

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 | Aug | 17th | 8.00p.m | Mary, Ted, Seamus & Joseph Deane -- Cora & Tom Talbot |
| Sun | Aug | 18th | 10.30a.m | Deceased O'Donnell & Tighe Families -- Dan Hegarty & Michael & Margaret McAndrew |
| Mon | Aug | 19th | 9.30a.m | Padraig, Willie, Michael, Anthony & Bridget Diamond & Ellen Monaghan |
| Tues | Aug | 20th | 9.30a.m | Martin & Margaret Lynch & Maureen & Christy Downes & Deceased Lynch Family |
| Wed | Aug | 21st | 9.30p.m | Eddie & Mary Murphy |
| Thurs | Aug | 22nd | 9.30a.m | Helen McAndrew |
| Fri | Aug | 23rd | 11.00a.m | Sunday Mass for Senior Citizens - Magaret & Jim Hopkins & Deceased Hopkins Family |
| Sat | Aug | 24th | 8.00p.m | Ann & John McAndrew, Derrynameel & Mona & Tom McAndrew |
| Sun | Aug | 25th | 10.30a.m | Mitzi, Mary, Mary B & Angela Hurst & David Sweeney & Deceased Family |

MASS TIMES - GLENCASTLE

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|------------|------------|-------------|----------------|--|
| Sun | Aug | 18th | 12.00p.m | Deceased Ruddy Family, Muingmore & Howard Family, -- Patrick & Kathleen Reilly & Daughter Sheila McGirl & Thomas Guthrie & Deceased Reilly & Cafferkey Families Barrett - Birthday Remembrance |
| Sun | Aug | 18th | 7.00p.m | Cemetery Mass - Glencastle Old Cemetery |
| Sat | Aug | 24th | 10.00a.m | Dan & Patrick O'Malley |
| Sun | Aug | 25th | 12.00p.m | Sean Shevlin - 1st Anniv. |

Coeliac Hosts available in both churches, just inform Priest before Mass if your require a gluten free host

| MINISTRIES | CHURCH | MASSES | SUNDAY Aug 24th |
|------------------------------|------------|------------------|-------------------|
| Readers | Belmullet | Vigil 8.00p.m | Cathy Mangan |
| | | 10.30a.m | Maria Conroy |
| Eucharistic Ministers | Belmullet | Vigil 8.00p.m | Deirdre McManamon |
| | | 10.30a.m | Joan Gaughan |
| Eucharistic | Glencastle | 12.00p.m | Claire O'Donoghue |

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|------------------|--|--|--|
| Ministers | | | |
|------------------|--|--|--|

Reflection

Courage is not a brilliant dash, a daring deed in the flash of a moment. It is something deep in the soul of people. John F. Kennedy once stated: - "To be courageous requires no exceptional qualifications, no magic formula, no special combination of time, place, and circumstance. It is an opportunity that sooner or later is presented to us all. Politics merely furnish one arena which imposes special tests of courage. In whatever arena of life one may meet the challenge of courage, whatever may be the sacrifices he faces, if he follows his conscience - the loss of his friends, his fortune, his contentment, even the esteem of his fellow men - each man must decide for himself the course he will follow. The stories of past courage can define that ingredient - they can teach, they can offer hope, they can provide inspiration. But they cannot supply courage itself. For this each man must look into his own soul." As the essence of courage is to stake one's life on a possibility, so the essence of faith is to believe that the possibility exists.

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

AUGUST: For Political Leaders. -We pray that political leaders be at the service of their own people, working for the integral human development and for the common good, especially caring for the poor and those who have lost their jobs.

Sunday Mass Notices

If there are no collectors available for the offertory collection could two people please come forward and pass the baskets around.

Mass Leaflets

Please do not leave your Mass Newsletter on the seat after mass. Please take them home with you or leave on the porch table as you leave the church.

Thanking you
Fr. Eddie Rogan

Cemetery Masses

Sunday 18th August at 7.00p.m

Should weather be inclement Mass will be held in Our Lady of Lourdes Church, Glencastle

Mass at Tobar Deirbhile Sunday 18th August at 3.00p.m

The National Novena to Our Lady of Knock 14th - 22nd Aug. Theme this year is "Whispering with God - How do you pray?". Ceremonies - 3pm and 8pm daily in Basilica. Daily Workshops - 12.45p.m in Knock Prayer Centre.

