

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

Level 5 restrictions will remain in place for a period of 6 weeks.

Given the difficulties that these restrictions place on individuals and families across the State, the risk of job losses and of poverty and homelessness, the government has agreed that the moratorium on evictions be reinstated and that Pandemic Unemployment Payment and the Employee Wage Subsidy Scheme be amended to reflect these challenges.

Placing the country at Level 5 Restrictions will have the following implications:

- people are asked to stay at home. People should work from home unless providing an essential service for which their physical presence is required (see below for essential services)
- people will be permitted to exercise within a radius of 5 km of their home
- there will be a penalty for movement outside 5km of home, with exemptions to this for essential work and essential purposes (see notes to editors)
- in line with current NPHEt advice in respect of Level 5, schools, early learning and childcare services will continue to remain open and are deemed essential
- in addition, in recognition of the impact on children and young people of restrictions, non-contact training can continue for school aged children, outdoors in pods of 15. All other training activities should be individual only, with some exemptions, see below
- there should be no visits to other people's homes or gardens
- however, there will be the concept of an extended household (or support bubble) for defined categories of individuals to support those at risk of social isolation and/or mental ill-health (see notes to editors)
- no social/family gatherings should take place, with the exemptions to this for weddings and funerals (see below)
- it is possible to meet with one other household in an outdoor setting which is not a home or garden, such as a park, including for exercise
- there should be no organised indoor or outdoor events
- essential retail and essential services will remain open (see below)
- public transport will operate at 25% capacity for the purposes of allowing those providing essential services to get to work [School transport unaffected]
- in line with current NPHEt advice in respect of Level 5, professional, elite sports and inter-county Gaelic games, horse-racing and greyhound racing can continue behind closed doors
- bars, cafes, restaurants and wet pubs may provide take-away and delivery services only. Wet pubs in Dublin remain closed
- hotels, guesthouses and B&Bs may remain open, but only to support provision of essential services
- those aged over 70 and the medically vulnerable are advised to continue to exercise personal judgement. It is recommended that they stay at home as much as possible, limit engagement to a very small network for short periods of time, while remaining physically distanced. When taking exercise outdoors, it is important to maintain 2 metres distance from others and wash hands on returning home. It is recommended to shop during designated hours only, while wearing a face covering, and to avoid public transport
- religious services will be available online
- museums, galleries and other cultural attractions will remain closed
- libraries will be available for online services only
- outdoor playgrounds, play areas and parks will remain open with protective measures
- visits to Long Term Residential Care facilities are suspended with the exception of visits required for critical and compassionate circumstances

DO NOT LOSE HEART

The Bishops have urged parishioners not to lose heart in the face of further Covid-19 restrictions and insisted that they will work to impress upon the civil authorities the vital importance of public Masses.

In a statement issued following their virtual quarterly plenary meeting, the bishops' conference said, "Since the outbreak of the Covid-19 pandemic the people of Ireland have endured testing times with courage, resilience, and compassion. Individuals and

communities have made great sacrifices for the protection of life, health and the Common Good. Like many others, the Church has endeavoured to support the people of Ireland, north and south, in the face of considerable uncertainty and disruption. We owe a great debt of gratitude to our priests and to the many volunteers whose continued dedication has ensured that our churches have remained very safe places to gather for Mass and the Sacraments. We have also been blessed in the commitment of our school communities who have been supporting our young people in very demanding circumstances, including assisting with their preparation for the sacraments of First Holy Communion and Confirmation.

“Now that more restrictive measures are being put in place, we encourage people to persevere and not to lose heart. Faith and prayer, in the home and in church can be a huge support in difficult times. While we fully support the guidance of the public health authorities, we will continue to engage constructively in the coming days with the civil authorities to ensure that our people have continued access to the support of Mass and the Sacraments and essential spiritual nourishment for these challenging times.”

