse. If interested, please contact eolas@ionaddeirbhile.ie or 0860713097.

Croí, the Heart & Stroke Charity, invites you to join our free monthly webinar series, Living Well with Cardiovascular Disease. Up next in our webinar series is a special webinar on Managing Your High Blood Pressure on Thursday, April 28th, from 7 – 8 pm. Expert guest speakers on the evening include Prof Andrew Murphy, GP and Professor of General Practice, NUI Galway; Eoin Keating, Physiotherapist; and a Dietitian (to be confirmed). This special online event takes place ahead of Croí's Third Age Mayo 'May Measurement Month' with free blood pressure checks to be available across select Mayo pharmacies for the month of May in recognition of World Hypertension Day on May 17th. More information on this coming soon at www.croi.ie/thirdagemayo. For more information on this webinar visit our Croí website at www.croi.ie.

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

Knock Market @ the Plaza takes place this Sunday, 24th, of April. Time 10am to 3pm.

A wonderful day in store for all the family with lots of beautifully hand crafted gifts made by local crafters. Adjacent to Knock Shrine, wheelchair accessible, car park and toilet facilities close by along with great shops & restaurants. Market @ the Plaza takes place the last Sunday of each month. We look forward to seeing you in Knock. Contact Leonie @ 086-8486924. E-mail: leoniekilroy@gmail.com Follow our Facebook page @ Knock Market & Events.

FRC for Erris Meeting

A community information evening will take place in Ballycroy Community Centre at 7.30pm on Wednesday, 4 May. Fáilte roimh chách! Public meetings have recently taken place in parishes across Erris. This is the final parish meeting - a great opportunity to share your stories and ask us questions. Find out how a Community & Family Resource Centre would benefit the entire Erris area. Your support is a vital part of the FRC for Erris campaign! For more info please email fcforerris@gmail.com or visit our Facebook page @frcforerris

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.

Mayo PPN Community Info & Training Workshop in Westport/Belmullet Municipal District (MD). Come along and hear how your community group can be listed on the NEW PPN Community Interactive Map for Co Mayo. Explore opportunities for collaboration with groups, discuss the community assets and resources which could benefit all groups in your area. The workshop will include a training session– How to compose and write a press release.

Thursday 21st April 2022 - Online meeting 10am – 12 noon. FREE to attend but you must register.

To register visit: www.mayoppn.ie Further information on Ph: 094 9064358

Taster in Theology Series of Lectures 'Forging the Church in the Modern World'. The lectures will be delivered by Professor Salvador Ryan, Professor of Ecclesiastical History, St. Patrick's College, Maynooth on May 3rd, 17th & 24th from 7pm to 9.30pm. The cost of the course is €60 and booking is essential. Please phone 096 72066 or email reception@newman.ie to book a place.

Barnatra NS Enrolment - Forms for 2022/2023 are available. Email barnatrans20@gmail.com or call 097 84008. Alternatively, please feel free to make an appointment to visit our school and meet our staff.

The Erris Family Carers Support Group meets Tuesday, 26th April from 8pm-10pm at the Irish Wheelchair Association building, 1 College Park, Belmullet, Co. Mayo. New members welcome. If you wish to contact the office for further information please call 093 30060.

Tour to Slieve Russell Hotel' in Cavan Mon 27th June to Thurs 30th June Carmel Gaughan will be in the Belmullet Parish Office every Thursday from 12 -1pm and would appreciate remainder be paid by the end of May or call Carmel on 086 8488266. Thank you

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 lmarren.flourish@thefamilycentre.com. This service is free of charge.

Accord is recruiting interested people to assist in the provision of Marriage Preparation Programmes. Application forms are available by contacting marriagepreparation@accord.ie 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

Enrolment is now taking place in Belmullet National School. Forms can be collected from the school or by emailing belmulletjns@gmail.com

Shraigh National School Enrolment for the academic year 2022- 2023 Applications for enrolment are now welcome for Shraigh N.S.

Please feel free to visit the school personally or for further information please contact school on 097 – 81636 or alternatively email shraighns@gmail.com.

You can also visit our school website <https://www.shraighns.ie/> for more information.

Please note : Provisions are in place for children in Junior and Senior Infants to stay in school until 3pm.

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MSLETB The Mayo Adult Guidance Service will be in Belmullet Further Education Centre on Monday 25th April. The service is for adults who need help to choose a career, find out about courses and opportunities, support in upskilling and recognition of qualifications. It is a free and confidential service. To arrange an appointment contact Erin Gavin on 086 8521905 or eringavin@msletb.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.

Enrolment for Glencastle N.S. School - Enrolment forms for the School year 2022 - 2023 are now available at the School. Please call 097-82283 to arrange collection.

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.”

Taster in Theology Series of Lectures ‘Exploring the Bible and its Worlds’. The lectures will be delivered by Dr. Jessie Rogers, Dean of Faculty of Theology, St. Patrick’s College, Maynooth on March 31st and April 7th & 28th from 7pm to 9.30pm. The cost of the course is €60 and booking is essential. Please phone 096 72066 or email reception@newman.ie to book a place.

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 Alzheimers on : 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.

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

Erris Heartbeat Defibrillator has a go fund me page on facebook on erris defib page if you are on facebook it would be wonderful if you could make a donation, we have 36 defibrillators in Erris and over the past 2 years we were unable to have our Church Gate Collection

Free Training! Enrolling Now If you struggled at school, have been long term unemployed, are recovering from or living with an illness or would benefit from extra support, the National Learning Network could be for you. We offer the expertise and time to enable people to flourish. QQI courses include: IT & Business Skills (home and centre based), Sports and Gym Instructor Studies, Fast Track to Employment and more. If you are registered with the DEASP you could be entitled to the free training, Continuous enrolment, payments are protected and people under 26 could gain extra training allowance. Contact: Castlebar@nlm.ie; (094) 9022770; Breafoy Road, Castlebar, or see our website www.nlm.ie.

Clobber Collection - if you are doing a clear out, ie clothes, shoes, bags etc we are still able to take your clobber, please call 0870618525 to arrange a drop off time. Wear a mask & please keep a 2-metre distance from our staff when dropping of clothes

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.

Cara Iorrais Belmullet Cancer Support House

Due to Covid Restrictions we will be operating on an appointment only basis until further notice. Our phone service is always available, for appointments or further information we can be contacted on 097 20590, 087 0678630 or email caraiorrais@gmail.com or private message us on Facebook. We are adhering to HSE guidelines.

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 085 1305390. 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.