

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

Sat	Feb	10th	8.00p.m	Kevin & Teresa McDonnell & Deceased McDonnell & McAndrew Families
Sun	Feb	11th	10.30a.m	Michael Carey, Foxpoint - 5th Anniv -- Mary & Patrick O'Toole, Drum
Mon	Feb	12th	9.30a.m	Intention
Tues	Feb	13th	9.30a.m	Martin & Evelyn Barrett, Sean & Helena Barrett, Pat & Annie Barrett, Vera Barrett & Michael Joe & Winnie Higgins
Wed	Feb	14th	7.00a.m	Ash Wednesday
Wed	Feb	14th	9.30a.m	Ash Wednesday
Thurs	Feb	15th	7.00a.m	Intention
Thurs	Feb	15th	9.30a.m	Eamon Mangan - 3rd Anniv.
Fri	Feb	16th	7.00a.m	Intention
Fri	Feb	16th	11.00a.m	<u>Sunday Mass for Senior Citizens</u> - Harry McCallum & Willie & Mary Togher -Bridie & Michael Carabine, Olive & Saoirse O'Dowd
Sat	Feb	17th	8.00p.m	Sadie Reilly - Anniv & Gerard, Christy, Sabina, Dominic & Martin Reilly
Sun	Feb	18th	10.30a.m	Patsy Burns, Barrack St. -- Tom & Mary Ellen McGonigle & Willie & Tom McGonigle

MASS TIMES - GLENCASTLE

Sun	Feb	11th	12.00p.m	Maureen Lally - Month's Mind -- Cáit & Bernie Moran & Deceased Moran Family
Wed	Feb	14th	7.00p.m	Ash Wednesday
Sat	Feb	17th	10.00a.m	John & Kathleen Barrett
Sun	Feb	18th	12.00p.m	Annie & Anthony McGuire & Deceased O'Donnell & McGuire Families

Date for Confirmation for Belmullet N.S - 28th April 2024 @12.00p.m in The Church of the Sacred Heart, Belmullet.
 Mass will be at 10.30a.m in Our Lady of Lourdes Church, Glencastle on that day.

MINISTRIES	CHURCH	MASSES	SUNDAY Feb 18th
Readers	Belmullet	Vigil 8.00p.m	Patricia Barrett
		10.30a.m	Sharon Reilly

Eucharistic	Belmullet	Vigil 8.00p.m	Helen Lynch
Ministers		10.30a.m	Cecil McDonnell
Eucharistic	Glencastle	12.00p.m	Brid Henry
Ministers			

ALTAR SERVERS

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

ASH WEDNESDAY

Is the beginning of the season of Lent and a day of Fast & Abstinence.

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

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

February: For the Terminally ill

We pray that those with a terminal illness, and their families, Receive the necessary physical and spiritual care and Accompaniment.

Reflection

History of Beautiful Belmullet

The following is another extract from the homily which was given by Father Cyril Haran, Saint Muredach's College, at the formal blessing and opening of Belmullet Church in 1962: -"Here too on the altar, the holiest place in the Church, your priest will every day offer the sacrifice of the Mass. Every day you are remembered at the altar. The priest will pray, 'Be mindful, O Lord, of all here present whose faith and devotion are known to you, for whom we offer or who offer up to thee this sacrifice of praise for themselves, their families and all those dear to them.' Then, in the silence of the consecration, he will bend over the altar and say those words which Christ on his last night on earth commanded him to say for all time. 'This is my Body. This is my Blood.' And behold the Divine Master is with us as surely as He was with His beloved disciples on that first Holy Thursday. At any hour of the day we can come here and tell Him all our troubles and all our inmost thoughts and we know that we shall not tell Him in vain. And then the day comes when two young people decide to set up a new home. They are to take part in the great act of creation, as it were and it is before God's altar that they make their everlasting promises in marriage and the Lord who loves them blesses their new life in the great Sacrament of marriage. And in the end, when death comes and

the body is lifeless and broken, it is in God's house it rests for its last night above ground, and it is from His house it leaves to await the Resurrection which He promised us. So, you see then that your Church plays a very important part in your lives, and you must love it, as I know you do with all your heart and soul. 'I have loved O Lord the beauty of Thy house and the place where Thy glory dwelleth.' These are the words we must live by."

