

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	Nov	2nd	8.00p.m	All Souls Day - Mary Cullotty - Month's Mind --Seamus & Joseph Deane, Gerry Noone & Joe Walsh -- Eddie Barrett, Coolaba -- Maureen & Eddie McAndrew -- Richard & Christine Whelan, Dublin
Sun	Nov	3rd	10.30a.m	Holy Souls -Micky & Bridget Gruddy
Mon	Nov	4th	8.00p.m	Novena Padre Pio - Holy Souls - Jenny Murphy, Kitty, Joe & Patrick Lenehan & Josephine Stuart -- Paraic, Hughie, Ann, baby James Joseph Carolan & Deceased Carolan & Calpin Families
Tues	Nov	5th	9.30a.m	Holy Souls - Mary Gaughan - Birthday Remembrance & James Gaughan -Anniv. & Deceased Family -- Thanksgiving Mass
Wed	Nov	6th	9.30a.m	Holy Souls -John Lally
Thurs	Nov	7th	9.30a.m	Holy Souls - Anthony & Nora McIntyre & Deceased Family
Fri	Nov	8th	11.00a.m	Sunday Mass for Senior Citizens - Holy Souls - Sara & John Gaughan, Paddy Joe Lavelle, John McDonagh, John Fraine & baby Tadhg -- Seamus Cafferkey
Sat	Nov	9th	8.00p.m	Holy Souls - Chris Tallott - 1st Anniv. -- Padraig Brogan - Birthday Remembrance - - Kathleen & James Gaughan, Bridget Cawley & Deceased Gaughan & Cawley Families
Sun	Nov	10th	10.30a.m	Holy Souls - Mike & Mary Tuffy & Daughters Marcella & Marian

MASS TIMES - GLENCASTLE

Sun	Nov	3rd	12.00p.m	Holy Souls --J.J. McAndrew - 1st Anniv. -- Bridget Barrett, Drum - 20th Anniv. & Husband Thomas, sons Harry & Andrew, Northampton -- Michael & Mary Barrett & Daughter Collette Sweeney & Thomas McGuire, Dooyork -- Kathleen & Fred Donoghue, Shraigh
Sat	Nov	9th	10.00a.m	Holy Souls - Paddy & Marcella Shevlin, Toorglass & Deceased Family
Sun	Nov	10th	12.00p.m	Holy Souls
Sun	Nov	10th	4.00p.m	Tony O'Connor - 70th Birthday Remembrance

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

MINISTRIES	CHURCH	MASSES	SUNDAY November 10th
Readers	Belmullet	Vigil 8.00p.m	Sheila Tallott

		10.30a.m	Tisha Gallagher
Eucharistic Ministers	Belmullet	Vigil 8.00p.m	Maura Murphy
		10.30a.m	Joan Gaughan
Eucharistic Minister	Glencastle	12.00p.m	Brid Henry

ALTAR SOCIETIES BELMULLET Group 7

Catherine Barrett, Mary O'Connor & Rose Conroy

GLENCASTLE Shraigh

Kathleen Lally, Bridie Donoghue , Audrey Murphy & Patricia Ginnelly

WEDDING BELLS

Congratulations to
Luke Worth & Tara Walker
On their recent marriage
We wish them every Blessing.

BAPTISED RECENTLY

We welcome into God's Family
Seamie Michael Monaghan, Muings, Barnatra
We wish him every Blessing

RECENTLY DECEASED

Please pray for the soul of
Tony McLoughlin, Dublin/Foxpoint
& John Barrett, Seaside.
May they Rest in Peace

St Padre Pio Novena

Monday Nov. 4th in The Church
of the Sacred Heart, Belmullet at **8.00p.m. Rosary 7.30p.m** by
The Legion of Mary.

First Holy Communion: & CONFIRMATION 2025

10th May at 1.00p.m.— Glencastle, Barnatra & Shraigh NS's in Our Lady of Lourdes Church, Glencastle

17th May at 12 noon—Belmullet NS in The Sacred Heart Church, Belmullet.

Confirmation:

4th May at 12.00 noon Belmullet NS in The Sacred Heart Church, Belmullet.

18th May at 12.00 noon—Glencastle, Barnatra & Shraigh NS's in Our Lady of Lourdes Church, Glencastle.

Father Richard Rohr recognizes how a focus on religion as a matter of personal belief has discouraged some Christians from engaging in politics. For many people, politics and religion are so personal that neither topic is deemed appropriate to discuss publicly. While separation of church and state is a good thing, the church has become increasingly irrelevant, often to the very people who want to go both deep and far. We are so disconnected from the political—the welfare of God's people.

