**CHURCH OF THE SACRED HEART, BELMULLET**

Sunday 10.30am, Monday 8.00pm, Tuesday to Friday 9.30am, Saturday Vigil 8.00pm

**CHURCH OF OUR LADY OF LOURDES, GLENCASTLE**

Sunday 12.00 noon, Wednesday and Saturday 10.15am

Fr. Michael Reilly P.P. 097-81426 or 086-0847179

Parish Office, Chapel Street, Belmullet, Co. Mayo 097-20777

E-mail [belmulletparish@gmail.com](mailto:belmulletparish@gmail.com)

 A new CCTV system has been installed in the Sacred Heart Church, Belmullet and also covering the church grounds.

**MASS TIMES - BELMULLET**

Sat Feb 26th 8.00p.m Sadie & Gerry Lynch & Kathleen, John & Michael Sheerin -- Seamus, Michael & Agnes Doherty

Sun Feb 27th 10.30a.m Lawrence & Nancy Healy & Michael, Agnes & Seamus Doherty

Tues Mar 1st 9.30a.m Josephine & Edward Barrett & Rita Barrett, Attycunnane

**Wed Mar 2nd 7.00a.m.** **Ash Wednesday** - For the People of the Parish

**Wed Mar 2nd** **12.00p.m.** **Ash Wednesday - Children Mass -** Nora & Martin Howard, Shraigh East

Thurs Mar 3rd 9.30a.m Thanksgiving Mass

Fri Mar 4th 11.00a.m **Sunday Mass for the Senior Citizens** - John, Annie, Marty, Michael, Paddy & Patrick Gaughan & Pat O’Donoghue -- Tommy Munnelly

Sat Mar 5th 8.00p.m John & Mary Murphy & Deceased Murphy Family

Sun Mar 6th 10.30a.m Dan Hegarty - 5th Anniv.

**MASS TIMES - GLENCASTLE**

Sun Feb 20th 12.00p.m John Joe McGrath, - 1st Anniv. & Wife Bridget & Son Martin, Rathmorgan --Thomas Neary & Deceased Neary & Cummins Families -- Julia Walsh, Shraigh

Sun Feb 27th 12.00p.m Patrick Geraghty, Binghamstown/London -- Thomas, Bridgie McLoughlin & Deceased Family

**Wed Mar 2nd 7.00p.m** **Ash Wednesday -** Special Intention

Sun Mar 6th 12.00p.m Pat & Mary Joe Conway, Tony O’Connor & Anthony & Sabina Conway -- Collette Sweeney -- P.J. Barrett, Toorglass East - 3rd Anniv-- Mary & Áine Goonan , Michael & Martin Ginnelly -- Mary Ann Geraghty, Dundalk/Foxpoint

**ASH WEDNESDAY**

Ashes will be available on the altar rails after the Masses to take home for the Housebound

|  |  |  |  |
| --- | --- | --- | --- |
| **MINISTRIES** | **CHURCH** | **MASSES** | **SUNDAY Mar 6th** |
| **Readers** | Belmullet | Vigil 8.00p.m | Mairín Uí Mhurchú |
|  |  | 10.30a.m. | Liam McAndrew |
| **Eucharistic**  **Ministers** | Belmullet | Vigil 8.00p.m      10.30a.m | Patricia Barrett     Brendan Deane |
|  |  |  |  |
| **Eucharistic**  **Ministers** | Glencastle | 12.00p.m | Michael Joe Lally |

**TRÓCAIRE BOXES**

Are at the church doors. Please take one and bring to anybody who is housebound.

**dates for First Holy Communion & Confirmation**

**Confirmation:**

1st April 2022 at 6.00p.m. - Belmullet NS 6th class in The Sacred Heart Church, Belmullet

**First Holy Communion**:

**14th May 2022** at 12 noon—Belmullet NS in

The Sacred Heart Church, Belmullet.

**15th May 2022** at 12 noon— Shraigh NS’s in Our Lady of Lourdes Church, Glencastle.

The Sacred Heart Church, Belmullet.

**Guidelines for the Celebration of the Sacrament of Confirmation 2022.**

 For this year, 2022, only parents, godparents, grandparents and immediate family members (brothers and sisters of the candidate) should be invited to the ceremony.

The candidate should sit at the end of the seat, beside his/her sponsor.

