



***4th/5th***

***& Epiphany:***

 ***Bohola:***

 €698.

***Straide:***

€527.

*Thanks for all*

*your contributions.*

 **Bohola/Straide/Shraheens Newsletter**

**Stephen O’Mahony PP/Adm – 094-9384115/086-8226405 –** **boholaparish@gmail.com** **(email for newsletter) pppppp**Newsletter available on *mayo.ie* website and *Straide Parish Facebook* page

 **The Baptism of the Lord – 12th January 2025**

###### The Week Ahead

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| **Saturday, January 11th.** | **7.00pm *Straide*** | **Brendan Maloney, Straide & Cloonaglasha, Tuam. (1st Anniversary)****Eileen Stephens, Grallagh (4th Anniversary), and deceased of the Stephens family.*****First Communion Grow in Love.*** |
| **Sunday, January 12th.** | **9.30am *Shraheens*****11.00am *Bohola*** | **Kieran Mullaney & his father Jimmy, Boleyard and deceased of Brennan & Mullaney families.****Joe Mullaney, Toughnane. (3rd Anniversary)****Pakie O’Brien, Turlough, formerly Rathruane. (Month’s Mind)***First Communion Grow in Love.* |
| **Monday, January 13th.** | **10.00am** | **For all the People.** |
| ***No further weekday Mass until Friday 24th as Fr O’Mahony will be away.*** |
| **Tuesday, January 14th.** | **7.00 – 8.00pm** | **Adoration of the Blessed Sacrament in Straide.** |
| **Wednesday, January 15th.** | **10.00am – 12 noon****5.00 – 10.00pm** | **Adoration of the Blessed Sacrament.****Adoration of the Blessed Sacrament. *(Blessed Sacrament Chapel)*** |
| **Saturday, January 18th.** | **12 noon *Straide*****7.00pm *Straide*** | **May Smyth, “Wood Cottage”, Blanemore. (1st Anniversary)****Elizabeth Killeen (née Mullahy), late of Barleyhill. (Month’s Mind)****Seán Deacy, Straide. (7th Anniversary)** |
| **Sunday, January 19th.** | **9.30am  *Shraheens*****11.00am  *Bohola*** | **Private Intention.****For all the People.** |
| ***All Masses in Straide (***[***www.churchtv.ie/straide/)*** ***and***](http://www.churchtv.ie/straide/%29%20and) ***Bohola (***[***www.churchtv.ie/bohola/***](www.churchtv.ie/bohola/)***) are live-streamed.******Shraheens Mass will be live-streamed on the Bohola Post Facebook Page when requested. (Marked by \* above)******All Bohola Masses will be broadcast on the 105.5 FM Radio channel.*** |

***Recent Deaths:*** Please pray for the happy repose of the souls of the following:

*Jimmy Conlon*, Toughnane, who died on Thursday, 2nd January and whose funeral took place in Bohola on Sunday last.

*Anne Dingerkus*, Ardacarra, who died on Thursday, 2nd January and whose funeral took place in Bohola on Monday last.

*Theresa Colgan*, Cardiff, Wales, who died on December 11th last and whose funeral will take place in Cardiff on Wednesday next. She was the wife of Pat Colgan, late of Ballinlag, and the sister-in-law of John Colgan, Ballinlag and Noel Colgan, Clooneen.

*Rita Corley (née Deacy)*, Leeds, England and formerly of Straide, who died recently in Leeds. Funeral arrangements will be announced later. She was the sister of Marian Walsh, Straide.

We extend sympathy to their families and pray they are at peace.

***Missing in Action!*** Fr. O’Mahony will be away until Friday 24th. In case of emergency please contact Swinford *(087-1338200)*, Fr Micheal Quinn, Kiltimagh *(087-9082342)* or Fr. Padraig Costello, Foxford *(087-242 2273)*.

***Help Needed in Straide Church*** on next Wednesday evening at 7.00pm to remove Christmas decorations. All help appreciated.