Bishops emphasised that the communal celebration of Mass and the Sacraments – even with restricted numbers – is at the very heart of what it means for us to be a Christian community. They said, “These are not simply ‘gatherings’ of people, but profound expressions of who we are as a Church. For parishes, and individual Catholics, the loss of these spiritual supports can be a source of great anxiety, and fear, and can have a detrimental impact on their overall health and well-being.”

Bishops also outlined plans to hold a special memorial service of prayer during the month of November, the month in which we traditionally remember the dead and pray for the bereaved.

“We sense a huge yearning for consolation and hope in the heart of our people. We are especially mindful in 2020 of those grieving families, who, because of restrictions, have been unable to experience the customary spiritual and community supports which are so much part of our Irish tradition. On 1 November at 3.00pm the bishops and priests of Ireland will lead a short service of prayer to dedicate the month of November to ‘Remembrance of the Dead and Prayer for the Bereaved’. We invite the whole country to unite in this moment which will be followed by parish liturgies throughout the month of November, reaching out as much as possible to those who cannot be physically present.”, the bishops said.

Looking ahead the bishops said that Advent and Christmas are likely to be very different this year. They said, “Advent, as a time of patient, hopeful waiting and longing, will have a particular resonance in these times, while the much-needed joy of Christmas may well be tempered by the impact of restrictions. We encourage parish communities to explore creatively ways in which the hope of Advent and the joy of Christmas can be realised and safely celebrated.”

Concluding their message the bishops focused on frontline workers, saying, “The courage, compassion and generosity of Irish people during the pandemic – especially that of our health workers, carers, priests and others working in essential services – has been uplifting and inspiring. In this mission month of October, we appeal for your support for Trócaire, Saint Vincent de Paul Society, our missionaries and other charities who are reaching out to the poorest and most in need – both at home and in the furthest corners of the world. Let us not ‘pass by on the other side’, but, in the example of Christ, open our hearts and reach out our hands in response to their great need.”

Pope Francis is urging Christians to imitate God’s merciful attitude, saying the world could be spared much suffering and many wounds and wars if forgiveness and mercy were “the style of our life.”

Speaking to those gathered in Rome’s St. Peter’s Square, the Holy Father reflected on the parable of the unmerciful servant in Matthew’s Gospel (18:21-35), the Gospel of the day. A master forgives a servant’s enormous loan when he pleaded for time to repay it. But when that servant came across another fellow servant who owed him only a modest amount, he had his fellow servant thrown into prison. Coming to know about it, the master punishes the unmerciful servant.

Reflecting on the parable, Pope Francis drew attention to God’s attitude, represented by the king, and that of the human person, represented by the servant. “The divine attitude is justice pervaded with mercy,” he said, “whereas the human attitude is limited to justice.” The Pope said Jesus urges us to open ourselves courageously to the power of forgiveness, because “not everything in life can be resolved by justice”.

The need for merciful love, the Pope explained, is also the answer Jesus gives to Peter, who asked Jesus how many times he should forgive someone who sins against him. “In the symbolic language of the Bible this means that we are called to forgive always,” the Pope explained.

The Holy Father reflected: “How much suffering, how many wounds, how many wars could be avoided if forgiveness and mercy were the style of our life!”

In off the cuff remarks, Pope Francis shared how he was touched by a line from the First Reading from the Sunday’s Liturgy from the Book of Sirach: “Remember your last days, set enmity aside”. He said that resentment and hatred from past offenses can continue to bother us like a fly. “Forgiving is not something momentary, it is something that we continue doing against that resentment, that hatred that keeps coming back.” But thinking about our last days helps us put an end to that endless cycle, he said.

This parable, the Pope said helps us to grasp fully the meaning of the phrase in the “Our Father”: “Forgive us our trespasses as we forgive those who trespass against us” (see Mt 6:12). These words, Pope Francis said, contain a decisive truth:

“We cannot demand God’s forgiveness for ourselves if we in turn do not grant forgiveness to our neighbour. If we do not strive to forgive and to love, we will not be forgiven and loved either.”

In conclusion, Pope Francis urged everyone to entrust themselves to the Mother of God so that they may realize how much they are in debt to God and open their hearts to mercy and goodness.

