**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

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

 **MASS TIMES - BELMULLET**

Sat Mar 26th 12.00p.m Willie Tallott - Memorial Mass

Sat Mar 26th 8.00p.m Catherine Gavin & Deceased Hopkins Family & Johnny Hickey -- Mary, Michael & Tommy Barrett & Mary Maloney -- Frank, Una & Ann Sweeney -- Margaret Murphy, Main St

Sun Mar 27th 10.30a.m Carmel Sheridan - 40th Birthday Remembrance -- Robert, Teresa, Bertie & Myles Carey & Tom Rowe & Willie Lavelle -- Eamon Scanlon

Tues Mar 29th 9.30a.m Patricia Burns & son Liam

Wed Mar 30th 9.30a.m Eileen Carey - 4th Anniv -- Tony, Kathleen & Daniel O’Donnell, Carrowmore

Thurs Mar 31st 9.30a.m Eamon Shevlin

Fri Apr 1st 11.00a.m **Sunday Mass for Senior Citizens**  - Mary & Pat Barrett, Logmore & Peggy & Martin Geraghty & Breege Brett

**Fri Apr 1st 6.00p.m Confirmation - Belmullet National School**

Sat Apr 2nd 8.00p.m John & Mary Monaghan, Edderglen

Sun Apr 3rd 10.30a.m Sara Timlin nee Togher- Month’s Mind -- Nora Doran

**MASS TIMES - GLENCASTLE**

Sun Mar 27th 12.00p.m Tommy Donohue & Deceased Donohue & Murphy Families -- Tony Davitt -- Mary & Anne Doocey, Kate & Sr. Evelyn Gallagher

Wed Mar 30th 7.00p.m People of the Parish

Sun Apr 3rd 12.00p.m Una Burns nee Gaughan, Shraigh East - Month’s Mind -- Breege Barrett -1st Anniv & John Joe Barrett -- John, Mary, John Junior & Peter Carolan & Mary McGoldrick -- Margaret(Peggy) Kilker - 2nd Anniv & Peter Kilker

**Reminder**

 To put clocks

forward this

Saturday Night

**Confirmation**

We Welcome Bishop John Fleming on Friday 1st April at 6.00p.m for Confirmation in The Sacred Heart Church, Belmullet

   **Mass in Our Lady of Lourdes Church, Glencastle every Wednesday at 7.00p.m. during Lent**

**Happy Mother’s Day**

Thank you Lord for all mothers. On this day let us think of them, whether they are with us or gone to their heavenly reward. We think of their kindness, their compassion, their care for us and above all, their unconditional love. We pray that you will watch over them and support them in the joys and struggles of their daily lives. This we ask through Christ, our Lord. Amen.

|  |  |  |  |
| --- | --- | --- | --- |
| **MINISTRIES** | **CHURCH** | **MASSES** | **SUNDAY April 3rd**  |
| **Readers** | Belmullet | Vigil | Patricia Barrett |
|  |  | 10.30a.m. | Maria Conroy |
| **Eucharistic**  | Belmullet | Vigil | Maura Murphy |
| **Ministers** |  | 10.30a.m. | Marian Conroy |
| **Eucharistic**  | Glencastle | 12.00p.m. | Marian Gaughan |
| **Ministers** |  |   |  |

**Church Collections**

Collection Boxes will be returning to all churches from St. Patrick’s Day. We will be looking for the stewards and volunteers at Mass to pass around and help take up the collection

 **Special Collection for Ukraine**

Recognising the Urgent need of the Humanitarian efforts in the crisis in Ukraine a special collection will be taken up after Holy Communion at all Masses in Ireland on the weekend of Sunday the 27th of March.

