

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

MASS TIMES - BELMULLET

Sat	July	1st	8.00p.m.	Jack McAndrew, Derrynameel/New York & Peter & Bridget McHale McAndrew -- Hannah Kerrigan -- Peter
Sun	July	2nd	10.30a.m.	People of the Parish
Mon	July	3rd	8.00p.m.	Winnie Higgins, Athenry – Patrick & Bridget Gaughan & Deceased Family .
Tue	July	4th	9.30a.m.	Tommy & John Gaughan
Wed	July	5th	9.30a.m.	Private Intention
Thu	July	6th	9.30a.m.	Private Intention
Fri	July	7th	9.30a.m.	Bridie & Annie Monaghan, Scotland /Edderglen, & Mary & John Monaghan, Edderglen.
Sat	July	8th	8.00p.m.	Martin Lynch
Sun	July	9th	10.30a.m.	Jonathan Shevlin

MASS TIMES - GLENCASTLE

Sun	July	2nd	12.00p.m.	Michael (Richard) Barrett, Shraigh.
Wed	July	5th	10.15a.m.	No Mass
Sat	July	8th	10.15a.m.	Bridgie, Paddy Joe & Jim Kennedy & Lennon & Cuffe & Deceased Family Members -- Pat Ginnelly & Deceased Ginnelly Family.
Sat	July	8th	1.00pm	Nuptial Mass
Sun	July	9th	12.00p.m.	Anthony & Ann Lally and Deceased Family Members – Anna Lynam

ALTAR SOCIETIES

BELMULLET Group 4

Bríd Bairèad, Maura Murphy & Elizabeth Barrett.

GLENCASTLE Toorglass

Bridget Conmy, Kathleen Barrett, Jacqueline Gruddy, Nancy Barrett.

ALTAR SERVERS 24th June

BELMULLET VIGIL 8.00p. Team A

Danielle Nallen, Aoibheann Murphy, Annalee Nallen,

Kian Shevlin, Padraig Shevlin
BELMULLET SUN 10.30a.m *Team E*
 DJ Doocey, Mark Balaaz, Simon Balaaz, Peadar Mulry, Jamie Lindsay
GLENCASTLE SUN 12.00pm *Team C*
 Pierce Lally, Grace Lally, Annette McGuire,
 Saoirse Conway, Shauna Donoghue,
 Kirsten Donoghue.

MINISTRIES	CHURCH	MASSES	Sunday 9th July
Readers	Belmullet	Vigil 10.30a.m.	Liam McAndrew Sharon Reilly
Eucharistic Ministers	Belmullet	Vigil 10.30a.m.	Martina Mills & Ann Mangan Gerry Murphy & Maeve Carabine
Eucharistic Ministers	Glencastle	12.00p.m.	Kay Carey & Anthony Caffertey
Counters	Belmullet	10.30a.m.	Carmel Gaughan, TJ Gaughan & Cathal Shevlin.
Counters	Glencastle		Margaret Sweeney & Mary Sweeney

Communion Calls Fr Michael will call to the sick and housebound on Tuesday 4th, Wednesday 5th and Thursday 6th July.

‘Muings/ Pullagurrune’
Church Cleaning Group.
 Volunteers needed to help clean
 Our Lady of Lourdes Church, Glencastle
 Please contact Parish Office on 097 20777.

Glencastle Cemetery Mass
 In the Old Cemetery on Sunday 30th July at 6 pm and in the New Cemetery on
 Sunday 6th August at 6 pm.

Death Notices

Pray for the Soul of

Thomas Reilly, Ballina Road, Belmullet.

Helen Handley, Roscommon (sister in-law of Richard Handley, Belmullet).

Paddy Reilly, Lakefield, Anne O'Donnell (nee Staunton), Westport, former teacher of St. Brendan's College.

May they rest in peace.

CONGRATULATIONS

To the Leaving Cert students of St. Brendan's College who will celebrate Graduation Mass at 2 pm on Sunday 2nd July.

Prayer for Vocations :Loving Father, send forth the power of your Holy Spirit upon those in our diocese who you are calling to be priests. Grant them all the graces they need, particularly the graces of clarity, simplicity of heart and a deep personal relationship with Jesus, with a strong trust that will enable them to respond generously to your call. Grant them the gift of wisdom, that they may recognise your plan for them and grant them the courage to follow it with all their hearts. We ask this through the intercession of Mary our Mother, St. Joseph, St. Muredach, patron of our Diocese and St. John Vianney, patron of priests and in the Holy Name of Jesus. Amen.