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.

Diocesan Day for Remembering the Faithful Departed Friday November 20th

November, the month of remembrance, has a particular significance this year. So many people in our communities have lived through bereavement without the usual support of community and often with the absence of family and close friends. Over two thousand families in our country have been bereaved through the coronavirus pandemic. The Irish Hospice Foundation who opened a bereavement help line during the lockdown report that there is a 'tsunami of grief' in our country.

Our church communities have an important role to play at the time of death and afterwards in supporting the bereaved. We thank our priests who have done their very best to support people through the difficult moments of funerals in particular. Tomorrow, we mark the beginning of the month of remembrance with a liturgy in Ennis Cathedral at 3p.m. at which I will preside. On Friday 20th of November, the Diocese will celebrate a day of remembrance for all who have died this past year and especially remembering people in our country who have died because of COVID 19. This is an ecumenical day which will be celebrated by the Christian Churches in our Diocese. Further information and suggestions for this day will follow. A particular focus will be on asking people to pray at home at a designated time. We will provide resources for this in the coming weeks.

I ask and invite all groups within the parishes to help get this initiative off the ground. It might be the Parish Pastoral Council, a Parish Bereavement Group, a Youth Group or a Liturgy group who would see the possibilities of this and link the faith community with those who have lost loved ones during the year.

The attached pages prepared by those in the Killaloe Diocese training for the Ministry of Pastoral Care along with members of the DPC offer a menu of ideas which may assist parish pastoral councils/liturgy groups and bereavement groups in deciding what they can do during November and in preparation for the Diocesan Remembrance day. I draw your attention to the importance of making a connection from the parish community with those who have been bereaved and the different ways this can be done despite the present restrictions.

[November 2020 Remembering Our Dead and Supporting Those Bereaved](#)
[Prayer for Visiting and Blessing of Graves](#)

Parishes which have the possibility of live streaming will be able to hold their annual Liturgy of Remembrance but it will not be possible to have the community gathering for the blessing of graves. While priests will bless the graves themselves, this is also an opportunity to encourage family participation and prayer, inviting them to visit and bless the grave of their loved ones. A prayer text which can be used for this purpose is included with this email.

COMMUNION CALLS

Due to the government guidelines and the increase in the coronavirus cases in the country it is not safe to call from house to house on the first Friday calls at the moment however if you need a priest to call please contact
Fr. Michael Reilly 086 0847179

RECENTLY DECEASED

Pray for the soul of
John Quinn of Quay Street/London husband of Mary Cafferky Emlybeg
May he rest in Peace

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

1. Online at www.trocaire.org
2. To the Parish Office.
3. By post to any of our offices: Trócaire, Maynooth, Co. 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

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

FRANCIS

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.

May we who have the flexibility to care for our children,
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,
Remember those with no margin at all.

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.

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 and 12.30pm.

RTE's Roger Childs has circulated the following email advising that Mass will now be broadcast at 2.00pm on its digital television channel RTÉ News Now each Sunday as long as the pandemic restrictions apply. You may wish to advise your parishes of this new broadcasting initiative.

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.

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.

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.

Eucharistic Adoration in Belmullet Church Tuesday 6am -10pm, Wednesday and Thursday 10a m -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 D.L.P. Confidential line 087 1003554. www.killaladioceseorgsafeguarding.

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.

PARISH NOTICE

Christmas Lights - In our opinion it would be a very sad looking town at Christmas if we don't have any festive lighting and are very concerned as to how we will pay for this year's lights without help from our elected representatives. We decided not to ask our members for any fee this year due to the covid crisis as we felt that businesses had enough expenses. In addition to no income from membership fees we could not hold any of our fundraisers this year. The worry for this strange year is where will

we get the funding to have Christmas lights? We would welcome your thoughts or constructive suggestions, you can email us to errischamber1@gmail.com