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

NOVEMBER - *For Those who have lost a Child* - We pray that all parents who mourn the loss of a son or daughter find support in their community and receive peace and consolation from the Holy Spirit

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 9th/Sun 10th BELMULLET VIGIL 8.00p.m Sun Team B - Emily Ruane, Reyna Breathnach, Orlaith Murphy Cuffe, Finn Conmy, Iarla Doherty
10.30a.m Team D Aoibhe Martin, Marta Madzule, Shane Ivers, Daithí Barrett, Maggie McDonnell, Natalie McGuire

-
:

ALTAR SOCIETIES

Offertory Collection

Belmullet € 1295.00

Glencastle € 415.15

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

HOLY SOULS - NOVEMBER ENVELOPES

The envelopes for the Faithful departed are at the church doors this weekend. Please fill in your list of your deceased & return envelopes into the letter boxes at back of the Churches or a basket on the altar rail on November 1st. Thank you.

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.

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

The Kilmore Drama Group Presents the Farm Boy, in Arás Inis Gluire 8th & 9th November at 8pm.

Mass for Bereaved Parents On Sun10th Nov, all bereaved parents are invited to St John's Rest and Care Centre at 3pm for a Mass of Remembrance. The Mass will be celebrated by Fr Michael McCullagh and the names of all deceased children will be read out as their parents place candles remembering them on the altar. All are welcome. Info Monica Morley, Family Centre 094-9375320.

Team Hope Shoe Box Appeal Leaflets for the team hope shoe box appeal are now in the Church porch. Boxes to be left in porch between Friday the 8th and Sunday the 10th November only. Please do not leave boxes at any other time. Tisha Gallagher is the contact for the area and can be reached on 086-1735329 for any information. Thank you for your support

Mayo Cancer Support Annual Mass Mayo Cancer Support will host its annual mass on Thursday November 7th @7pm at Rock Rose House, F23P659, for anyone impacted by or bereaved as a result of cancer. All are welcome

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 on Wednesday the 6th of November. 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

Belmullet Library Digital DIY for All – Locked out of your laptop? Fed up with your smartphone? Ticked off with your tablet? If your device is getting you down and you know you could be doing more with it but you don't know how, come along to our drop-in sessions and get some useful tips and advice. Bring your device to Belmullet Library Tuesday & Wednesday 5p.m – 6.30p.m

Fundraiser For Glencastle Cemetery and Lisheen Cemetery 70th Birthday Remembrance for Tony O'Connor In Broadhaven Bay Hotel on Sunday 10th November. Music by Michael English. Support band Irishize starts at 9.00p.m and Michael English at 10.00p.m Tickets €30.00. Refreshments served. Raffle on the night.

The Youth 2000 Connaught autumn retreat will take place in the College of the Immaculate Conception, Summerhill in Sligo town on November 8th to 10th. Join us for talks, testimonies & workshops. Donation only, bring a sleeping bag! For more information, visit www.youth2000.ie or email connaught@youth2000.ie

Mayo Recovery College continue to facilitate a suite of mental health & wellbeing modules on dates throughout OCTOBER in the Atlantic Technological University in Castlebar (online option also); Tues 1st 'SELF ADVOCACY (speaking up for me)'

at 10am. 'EXPLORING ANGER' Thursdays 3rd & 10th at 5pm. 'STIGMA' Tues 8th at 10am. 'EXPLORING MY WAY by SHINE' (10 part programme for Family members/carers) beginning Wed 9th at 6pm. 'HOPE' Tues 15th at 10am. PERIMENOPAUSE/MENOPAUSE & HOW IT IMPACTS MENTAL HEALTH' Thursdays 16th & 24th at 5pm. 'HAPPINESS & CONTENTMENT' Tues 23rd at 10am. Call/Text Karen McHale 0860294901 or email recovery.educatormrc@hse.ie to register. New participants are warmly invited to begin at any time throughout the semester."

Would you like to join us in a FREE fun-based interactive cooking course? 'Heathy Food Made Easy' is a community based healthy food and nutrition course being delivered in the Erris and Achill areas. It is delivered over the course of 6 weeks whereby the attendees enjoy participating in practically preparing, cooking and tasting foods. The emphasis throughout the course is on group learning rather than formal teaching. It is open to all ages and abilities, so join us for 90 minutes that will help you to shop smart and save money while eating a healthy balanced diet. The next course will start 17th October 2024 to 21st November 2024 from 7pm – 9pm in the Solas Centre, Aughleam. A qualified dietician will join us in week 5 to answer any of your questions. To find out some more information or to book your place please contact the following - hse.laintecare@mayonortheastldc.com or call Emma on 087 213 3241.

Would you like to join us for a FREE interactive and informal parenting course? The course is a 6-week community-based course for the areas of Erris and Achill, aimed at parents of children aged 6 – 16 years old. Attendees will be given practical advice and skills in topics such as better bedtimes, managing screen time, easy mealtimes, simpler shopping trips, challenging talks and understanding emotions. So, join us for tea and chats during our 2-hour sessions in a relaxed and supportive environment. The next course will start Monday 21st October to 25th November from 7.00 – 9.00pm in the IWA Centre, Belmullet. To find out more information or to book your place on the course please contact the following – hse.laintecare@mayonortheastldc.com or call/text Emma on 087 213 3241.

