

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

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

MASS TIMES - BELMULLET

Sat	July	8th	8.00p.m	Monty & Jim Hickey & Deceased Hickey Family -- Jonathan Shevlin – Anna Lynam - Birthday Remembrance & Gerry & Nora Lynam
Sun	July	9th	10.30a.m	Bridgie Gruddy - Month's Mind
Mon	July	10th	9.30a.m	Tom Reilly, Sue & Tony Reilly, Eamon Tighe & Deceased Families
Tues	July	11th	9.30a.m	Holy Souls
Wed	July	12th	9.30a.m	Kathleen & James Gaughan & Bridget Cawley -- Sean Coyle - 2nd Anniv.
Thurs	July	13th	9.30a.m	Martin Coyle
Fri	July	14th	11.00a.m	<u>Sunday Mass for Senior Citizens</u> - Jack O'Donnell & Deceased O'Donnell Family -- Martin & Thomas McIntyre
Sat	July	15th	8.00p.m	Michael Geraghty & Deceased Family
Sun	July	16th	10.30a.m	Liam Burns Junior -- John Dixon- 2nd Anniv -- Vincent Long, Barnatra/USA

MASS TIMES - GLENCASTLE

Sun	July	9th	12.00p.m	Martin & Margaret Lynch -- Michael & Mary Barrett, Shraigh
Sat	July	15th	10.00a.m	Dan & Patrick O'Malley -- Annie & John McAndrew, Glencastle & Sarah, Tom, & Paddy Barrett, Shanvagroomeen
San	July	16th	12.00p.m	Annie Davitt - Month's Mind -- Jim, Mary Kate & Tommy Lynskey & Janey Lynskey & son James Lynskey

MINISTRIES	CHURCH	MASSES	SUNDAY July 16th
Readers	Belmullet	Vigil 8.00p.m	Máirín Uí Mhurchú
		10.30a.m	Tisha Gallagher
Eucharistic Ministers	Belmullet	Vigil 8.00p.m	Maura Murphy
		10.30a.m	Margaret Healy
Eucharistic	Glencastle	12.00p.m	Grace Kelly

Ministers			
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Offertory Collection

Belmullet € 1050.00

Glencastle € 344.15

Many thanks for your continued support

Reflection

It's your call....

At 3pm on Sunday 9th July, Rev. Gerard Moore will be ordained to the priesthood for the Diocese of Killala. We wish Gerard a long, happy, and fruitful ministry in the Church. Gerard will be known to some of you having worked here in Belmullet on a pastoral placement. The occasion of an ordination is always an occasion of joy in the local church. Unfortunately, these occasions of joy are less frequent today. It is exactly 10 years since the last man was ordained to the priesthood in our diocese. This year is designated Year of Vocation to Diocesan Priesthood, and this is a call to each of us, people and priests to work together to create a culture of vocations in our parishes, a culture that will pray for, welcome and support men who feel the beginnings of the attraction and call to dedicate themselves to a life of service in the church as priests.

A diocesan priest is one who is called to serve people in a particular diocese and parish. He takes a vow of celibacy (that is, he is not married) and a vow of obedience to his Bishop and the Bishop's successor. A diocesan priest is primarily a parish priest, but he can also be assigned full-time to a specific ministry in the life of the Church. In the parish the priest administers the sacraments, cares for the needs of the people in good and bad times and helps to promote the message of Christ. It is a call to give your life to making Christ's presence real through the sacraments and especially through the Eucharist.

If you find yourself thinking about priesthood as a way of life and would like more information you are welcome to contact the Diocesan Vocations Director Fr Tommy Doherty on 087-3488742 or by email at tomdoherty91@gmail.com

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

Glencastle Church

1 or 2 adorers wanted for Exposition of Blessed Sacrament on Wednesdays between 2p.m & 3p.m

ALTAR SOCIETIES BELMULLETT Group 4

Mary Gaughan, Rosaleen Lally & Sarah Lavelle

GLENCASTLE Glencastle

Kathleen McAndrew, Mary Ellen Rowland &
Caroline McDonagh

RECENTLY DECEASED

Please pray for the soul of
Peter Dres, Bunnahowen/France
& Dr. Angela Loftus, Ballina (mother of Fr. John Loftus)
May they rest in Peace

BAPTISED RECENTLY

We welcome into God's Family
Patrick John Barrett, Bendigo, Australia
We wish him every Blessing

Congratulations and Best wishes to two of our

Parishioners - Mary Conway, Glencastle & Pauline McManamon, Ballina Rd. on their recent 90th Birthdays

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
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.

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.

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.

PARISH NOTICE

Summer Comhaltas Seisiúns Traditional music, song, dance and storytelling every Wednesday, at 8.30pm, in Áras Inis Gluaire (Arts Centre), Belmullet, from July 12th to August 16th. All welcome to join in.