Belmullet Glencastle Annual Trip to Knock - Thursday 22nd August

Bus leaving Belmullet roundabout at 9.30a.m . Refreshment on arrival at Knock. Mass at 3.00p.m Dinner on return home. Everybody welcome to come. If interested please give your name to The Parish Office Belmullet (097)-20777 or Carmel, Maeve, Claire, Breda or Breege McDermott. ASAP

ALTAR SERVERS for for Sat 24th Sun 25th BELMULLET VIGIL 8.00p.m .SUN 10.30a.m. Team A

Lauren Cuffe, Keelan Cuffe, Declan Kilcoyne, Katie Shevlin, Mia Carey, Tulisha Beirne.

Sun 10.30a.m Team C Micheál Cafferkey, Shauna Cafferkey, Mason Tighe,

ALTAR SOCIETIES BELMULLET BELMULLET Group 2

Anna Gallagher, Marian Conroy & Cathy Mangan

GLENCASTLE Bunnahowen

Brid McDermott, Catherine Barrett, Marcella Stich & Marian Gaughan

BAPTISED RECENTLY

We welcome into God's Family
Aylin Shult, Kilmallock, Co. Limerick
We wish her every Blessing

Offertory Collection

Belmullet € 995.00

Glencastle € 355.25

Many thanks for your continued support

PIONEER ASSOCIATION

If anyone is interested in restarting
the Pioneer Association please
contact Fr. Eddie Rogan on 086 2329151 or Parish Office on
097 20777

Volunteers wanted for Church Cleaning of Belmullet Church. If interested please ring 097-20777 or drop in to Parish Office.

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.

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

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

St. Brendan's College will re-open for 1st Year students on Monday 26th August at 9.00a.m – this is a full school day. (This a special day of Introduction for First year Students.) for 1st year and 2nd Year on 27th August and for all other students except

Transition years on Wednesday 28th August, 2024 Transition years will return on Friday 30th August. For more info contsch Michael Wishe, Pricipal 097-81437

Erris Workability is a new programme for people with a disability who are over 16 years of age. We aim to provide you with the opportunity to gain & sustain employment, or get training to improve your employment prospects. If you wish to register, or find out more, please get in touch with us. Más maith leat clarú mar rannpháirtí, nó má tá ceist ar bith agat, déan teagmháil linn go luath! Email rosemariamangan@mayonortheastlde.com or call Siobhán on 087 499 6605.

Bangor Hall Bingo Thursday night 22nd August at 8pm. Jackpot €750 in 50 calls or less F26 AE80.

Be part of the St Bernadette Relic Pilgrimage in Ireland this Autumn. The relics of St Bernadette will visit St Muredach's Cathedral on Thursday October 3rd and depart on Saturday October 5th. This very special, once-in-lifetime event will provide an opportunity for people of all ages and backgrounds to experience the special gifts and charisms of Lourdes in their diocese. Details to follow...

SafeTALK Suicide Alertness for Everyone. Location - Broadhaven Bay Hotel on Monday 16th September at 10.00a.m – 1.30p.m. A half – day suicide prevention programme. This training is FREE to attend and funded by the HSE National Office for Suicide Prevention. Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources. Suitable for anyone for anyone over 18 years of age. Booking is essential. Email: darlene@breakingthrough.org
Visit www.nosp.ie/training

Éigse & Imirce 2024 Heritage Week 2024 is around the corner - a chance to celebrate some special aspects of our history & heritage. This year being the 200th birthday of our town, Belmullet Tidy Towns and Áras Inis Gluaire have teamed up to create a two-day event especially for 2024. Éigse & Imirce will take place over two days - Fri 23 & Sat 24 August. Taking place in Áras Inis Gluaire and in SOLAS (Scéalta an Atlantaigh), Eachléim, there will be talks, music & poems from those intimately connected to Erris & its fascinating past, especially the Tuke Fund and Assisted Emigration of 1882-1884. For more details of this unique event, please check the Facebook Page of Belmullet Tidy Towns / Baile Slachtmhar Bhéal an Mhuirthead.

Seeking, Serving and Sharing Christ in a Synodal Church The Priory Institute two week on-line Summer School is reflective, informative and interactive and will run from 19 August. The course includes eight recorded presentations and three on-line zoom discussions and is very flexible as it is delivered entirely online. Find out more to register prioryinstitute.com

Atlantic Care Curious about caregiving? come meet our team and chat to us at the Bonniclon agriculture Show on Monday 5th August or call us on 094 9014028. We are on a mission to provide compassionate and exceptional healthcare services to the elderly in their homes in our community. Wondering how you can make a difference? Then come chat to us at our stand on the day, we would love to meet you.