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

Offertory Collection
Belmullet € 1, 249.89
Glencastle € 400.37

Many thanks for your continued support.

COLLECTION BASKETS To help our Collectors with the Offertory Collection at the weekend Masses please hand the baskets back from seat to seat and leave at the end of the seat for collection. Please don't leave the baskets on the floor since it is hard for some collectors to pick them up from the ground. Thank you for your help.

Eucharistic Adoration in Belmullet Church Tuesday 6am -10pm, Wednesday and Thursday 10am -[10pm.New](#) adorers needed to spend a weekly hour in the Church. (097) 20777.

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 your local Safeguarding Representative (details on the Church Notice Board) or the diocesan confidential number: 087-3664350.

HOUSE STATIONS

Anyone interested in hosting Stations please contact the priest.

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.

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The Over 55 Club in Ballina are holding a Tea dance in the Glasgow Kennedy Centre in Ballina, in conjunction with the Salmon Festival on Thursday 13th July 2017 from 2pm to 4pm. Music is by: Padraic and Jason. Admission is €6 with light refreshments. All welcome. Enquiries: 0872785365

THE IRISH NATURE AND HILL FARMERS ASSOCIATION (INHFA) WAS SET UP TWO YEARS AGO WHEN an attempt was made to make the land in the west and poorer type land all over the country ineligible for payments. After many trips to Dublin and Brussels we have made much progress in resolving this, insuring we get our payments on this type of land. Our aim is to represent the 40,000 farmers farming mountain type land, this is the category of which 95% of Mayo are receiving payments for, this includes both hill and lowland and also designated disadvantaged land. We will be organising several meetings locally in the Erris Region in the next couple of weeks with an aim to elect local branch officers and area representatives to become part of a growing organisation in representing our members at grassroots level. Your participation would be welcomed.

TOUR OF EAST MAYO CHARITY LEISURE CYCLE IN SUPPORT OF WESTERN CARE ASSOCIATION Local Services takes place on Sunday, July 9th. Registration at Foxford Sports Centre from 8.30am, Start: 9.30am SHARP. Choice of 40 & 70km circular routes open to cyclists of all abilities, medals & certificate for all finishers. Entry Fee: Pre-Event, Group and Online: €25; Day of Event: €30

OR Via Sponsorship Card - Minimum Donation: €30 . Online Registration:

www.iregister.ie/tourofmayo

Further information from Western Care - Ph: 094 9029144 or email: fundraiser@westerncare.com

LÚNASA HOLIDAY KIDS CLUB ON THE 20TH AND 21ST JULY FOR SIX WEEKS. Starts at 10.30 – 2pm

Costs per class €25 for one child or €20 for more than one. Please call 09780519 to book.

ERRIS BEEKEEPER MONTHLY MEETING WEDNESDAY 8 O'CLOCK IN ARAS INIS GLUAIRE. 5th of July. All are welcome.

Good Luck To Chris Barrett, Eoin O'Donoghue And Mayo Gaelic Football Team who will play Derry this Saturday evening in the McHale Park for the All Ireland qualifier at 5pm.

A NIGHT AT THE PROMS" A BRAND NEW FESTIVAL EVENT FEATURING THE BEST CHORAL TALENT BALLINA HAS TO OFFER. Guest soloists and a few surprises on the night. MC for the night is George Lee "RTE". Dress up for the red carpet, a night not to be missed. Monday

July 10th 2017, in the Grand National Hotel, Ballina at 8pm. Tickets on sale from festival office 096 79814.

BALLET AND MUSICAL THEATRE SUMMER CAMP! JULY 17TH - 21ST, BELMULLET SPORTS COMPLEX.

Suitable for children from 4 years upwards. Cost will be €75 per child, family rates available. Spaces are limited, so please call 086 405 2765 to reserve a space.

STRENGTHEN YOUR SKILLS FOR GAINING EMPLOYMENT. JOIN OUR IT & BUSINESS SKILLS COURSE. QQI AND ECDL ACCREDITED. If you have an additional support need and are registered with the Department of Social Protection you could be entitled to free up skilling. Contact: Castlebar@nln.ie; (094) 9022770; NLN, Breaffy Road, Castlebar."