The Readings and Prayers of the Faithful should be read by the teachers in the school or the clergy of the parish.

 Cotton buds will continue to be used for this year.

Solemn Processions will not take place at the beginning or the end of the ceremony.

Photographs of the Candidates, as a group or individuals, can take place outside the church, weather permitting. Photography within the church should be discouraged.

 The participation of choirs is encouraged but appropriate guidelines for choirs should be observed.

Pope announces 2nd March, Ash Wednesday as day of prayer and fasting for Ukraine

Sermon Notes for Temperance Sunday

Dr. Charles Mayo, one of the brothers who in 1919 founded the famous Mayo Clinic in Minnesota, was asked to speak at a gathering of young people about health and well-being. In his speech he warned his listeners about the dangers of alcohol and he told them that "You can get along with a wooden leg, but you can't get along with a wooden head”.

His argument may have been expressed in the terminology of the 1920’s but it still resonates today. Our flawed relationship with alcohol has caused many problems over the years and unfortunately those problems remain. We are all aware of them: public and domestic violence, debt, anti-social behaviour, road fatalities etc. The list of negative effects of alcohol abuse are endless yet we still treat it as if it were harmless and turn a blind eye to all that is happening all around us.

One of the negative side effects of alcohol is that it could often act as a gateway drug to even more harmful and addictive drugs. Drugs such as heroin and cannabis have been in circulation in Ireland since the 1980’s but the common perception was, and is, that they are limited to certain areas of cities and large urban areas and never caused much concern to most of the population. While those drugs are still a serious issue, they have both been surpassed by the widespread prevalence of cocaine. Known in the past as the ‘rich man’s drug’ because of its use by wealthy professionals, it has flooded the country in recent years and is as easily attained in remote rural areas as in urban centres. Ireland now has the third highest rate of cocaine use in Europe after Spain and the UK.

Its use is now so extensive that many people and community organisations are beginning to take notice. The stereotype of the 80s and 90s of wealthy young professionals using cocaine is a distant memory. Its use is widespread regardless of class, age, profession, or gender. Cocaine and alcohol rank extremely high when the two criteria of harm to the user and harm to others are combined. Those who are using it on a regular basis are often losing interest in studies or work and dropping out of many of the pursuits they used to value and love. Sports clubs, in particular, are alarmed by the growth in cocaine use and are finding it hard to field teams because of the effects. The long-term consequences of the widespread use of such an addictive drug are still unknown, but they are unlikely to be positive.

There are numerous community-based groups working with people struggling with addiction and with their families who are also reporting a rise in the demand for their services. Worryingly, they are also reporting a rise in drug debt related intimidation that is spreading fear and desperation in every area of the country. Support for the work of such organisations is vital and pressure needs to be put on politicians to follow through on the governments drugs strategy and provide adequate funding for their work. The problem can only be tackled in each locality by those who know the issues on the ground and who are living and working in the community.

Today on this Temperance Sunday we as a Christian community join in prayer for those who are affected by addiction to drugs and alcohol. We pray also for a change of heart among those who have the power and the resources to tackle this problem so that they will treat it with the priority it deserves and requires.

St. Paul in his letter to the Corinthians reminds us that it is God who gives us the “victory through Jesus Christ”. As followers of Jesus, we are not to become downhearted despite all the challenges and difficulties we are faced with. The depressing news of escalating addictive behaviour, along with so many other negative aspects of life today, could dishearten and demotivate us. This, however, is not the Christian way. Because we have the Holy Spirit to inspire us, we should always work to change what is imperfect in ourselves and in our society. As Jesus says in today’s gospel, “the good person out of the good treasure of the heart produces good”. Let us believe that such good will win out in the end.

**Trócaire**

As you are aware, Lent is an extremely important period of the year for Trócaire. Trócaire rely heavily on the income that comes in during Lent, through the generosity of parishes and schools, to fund our core work.

I am conscious of the many pressures facing people and parishes, and I am greatly encouraged by the ongoing generosity which enables us to continue our lifesaving and lifechanging work in up to 20 countries in Africa, Asia, the Middle East and Central America.

This year’s Lenten campaign highlights how Covid-19 has impacted communities in Zimbabwe who were already facing significant challenges due to climate change and food insecurity. We hear the story of Thandekile and her two children, her daughter Nomatter and son Forward, and how Covid-19 has had a devastating impact on their family. We also hear how Thandekile shows courage, hope and strength in the face of these challenges.