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 € 880.00
Glencastle € 337.85
Many thanks for your continued support

ALTAR SOCIETIES Group 7

Catherine Barrett, Mary O'Connor & Rose Conroy

GLENCASTLE Glencastle

Kathleen McAndrew, Mary Ellen Rowland &
Caroline McDonagh

RECENTLY DECEASED

Please pray for the soul of
A.J. Reilly, Emlybeg North, Maureen Dixon, Morahan & Vincent Gaughan, Church Rd./Tonemace
May they Rest in Peace

BAPTISED RECENTLY

We welcome into God's Family
Tommy Joseph Gaughan, Cross,
Binghamstown
We wish him every Blessing

CHURCH ENVELOPES

Thanks to all who are returning Church envelopes & giving
donations to support & keep our Churches open. 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

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.

Any parishioner who intends inviting a priest from outside the Diocese of Killala to celebrate Mass in their houses should inform the clergy of the parish of their intention to do so. The Bishop has requested that this be done in the interests of ensuring the safety of children in this diocese.

KEEPING CHILDREN SAFE - The Diocese of Killala is fully committed to keeping children safe. If you have any concerns around their safety in any circumstance please contact D.L.P. Confidential line 087 1003554. www.killaladioceseorgsafeguarding.

NOTIFICATION OF SICKNESS

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

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

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

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

Tullaghan Bay Rowing Club - The Club's rescheduled AGM will take place on Sunday 11th February at 1pm in Geesala Community Centre. Everyone welcome to attend.

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.

Bangor Hall Bingo Thursday night 15th February at 8pm. Jackpot €650 48 calls or less F26 AE80

“SláinteCare Healthy Communities with Age Friendly Mayo are organising a health and wellbeing event, “Valentine’s Vitality”. This will be hosted in the Great National Hotel in Ballina from 10:00 to 13:00 on February 14th Valentines Day. This event will be aimed at those aged 55+. Information around overall health, fitness and nutrition will be provided, with speakers on the day also, to advise on various aspects of wellbeing. CROI will provide free blood pressure checks. Refreshments will be served. This event is free. For further information please email agefriendlymayo@mayococo.ie.”

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.

Croí in partnership with Sláintecare Healthy Communities initiative are delighted to bring the Croí My Blood Pressure Programme to Belmullet. Starting on 14th February this is a 3 week in-person programme facilitated by Croí, for those who are interested in learning more about blood pressure management. Register now <https://croi.ie/mayomybp/> or contact 091 544310.

The Marie Keating Mobile Information Unit will be in the Car Park of the Civic Centre on Thursday 15th of February from 11.30am to 3pm. Both men and women are welcome to avail of this free confidential service to speak with a nurse on the day. The Foundation aims to raise awareness of early detection in reducing cancer risk. No appointment necessary. Any queries contact Cara Iorrais 097 20590 / 087 0678630

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

Study Theology Online, is this for you? The Priory Institute provides online Theology courses to degree level. Attend Saturday lectures in Tallaght or from the comfort of your own home. Register before February 14. Find out more on our website, prioryinstitute.com Click here to see a 2 minute introductory film Prioryinstitute.com If you have any questions call 086 8510769 (Office Hours)

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 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

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 commences on 09th February 2024(or the online programme will commence on 30th January 2024) 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

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.

ALONE are looking for volunteers in Galway and Mayo and its surrounding areas for older people who need befriending for up to one hour per week and/or telephone support 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

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

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.

Alone “Hi, my name is Paul Stafford and I am the Volunteer Support Officer for ALONE and your local community. I am looking for volunteers in the Mayo area for older people who need befriending for up to 1 hour per week and our telephone service for up to 2 hours per week. Our befriending program is designed to help older people combat loneliness and isolation. We need your help more than ever. If this is something that interests you, then please reach out to me on 086 0135043, email paul.stafford@alone.ie 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 fscully@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

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

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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.