MINDSPACE MAYO – OUTREACH SERVICE

MINDSPACE OFFERS A SUPPORT SERVICE TO YOUNG PEOPLE (15-25yrs) 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.

Mindspace Mayo has an outreach service in Erris every Wednesday and is located in the Irish Wheelchair Association. For further information on Mindspace Mayo please see our website www.mindspacemayo.ie or call us on 094-9067001

OUR LADY'S SECONDARY SCHOOL, BELMULLET, invite expressions of interest from suppliers to provide a hot meal for students for school year 17-18. Contact 097-81157 by close of business Monday 26th June 2017.

THERE WILL BE A 'CAKE SALE' ON SUNDAY 2ND OF JULY AFTER BELMULLET 10.30AM MASS IN AID OF THE HANDBALL ALLEY BESIDE CARROWMORE LAKE. PLEASE SUPPORT.

SHRAIGH SPORTS 2017 -THURSDAY 10TH AUGUST -MASS AT SHRAIGH GROTTO 7PM
Friday 11th August - Junior soccer from 4pm, followed by the Colette Sweeney Memorial Walk at 6.30pm.

Sunday 13th August - Sports on the banks from 1pm followed by Tommy Donoghue Memorial Cup at 4pm. Social in The Castle Inn, Glencastle from 9pm music by Michael Cosgrove!!

NOTICE TO JOBSEEKERS ARE YOU CURRENTLY ON A DISABILITY PAYMENT DID YOU KNOW THAT YOU CAN WORK PART-TIME ON A DISABILITY PAYMENT EMPLOYABILITY SERVICE CAN OFFER YOU THAT SUPPORT TO FIND THAT JOB. INFORMATION AVAILABLE ON WAGE SUBSIDY SCHEME FOR EMPLOYERS!! CALL COLETTE ON 0863418643 FOR ADVICE THIS PROGRAMME IS SUPPORTED BY THE DEPARTMENT OF SOCIAL PROTECTION. THIS IS A CONFIDENTIAL SERVICE.

IRISH WHEELCHAIR ASSOCIATION'S CHURCH GATE COLLECTIONS on the 1st & 2nd July in the Erris area.

Your support is appreciated.

BARNEY'S PLAYGROUP TALLAGH ARE DELIGHTED TO ANNOUNCE THAT THEY ARE KEEPING THE PLAYGROUP OPEN OVER THE SUMMER MONTHS for 2 days each week. Sessions will run from 10am to 1pm daily catering for children aged 2 to 12 yrs. Places are limited and early booking is advisable. Barneys also offers full childminding service all year round for children of all ages, ie. full time, part time, daily and weekends. Term time we offer 2 pre-school

sessions daily with 2 yrs free for children aged 3 to 5 yrs. Also breakfast club and Afterschool service with drop offs and pick-ups from local schools. These services can receive discounts through the new Affordable childcare scheme. All staff are experienced and qualified, Garda vetted and trained in Child Protection and First Aid. Contact Tisha for more details @086 1735329.

KIDZ SUMMER CAMP! MON 3RD - FRI 7TH JULY. 10AM - 2PM. BELMULLET JUNIOR NS. Ages 4 yrs - 2nd class. Arts, crafts, indoor & outdoor fun activities! Contact Claire 087-2033035 / Emer 086-3916737

POST LEAVING CERT SURVIVAL SKILLS MAYO NORTH EAST UNDER THE SOCIAL INCLUSION & COMMUNITY ACTIVATION PROGRAMME (SICAP) is running a free one day practical guide to leaving home and living independently. The workshop will take place in Aras Inis Gluaire on Tuesday 11th July from 4pm-7pm. The workshop is aimed at leaving cert students who are making the move to further education or employment. There will be various speakers on the day, covering topics such as personal safety, time & money management, cooking basic meals and advice on finding a job to mention a few. For further information or to book a place call or text 087 1840214.

NAÏONRA BÈAL AN MHUIRTHHEAD ARE HOLDING A SUMMER CAMP for week starting 3rd to 7th July. If interested please call Ann 0868441535, Jacky 0863515331 or Patricia 0858213888

THE ANNUAL ALL-IRELAND RALLY FOR LIFE IS TAKING PLACE IN DUBLIN ON SATURDAY JULY 1ST. For details and to secure a place on one of the buses, please call 01 8730465 or 086 1785160 (Mayo contact). Local pick up points arranged. This is a crucial time for the protection of life in Ireland. Your voice and your participation can help save lives.