This year Trócaire have wonderful resources for primary and secondary schools, youth groups and Parishes on their website. I encourage you and your schools to avail of these and to support this year’s Lenten Campaign.

I leave you with a thankful quote from Archbishop Alex Thomas from the Archdiocese of Bulawayo. The Archdiocese received help and support from Trócaire :

“In the spirit of faith and in the spirit of humanity, I want to appreciate the support of the people of Ireland. And I would say that we have nothing much to give you back, we are always grateful to you, and every Sunday, when our people gather, we can assure you of our prayers for your generosity. I can only encourage you all to keep this partnership in the spirit of our faith.” (Archbishop Alex Thomas -Archdiocese of Bulawayo, Zimbabwe)

Thanking you for your support of Trocaire,

**COMMUNION CALLS**

Fr. Michael will call to the sick & housebound this week

Monday - Friday,

**BAPTISED RECENTLY**

*We welcome into God’s Family*

Oisín Gearóid Murphy, Barnhill, Dublin

*We wish them every Blessing.*

**ALTAR SOCIETIES BELMULLET Group 3**

Edel Cuffe, Deirdre Reuland & Marie Cuffe

**GLENCASTLE Shraigh**

Kathleen Lally, Bridie Donoghue & Audrey Murphy

**Thank you to Glan Assured**

for sanitizing the churches and to all the Parishioners who

sponsored the disinfection of both churches.

**The Memorare**

REMEMBER, O most gracious Virgin Mary,

that never was it known that anyone who

fled to thy protection,implored thy help,

or sought thy intercession was left unaided.

Inspired with this confidence, I fly to thee,

O Virgin of virgins, my Mother;

to thee do I come; before thee I stand,

sinful and sorrowful. O Mother of the Word Incarnate,

despise not my petitions,

but in thy mercy hear and answer me.

Amen.

***Just a thought!***

*Cover my poor soul with the*

*healing balm of love and*

*compassion. Make me*

*unselfish sweet Jesus,*

*so I will be content with just loving*

*and count it a privilege to*

*forgive even seventy times seven.*

Pope Francis

Easter Blessings

May the Lord bless you this Easter time:

Bless you with faith, guard you in doubt;

Bless you with hope, uplift you in despair;

Bless you with love, keep you from fear;

Bless you with peace, calm you in trouble;

Bless you with mercy, help you to forgive;

Bless you with joy, comfort you in sorrow;

So your heart may rejoice in Him who is Risen. Amen.

Prepared by

**Pope Francis Words**

Do you want to fast this lent

Fast from hurting words and say kind words

Fast from sadness and be filled with gratitude

Fast from anger and be filled with patience

Fast from pessimism and be filled with hope.

Fast from worries and trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.

**Our Lady of Lourdes Prayer for healing**

O ever-Immaculate Virgin, Mother of Mercy,

health of the sick, refuge of sinners,

comforter of the afflicted,

you know my wants, my troubles, my sufferings;

look with mercy on me.

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.

**Reflection**

Where 2 or 3 meet in my name . . .

When we see the tabernacle

with the red light beside it, we

immediately accept that here is

the reserved presence of Our

Lord and Saviour. When we

attend Mass and the priest

holds up the sacred host we

immediately sense that we are

in the presence of God. But

sometimes too God may be present to us and

we can’t tune into that presence. We can get a

glimpse of God in a beautiful sunset, in the

exquisite playing of a musician, in an

experience of great love.

But the other reality is that God is present to us

always. God lives in us by virtue of our baptism.

And God is present to us every time a few of us

meet in his name

Peace Prayer of Saint Francis

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,   
it is in pardoning that we are pardoned,   
and it is in dying that we are born to eternal life.  
Amen.

**A PRAYER FOR EVERYDAY**

Everyday I need you Lord,

But this day especially,

I need some extra strength,

To face whatever is to be.

This day more than any day,

I need to feel you near,

To fortify my courage,

And to overcome my fear.

By myself, I cannot meet,

The challenge of the hour,

There are times when humans help,

But we need a higher power.