Legion of Mary is holding a special "‘Fan the Spark’ Conference for Young Adults (18-40) on Saturday August 24, from 9.30am to 5.30pm. The conference will be in The Legion of Mary, Brunswik St., Dublin. Cost €15. Talks on art, faith, tour of Frank Duff House, Mass, adoration and more. To book visit www.eventbrite.ie or contact deusetpatria@gmail.com."

Amateur Photography Competition Sláintecare Health Communities are running a Photography Competition in the North West Mayo area. Applicants are asked to submit digital images of scenery or activities in the area that epitomises 'Health' in the broadest sense. There are two categories i.e., under 18 and over 18, with many valuable prizes on offer. For an entry form email: HealthandWellbeing.CHO2@hse.ie or call Mary 094 9042233

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 Ballycroy it commences on Thursday the 5th of September

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

Bangor Hall Bingo Thursday night 15th August at 8pm. Jackpot €700 in 49 calls or less F26 AE80

A Retreat for Blind Catholics (aged 18- 39) We have been asked to announce that a guided spiritual retreat on missionary discipleship will be held for Blind Catholics (aged 18-39) from 6pm on 19 June 2025 to 3pm on 22 June 2025. The retreat will be in the Holy Family Mission, Glencomeragh House, E91 H584, Clonmel. The retreat will be led by Father Patrick Cahill and the team of Holy Family Mission. For further information, please see <https://www.eventbrite.com/e/you-were-made-for-greatness-a-retreat-for-blind-young-adult-catholics-tickets-947889963397>

Mayo stoma Support Group will be holding a Meeting on the 29 - August -2024. At 7pm in the Ellison Hotel Castlebar All are welcome. If you attending please message me on (087) 6275766 with your name and number of people attending

Do you have a community 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 community groups.

Defective Concrete Blocks Facilitator: Mayo North East Partnership hold clinics in North Mayo, Castlebar and Westport by appointment to assist homeowners with the DCB Grant scheme and application. All enquiries/appointment please contact : Caroline on 087 482 8261 / email: carolinewilson@mayonortheast.com

Exciting career opportunity at Lough Derg! Recruitment has begun for a full-time Pastoral Programmes Coordinator. If you or someone you know might be interested in applying please contact Maureen at mboyle@loughderg.org or see advert on www.loughderg.org for further details. Lough Derg, Sanctuary of St Patrick, Pettigo, Co Donegal.

Teach Greannaí Steak Night returns to Teach Greannaí Thursday, July 18th. First sitting 6.00p.m, last order 7.45p.m Three course meal €30.00 per person! Contact 097-88935 to reserve your table!"

Are you an Employer?

Did you know that there are many supports & incentives available for business owners and organisations who employ people with disabilities? Erris Workability is a new programme which aims to have a strong focus on employer engagement, in terms of helping you to build your capacity to recruit & retain people with disabilities within your workforce. We will provide support for you, as an Employer, and also for your employees. Tá sé mar aidhm ag Iorras Cumasach cur le cumas na bhfostóirí daoine faoi mhíchumas a earcú, a choinneáil agus a chur chun cinn laistigh dá lucht saothair. To find out more, please email rosemariamangan@mayonortheastldc.com or call Siobhán on 087 4996605.

Funding Opportunity for Community Groups in Mayo. Mayo PPN are hosting a FREE online information session regarding the Community Recognition Fund 2024. The Community Recognition Fund aims to support the development of community infrastructure and facilities in recognition of communities hosting new arrivals from Ukraine and other countries. 10.30am – 11.30am, Wed 12th June. Follow the link: <https://mayoppn.ie/community-recognition-fund-2024-call-for-applications/> or call 0949064345. Registration for the information session closes on Mon 10th June 2024. Funding application closes 11th July 2024.

Craft Academy are holding 3 summer camps in Belmullet: July 8th-12th, July 15th-19th and August 6th-9th in St.Brendans College, Belmullet. 10am-2pm. A week full of fun & educational activities including: arts & crafts, Lego building, team building, comps & more. Booking is essential, contact 083-8681885 for more info.4-13 yrs.

Mayo North East Partnership will hold clinics throughout Mayo by appointment to assist homeowners with the DCB Grant scheme and application. If anyone has an available local property or storage area in North Mayo, Westport and Castlebar areas that can be rented out to people whose homes are impacted by Pyrite, please contact: Caroline on 087 482 8261 / email: carolinewilson@mayonortheast.com

Seeking, Serving and Sharing Christ in a Synodal Church The Priory Institute two week on-line Summer School is reflective, informative and interactive and will run from 19 August. The course includes eight recorded presentations and three on-line zoom discussions and is very flexible as it is delivered entirely online. Find out more and register click here prioryinstitute.com

Mindspace Outreach service in Belmullet Mindspace Mayo offers a support service to young people (12-25yrs) in Co. Mayo, presenting with anything from common concerns (e.g. dealing with break-up, exam stress, bullying) to emerging mental health difficulties like mild depression and anxiety. Mindspace is located in Market Square, Castlebar and an outreach service runs on Tuesdays in the Irish Wheelchair Association office in Belmullet. Anyone can make a referral. Visit www.mindspacemayo.ie or call 094-9067001.

