

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](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**

**MASS TIMES - BELMULLET**

Sat	July	20th	8.00p.m	Patrick & Bridget Cawley & son-in-law Michael
Sun	July	21st	10.30a.m	Eddie & Maureen McAndrew -- Brian McCann
Mon	July	22nd	9.30a.m	Intention
Tues	July	23rd	9.30a.m	Special Intention
Wed	July	24th	9.30a.m	Intention
Thurs	July	25th	9.30a.m	Intention
Fri	July	26th	11.00a.m	<b>Sunday Mass for Senior Citizens</b> - Intention
Sat	July	27th	8.00p.m	Áine & Micheál O'Donoghue -- Ian McNulty- Anniv.
Sun	July	28th	10.30a.m	Intention

**MASS TIMES - GLENCASTLE**

Sun	July	21st	12.00p.m	Eileen Gibbons - Month's Mind
Sat	July	27th	10.00a.m	Birthday Intention -- Breege Sheeran -- Tom Walsh & Deceased Walsh &
Sun	July	28th	12.00p.m	Mary Linnane - Anniv

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

MINISTRIES	CHURCH	MASSES	SUNDAY July 28th
<b>Readers</b>	Belmullet	Vigil 8.00p.m	Sheila Tallott
		10.30a.m	Keith McDonnell
<b>Eucharistic Ministers</b>	Belmullet	Vigil 8.00p.m	Maura Murphy
		10.30a.m	Margaret Healy
<b>Eucharistic Ministers</b>	Glencastle	12.00p.m	Alan Gaughan

## Reflection

### The 12 Steps of AA

According to Alcoholics Anonymous, the 12 Steps are:

- 1) We admitted we were powerless over alcohol—that our lives had become unmanageable.
- 2) Came to believe that a Power greater than ourselves could restore us to sanity.
- 3) Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4) Made a searching and fearless moral inventory of ourselves.
- 5) Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6) Were entirely ready to have God remove all these defects of character
- 7) Humbly asked Him to remove our shortcomings.
- 8) Made a list of persons we had harmed and became willing to make amends to them all.
- 9) Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10) Continued to take personal inventory and when we were wrong promptly admitted it.
- 11) Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12) Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

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

**JULY:** For the Pastoral Care of the Sick - We pray that the Sacrament of the Anointing of the Sick confer to those who receive it and their loved ones the power of the Lord and become ever more visible sign of compassion and hope for all.

### Belmullet/Glencastle Annual Trip to Knock

**Thursday 25th July**

Bus Leaving roundabout at 9.30a.m

Refreshments 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 on  
(097) 20777 or Carmel  
Maeve, Claire, Breda and  
Breege McDermott. **ASAP**

### 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

Glencastle Old Cemetery -

Sunday 4th August at **12.00 noon**

Glencastle New Cemetery -

Sunday 11th August at **7.00p.m**

### ALTAR SERVERS for Sat 27th/Sun 28th BELMULLET VIGIL 8.00p.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,  
Saoirse Doherty, Conor Langan

## **Offertory Collection**

Belmullet € 975.00

Glencastle € 614.74

Many thanks for your continued support

### **ALTAR SOCIETIES Group 5**

Carmel McIntyre, Maura Murphy & Kirstie Lavelle

### **GLENCASTLE Bunnahowen**

Brid McDermott, Catherine Barrett, Marcella Stich &  
Marian Gaughan

### **Cemetery Masses Kilmore Parish**

**Tuesday 30th July** at 7.00p.m Old Carne Graveyard

**Tuesday 6th August** at 7.00p.m Cross

**Thursday 8th August** at 7.00p.m Falmore

**Tuesday 13th August** at 7.00p.m Tarmoncarra

**Wednesday 14th August** at 7.00p.m Emlybeg

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

### **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](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.

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](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.

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

**Bangor Hall Bingo** Thursday night 25th July at 8pm. Jackpot €550 in 46 calls or less F26 AE80.

#### **Sunset4Stop 5km Fundraising Walk**

On Monday 12th August there will be an official launch of the Erris Branch of North West Stop counselling service. This will be followed by a 5km fundraising walk. North West Stop have been providing free counselling in Erris since October 2022. Over 200 sessions of counselling have been provided so far this year. We invite you to join in the celebration of the launch and to walk with us in support of this important local service; remembering those we have lost, those who are struggling and to give hope and strength to all who need it. To register for the walk, scan the QR code on posters in the community, or visit [www.northweststop.ie](http://www.northweststop.ie). Event takes place at The Broadhaven Bay Hotel. Late registration available from 6.30-7.15pm.

Official launch at 7.30pm. Walk sets off from the hotel at 8.30pm. Refreshments served afterwards. For enquiries contact Leanne on 0870670989.