To assist us bear what must be borne,

And so dear Lord, I pray,

Hold on to my trembling hand,

And be near me today. Amen

This year, people can return their Lenten donation in several ways:

1. Online at [www.trocaire.org](http://www.trocaire.org)
2. To the Parish Office.
3. By post to any of our offices: Trócaire, Maynooth, Co. Kildare 4.
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.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realise that we are all members of one great family and to recognise the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course. To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

**Accord establishes support phone line to help relationships during COVID-19**

To help support marriage and relationships in the context of the Covid-19 pandemic, Accord CLG and Accord Northern Ireland have established a new relationship support phone line which will be staffed by experienced couples and relationships counsellors. This will be a free service but calls are charged at a local rate.

Accord’s specialist in counselling (marriage and relationships), Mary Johnston said, “Accord is very conscious of those experiencing difficulties in their relationships and family lives as we are confined to home during this unprecedented period for all in society. The circumstances in which we are living now can increase stress and pressure on relationships and in families. To help address these challenges, Accord has established a relationship support phone line to enable callers to speak to experienced couples and relationship counsellors in order to talk through the difficulties they are experiencing”.

The support line is open from 9.00am – 8.00pm Monday to Friday. Please see contact details below:

· Accord NI – 028 9568 0151 or 00353 1 531 3331

· Accord CLG – 01 531 3331

Prayer for a Pandemic

May we who are merely inconvenienced,

Remember those whose lives are at stake.

May we who have no risk factors,

Remember those most vulnerable,

May we who have the luxury of working from home,

Remember those who must choose preserving their health, or making their rent.

when their schools close,

Remember those who have no options.

May we who have to cancel our trips

Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market

May we who settle in for a quarantine at home

Remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically wrap our arms around each other

Let us yet find ways to be the loving embrace of God to our neighbours. Amen

**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.

**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](https://www.catholic.org/prayers/station.php?id=1)

[2nd Station: Jesus carries His cross](https://www.catholic.org/prayers/station.php?id=2)

[3rd Station: Jesus falls the first time](https://www.catholic.org/prayers/station.php?id=3)

[4th Station: Jesus meets His Mother](https://www.catholic.org/prayers/station.php?id=4)

[5th Station: Simon of Cyrene helps Jesus to carry his cross](https://www.catholic.org/prayers/station.php?id=5)

[6th Station: Veronica wipes the face of Jesus](https://www.catholic.org/prayers/station.php?id=6)

[7th Station: Jesus falls the second time](https://www.catholic.org/prayers/station.php?id=7)

[8th Station: Jesus meets the women of Jerusalem](https://www.catholic.org/prayers/station.php?id=8)

[9th Station: Jesus falls a third time](https://www.catholic.org/prayers/station.php?id=9)

[10th Station: Jesus clothes are taken away](https://www.catholic.org/prayers/station.php?id=10)

[11th Station: Jesus is nailed to the cross](https://www.catholic.org/prayers/station.php?id=11)

[12th Station: Jesus dies on the cross](https://www.catholic.org/prayers/station.php?id=12)

[13th Station: The body of Jesus is taken down from the cross](https://www.catholic.org/prayers/station.php?id=13)

[14th Station: Jesus is laid in the tomb](https://www.catholic.org/prayers/station.php?id=14)

In response to the COVID 19 related restrictions on public gatherings **RTE News** will air Mass at 10.30am each day. Mass broadcast on **Midwest Radio** 10.00am on Wednesdays and Fridays. Mass is broadcast each day via webcam from **St. Muredach’s Cathedral** www.ballinaparish.org and scroll down to livestream. This webcam is only on when Mass is starting. Monday to Friday 8.00am and 10.00am Saturday 8.30am and 7.30pm and Sundays 8.30am, 11.00am and12.30pm.

Offertory Collection

Belmullet €

Glencastle €

Many thanks for your continued support.

Eucharistic Ministers and Readers needed for both Churches. If interested please give your name to Fr. Michael Reilly or Parish Office.

Any parishioner who intends inviting a priest from outside the Diocese of Killala to celebrate Mass in their houses should inform the clergy of the parish of their intention to do so. The Bishop has requested that this be done in the interests of ensuring the safety of children in this diocese.

[Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.]

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 3.00p.m.

All notices for the bulletin must be handed into the bookshop or by email: belmulletparish@gmail.com before noon on Thursdays.