ANNUAL KILLALA DIOCESAN PILGRIMAGE TO LOURDES takes place 23rd & 28th August this year.

LEARN FROM THE COMFORT OF HOME: NATIONAL LEARNING NETWORK PROVIDE FREE COURSES TO ENABLE PEOPLE TO GAIN WORK EXPERIENCE AND QQI CERTIFICATION. Our IT and Business Studies course enables you to learn online from home, do work experience locally, and come into the Castlebar Centre for tutor guidance just twice a week. A free laptop is provided for the duration of the course. If you have an additional support need and are registered with the Department of Social Protection you could be entitled to the free training and help with transport. Payments are protected, and people under 26 years can receive extra payments. Contact: Castlebar@nlm.ie; (094) 9022770; NLN, Breafoy Road, Castlebar.

ÁRAS INIS GLUAIRE CINECLUB NA NÓG SHOWING LEGO BATMAN ON THURSDAY 29TH JULY 4-6.30 Adm €5. CAMPAÍ SAMHRAIDH (SUMMER CAMPS THROUGH IRISH) week one 3rd-7th July and week two on 17th-21st July. Activities include art and crafts/music and song/ games and sport and lots more. €35 one child / €60 two children / €80 three children. Call 097 81079 or email angela@arasinisgluaire.ie to book a place.

BEE KEEPERS MEETING

After a very informative beginners course our monthly meetings will run for summer and autumn on the first Wednesday of every month 8 o'clock in Aras Inis Gluaire. All are welcome.

NIALL MELLON BUILDING BLITZ 2017 LOCAL MAN, SEAMUS CORLESS, IS VOLUNTEERING from the 11th to the 18th of November this year with the Niall Mellon

Foundation, refurbishing and building schools in the poorer townships of South Africa. He is currently fundraising for this event and would be very grateful for any support that the people of Erris can offer. He has a fundraising GO FUND ME Page that can be accessed through his page on Face book and the local schools are supporting the cause through non-uniform days. There will also be various fundraising events throughout the summer up to November. Every Child deserves an education. All your continued support is appreciated. Seamus can be contacted on: 097 20957

MAYO LIFE MOVEMENT YOUR VOICE CAN SAVE A LIFE

At this crucial time local pro-life groups are looking for help in spreading a culture of life. Your help could make the difference between life and death. If you've been considering this, now is the time ! Please call 0861785160 or 0876953512.

COLÁISTE NÉIFINN IS NOW TAKING ENROLMENTS FOR ITS IRISH SUMMER COURSES IN CASTLEBAR AND BALLINA. For further information please phone 0873573778 or email colaisteneifinn@gmail.com. All information is available on our website at www.colaisteneifinn.com.

THE IRISH CANCER SOCIETY'S VOLUNTEER DRIVER SERVICE NEEDS VOLUNTEERS in Belmullet, Kilmore Erris, Bangor, Kilcommon, Belderrig & Ballycroy to assist patients in need of transport to appointments. Volunteers must have their own car and insurance. All volunteer expenses are paid. Commitment for a minimum of two drives a month. For more information contact Rebecca on 01 231 6642 or email rlonsdale@irishcancer.ie

THE ERRIS TRIP TO CLARE, STAYING IN TREACY'S WEST COUNTY HOTEL, ENNIS, Mon 3rd July

the bus will be leaving Glenamoy at 8.00am, Doohoma & Geesala passengers will be picked up at 8.30am in Bangor. Bus leaves Belmullet at 8.30am stopping in Bangor approx. 9.15am, passengers from Ballina will be collected in Ballina around 10am. For info contact Carmel 086-8488266. Mary 087-9232327 or Peggy 086-1019169.

OUR WEEKLY CLEAN UPS WILL TAKE PLACE ON TUESDAY EVENING MEETING AT THE BANK OF IRELAND @7PM. Well it has been another busy week applications filled in and sent off lots of work on the ground clean ups and maintenance. If you can spare a few minutes to do a clean-up please come out and help us. Any group who wish to adopt an area please call to the office and we can provide you with vests pickers, gloves & bags. Let's make 2017 the year to remember as the saying goes "every little helps." Litter league was better than last year but we still have a long way to go to be litter free.

