Knock Shrine Pilgrimage to New York

A special pilgrimage to New York from Knock will take place from 8th - 14th May 2017. Flying directly from Ireland West Airport to JFK with Aer Lingus private charter, the pilgrimage offers the chance to be part of a memorable and historic trip. The full itinerary includes a special Requiem Mass on Saturday 13th at Old St. Patrick’s Cathedral for the reinterment of the remains of John Cuny, the youngest of the Knock witnesses which will be celebrated by His Eminence Cardinal Dolan. If you would like to find out more please contact the tour operators Joe Wash Tours on 01 241 0800 or e-mail: browny.clinton@joewashfours.ie.

Knock Counselling Centre

will be hosting the following as part of its Spring programme of events and workshops:

**Positive Well-Being** - a six week evening programme starting Tuesday 7 February learning relaxation techniques, dealing with stress and tension and how this impacts on our physical and mental well-being.

**Wellness For Men** - an introductory Seminar on the evening of Thursday 9 February followed by a full day Workshop on Saturday 18 February. It will attend to positive wellbeing, stress reduction, mental health and self-care.

**Self Care to Wellness** - a six week programme on Wednesday afternoons for persons living with a long term health condition, provided by the Mayo Centre for Independent Living. This programme teaches skills to manage your health condition on a day to day basis. Contact Jackie Lynott on 077 185615.094 934980 or e-mail: selfcaretowellness@mayo@ci

St. Valentine’s Day

Pope Francis invites us to celebrate St. Valentine’s Day! In his document on The Joy of Love (Amoris Laetitia), Pope Francis refers directly to Saint Valentine’s story and opportunity to make the most of traditional religious practices, invite couples to grow in love and help their children to prepare for their future married life. This is why, as part of the preparations for World Meeting of Families in Ireland in August 2018, we invite you to mark this St. Valentine’s Day in a special way.

The WMOOF2018 office has prepared flyers with ideas on how to mark this special day and gift tokens that you can give to your loved ones on 14th February. These are available in each Cathedral across Ireland, Veritas Shops and Accord centres and can also be downloaded from the WMOOF2018 website: www.worldmeeting2018.ie. The tokens include: a technology-free evening to do an activity of your choice; set aside time for prayer, go for a hand-in-hand walk together; a special dinner cooked by your partner; loads of tender hugs; a journey down memory lane: take time to remember how we met and have grown together; pray together as a couple.

We also invite you to subscribe to the WMOOF2018 newsletter to receive the latest updates on preparations for World Meeting of Families 2018 by e-mail: http://www.worldmeeting2018.ie/contact and follow us on social media: Facebook www.facebook.com/wmof2018 and Twitter www.twitter.com/wmof2018

Knock Tidy Towns

are holding their AGM on Thursday 9 February at 8.00pm in Knock House Hotel. All welcome.

St. John’s Gospel Group

continues from Friday 13 January 2017 and (subsequent Fridays) reflecting on St. Luke’s Gospel. (Books provided) in St. John’s Rest and Care Centre Room 1 at 10.45am for one hour. All welcome.

Castlerea Musical Society

presents the West of Ireland Premiere of the hilarious Musical ‘Dirty Rotten Scoundrels’ in the Hub, Castlerea from Wednesday 8th February until Saturday 11th February 2017 at 8pm nightly. Our Booking Line is now open on: 087-4676475. Tickets are €15 each with a concession price of €12.00 for OAPS and Students on our opening night. Family Tickets are also available.

Chiroprist

will be in the Life Knock Pharmacy on Thursday 9 February. For appointments call 094 9367698.

Stress Management Session

for Adults with Epilepsy, Tuesday 14 February, Mayo Education Centre, 11-1. Tel Epilepsy Ireland at 091 587640 to attend.

Deafhear.ire

is a voluntary body which provides a range of services for Deaf and Hard of Hearing people and their families in Mayo, Galway and Roscommon. Some of these services include information on hearing loss, hearing aids, technology - equipment to aid hearing loss, Tinnitus support, Hypoacusis.

Adoration of Blessed Sacrament

takes place each evening Monday to Friday from 7.00pm - 9.00pm in the Apparition Chapel. Group Two this week.

The Legion of Mary

meet every Thursday morning at 10.00am in St. John’s Rest and Care Centre. New members are very welcome. If you prefer an evening meeting please contact Kaitheen on 0872296196.

Bereavement Support Group

Each Wednesday morning at 11.00am a Bereavement Support Group meet at the Family Centre. It’s a place and time to remember and find support when dealing with the loss of a family member. All are welcome to drop in any week and further information is available from Monica Morley on 094 9375320.

Ministers of the Word - February 2017

Sat: 7.30pm Colette Murphy, Geraldine Forde. Sun. 9.00am Marian Glidhe. 12noon Bridget Brennan, Sr. Martinian.

World Day for the Sick

On 10 February, as we mark World Day of the Sick, there will be a special Mass for all who are ill in our parish at 7.30pm. Family members, neighbours and friends are invited to be part of this special time of prayer and petition as we support all who struggle with ill health and their families. The names of those who are sick and whom people would like to have remembered, can be put into the Prayer Box at the end of the Old Church before Mass and they will be presented at the beginning of the Mass.