**PARISH NOTICE**

**The Belmullet Festival** has run successfully for 18 years, however in order for the festival to continue it requires people with new ideas. Please join us for an open gathering to discuss our future. At 8pm, Wednesday 2nd March, O'D's lounge, Main Street, Belmullet.

**An audio visual Pub Quiz** will be held in The Western Strands, Belmullet, at 8pm on Thursday, 3 March 2022, to raise funds for Coiste Oidhreachta Iorrais Belmullet-Erris Heritage & Historical Society. Beidh Tráth na gCeist ar siúl i Western Strands ag 8pm Déardaoin, 3 Márta. Max of 4 people on a team - €20 per team. Duaiseanna deas ar an oíche. Raffle prizes & good craic - bígí ann!

**Western Alzheimers** Dementia Carer Support group meetings are resuming and will be held on the first Wednesday of each month at 8pm in the Ballina Family Resource Centre, [Unit 2 Abbey Street, Ardnaree, Ballina, Co Mayo](https://www.google.com/maps/search/Unit+2+Abbey+Street,+Ardnaree,+Ballina,+Co+Mayo?entry=gmail&source=g).

 The support group meetings are for carers of people with dementia. They provide an opportunity to meet others in a similar situation, to share stories and experiences, and access information and practical advice in a relaxed, understanding and supportive environment.

If you are caring for a loved one suffering from Alzheimer’s or if you are worried about Alzheimer’s then you will find this meeting to be very informative.

For more information contact Western Alzheimers on : 094 93 64900

**Turas Siar, Cartron** near Clogher Post Office F26 PY04 on 27th February 2022 at 3pm Padráig S Ó Murchú will launch the Arts Project Aistear na Slogain by Caitlín Bn Ú Oireachtaigh Depicting moments of local history through shell art Caitlin reading her poetry Comhrá and refreshments served Admission €5. Children free. For more details contact Turas Siar 087 6990505  
Wearing face masks is optional

Come along to Turas Siar on Sunday 6th March 2022 at 3pm near Clogher Post Office F26 PY04 we are showing a video which was made 20+ years ago with Mary John Tom making boxty the Inishkea way, chat around the open fire and refreshments will be served.  For further details ring Turas Siar 087 6990505

**Euopean Victims Week**  
European Victims Week occurs this coming week, February 21st - 25th.  Tuesday, 22nd February each year is a special day set aide to remember all victims and so we ask you to remember all victims of crime and trauma in Ireland in a special way on this day.   VICTIM ASSISTANCE is the national charity which supports victims of crime and trauma.  If you or anyone you know needs support please call us on FREEPHONE 1800 277 477, office 094 9000 251 or email support@victimassistance.ie. Visit our website victim assistance.ie to find out more about us.

**Kilmore community** sportsfield will hold a bingo in the Broadhaven Bay Hotel on sun 27th feb at 7.30p.m.

**Religious Book Shop -** New Book “Miracles On Tap” by Frank Duff available in our Shop now

**Trip to Slieve Russell Hotel end of June**

Erris Tours are happy to announce that our Annual Bus Trip is on this year . We will travel to the Slieve Russell Hotel Cavan on Monday 27th June to Thursday 30th June names to be given to Mary Irwin 0879232327 or  Peggy Ginty 0861019169 or Carmel Gaughan 0868488266 . Deposit of €50 (non refundable ) required . Total cost is €290 per person sharing and €320 single . More details later.

**A message from the Church Choir** .As always new members are very welcome and we want to thank most sincerely all our cantors who sang here in the church during lockdown

**Adult Literacy classes** available one to one. Contact 0876643796

**North West STOP** offers a free counselling service with no waiting lists.  North West STOP: 086 777 2009 to arrange free confidential counselling.

**To celebrate the 175th anniversary of ‘Black ’46** ­– the iconic year of 1847 at the heart of the Great Famine – a new book, Ocras, The Great Famine in Killala Diocese, 1845-1852 – by Fr Brendan Hoban, has just been published. Ocras is a hardback of over 500 pages with individual chapters on each of the Famine years, 1845-52, with chapters on The Potato and the Blight, Evictions, the Protestant Crusade and Rich seas and starving people as well as five chapters outlining the years before the Famine ­– on life before the Famine, how people lived and the lives of the Killala clergy – and a 16-page colour insert. Ocras is a limited edition and sells at €35 and is now available in Carey’s Newsagents Belmullet.

