

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	Sept	14th	8.00p.m	Michael & Eileen Gibbons & Deceased Deane & Gibbons Families John Joe Neary - Birthday Remembrance & Deceased Neary Family -- Breege Brett -- Bertie Carey & Tom Rowe
Sun	Sept	15th	10.30a.m	Mary Gallagher -Month's Mind -- Willie McGonigle & Deceased Family
Mon	Sept	16th	9.30a.m	Intention
Tues	Sept	17th	9.30a.m	Mary Hawkins - Anniv. & Husband Ted Hawkins
Wed	Sept	18th	9.30p.m	Intention
Thurs	Sept	19th	9.30a.m	Myles Carey – Anniv & Mary, Anthony & Tony Lavelle
Fri	Sept	20th	11.00a.m	Sunday Mass for Senior Citizens - Intention
Sat	Sept	21st	8.00p.m	Kevin & Carmel Sheridan -- John & Bridget O'Donoghue
Sun	Sept	22nd	10.30a.m	John, Patrick & Ellen Mills & Deceased Family

MASS TIMES - GLENCASTLE

Sun	Sept	15th	12.00p.m	Leo, Adrian & Aaron Howard & John, Theresa, Tom Elenor & Pat Howard --Mary, Martin & John Meenaghan
Sat	Sept	21st	10.00a.m	Intention
Sun	Sept	22nd	12.00p.m	Peg & John Joe Murphy & Mary & Geraldine O'Reilly

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

MINISTRIES	CHURCH	MASSES	SUNDAY Sept 22nd
Readers	Belmullet	Vigil 8.00p.m	Máirín Uí Mhurchú
		10.30a.m	Keith McDonnell
Eucharistic Ministers	Belmullet	Vigil 8.00p.m	Carmel Gaughan
		10.30a.m	Gerry Murphy
Eucharistic Ministers	Glencastle	12.00p.m	Kay Carey

Reflection

Helen Steiner Rice (1900 – 1981) was a prolific American writer of both inspirational and Christian poetry. Being a Christian didn't make Helen immune from the trials of life. While she was still in secondary school, Helen's father died. Afterwards she decided not to go to college but rather to stay home and help her family. Helen herself married at age 30, but after only two years her husband died tragically. Among the numerous inspiration poems that Helen wrote is the following.

Life's Golden Autumn

Birthdays come and Birthdays go and with them comes the thought
Of all the happy Memories that the passing years have brought -
And looking back across the years its joys to reminisce,
Memory Opens Wide the Door on a happy day like this,
And with a sweet nostalgia we longingly recall
The Happy Days of Long Ago that seem the Best of All-
But Time cannot be halted in its swift and endless flight
And Age is sure to follow Youth as Day comes after Night
And once again its proven that the restless brain of man
Is powerless to alter God's Great Unchanging Plan-
But while our step grows slower and we grow more tired, too,
The Soul goes soaring Upward to realms untouched and new,
For growing older only means the Spirit grows serene
And we behold things with Our Souls that our eyes have never seen -
And Birthdays are but Gateways to Eternal Life Above
Where "God's children" live Forever in the Beauty of His Love.

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

September: For The Cry of the Earth

We pray that each one of us will hear and take to heart the cry of the Earth and of victims of natural disasters and climactic change, and that all will undertake to personally care for the world in which we live

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

ALTAR SERVERS for Sat 21st/Sun 22nd 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

ALTAR SOCIETIES Group 6

Joan Fahey & Carmel McAndrew

GLENCASTLE Bunnahowen

Brid McDermott, Catherine Barrett, Marcella Stich & Marian Gaughan

RECENTLY DECEASED

Please pray for the soul of
Paddy Gallagher (brother of
Michael Gallagher) Brockley
London formerly Derrycorrib died recently in Lewisham Hospital.
Funeral arrangements later.

May he Rest in Peace

Offertory Collection

Belmullet € 1125.00 Renovation
Glencastle € 274.85 €435.00
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.

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.

RECENTLY DECEASED

Please pray for the soul
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Michael Gallagher) Brock
London formerly Derrycorrib
recently in Lewisham Hosp
Funeral arrangements lat
May he Rest in Peace

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

Erris Workability: Inclusive Pathways to Employment

Do you have neurodiverse, physical, or mental health challenges? Are you over 16 years old? Do you wish to gain meaningful employment? Do you feel that you need more confidence or more training? The Erris Workability team is here to help you achieve your goals – we can assist you in accessing training and we will match you with an Employer that is aware of your strengths and interests. We will support both you and your Employer throughout your exciting journey. If you would like to register with us, or if you want to find out more, please contact us for a chat. Call Siobhán 087 499 6605 or email rosemariemangan@mayonortheastlhc.com or call Carolyn 087 398

MSLETB - Part-Time Accredited Courses Starting September 2024 in the Further Education Centre Belmullet
There are places available on the following QQI Components: Healthcare - Infection Prevention and Control, QQI Level 5
Healthcare - Safety and Health at Work, QQI Level 5, English As A Second Language, (ESOL) QQI Level 4, Personal And Interpersonal Development QQI Level 4, Customer Service, QQI Level 4, Word Processing Skills, QQI Level 4, Spreadsheet Methods, QQI Level 5. For further information please contact Geraldine Tighe: 096 71652 or email: geraldinetighe@msletb.ie

Silent Retreat: Theme: “If you but knew the gift of God...” Preached by: Fr. Kilian Byrne, Foyer of Charity
Venue: St. Mary’s Accommodation, Knock, Co. Mayo. Date: October 14th to 20th 2024. Cost: €540 full board
Contact: Helen : 086 1678027/ hellywilliams@gmail.com www.foyerofcharity.ie

Erris Family & Community Support Centre are running baby massage in Ballycroy starting Wednesday 18th September for 5 weeks. 10am - 11.30am in Ballycroy Community Centre. Suitable for babies aged between 3 - 12 months. Runs for 5 weeks. Cost €30. Contact Leah on 087 7059705 or familysupport@errisfsc.ie to book, places are limited.