***Exodus 90:*** Would you like help with your New Year’s resolution? Are you looking to deepen your Catholic faith? Would you like to meet other men who are trying to live our faith? If so, join us to hear more about **Exodus 90** on Thursday next, January 16th at 8.00pm in the Pastoral Centre, Charlestown and hear how the 90 days between January 20th and Easter Saturday can transform your life. For more details, call Damien on *086-1729064*.

***Life in the Spirit Seminar*** starts on Sunday next, January 19th in Ballintubber Abbey from 3pm to 5pm for seven weeks, ending on March 2nd. Baptism in Spirit on February 16th. Contact Angela on *089-2462524* for details.

***New Pilgrim Path Website of the Week, Sunday, January 12th:*** *“You Are My Beloved” -* “God’s words ‘You are my Beloved’”, writes Henri Nouwen, the late Dutch priest, professor and theologian, “reveal the most intimate truth about all human beings, whether they belong to any particular religious tradition or not. The ultimate spiritual temptation is to doubt this fundamental truth about ourselves and trust in alternative identities... I hope that you can hear these words as spoken to you with all the tenderness and force that love can hold. My only desire is to make these words reverberate in every corner of your being, ‘You are the Beloved!’” In a powerful recorded talk, he urges that the key task of our spiritual journey is to claim that truth and live a life based upon it. Listen to the talk at:***www.newpilgrimpath.ie****.*

***Prayer Group Silent Servants of Divine Mercy:*** Colum and Seosamh are two young men with non- verbal autism. They spell to communicate. They have had a prayer ministry for some years now and recently made a Facebook page called *Silent Servants of the Divine Mercy*. They invite people to like the page and send their prayer intentions to them. They then pray and offer their sufferings for all the prayer intentions. They also recently started a sodality called *Silent Servants of the Divine Mercy Sodality*. The Sodality holds a monthly online prayer meeting on Zoom. Seosamh spelled:

"The sodality is for silent people and others who cannot go to a prayer meeting in person. We have a prayer meeting once a month and silent people and others could join the meeting online". The hope is that other people can join them in praying for the intentions of the Silent Servants. The meeting will be approximately 30 minutes. Please send a text to *086-4134847* if you are interested in attending the meeting. The day before the meeting we will send out a Zoom link for the meeting.

It is for people who cannot attend prayer meetings in person, special needs people, sick people, elderly people-anyone who can’t get to a prayer meeting but who would like to pray with others.

***Ireland's 2025 Jubilee "Sacred Heart Crusade of Love & Hope"*** began last Wednesday in Rome with Pope Francis blessing four pilgrim statues that will travel back to Ireland at the end of this month. One statue will be given to each of the provinces of Ireland, and these will be brought throughout the dioceses for pilgrims to visit and venerate until June, the month of the Sacred Heart.

The All-Ireland Sacred Heart Crusade culminates in Knock Shrine on Sunday, June 22nd where Holy Mass will be offered by Archbishop Eamon Martin and he will be renewing the Consecration of Ireland to the most Sacred Heart of Jesus, a consecration first made over 150 years ago. With this mission many may have a real encounter, a true “heart to heart” with the Lord while there will be renewed devotion to Sacred Heart. As this Jubilee Year begins, we are also reminded that this is the 350-year anniversary of the revelations of the Sacred Heart of Jesus to St Margaret Mary Alacoque, which we contemplate with the Holy Father, Pope Francis, in his most recent encyclical, "Dilexit Nos".

To help launch and raise awareness of the Sacred Heart Crusade, Dana (honoured as Dame by the Pope recently), the former Eurovision winner, will perform a Concert entitled *“Cross & The Cloak” at 7:30pm on Sunday, February 2nd*, St Brigid’s Bank holiday, in The Abbeyleix Manor Hotel, Laois. Tickets are available to book on *https://www.eventbrite.com/d/ireland--laois/dana/* or phone Antoinette on *086-0803047* for more details.