Connect with us this Winter using your phone or laptop as we explore different Mental Health topics at The Mayo Recovery College Free online interactive sessions. This coming week includes 'Stress' on Tuesday (10th Nov) & Wednesday (11th) 11am -1 and Thursday (12th) 6-8pm 'Mindfulness & Recovery'. Call/Text Karen McHale 0860294901 or email recovery.educatormrc@hse.ie and we'll send you the link.
Full Prospectus www.recoverycollegewest.ie

Free online Living Well Programme – next programmes commences on Monday the 02nd of November

Free online Living Well Programme – next programmes commences on (Limited places)

Monday 02nd November

Tuesday 10th November

Thursday 12th November

If you are living with a long term health condition you may be interested in doing the 'Living Well' Programme'. This is a six week programme delivered in 2.5 hour weekly sessions where you will learn new skills to manage your health condition on a day to day basis. You must register in advance as places are limited to 10/12 participants. Please note you do not have to disclose your health condition on the programme. Please contact Liam Gildea on 087 349 0393 or by email at liam.gildea@mayocil.ie

HomeInstead Senior Care Mayo are currently recruiting Full and Part-time Caregivers for the Mayo region. For further information please contact Caroline at our offices on (094)-9044785

A new book "Seoda Muigheo Thuaidh" by John Cosgrove has been published. It could be described as a "from the needle to the anchor" Compendium. It contains pisreoga, paidreacha, beanachtaí, mallachtí, (some of the latter wouldn't pass the Censor), rannta, focal, seanfhocal, triads, etc. A dictionary of North Mayo Gaelic words and period photographs of the region. Included also are short accounts of North Mayo heros and legends.

This hardcover book, containing over five hundred pages retails at €30. Though written in Irish, the book has full English translation.

Contacts: John Cosgrove 096-31138/086-3704762 or Fr. Sean Killeen, Cloghans, (who made a vast contribution to this book) 096-27003/086-8349600

COVID 19 PANDEMIC

The spread of the virus has reached serious levels and constitutes a real risk of radically increased infection within the community. In many cases, the increase in numbers is due to gatherings within households and communities.

That is the reason why the public health authorities are stressing the urgent need to reduce the number of contacts that each one of us has in this period. Reducing contacts requires a specific effort on the part of each of us to deliberately change the number of people with whom we would normally come into contact. This is as important in the current situation as the need for face masks, social distancing and hand washing.

Thank God, there has been no indication of the virus being spread in worshipping communities. Thanks to all who help in sanitising our Churches every day. Let us continue to pray for one another and all our parish community that we will get through this Pandemic.

Thanks to all who are returning Church envelopes & giving donations to support & keep our Churches open. Boxes are at all doors.

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 the outbreak of 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

Mary's Meals is the simple solution to world hunger. We believe that every child should have enough food to eat and be able to go to school. We work with some of the world's poorest communities in 19 different countries to set up school feeding programmes in places where hunger and poverty can stop children from gaining an education. Currently we are feeding over 1.6 million children each weekday.

We are a no frills charity just €18.30 will feed a child for a whole school year. At least 93% of all monies raised go directly to our charitable activities. Our school feeding programmes are owned and run by local community. We are currently looking for volunteers. If you're interested about learning more about this wonderful charity please contact Nicola 087 962280

Cara Iorrais Belmullet Cancer Support House will be reopening on Tuesday 29th of September.

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

Employability Service (Belmullet Office) & Local Employment Service (Belmullet Office)

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

Colette Corless : Employability Service : 0863418643

Marie O'Donnell : Local Employment Service: 09781722

Ann Conroy : Local Employment Service: 0872156660

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

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 for our Prospectus. Please contact Karen McHale, Principal Recovery Educator 086 0294901 recovery.educatormrc@hse.ie to register”

NEW COURSE NOW ENROLLING!

Employer Based Training in Belmullet.