Bishop John Fleming Catholic Bishops

**TRÓCAIRE BOXES**

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

**dates for First Holy Communion**

**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.

**BAPTISED RECENTLY**

*We welcome into God’s Family*

Mia Louise McGovern, Bangor Erris

Conor Thomas Tilley, USA

 *We wish them every Blessing*

**RECENTLY DECEASED**

 Please pray for the soul of

Carmel Paradise nee Swanick

Rhode Island USA/Castlerea

Sister of Dr. Keith Swanick

May she rest in Peace

**ALTAR SOCIETIES BELMULLET Group 7**

Catherine Barrett, Mary O’Connor & Rose Conroy

**GLENCASTLE Muings/Pullagurrane**

Ann Lally, Mary Geraldine Shevlin, Kathleen Walsh

Loretta McGuire

**Pastoral Council Training**

There will be a special Training evening for our newly elected Parish Pastoral Council in the Broadhaven Bay Hotel on Thursday 7th April at 8.00p.m

I invite all of us to pray for peace in Ukraine and to pray this prayer every day

**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 brother's 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

  ***Lent is what we do!*** SO how has it been for you so far?

 Lent, that is. Did you succeed in

 deciding what you were going to do

 to mark this very special penitential season?

And, if you did, how did you get on?

That’s my business, you may say, and it is.

But if you’re not doing so well, there’s no reason not to start

again. Lent needs to be more than getting the ashes on Ash Wednesday

and kissing the cross on Good Friday.

We need to invest a bit more in it!

So why not give it another shot?

 Or if it’s going fairly well, why not give it

another blast for the next few weeks?

Whatever you do don’t forget the Trócaire Box.

 Please be as generous as you can.

  **Reflection**

When people feel really joyful they usually jump up and down and sing out their joy. Today’s Word of God is an opportunity for you to celebrate your joy and happiness, and give thanks to God for the joy and delight you feel. It is easy to do this with the big things that bring us happiness, such as the birth of a child, or a special holiday, or winning a game, or a competition. But sometimes, we forget to notice the little things that happen everyday that can give us real joy and happiness

**Ritual**

Take time now to remember the small things that you do each day that you enjoy doing, such as playing with your friends, eating your favourite food, working on a task or a project, being hugged by someone you love...When you remember what brings you joy, say a prayer of thanks to God in your heart. At the end of each day, look back and see where the joy has been in your day, and give God a big smile from your heart.

**Remember**

Thank you God for the blessing of joy in my heart

**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**

**St. Vincent de Paul** in Ballina/North Mayo are looking for volunteers to form a Visitation Conference (Group) in Belmullet/Erris. Volunteering with SVP involves working as part of a volunteer team where different skills are needed. To find out more please visit <svp.ie/volunteer> or freephone 01 884 8246.

**Beauty Event** Rochene Byrne and Dee Ruddy are hosting a beauty event in Broadhaven Bay Hotel on Sunday 10th April 2.00p.m – 5.00p.m All proceeds of Raffle on the day are going to the Jason Heneghan Fund. Enjoy afternoon tea, chilled prosecco and strawberry reception, beauty tutorials, skin care tips, hair tips & goodie bag each. Tickets €55

**Flourish North & West Mayo** can support your health and wellbeing by linking you with activities, supports, and resources based in your community. This is a new service in Belmullet, Erris, Achill and surrounding areas and is part of the Sláintecare Healthy Communities Initiative. For more information and/or to arrange a confidential chat with the social prescribing link worker call Lisa on (085) 2599 699 or email lmarren.flourish@thefamilycentre.com. This service is free of charge.

**Accord** is recruiting interested people to assist in the provision of Marriage Preparation Programmes. Application forms are available by contacting marriagepreparation@accord.ie Selections will take place in June of this year with training commencing in September. This year Accord is celebrating 60 years supporting couples and families. Please contact us for any support you may need www.accord.ie

**Join Croí, the Heart & Stroke Charity,** and leading experts for a public webinar, Living Well with Cardiovascular Disease: Women’s Heart Health and Menopause. The free webinar takes place online using Zoom on Thursday, March 31st, from 7 - 8pm. Register now and submit your questions for the experts at www.croi.ie/webinar, or call Croí on 091-544310.

**Erris Youth Service** Project Worker Fixed Term ContractJob Spec & Application Form Available On The “Careers” Section On www.foroige.ie Completed Applications to be Emailed to recruitment@foroige.ieClosing Date For Applications: 12pm Thursday 31st March 2022.