RHS Home Care is a Non Commercial Home Care Provider bringing professional home care services to those who need assistance to remain living in their own homes. We are now recruiting new Healthcare Assistants in your area and would love to hear from you. Potential applicants must have the required QQI level 5 (two modules completed care skills and care of the older person). Please email your CV to jobs@rhshomecare.ie or call Aoife on 090 66 25988

Family Support Drop-in Erris Community Based Family Support Service will have an open door, drop-in every Wednesday morning @ 9.30am - 1pm. The Family Support Service is a project of Erris Family & Community Support Centre funded by Tusla, and located at I.W.A centre, Logmore Email: l.owens@mayofamilysupport.ie. Tel: 0877059705.

Accord Catholic Marriage Care Service CLG is currently recruiting volunteers to train as marriage preparation programme facilitators. If you: are supportive of marriage in the Catholic Church; and, have the enthusiasm to be part of the Accord team that supports couples preparing for the Sacrament of Marriage ... then Accord wishes to hear from you!

An Accord marriage preparation facilitator is a personally fulfilling leadership role, blending life experience and faith. Successful applicants will receive professional training and be part of a team delivering marriage preparation programmes locally. Contact Aisling on 01 505 3112 or by email to marriagepreparation@accord.ie and for further information see www.accord.ie

ALONE Volunteer Recruitment Drive ‘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>

Cad is é EMPOWER Cumasú Females in the Gaeltacht (Banfhiontraithe i gceantair Ghaeltachta) looking to start or grow a business. ATU iHub are rolling out their female entrepreneurship programme in conjunction with Údarás na Gaeltachta called EMPOWER Cumasú to all Gaeltacht areas in Ireland. If you are a female looking to start your own business or in business and looking to grow then Tuilleadh eolas, téigh chuig www.empowerprogramme.ie agus [FB.me/EMPOWERHer](https://www.facebook.com/EMPOWERHer)

There are places available on the following QQI Components: Computers for Beginners, QQI Level 4 Component Word Processing. For further information please contact: T: Geraldine Tighe 096 71652 or E: Marilia Barreto, email address: mariliabarreto@msletb.ie

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.

Mayo PPN Funding Information Workshops for Community Groups. (places limited - first come, first served basis).

Managing your Board/Committee - Wed 28th Feb 2024 - 10am. Tips on how to provide clear expectations and avoid conflict within your community group.

Home To Mayo Festival Grants Funding Open For Applications – Wed 28th Feb - 11.30am.

If you are planning to hold celebrations, festivals or events that will coincide with Home to Mayo - Mayo County Council are opening a grants process that can aid groups in putting on their celebration, festival or event. To register for the workshops - follow the link: <https://mayoppn.ie/mayo-ppn-funding-information-workshops/>

Free Course Do you love cooking? Do you want to improve your cooking skills? Are you interested in doing a training course to give you the culinary skills to work in a Restaurant or Hotel kitchen? Are you receiving a DA payment or do you need assistance in finding employment? If so you can work part-time and keep your benefits. The course will help you develop your everyday cookery skills in a modern purpose built culinary setting. You will explore a range of classic recipes aimed at breakfast, lunch and dinner options. This course is packed full of hints and tips for the home cook. In addition a work placement in a local hotel or restaurant will be secured for you and on the job training and support will be provided”.

Call Ruairi @ 087 120 2617 or email ruairi.hughes@nlh.ie "

Chair Yoga Gentle exercises for your body and mind, Every Tuesday and Thursday at 11:00 in the gallery at Áras Inis Gluaire. New term starting 20th of February. For further information contact Dan Keegan: 089 493 7983 dankeeganyoga@gmail.com

Widowed Separated or Divorced men and women: Beginning Experience offers valuable support to help process the deep loss of a loved one, by a trained team of men and women who are themselves bereaved. Residential weekend Fri 22 to Sun 24 March 2024. Star of the Sea Centre, Mullaghmore, Co Sligo. Details from Maureen 087-664-6896

Family Carers Ireland 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.

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

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.

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

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.

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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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.