Belmullet / Glencastle Annual Trip to Knock takes place Thursday 20th July. Please give your names to Carmel Gaughan, Maeve McDonnell, Breege McDermott Glencastle Post Office or the Belmullet Parish Office beside the Church. More details later

Pilgrimage to Medugorje 11th to 18th October 2023. There are 6 seats left on this trip. For more information contact Ann Geraghty on 085 1106644

Bangor Hall Bingo Thursday night 13th July at 8pm. Jackpot €650 in 48 calls or less F26 AE80

Stoma Support Fundraising for Mayo Stoma Support Group - Croagh Patrick Climb on Saturday, July 15. Donation cards in circulation. For more information please contact JJ on (087) 2300580.

Belmullet Tidy Towns Just a reminder the Judge for Belmullet Tidy Towns could visit at any time. We would appreciate to be mindful of litter. Even a two minute clean up will help make all the difference. Thank you kindly.

Mayo Library service are delighted to announce the launch of the Sensory Cubbie at Belmullet library Aras Inis Gluaire on Thursday 22nd June @ 11.30 am. The Cubbie is a free community service which offers sensory regulation and relaxation, for information contact Kate Healy 09782555 or khealy@mayococo.ie All welcome – please bring this notice to the attention of carers or parents who may be caring for someone who would benefit from the Sensory Cubbie

Upcoming Events in Áras Inis Gluaire 097 81079

Comhra Gaeilge starting Wednesday 12th July @ 7.30pm

Seisiún Comhaltas starting Wednesday 12th July @ 8.30pm All welcome for an evening of traditional music, song, dance and storytelling. Tickets €20 on sale for The Kilkenny's in Concert on Friday 14th July @ 8pm

The Priory Institute The one who saw it has borne witness" (John 19:35) Johannine characters and their voices in the Fourth Gospel. The Priory Institute two week online Summer School on the Gospel of John will run from 14-28 August. The course includes eight recorded presentations and two on-line zoom discussions and is very flexible as it is delivered entirely online. Find out more and register at prioryinstitute.com

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.

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. The next programme takes place in Castlebar Social Services building, starting Wed 7th June, 10.30 am – 1 pm, and continues weekly for 6 weeks. To find out more, contact Liam Gildea on 086 014 2675 or by email at lgildea@southmayo.com

Killala- Achonry Diocesan Pilgrimage to Lourdes under the leadership of Bishop John Fleming, Bishop of Killala and Bishop Paul Dempsey, Bishop of Achonry. From the 29th August to 4th September 2023, departs from Ireland West Airport Knock. 6 nights in full board accommodation in the Hotel Agena. Price €895- (single rooms available, supplement applies). All bookings should be made through Joe Walsh Tours at 89 Harcourt Street, Dublin 2, D02WY88. Bookings are also accepted over the telephone 01-241-0800. No booking is definite until a non-refundable deposit of €300 has been received by Joe Walsh Tours.

PLEASE NOTE: There will not be a hospital pilgrim or assisted pilgrim section with medical and care staff as was the case in previous years. All pilgrims will be accommodated in hotels. All pilgrims should be able to undertake the pilgrimage independently or with the assistance of someone accompanying them and taking responsibility for their care. If you requires wheelchair assistance please indicate the same on your booking form.

VAKS PROGRAMME: Applications are now open for VAKS (Volunteer at Knock Shrine) programme. It is an opportunity for young people in TY, 5th and 6th year to come to Knock to volunteer for a weekend in either July or August. This is a great way to meet new friends, serve others, express your faith and have fun! For further information please contact Knock Youth Ministry on 094 9375321 or youthministry@knockshrine.ie

Erris Defibrillator Emergency Information leaflet will hopefully be distributed throughout Erris in the next 2 weeks. They will be in Doctor's Surgery's, shops, Post offices, hotels, schools and anywhere people meet.

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

Belmullet Town has been awarded a research position by the Irish Architecture Foundation. Our local town architect Mark Ruddy will work with the wider community of Belmullet through public meetings and workshops to develop a whole-community vision for the sustainable development of the town. Announcements for community meetings will be made over the coming weeks.

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 or follow the link www.alone.ie <https://alone.tfaforms.net/.../ALONE-Volunteer-Expression...>

Living Well is a free group programme delivered over six workshops (2.5 hrs x 6) on both online and in a classroom setting. It is delivered by trained leaders, most of whom are also living with a long-term health condition. This free group programme is aimed to help people manage their long-term health conditions and improve their wellbeing. You must register in advance as places are limited to 10/12 participants. Please note you do not have to disclose your health condition on the programme. Please contact Liam Gildea on 086 014 2675 or by email at lgildea@southmayo.com

Erris Parent & Toddler Group Erris Parent, Baby & Toddler Group meets every Monday from 10.30am-12pm in the Irish Wheelchair Centre, Logmore. All parents, guardians and caregivers are welcome to attend with their little ones. There is a weekly €3 contribution fee for each family. Toys, tea, coffee and snacks provided. In conjunction with Erris Family & Community Support Centre. Supported by Mayo County Childcare Committee.

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

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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

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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.

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

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.

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.”

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

Religious Book Shop - New Book “Miracles On Tap” by Frank Duff available in our Shop now

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.

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 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 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.