CLÁR ICH WISHES TO INVITE APPLICATIONS FOR THE WARMER HOMES

SCHEME. Criteria set down by SEAI: - Covering most of Mayo & Sligo areas. Owner occupied, non-Local Authority Homes (Proof is required) Constructed before 2006. The Owner must be in receipt of one of the following: (1.) Fuel Allowance as part of the National Fuel Scheme, (2) Job Seekers Allowance for over 6 months and with children under 7 years of age. (Letter from the Dept only, receipt not acceptable), (3) Family Income Support, (4) One Parent Family Payment. Further details and for an application form . please contact the Warmer Homes Scheme Team at 094-9371830 or 094-9373455."

WANT TO MAKE A CHANGE? THE FREE COURSES AT THE NATIONAL LEARNING NETWORK COULD HELP YOU ACHIEVE IT. Sports and Gym Instructor Studies, Computer and Office Skills, Jobstart, Employer Based Training and more. QQI and ECDL accredited courses. If you have an additional support need and are registered with the Department of Social Protection you could

be entitled to the free training and help with transport. Contact: Castlebar@nlm.ie; (094) 9022770; NLM, Breaffy Road, Castlebar.

NATIONAL LEARNING NETWORK IN CONJUNCTION WITH THE BELMULLET LOCAL EMPLOYMENT SERVICE AND Employability Service Mayo are launching a Free Jobstart Course in Belmullet to develop the skills you need to get employment. For info contact: Marie O'Donnell marieodonnell@mayoles.com Tel: 097-81722 Local Employment Service, Belmullet.

'DISCOVER THE ISLAND OF INIS GLUAIRE, BOAT TRIP' EXPERIENCE A GUIDED TOUR OF INIS GLUAIRE, Steeped In mythology and history. Boat leaving Blacksod Pier 9.30 am - weather permitting. €40 per person. Contact Sean Lavelle 086 836 5983.

MONDAY U6 & U8 GAELIC PRACTICE 5.30-6.30PM IN TALLAGH. U12 & MINOR MATCHES AT 7PM IN TALLAGH

LOW CONFIDENCE? NOT SURE YOU HAVE THE SKILLS FOR GAINING EMPLOYMENT? WHY NOT TRY OUR FREE PERSONAL Development Course, Freshstart? If you have an additional support need and are registered with the Department of Social Protection you could be entitled to the free training. Contact: Castlebar@nlm.ie; (094) 9022770; NLM, Breaffy Road, Castlebar.

"FREE GYM MEMBERSHIP! FREE WHEN YOU ATTEND OUR FREE SPORTS INDUSTRY AND GYM INSTRUCTOR STUDIES course at National Learning Network. If you have an additional support need and are registered with the Department of Social Protection you could be entitled to the free training. Contact: Castlebar@nlm.ie; (094) 9022770; NLM, Breaffy Road, Castlebar."

KILLALA & ACHONRY DIOCESAN LOURDES PILGRIMAGE 2017 UNDER THE LEADERSHIP OF THE MOST REV. JOHN FLEMING AND MOST REV. Brendan Kelly on 23-28th August. 5nights full board at the Hotel Agena Lourdes. €710.00pp and deposit of €200pp. For booking and information contact Michael Walkin (Joe Walsh Tours) 0866080763.

BRIC-A-BRAC SALE THE IRISH WHEELCHAIR ASSOCIATION IN BELMULLET ARE APPEALING FOR NEW/USED/RECYCLED clothes, bric-a-brac items. Items can be dropped of at the IWA Centre Logmore.

BELMULLET GAA FOOTBALL PRACTICE U6'S ON MONDAY'S IN ST BRENDAN'S SPORTS HALL FROM 6PM-6.45PM SHARP. This is for children born in 2011 & 2012 & who attend Primary school.

