

## 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. 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](mailto: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	Oct	14th	8.00p.m	Anna Padden - 1st Anniv. -- Eamon & Sarah Brogan -- Frank McGuire - 8th Anniv.
Sun	Oct	15th	10.30a.m	Anthony McDonnell - 22nd Anniv.
Mon	Oct	16th	9.30a.m	Maggie Bourke & Deceased Bourke Family
Tues	Oct	17th	9.30a.m	Dessie & Jimmy Gaughan
Wed	Oct	18th	9.30a.m	Ned & Mary Kate Page & Deceased Family
Thurs	Oct	19th	9.30a.m	Intentions of all who Sympathised & Sent Mass Cards for Maureen McAndrew, Shore Rd..
Fri	Oct	20th	11.00a.m	<b><u>Sunday Mass for Senior Citizens</u></b> -Teresa Lake -1st Anniv. -- Kathleen & Anthony Reilly & sons Tony, Paddy & Joseph
Sat	Oct	21st	8.00p.m	Eddie Gaughan, Shraigh Hill
Sun	Oct	22nd	10.30a.m	Katie McAndrew - 1st Anniv. -- Caitlin & Steve Glenn & Deceased Glenn & Boland Families

### MASS TIMES - GLENCASTLE

Sun	Oct	15th	12.00p.m	Michael & Muredach Henry & John, Bridget, Michael & Áine O'Donoghue
Sat	Oct	21st	10.00a.m	Annie & John McAndrew, Ellen, Anthony & Pat McAndrew & Deceased McAndrew Families, Glencastle
Sun	Oct	22nd	12.00	Michael Ruddy – 13 <sup>th</sup> Anniv & Seamus Ruddy 3 <sup>rd</sup> Anniv. & Katie Ruddy & Infant Michael Ruddy

MINISTRIES	CHURCH	MASSES	SUNDAY Oct 22nd
<b>Readers</b>	Belmullet	Vigil 8.00p.m	Mary Barrett
		10.30a.m	Tisha Gallagher
<b>Eucharistic Ministers</b>	Belmullet	Vigil 8.00p.m	Helen Lynch
		10.30a.m	Maeve Carabine
<b>Eucharistic Ministers</b>	Glencastle	12.00p.m	Brid Henry

## **Reflection**

In Catholic piety and tradition, October is the Month of the Rosary. Various popes and saints have called the Rosary the "School of Our Lady." Saints Pope Paul the 6th and Pope John Paul the 2<sup>nd</sup> called the Rosary the "compendium of the Gospel." Why did they call the Rosary the "compendium of the Gospel?" They called the Rosary this because its mysteries not only take us through the life of Jesus, from his conception right into eternity, but also because, through the Rosary's mysteries, Mary shows us how to respond faithfully and prayerfully to all of her Son's saving work. The Rosary contains the essence of the Gospel, particularly since the inclusion of the new mysteries of light John Paul II, which enable us to meditate on the public ministry of Jesus. Through the Rosary, Jesus and Mary make the Gospel more real and vital in our lives, deepening our recognition of our need for repentance, increasing our love of the Eucharist, and inspiring us to proclaim the Good News to our neighbours .

## **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.

## **Rosary for the Month of October**

Rosary after 9.30a.m Mass every Monday, Wednesday & Friday in the Church of  
The Sacred Heart, Belmullet

## **Offertory Collection**

Belmullet € 895.00

Glencastle € 360.76

Many thanks for your continued support

## **Confessions**

Available before the Vigil Mass on Sat. Evenings

## **Adoration of Blessed Sacrament**

in Church of The Sacred Heart, Belmullet every Tuesday from 10.00a.m to 8.00p.m & in  
Our Lady of Lourdes Church Glencastle on Wednesdays 7.00a.m until 7.00p.m

## **ALTAR SOCIETIES BELMULLETT Group 4**

Mary Gaughan, Rosaleen Lally & Sarah Lavelle

## **GLENCASTLE Bunnahowen**

Brid McDermott, Catherine Barrett, Marcella Stich  
& Marian Gaughan

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## **BAPTISED RECENTLY**

*We welcome into God's Family*

Lena Kate Dane, Attycunnane

*We wish her every Blessing*

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.*

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.

### 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](http://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.

### **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](http://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](http://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](mailto:belmulletparish@gmail.com) before noon on Thursdays.

On October 2nd we celebrated the feast of the guardian angels. The doctrine that every individual soul has a guardian angel has never been defined by the Church and so is not an article of faith, but is the "mind of the Church", as expressed particularly by St Jerome and St Basil. The doctrine of guardian angels is present in both the Old and New Testaments.

Jesus says in the New Testament, "See that you never despise any of these little ones, for I tell you that their angels in heaven always gaze on the face of my Father in heaven." Thus even little children have guardian angels, and these angels remain in the presence of God even as they fulfil their mission on earth.