Are you struggling to get that job? We run a FREE Employer Based Training course to provide real work experience, which increases opportunities for employment while also helping you to gain a QQI level 5 qualification. If you would benefit from extra support and are registered with the Department of Social Protection you could be entitled to the free training. We understand that the threat of Covid-19 hasn't gone away, so we are changing the way we do things. This course will be delivered through a combination of on-site and home-based learning in order to keep everyone safe. For more information please contact: Caroline O'Malley on 086 7701996 or e-mail: caroline.omalley@nln.ie

NEW COURSE NOW ENROLLING!Jobstart Belmullet, are Re-Open, Enrolling Now!

We can help you find a new way forward. Meet people and develop your skills in a supportive, relaxed environment. With small group sizes, personalised training, and supported work placements, NLN's Jobstart course offers accredited qualifications as a stepping stone to further training or employment. We understand that the threat of Covid-19 hasn't gone away, so we are changing the way we do things. This course is delivered through a combination of on-site and home-based learning in order to keep everyone safe, you are provided with a laptop and all course material required. For more information, contact: Seamus Corless on 0876087154 Castlebar@nln.ie

THEOLOGY COURSES

We are taking registrations now for our autumn online theology courses. The courses are up to degree level and are heavily subsidised by the Irish Dominicans. They could be just the thing as the nights draw in and we look to an uncertain winter.

If interested you can contact us by logging on to <https://prioryinstitute.com/>

NATIONAL LEARNING NETWORK MAYO IS RE-OPENING SEPTEMBER, ENROLLING NOW!

Are you looking for the next step, but not sure you have the skills or confidence to make it? NLN could help. Our free, certified courses include work experience and extra supports to increase opportunities for employment or further education. We offer Sports Industry & Gym Instructor Studies, IT & Business, Employer Based Training and more. We understand that the threat of Covid-19 hasn't gone away, so we are changing the way we do things. Many of our courses will be delivered differently and some will be offered through a combination of on-site and home-based learning in order to keep everyone safe. For more information, contact: Castlebar@nln.ie; (094) 9022770; National Learning Network, Breafoy Road, Castlebar

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 the outbreak of COVID-19 (Coronavirus). Professional staff is 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.

GLAN ASSURED AN ERRIS BASED BUSINESS HAS COMMITTED TO THE DISINFECTION OF OUR CHURCHES PRIOR TO THE reopening and resumption of Masses. One of our parishioners has kindly sponsored the first eight weeks of church disinfections. Their charitable deed is greatly appreciated by all. Contact www.glanassured.ie 085 2103362.

Doing a Clear Out – Clothes Recycling

If you are clearing out your home please drop the clothes, shoes, bags etc into the Ballina Family Resource Centre, Abbey Street, Ardnaree. We are doing a Cash for Clobber as a Fundraiser for the Centre, your support would be greatly appreciated. If you need bags we have some in the centre, just drop in and collect them. For more info call 096 75573, all money received for clobber goes directly to Ballina FRC.

Mindspace Outreach Service in Ballina FRC

Mindspace Mayo 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. **The outreach service is running by phone or online whilst the lockdown is on for Covid19.** For further information on Mindspace Mayo please see our website www.mindspacemayo.ie or call us on 094-9067001

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**

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 your area, from pharmacies and local shops, delivering critical medical supplies to the elderly, the vulnerable and sick. If you need of such support or know someone who does contact Local Link Mayo on 094 900 5150/086 029 3728 between 9:00am and 5:00pm or email mayo@locallink.ie

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.

ARE YOU FINDING IT DIFFICULT TO COPE WITH LIFE'S PROBLEMS? PERHAPS GROW CAN HELP YOU. GROW IS A FREE CONFIDENTIAL SUPPORT group, promoting positive mental health using a 12 step program. Meetings run weekly on Tuesdays at 8pm in the Ballina Community centre. For further information on GROW or other GROW meetings across Co Mayo, you can contact Emily at 0864183543, www.grow.ie or the GROW information line 1890 474 474.

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.

Mindspace Mayo - 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 has an outreach service in Erris which operates one day a week (Wednesday) and is based in the Irish Wheelchair Association. For further information on Mindspace Mayo please see our website www.mindspacemayo.ie or call us on 094-9067001.

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.