BELMULLET GAA/BORD NA NOG U10 & U12 GAELIC TRAINING EVERY MONDAY IN TALLAGH AT 6.30-7.30PM

COLÁISTE NÉIFINN IS AN IRISH SUMMER COLLEGE THAT IS BRINGING THE GAELTACHT TO CASTLEBAR AND BALLINA. WE ARE now taking enrolments for our 2017 courses that are designed for 12-18 year olds. All information is available on www.colaiasteneifinn.com or alternatively by calling 0873573778

MEN ON THE MOVE – JOIN US AT 8PM EVERY MONDAY NIGHT AT BELMULLET CIVIC CENTRE FOR A FUN WAY TO GET IN shape for 2017. All levels of fitness catered for under the expert guidance of instructor Michelle Healy

OPENING SHORTLY AN INDOOR HANDBALL COURT AT BELMULLET SPORTS COMPLEX.

25 CARD GAME IN INVER COMMUNITY CENTRE EVERY MONDAY NIGHT @8.30PM.
EVERYONE WELCOME AND refreshments served.

Attention Employers Employability Service Mayo – Supporting People with disabilities into employment in the Belmullet/Achill area for over 12 years. This Free and Confidential Service will Support you the Employer with all your recruitment needs and information on the following and more:- The Wage Subsidy Scheme allows Employers to avail of a financial incentive to employ people with disabilities who are willing and able to work for 21 hours or more, where there is a deficit in productivity due to the nature of the person's disability, irrespective of their ability to do the job. Have you or are you in the process of employing somebody with a disability into your company? Are you aware that you can get training for your staff and get a grant to do so. The Purpose of the training is to deliver clear and accurate information about the disability and to address any concerns that co-workers have. Contact Colette at Employability Service Mayo, Quay House, Chapel Street on 0863418643.

PILGRIMAGE TO MEDJUGORJE FROM KNOCK AIRPORT 13TH SEPTEMBER 2017. GROUP LEADER SR. SHEILA MOLLOY accompanied by Fr. John Loftus. 7 nights half board in Pansion Ragusa, €729.00pp inclusive of group travel insurance. Includes full religious programme. For information please contact Sr. Sheila Molloy 086 3821810.

LADIES VOLLEYBALL ON EVERY MONDAY NIGHT AT 8 PM IN ST BRENDAN S SPORTS HALL. COME ALONG ON THE NIGHT OR call Jenny on 087 9314582 or Josephine 086 0897789

25 CARD DRIVE IN IONAD DEIRBHILE EVERY THURSDAY @ 8.30PM

'EVERY FRIDAY NIGHT FROM 8PM TO 10PM MEN'S INDOOR BOWLS AT THE SPORTS COMPLEX BELMULLET. € 5 EACH. Contact Joe Murphy on 087 647 4156 for details.'

THE IRISH CANCER SOCIETY IS OFFERING A FREE VOLUNTEER, DELIVERED TRANSPORT SERVICE TO PATIENTS UNDERGOING chemotherapy treatments in Mayo General Hospital. The service is free to the patient with driver's expenses being paid. If there are any patients who are having difficulty getting to and from their chemotherapy treatments they can contact their oncology nurse in Mayo General Hospital or ring the Irish Cancer Society on 01 2310 522 or email transport@irishcancer.ie.

MINDSPACE OFFERS A SUPPORT SERVICE TO YOUNG PEOPLE (15-25YRS) 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. Mindspace Mayo have recently opened our first outreach service in the Erris Region. The outreach service runs one day a week (Wednesday) and is based in the Belmullet Health Centre (Community Hospital). For further information on Mindspace Mayo please see our website www.mindspacemayo.ie or call us on 094-9067001.

BORD NA NOG UNDERAGE TRAINING EVERY MONDAY IN TALLAGH U6'S AT 5.30PM
U8'S & U10'S AT 6.30PM. WEATHER PERMITTING.

JC CARING HANDS HOMECARE FOR ALL YOUR HOME HELP NEEDS PERSONAL CARE including day/night sits hospitaland G.P. visits and Cleaning services call Catherine Homecare Manager on 086 0465015 087 0970322 094 9366568 jccaringhandshomecare@gmail.com

BELMULLET GAA BINGO EVERY THURSDAY NIGHT AT 8.30PM IN THE GAA CLUBHOUSE IN TALLAGH

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.crsappointments.ie

TRAVELING WORLDWIDE AND NEED TO LOCATE A CATHOLIC CHURCH? Go to www.TheCatholicDirectory.com

BE SAFE, BE SEEN - Please remember to always wear your HIGH VIZ jacket when out walking.

WHAT TO DO IN ERRIS? Visit www.errisbeo.ie

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, The White Fathers & 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.

Belmullet Parish Office