**Enrolment** is now taking place in Belmullet National School. Forms can be collected from the school or by emailing belmulletjns@gmail.com

**Shraigh National School Enrolment for the academic year 2022- 2023** Applications for enrolment are now welcome for Shraigh N.S.

Please feel free to visit the school personally or for further information please contact school on 097 – 81636 or alternatively email shraighns@gmail.com.

You can also visit our school website https://www.shraighns.ie/ for more information.

 Please note : Provisions are in place for children in Junior and

Senior Infants to stay in school until 3pm.

**FRC for Erris**

The FRC for Erris Steering Committee invite you to a series of Community Information evenings, running Monday 4th-Friday 8th April @ 7.30pm each evening. Find out about our campaign and how a Family Resource Centre would benefit our area. We need your support to bring this much needed resource to Erris. Monday 4th April, Halla Naomh Bhreandáin. Tuesday 5th April, Áras Inis Gluaire. Wednesday 6th, Geesala Community Centre. Thursday 7th, Ballycroy Community Centre. Friday 8th, Teach Greannaí. For more details contact frcforerris@gmail.com or visit our Facebook page @frcforerris.

**MSLETB** The Mayo Adult Guidance Service will be in Belmullet Further Education Centre on Monday 25th April. The service is for adults who need help to choose a career, find out about courses and opportunities, support in upskilling and recognition of qualifications. It is a free and confidential service. To arrange an appointment contact Erin Gavin on 086 8521905 or eringavin@msletb.ie

**Camino Walk** As the Irish Wheelchair Association Camino walk was cancelled due to Covid all the funds I raised  (€2200) were donated to both the IWA €900 nationally & €1300 locally.  Presentation made to Fiona & Rosaleen IWA Belmullet. Many thanks to all who helped, donated, sponsored  & supported the fundraising.

**This week 'The Way It Is'** on Claremorris Community Radio 94.6fm. discusses the upcoming Census 22. The Census in on Sunday night 3rd April 2022My guest speaker is Pat O Rourke Midlands Regional Supervisor Census 22.
The program will provide information on The importance of the Census? Do we have to answer all questions? Is the form available in otherlanguages? What happens if I refuse to take the Census form? Where canI get help? Confidentiality? and many more. Claremorris Community Radio will broadcast ‘The Way it is’ on Monday21st March at 7pm, and again on Thursday 24th March. at 8pm Listen in on 94.6fm or www.ccr946.ie or via the Tunelm app on your smartphon

**Mindspace Outreach Service in Ballina FRC**

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.

**Enrolment for Glencastle N.S. School -** Enrolment forms for the School year 2022 - 2023 are now available at the School. Please call 097-82283 to arrange collection.

**Connected health** are looking to recruit caregivers throughout all areas of Mayo. Paying rates up to 16 euro PH plus travel. No experience required as full accredited training will be provided. Apply to info@connected-health.ie.”

**Taster in Theology Series of Lectures** ‘Exploring the Bible and its Worlds’. The lectures will be delivered by Dr. Jessie Rogers, Dean of Faculty of Theology, St. Patrick’s College, Maynooth on  March 31st and April 7th & 28th  from 7pm to 9.30pm.  The cost of the course is €60 and booking is essential. Please phone 096 72066 or email [reception@newman.ie](https://mail.google.com/mail/u/0/h/q9hs49ki2zpq/?&cs=wh&v=b&to=reception@newman.ie) to book a place.

**Daffodil day** takes place on Friday March 25th.  The usual collection and sale of daffodils will take place on the streets.

If you would like to volunteer for a slot on the day..9-11, 11-1, 1-3, 3-5, please contact  Mary  @ 0871343365 or Lynda @0860564544.  Gùra Maith agaibh.

**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%2B2%2BAbbey%2BStreet%2C%2BArdnaree%2C%2BBallina%2C%2BCo%2BMayo?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

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

 **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.

**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