**The Mayo Adult Guidance Service** will be in Belmullet Further Education Centre, Chapel St., on Tuesday, July 23rd. The service is for adults who need help to choose a career, find out about courses and opportunities or support in upskilling. It is a free and confidential service. To arrange an appointment contact Erin Gavin on 086 852 1905 or [eringavin@msletb.ie](mailto:eringavin@msletb.ie)

**Cemetery Clean-up** There will be a clean-up of the Glencastle Old cemetery on Thursday evening 1st August at 7.00pm.

This is in preparation for the Cemetery Mass on August 4th at 12.00pm.

A clean up of Glencastle new cemetery will take place on Thursday evening 8th August at 7.00pm.

This is in preparation for the New cemetery Mass on Sunday 11th Aug at 7.00pm.

Please try and come along and give just one hour to this effort.

In particular the old cemetery where many families may have died off and have no one to tend to their graves.

**Aras Inis Gluaire** Seisiún ceol agus amhránaíocht - fundraising concert for Deirbhle's drama and music education program in Nepal. 7pm on Saturday the 20th of July in Áras Inis Gluaire.

Lisa Lambe - award winning singer Lisa Lambe with her new show 'Nightvisiting' will be in Áras Inis Gluaire on Saturday the 27th of July at 8pm. To book tickets call 097-81079 or visit the website [www.arasinisgluaire.ie](http://www.arasinisgluaire.ie)

Centre Stage Summer Camp, 6-9th of August.

10-11:30am for ages 3-5 €40

12-4pm for ages 6+ €70.

To book please contact Maureen on 0876418073.

**Comhaltas Seisiún** Traditional Irish Music, Song, Dance and Storytelling - every Wednesday (July 17th to August 21st) at 8.30pm, in Áras Inis Gluaire (The Arts Centre) Belmullet. Bring an instrument/your dancing shoes/your voice and join in. Info @ (097) 81079

**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](mailto:carolinewilson@mayonortheast.com)

**Mayo Recovery College** will facilitate a suite of mental health & wellbeing modules taking place on the following dates throughout July in Castlebar (online option also); Tues 2nd 10am 'Self Esteem', Thurs 11th 5pm 'Self Compassion', Tues 16th 10am 'Hope' & Thurs 25th 5pm 'Happiness & Contentment'. Call/Text Karen McHale 0860294901 or email [recovery.educatormrc@hse.ie](mailto:recovery.educatormrc@hse.ie) to register. [www.recoverycollegewest.ie](http://www.recoverycollegewest.ie) New & existing participants are warmly invited to attend.

**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](mailto:mboyle@loughderg.org) or see advert on [www.loughderg.org](http://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!"

**Erris Workability** Erris Workability is a new innovative programme for people age 16+ with a disability. Our purpose is to provide you with the opportunity to gain & sustain employment, or access to education & training to improve your employment prospects. Erris Workability will focus on you and your needs and match them accordingly with local employers. If you wish to register for the programme, or find out more, please get in touch with us. Más maith leat clarú mar rannpháirtí, nó má tá ceist ar bith agat, dean teagmháil linn go luath! Email [rosemariamangan@mayonortheastldc.com](mailto:rosemariamangan@mayonortheastldc.com) or call Siobhán on 087 499 6605.

**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](mailto: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](mailto: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](http://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](http://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](mailto:jobs@rhshomecare.ie) or call Aoife on 090 66 25988

**The Killala Diocesan Pilgrimage to Lourdes** led by Bishop John Fleming, Bishop Emeritus of Killala, will take place from 18th to 24th July, 2024. Cost 929euro. Enquiries and Booking 01-2410800. A limited number of places available in the Assisted Section, Contact Eileen on 086-4013897.

**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](mailto: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](mailto:marriagepreparation@accord.ie) and for further information see [www.accord.ie](http://www.accord.ie)

**Living Well is a free HSE** programme which helps people living with a long-term health condition to manage their condition and improve their overall wellbeing. Anyone with any chronic illness such as diabetes, arthritis, COPD, cardiac illness, anxiety, etc. can benefit from these workshops. The next programme is in Castlebar it commences on Tuesday the 28th of May. 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](mailto:lgildea@southmayo.com)

**Do you have a community 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 community groups.

**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](mailto: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](http://www.empowerprogramme.ie) agus [FB.me/EMPOWERHer.ie](https://www.facebook.com/EMPOWERHer.ie)

**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](mailto:mariliabarreto@msletb.ie)

**Pilgrimage to Medjugorje** – 9<sup>th</sup> - 16<sup>th</sup> 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](mailto: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 Seperated 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](http://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](mailto: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](mailto: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](mailto: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](http://www.familycarers.ie).

**Information and Support for Birth Mothers** - whose babies were placed for adoption may be found at [www.birthinfo.ie](http://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](http://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](mailto: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](mailto: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](mailto: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](http://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](mailto: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](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)

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.

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.

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)

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](http://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](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”

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](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.