Bangor Hall Bingo Thursday night 19th September at 8pm. Jackpot €950 in 54 calls or less F26 AE80.

Mayo Cancer Support Church Gate Collection Mayo Cancer Support Association will be holding a Church Gate Collection in your area on the weekend of September 21st & 22nd next. We would appreciate your continued support for this local charity that offers free emotional support to people affected by cancer and their families. See www.mayocancersupport.ie for more. If anyone can volunteer to assist with the collections, please call Rose 083 489 0754

Bereavement Support Group. Life after a bereavement can feel empty and lonely. Sometimes spending time with others who know the experience can be helpful. Trained facilitators conduct a weekly Bereavement Support Group meeting at the Family Centre, Knock each Wednesday at 11am. No booking required. Further information from Monica Morley on 094-9375320.

Ante – natal & Infant Care Classes

A 4 session course for expectant mothers and partners beginning on the 18th September and running for four weeks will take place in the Broadhaven Bay Hotel. The course is run by Public Health Nurses and is free of charge. You are advised to attend early in your pregnancy. To register: Contact Nuala on 097/27418

Mindfulness program in Belmullet on Monday afternoon 2-4pm for 4 weeks. 16th, 23rd, 30th September & 7th October. Cost is free. Location – Irish Wheelchair Association, Logmore, Belmullet. Explore what mindfulness is, how mindfulness helps and how to create your own peaceful mindfulness practice. Contact Leah on 087 7059705 to book. Places are limited.

September is the month for applications for the John Paul 11 Awards for young persons helping out in their Parish. The Presentation Ceremony for the Awards will be in the cathedral on Thursday 12th December at 7pm with Archbishop Francis Duffy

Mayo Cancer Support Church Gate Collection Mayo Cancer Support Association will be holding a Church Gate Collection in your area on the weekend of September 21st & 22nd next. We would appreciate your continued support for this local charity that offers free emotional support to people affected by cancer and their families.

See www.mayocancersupport.ie for more. If anyone can volunteer to assist with the collections, please call Rose 083 489 0754

Down Syndrome Ireland Mayo Branch church gate collections, which will be held next week 14th & 15th September. Your support in promoting this event would mean a great deal to us and to the many families who rely on Down Syndrome Ireland Mayo Branch.

Mayo County Council invites all community groups to have their say on the new Mayo County Council Corporate Plan 2024-2029. A workshop will take place on Wednesday 18th September 7.00pm-8.30pm in the Outdoor Training Centre, Milebush, Castlebar (Eircode F23 TH29). There is plenty of free car parking. Tea/Coffee/Refreshments served. No booking required.

Mayo PPN. 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.

Attention Employers Erris Workability is a new five year programme whereby people age 16+ with neurodiverse, physical or mental health challenges are supported through education, training or employment. We will support Employers throughout the process of gaining & sustaining employees that are appropriately matched with you & your workplace. We can also assist you in applying for suitable grants & incentives for which you may be eligible as an Employer. Má tá ceist ar bith agat, déan teagmháil linn go luath! Call Carolyn 087 398 0575 or Siobhán 087 499 6605 or email rosemariamangan@mayonortheastldc.com

Erris Workability Are you over 16 years of age? Do you have neurodiverse, physical or mental health challenges? Would you like to gain education or get work? Erris Workability is a new programme – we can support you throughout the process of improving your employment prospects. Má tá ceist ar bith agat, déan teagmháil linn go luath! Call Carolyn 087 398 0575 or Siobhán 087 499 6605 or email rosemariamangan@mayonortheastldc.com

Train to become a care giver? Mayo Training Institute in Castlebar are running a QQI Care Skills, QQI Care of the Older Person and Patient Moving & Handling course, 7 days over 4 weeks, class room based. Dates: September 12th, 18th, 19th, 25th, 26th, October 2nd and 3rd. Please contact us for more information on 094 9027587 or email info@mayotraininginstitute.ie

Mayo Recovery College will facilitate a suite of mental health & wellbeing modules taking place on the following dates throughout September in the Atlantic Technological University in Castlebar (online option also); Tues 10th & 17th 10am 'Let's talk about stress', Wed 11th, 18th, 25th 10am 'Wellness Recovery Action Plan (WRAP)', Thurs 12th & 19th 5pm 'Recovery, let's talk', Tues 24th 10am 'Looking after our mental health while online' & Thurs 26th 5pm 'Exploring Anger'. Call/Text Karen McHale 0860294901 or email recovery.educatormrc@hse.ie to register. www.recoverycollegewest.ie New & existing participants are warmly invited to attend.

The Priory Institute Study Theology Online, is this for you? The Priory Institute provides online Theology courses to degree level. Attend Saturday lectures in Tallaght or from the comfort of your own home. Register before September 17. Find out more on our website, prioryinstitute.com

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

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

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 rosemariemangan@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.

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

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 you 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 (Banfhionraithe 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@nln.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

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>

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.

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

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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 fsully@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.

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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.

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 : Employment 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.

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.