**Enable Ireland** - Mayo services require volunteers to work with children with disabilities throughout Co. Mayo. Roles vary to meet the needs of the child and their family. Volunteers usually work one-to-one with a child within their own homes, within their communities and at our service - centre based in Castlebar. Training is provided. Please contact Fiona at

094-9060234/087 6808350 or email fscully@enableireland.ie with any queries or to receive an application pack

**Medjugorje Group Pilgrimage 2022**  - Direct flight to Mostar Medjugorje from Knock. 28th Sept. - 5th Oct. Price €775. For more Information contact Ann on 085 1106644

**COVID-19 SUPPORT LINE FOR OLDER PEOPLE**

 ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

TFI LOCAL LINK MAYO SERVICES ARE CURRENTLY OPERATING AT 75% CAPACITY DUE TO COVID REGULATIONS.  PRE BOOKING IS RECOMMENDED.

Contact 094 900 5150 or visit https://locallinkmayo.ie/time-table/ for more information about services in the area

further details. Please find attached copy of the brochure/application form for your attention and for further information on the course.

**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

**Erris Heartbeat Defibrillator** has a go fund me page on facebook on erris defib page if you are on facebook it would be wonderful if you could make a donation, we have 36 defibrillators in Erris and over the past 2 years we were unable to have our Church Gate Collection

**Free Training! Enrolling Now** If you struggled at school, have been long term unemployed, are recovering from or living with an illness or would benefit from extra support, the National Learning Network could be for you. We offer the expertise and time to enable people to flourish. QQI courses include: IT & Business Skills (home and centre based), Sports and Gym Instructor Studies, Fast Track to Employment and more. If you are registered with the DEASP you could be entitled to the free training, Continuous enrolment, payments are protected and people under 26 could gain extra training allowance. Contact: Castlebar@nln.ie; (094) 9022770; Breaffy Road, Castlebar, or see our website www.nln.ie.

**Clobber Collection** - if you are doing a clear out, ie clothes, shoes, bags etc we are still able to take your clobber, please call 0870618525 to arrange a drop off time.  Wear a mask & please keep a

2-metre distance from our staff when dropping of clothes

**FREE IT & Business Studies Course Now Enrolling in Belmullet.**

ARE YOU OUT OF WORK? AT A DISADVANTAGE IN THE LABOUR MARKET? UNEMPLOYED DUE TO ILLNESS? ACCIDENT OR DISABILITY? And interested in gaining a wide variety of Computer Skills that will enable you to: Return to the workplace, gain a QQI level 5 qualification, develop on-line technologies for business use such as social media or set up your own business.  If so, you could be entitled to FREE Training at National Learning Network. Participants are provided with all equipment required for the duration of the course FREE OF CHARGE—including laptop, software and online support. The course is a blend of centre and home-based Learning. If you are interested, please contact Sharon Allen on 087 290 9064 or Seamus Corless on 087 608 7154 Contact your Local Employment Office." Find us on Facebook Also.

**MARIAN PILGRIMAGES**

“Marian Pilgrimages have released their pilgrimage schedule for 2022 to Lourdes, Medjugorje, Fatima, Italy & Holy Land.  For more information or to register your interest please visit www.marian.ie or ring Marian Pilgrimages on (01) 878 8159”

COVID-19 COLLECT AND DELIVER SERVICE

Helping people to stay at home is the new role of Local Link Mayo rural transport services. Local Link Mayo is offering a collect and deliver service in existing Local Link routes throughout Mayo from pharmacies and local shops, delivering shopping and critical medical supplies to the elderly, the vulnerable and sick. If your need of such support or know someone who does, contact Local Link Mayo on 094 900 5150 between 9:00am and 5:00pm (M-F) or email mayo@locallink.ie

BALLINA FAMILY RESOURCE CENTRE ARE WORKING BEHIND CLOSED DOORS DURING THIS LOCKDOWN, IF YOU DO NOT GET AN ANSWER ON OUR landline 09675573 please call us on our mobile number 0870618525 or leave a message on either and we will get back to you. You can also email us admin@ballinafrc.com or you can contact us through messenger on our Facebook page or Whatsapp.