***Mayo Stoma Support Group*** will meet on Thursday, 23rd January at 7.00pm in the Ellison Hotel, Castlebar. All are welcome. If attending, please message Christopher on *(087) 6275766* with name and number of people attending.

***Local Writer's Course*** for all levels starts on Tuesday, 14th January from 8 to 10pm. It is a 6-week In-person course. Write Poems and Stories. Refreshments served each week. Call Martin on *087-6007100* (Western Hotel, Claremorris).

***Social Bingo*** continues every Monday in The Sheridan Community Centre, Bohola. Doors open at 8.00pm for **8.30pm start**.

***Mayo Women's Masters League:*** Kiltimagh Knock United is recruiting for a women's Over-30s team for the first ever Mayo Women's Masters League this February/March. Drop a message to the club Facebook page or WhatsApp Dee on *(087) 9291577* for more details.

***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 commences in *Ballaghaderreen on Friday, January 24th*. 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 *086-0142675* or by email at *lgildea@southmayo.com*.

***Mayo College of Further Education Open Day*** takes place on Thursday, 13th February from 12pm to 6pm in all their locations throughout Mayo. The Open Day will allow potential learners to meet teachers and tour all the college facilities in the main campus locations in Ballina, Castlebar and Westport and College Hubs in Ballina, Castlebar, Swinford, Achill and Ballinrobe. Mayo College of FET will have over 60 FET/PLC Level 4, 5 and Level 6 QQI, ITEC, CIDESCO and BTEC Courses on offer for the 2025-2026 academic year as well as our exciting new Apprenticeship courses in National Sales, Accounting Technician and Digital Marketing. Visit *www.mayocollege.ie* for more information and to make a free online application for September.

***Breakthrough Cancer Research Camino Walk:*** Have you ever dreamed of walking the Camino de Santiago? Breakthrough Cancer Research is taking on the 'Portuguese Way' from the 13th to 20th of June this year. Starting in the charming town of Baiona, experience camaraderie and reflection as you walk towards Santiago de Compostela, creating lasting memories on this historic pilgrimage. You can enjoy this amazing adventure with our experienced guide and help Make More Survivors. For more information, please contact *edel@breakcancer.ie* or phone *(021) 4226655* for more details.

***St. Josephs Secondary School, Foxford Lotto:*** Please support the NEW St. Josephs Secondary School, Foxford lotto. Contact *094-9256145* for more details. Link to enter (€2.50 per line): *https://www.ourfundraiser.ie/org/stjosephsfoxford/*.

***Mindspace Mayo:*** Mindspace Mayo offers a free 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 anyone can make a referral. Visit *www.mindspacemayo.ie* or call *094-9067001*.

***Other still relevant notices from previous newsletters are included in the online Extended Newsletter.***

***I finally know why they call me a grown-up.***

***I groan every time I get up!***

***Extended Online Newsletter***

***Ballina Bereavement Support Group:*** Life after a bereavement can feel very lonely especially as we approach Christmas. Sometimes spending time, talking and sharing with others who share that experience can be helpful. Trained facilitators conduct a monthly Bereavement Support Group meeting at the Newman Institute on the second Wednesday of each month at 8pm. All are welcome.

***Home Instead Mayo*** is urgently looking for CareAssistants in all areas of Mayo. Help us provide care to someone inneed near you today! Training and support provided. Call *094-9044785* or email *siobhan.brennan@homeinstead.ie*.

***Interested in having the Spotlight on your Community Organisation?*** Mayo PPN is currently running a series called ‘Community Spotlight’. It involves a weekly feature highlighting PPN groups’ events and activities and is showcased on the PPN website and social media platforms for one week. Send us a short description of your group –150/250 words and 3 or 4 photographsby email to *mayoppn@mayococo.ie*.