Anciently, all angels were celebrated together on the feast of St Michael. A separate feast of the Guardian Angels began in Valencia in Spain in 1411. The feast of the Guardian Angels was raised to the status of a feast in the General Calendar of the Church in 1608. One of the benefits of this feast is that it reminds us that God cares for us each, individually. We all know this in theory, but it is easy – in times of depression or temptation – to convince ourselves that we are too small to matter, for good or ill. Let us use the existence of this feast to remind ourselves that each of us has an angel of our very own looking after us; and also let us use this feast to remind us to pray to God for our own Guardian Angel. What a bore and a burden to our Guardian Angels some of us are. May we one day be a cause of rejoicing for them also.

### **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**

**Tracing Your Ancestors.** If you are interesting in building a family tree or trying to find out more about your ancestors, then drop in to a free information workshop, on Friday 20th October in the Tourist Office on Main St in Belmullet, anytime between 11am and 2am. If you want more information call 0863953531

**Job Vacancy- Geesala N.S.** – Part-time School Secretary. See - [www.educationposts.ie](http://www.educationposts.ie) for further details. Closing date for applications: 20th October 2023

**Solar PV "Meitheal" starting in Erris.** Erris Sustainable Energy Community (SEC) is a member of SEAI's SEC programme. We are hosting a Solar Meitheal meeting on Thursday 26th October in the Broadhaven Bay Hotel in Belmullet at 6pm. The Solar Meitheal project started in Co Clare, and aims to help groups of homeowners and/or small businesses who want to install Solar PV. Working together as a group allows us to negotiate as a group with solar PV suppliers/installers, bring prices down and make the whole process easier.

Dr Orla Nic Suibhne, SEC mentor on behalf of SEAI will introduce the Solar Meitheal concept and explain how it works. Mel Gavin, SEC Regional Coordinator on behalf of SEAI will go through the benefits of solar PV for homeowners, and outline the potential value of solar PV for your house.

Please come along if you want to find out how to produce your own electricity and become part of the Erris Solar PV meitheal.

**HSE Community Healthcare West** & Mayo County Council invite you to the North West Mayo HEALTH FAIRS In Bangor Erris on Oct 24th (7-9pm)/Teach Greanai Cornboy Oct 25th (7-9pm) & Ballycroy Oct 26th (7-9pm). A public information evening on FREE programmes, events and activities available in your area. Everyone welcome, no booking required, refreshments provided as well as FREE Blood Pressure checks.

**Bangor Hall Bingo** Thursday night 19th October at 8pm. Jackpot €550 in 46 calls or less F26 AE80

**Erris Credit Union** is soon celebrating its 30th birthday. To celebrate this important milestone, there will be an open day for our members on Thursday 19th October at the Credit Union from 11am-3pm, with refreshments and a chance to win prizes. A special intention Mass for all living and deceased members of the Credit Union, will be held in the Sacred Heart Church, Belmullet on Monday 23rd October at 9:30am. The Mass can also be viewed live on Churchtv.ie

**The Diocese of Elphin** wishes to recruit a Coordinator of Youth and Young Adult Ministry. The role is to foster existing initiatives in youth and young adult ministry, and to work towards building the relationships which will lead to fresh initiatives in centres of population throughout the Diocese of Elphin. Closing date for applications is Monday 16th October 2023 at 5pm. Job Description and Application Form are available on [www.elphindiocese.ie](http://www.elphindiocese.ie)

**Inver Festival** The committee would like to say a big thank you to everyone who helped make the festival a huge success again this year. To our sponsors, helpers, supporters and community as a whole your support is greatly appreciated. We are already making plans for next year so.. Save your dates - 9th, 10th & 11th Aug 2024. More details later

**25 Card Game** Inver community centre starting on the Monday 16th Oct at 8.30 pm. €10 entry and refreshments served Bring a partner and enjoy the craic

**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](http://www.AlchemyTours.ie/shop)

**MSLETB - Part Time Accredited Courses** Starting September 2023 in the Further Education Centre Belmullet There are places available on the following QQI Components:

Word Processing QQI Level 4  
IT Skills QQI Level 4  
Healthcare: Challenging Behaviour QQI Level 5  
Communications QQI Level 5  
Book Keeping Manual and Computerised QQI Level 5  
Art Classes QQI Level 4

For further information please contact Geraldine Tighe: 087 7715096 or email: [geraldinetighe@msletb.ie](mailto:geraldinetighe@msletb.ie)

**Ante – natal & Infant Care Classes**

A 4 session course for expectant mothers and partners beginning on the 4th October and running for four weeks will take place in the Broadhaven Bay Hotel. The course is run by Public Health Nurses and is free of charge. You are advised to attend early in your pregnancy. To register: Contact Nuala on 097/27418

**Belmullet Tidy Towns** A few member of Belmullet traders and Belmullet Tidy Towns have been talking about rekindling the Sunday morning street sweep. We meet every Sunday from 8.30am. We will have bags and brushes. If you can bring your own brush that would be great. Mile buíochas for your support always.