Services that are still available during current Lockdown @BallinaFRC:

Senior Alert Scheme is still happening during the lockdown. Just ring us and we will deal with your application over the phone. 09675573/0870618525 or email admin@ballinafrc.com

COUNSELLING SERVICES CAN STILL BE ACCESSED DURING THE LOCKDOWN, OUR OUTREACHES SUCH AS MINDSPACE 0949067001 & PIETA HOUSE 09325586 are still running their services online or on the phone so please do call them. Also, our own Counsellors are still working remotely & some face to face too, depending on the need of the client, so if you need a counsellor do not hesitate to call 09675573 or 0870618525 or email us at admin@ballinafrc.com and we will refer you.

HAVE YOU ROOM IN YOUR HOME? HAVE YOU ROOM IN YOUR HEART? HOME SHARERS REQUIRED. WOULD YOU BE INTERESTED IN SHARING YOUR home and supporting a person with additional needs, for a few hours per day, a couple days per month, or long term. We are looking for single people, couples, married people and/or families to provide short or long term respite for children or adults. If you are interested please contact Western Care Association, Social Work Dept. on 094 9025133.

**Cara Iorrais Belmullet Cancer Support House**

Due to Covid Restrictions we will be operating on an appointment only basis until further notice. Our phone service is always available, for appointments or further information we can be contacted on 097 20590, 087 0678630 or email caraiorrais@gmail.com or private message us on Facebook. We are adhering to HSE guidelines.

**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 9916791 or 087 7440729. Our website is www.alhomecare.ie

**Employabilty Service (Belmullet Office) & Local Employment Service (Belmullet Office)**

We wish to advise that whilst our doors remain closed to the public, we are working in the offices and continue to offer the same service via phone, text, zoom or messenger. If you need information on Employment or Courses, or need a CV done to apply for a position, please call :-

Colette Corless : Employability Service : 0863418643

Marie O’Donnell : Local Employment Service: 09781722

Ann Conroy : Local Employment Service: 0872156660

Remember the service continues to be free and confidential. Instructions will be given over the phone re: collecting CV, etc.

DO YOU WANT TO LEARN MORE ABOUT MENTAL HEALTH? HAVE YOU EXPERIENCE WITH MENTAL HEALTH CHALLENGES? ARE YOU A FAMILY member/supporter or health professional? If yes then join the MAYO RECOVERY COLLEGE this Autumn Winter at our free Online interactive audio/video classes. Log onto [www.recoverycollegewest.ie](http://www.recoverycollegewest.ie) for our Prospectus. Please contact Karen McHale, Principal Recovery Educator 086 0294901 recovery.educatormrc@hse.ie to register”

**Pieta House Outreach Service Ballina**

Pieta House provides counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide or feeling suicidal. **Pieta House outreach service is running by phone or online whilst the lockdown is on for Covid19**. **Contact:** **09325586 to make an Appointment**

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.

THE FOLLOWING SERVICES ARE PROVIDED TO THE HOUSEHOLD BY CLÁR ICH, BALLYHAUNIS ROAD, CLAREMORRIS, CO Mayo 094-9371830 or 094-9373455. Attic Insulation, Draught Proofing, Lagging Jackets, Low Energy Light Bulbs, Ventilation, Cavity Wall Insulation, Energy Advice. This scheme is available to homes which meet the following criteria. Owner occupied, non local authority homes, Constructed before 2006, The owner is in receipt of one of the following: Fuel Allowance as part of the National Fuel Scheme, Job Seekers Allowance for over 6 months with a child under 7 years, Working Family Payment, One Parent Family Payment, Domiciliary Care Allowance, Carer’s Allowance (must live with the person you care for) All calls and queries to 094-9371830 or e mail us at info@clarichmayo.com or message us on Facebook Clár ICH.

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 085 1305390. 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.

**Erris Sustainable Energy Community awarded €20k** from SEAI for Energy Master Plan for Erris. If you would like to get involved or would like more information, please contact Dr Orla Nic Suibhne at orlanicsuibhne@gmail.com or 086-3625057

**Western Care Association’s Annual Tour of Lough Conn** Charity Cycle (virtual) this year from the 5th – 7th of June, complete the 45km or 85km distance in a day or over the bank holiday weekend. Registration is €20 and our online registration site can be found here at www.njuko.net/tour-of-lough-conn/register/66160, for more information contact Michael by emailing mflanagan@westerncare.com or see our Facebook page