Friends of Carmel at Holy Hill. The door of Entry is Prayer. 10am to 4pm Saturday 9th Nov. at Holy Hill Hermitage, Skreen, Sligo. To Book email friendsofcarmelhh@gmail.com

Monthly Bereavement Support Meeting Every second Wednesday at 8.00pm in Newman Institute, Ballina on Oct. 9th, Nov. 13th, Dec. 11th, Jan. 8th, Feb. 12th, March 12th, April 9th, May 14th. A place to find solace and support through sharing with others who are on the same journey. For info. call 096 72066 or email reception@newman.ie

Bangor Hall Bingo Thursday night 7th November at 8pm. Jackpot €700 in 49 calls or less F26 AE80.

Attention Employers! Are you a private sector employer, a charity manager, a self-employed person, or a manager of a social enterprise? Pop into the tourist office in Belmullet for a quick coffee & chat with Intreo Employer Relations Officers (Dept of Social Welfare) on Tues. 5 Nov (11am to 1pm). A great opportunity to find out about grants, incentives & supports available to Employers! Call Siobhán at Erris Workability with any queries 087 499 6605. Bígí ann!

Solas visitor Centre is holding Christmas Craft Fayre on December 1st from 11-4pm, to book you table call 09765035

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 find out more, please contact us for a chat. Call Siobhán 087 499 6605 or email rosemariamangan@mayonortheastldc.com or call Carolyn 087 398 0575.

Employers of Erris

The Erris Workability team would like to collaborate with Employers in terms of improving accessibility and inclusivity in your workplace and in our community. We aim to match you appropriately with people who may have neurodiverse, physical or mental health challenges. This will be achieved by finding out what the Employer requires, and by assessing the strengths and interests of our participants who wish to gain meaningful employment. The Erris Workability team will work closely with all

Employers throughout the course of recruiting and retaining employees, and we will assist you in relation to grants and incentives that are of benefit to you. If you are interested in finding out more about this programme please contact us for a chat. Call Siobhán 087 499 6605 or email rosemariamangan@mayonortheastldc.com or call Carolyn 087 398 0575.

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.

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

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 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>

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/>

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.

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.

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

FREE ADVERTISING WITH Mayo PPN. Have you or your community an event or activity coming up? Avail of FREE advertising with Mayo PPN. It's simple – email mayoppn@mayococo.ie and include a Jpeg poster. Mayo PPN will be delighted to promote to their 1000 plus groups.

St. Vincent de Paul urgently require Volunteers to assist in the Shops in Ballina. Make new friends and enjoy helping others. Please give as little as 2 hours a week. Call Jackie on 085-8759460 or 096-72905

Exciting Volunteer role to become a Volunteer for Children with a disability.

Have you some free time on your hands or have you always been thinking of becoming a Volunteer to help those in your community?

“My time spent volunteering at Enable Ireland provided me with the opportunity to have a lasting and positive impact on people's lives, a chance to work with a wide range of people and I absolutely believe it will impact my life and my career. In particular, it has shown me that helping people can be a really valuable and rewarding experience and that there are so many people out there that really need and would appreciate the support and help a volunteer can provide.

My main activities when working with children with a variety of disabilities was to support them in living their lives more independently and to reach their potential by providing support. This was usually done through art, music and play. Volunteering with Enable Ireland has developed my communication skills in many ways. My volunteering experience has taught me the value of empathy and compassion and how deeply rewarding volunteering can be.” A Volunteers story

Enable Ireland Mayo Services require Volunteers in all areas of County Mayo to work with Children with a disability. Our volunteers usually work one-to-one with a child within their home but also within their community or at our centre in Castlebar. No more than three hours are required per week. We work around your availability to make this exciting opportunity suit your lifestyle. Training is also provided. If you are interested please contact Fiona at 087 6808350 or email fscully@enableireland.ie for further information. This is a very rewarding role and our Volunteers are very positive about their experience.

Affordable Live-in Homecare provides live-in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Eileen or Tom today on 087 991 6791 or 087 744 0729. Our website is www.alhomecare.ie

Enable Ireland Mayo Services require Volunteers in all areas of County Mayo to work with children with disabilities. Our volunteers usually work one-to-one with a child with a disability within their home but also within their community or at our service centre in Castlebar. No more than three hours are required per week. We will work around your availability to make this exciting opportunity suit your lifestyle. Training is also provided. If you are interested please contact Fiona at 087 6808350 or email fscully@enableireland.ie for further information. This is a very rewarding role and our Volunteers are very positive about the experience.

“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”.

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

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 : 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.

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.