**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.

**Upcoming Classes in the Area** October 13<sup>th</sup> - Physical Activity for Health Adapted for COPD Activator walking with poles, Fridays 8 weeks Belmullet, in Aras Inis Gluaire 12.30-1.30  
November 3<sup>rd</sup> - Physical Activity for Health: Living Well Be Active; Activator walking with poles 6 weeks Belmullet in Aras Inis Gluaire 1.30-2.30. All classes are free. For info. contact 087 4764140 or [comalley@mayo.ie](mailto:comalley@mayo.ie)

**Mayo PPN** currently have vacancies and are seeking members from your organisation to join the PPN committee. Maybe you or someone from your organisation would be interested! The committee meet 4-6 times per year with a mix of in-person and online meetings. The PPN committee monitors the activities of the PPN and approves the PPN budget and work plan for the year ahead. Mayo PPN work in collaboration with Mayo Co Council and the Department of Rural and Community Development. Travel and subsistence will be met by the PPN. and Please bring this notice to all members of your committee/group. <https://mayoppn.ie/vacancies-on-mayo-ppn-secretariat-committee/> for information and nomination forms.

**Information Evening** in An Cosán, Erris Youth Service building on 24th October. Attend this information evening to learn about the service, our groups for young people and our volunteering opportunities. Gain great experience and new skills in this volunteering role! Location: Erris Youth Service building, Chapel Street. Time: 7:30pm-8:30pm, 24th October. For further information contact Hazel:0861035388/ Pierce:0861074754

**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](mailto:mayoppn@mayococo.ie) and include a Jpeg poster. Mayo PPN will be delighted to promote to their 1000 plus groups.

**Living Well Programme Living Well** is a free 6-week 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, depression, anxiety, etc. can benefit from these workshops. A programme will start in Aras Inis Gluaire in Belmullet on Friday 22nd Sept, 10.30 am – 1pm, continuing weekly at that time for 6 weeks. Advance registration is required. To find out more, please contact Liam Gildea on 086 014 2675 or by email at [lgildea@southmayo.com](mailto:lgildea@southmayo.com). (Online programmes are also available.)

**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](http://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](http://www.marian.ie) / [www.crossmolinaparish.com](http://www.crossmolinaparish.com)

#### **Mayo PPN Community Interactive Map.**

The map showcases community groups' location and list each groups services and amenities. It will list assets groups have available to share with other groups in their local area. eg: marquee, stage, utensils etc. The Interactive map is displayed on the PPN website, [www.mayoppn.ie](http://www.mayoppn.ie) Is your Community Group listed on the map? If not email [mayoppn.ie](mailto:mayoppn.ie) and we will send you on the link to add the groups details.

**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](mailto:mayoppn@mayococo.ie) and include a Jpeg poster. Mayo PPN will be delighted to promote to their 1000 plus groups.

OUR TRIP TO THE HOLY LAND WILL BE FILLING UP VERY QUICKLY SO EARLY BOOKING IS ADVISABLE. THIS IS A GREAT OPPORTUNITY TO FOLLOW IN THE footsteps of Jesus and to share a nice holiday in the company of fellow parishioners and friends you have not yet met from outside of the Parish.

**We are recruiting for our Fast Track to Employment programme in Mayo.** FREE Training Course Now Enrolling! Fast Track to Employment. ARE YOU OUT OF WORK? And interested in gaining the skills required to secure employment. The Fast Track to Employment course allows you to undertake a work placement with an employer in an area of your choice, to upskill and retrain to secure a job. Contact Caroline O' Malley on 0867701996 or email [caroline.omalley@nlm.ie](mailto:caroline.omalley@nlm.ie)

**Pilgrimage to Holy Land.** In February of next year, God willing, Father Eddie Rogan will lead a nine day pilgrimage to the Holy Land. The pilgrimage will begin on the 21st February 2024 and finishing on the 29th February 2024. The cost of the pilgrimage will be €1955 per person sharing (there is a supplement of €650 for a single room). Since the number of places on the pilgrimage is limited early booking is advised.

**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](mailto:paul.stafford@alone.ie) or follow the link [www.alone.ie](http://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](mailto: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](http://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](mailto: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.

**St. Vincent de Paul** urgently require Volunteers to assist in the Shops in Ballina. Donation sorters, Till Operators, Merchandisers, Shop Floor Assistants and Social Media assistants. Contact Peter on 085-8759460 or 096-72905

**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](http://www.alhomecare.ie)

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

**Accord** is recruiting interested people to assist in the provision of Marriage Preparation Programmes. Application forms are available by contacting [marriagepreparation@accord.ie](mailto: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](http://www.accord.ie)

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

### **Pieta House**

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

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

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

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

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

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

For more information contact Western Alzheimerson : 094 93 64900

**North West STOP** offers a free counselling service with no waiting lists. North West STOP: 086 777 2009 to arrange free confidential counselling.

**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

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.

### **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](http://www.recoverycollegewest.ie) for our Prospectus. Please contact Karen McHale, Principal Recovery Educator 086 0294901 [recovery.educatormrc@hse.ie](mailto: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](mailto: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 chapel; 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](http://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](http://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.