If you would like to find out more about this project have a look at some of the groups that have featured so far, go to: [*Community Spotlight - Mayo PPN*](https://scanner.topsec.com/?d=3188&r=auto&u=https%3A%2F%2Fmayoppn.ie%2Fresources%2Fcommunity-spotlight%2F&t=e6f3f74a9ebf5e68dd0b530a11583082417a0dce).

***Nia Classes in Swinford and Ballina:*** Non-impact aerobics on Mondays at 10am at Swinford Cultural Centre and on Wednesdays at 10am at Ballina Arts Centre. Gentle on joints, great for balance, flexibility and overall fitness. Join at any time. €10 a class. Contact Siobhan at *089 4182740*.

***Marriage Counselling*** is available at Convent Rd., Ballaghaderreen and at Moneen, Castlebar. Enquiries to *087-9972503*.

***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? 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 email *sduffy@enableireland.ie* for further information. This is a very rewarding role and our Volunteers are very positive about their experience.

***FACT Social Club:*** We are an independent community-based service here in Foxford, Co Mayo, and we support people living with Dementia or in rural isolation. We are open Monday to Friday and provide social interaction, activities and much more in a safe and supported environment. If you would like more information on the services we offer, please contact us at *factsocialclub1@gmail.com* or telephone *094- 9256662*.

***Free Advertising with Mayo PPN:*** Are you holding a community event/activity? Email your details with a Jpeg poster to *mayoppn@mayococo.ie*. We will circulate via the PPN social media platforms to our 1,000 plus community groups.

***Gianna Care***provides help to anyoneexperiencing an unexpected pregnancy, or who needs help following an abortion. Their trained client advocates, counsellors, nurses and doctors are there to help. See *giannacare.ie*.

***Mayo Cancer Support*** provides FREE support services to those affected by cancer. Call *(094) 9038407*.

***North West STOP*** offers a *free counselling* service with no waiting lists. Call or text *086-7772009* to arrange an appointment.

***Hospital & Home Visits/Family Deaths:*** *If you wish the priest to visit relations or friends in hospital or at home or to put a notice of family deaths outside the parish in the weekly newsletter – please make contact by phone or email.*

***SAFEGUARDING CONTACTS:***

**Designated Liaison Persons:**

***Diocese of Elphin:***

***•***Mary Nicholson, St. Mary’s, Temple Street, Sligo. Tel: *086 3750277*.

•Anne Leonard, c/o St. Mary’s, Temple Street, Sligo. Tel: *087 6474136*.

***Diocese of Achonry:***

***•***Helen Diskin, Bishop’s House, Convent Road, Ballaghaderreen. Tel: *087 0516888*.

***TUSLA (Child and Family Agency) – Duty Social Work Contact Details:***

Sligo *071-9155133*.

Leitrim *071-9650324*.

Roscommon *090-6637528*.

Galway *091-546366*.

Athlone *090-6483106*.

Mayo *094-9042283*.

***Garda Confidential Service:***

*1800 555 222*



**PRAYER FOR HEALING OF**

**SURVIVORS /VICTIMS OF ABUSE**

***God of endless love,***

***ever caring, ever strong,***

***always present, always just:***

***You gave your only Son***

***to save us by the blood of his cross.***

***Gentle Jesus, shepherd of peace,***

***join to your own suffering***

***the pain of all who have been hurt***

***in body, mind, and spirit***

***by those who betrayed the trust placed in them.***

***Hear our cries as we agonize***

***over the harm done to our brothers and sisters.***

***Breathe wisdom into our prayers,***

***soothe restless hearts with hope,***

***steady shaken spirits with faith:***

***Show us the way to justice and wholeness,***

***enlightened by truth and enfolded in your mercy.***

***Holy Spirit, comforter of hearts,***

***heal your people’s wounds***

***and transform our brokenness.***

***Grant us courage and wisdom, humility and grace,***

***so that we may act with justice***

***and find peace in you.***

***We ask this through Christ, our Lord. Amen.***

 ***United States Conference of Catholic Bishops***



