# 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

**PLEASE NOTE**

**THAT OUR LADY OF LOURDES CHURCH, GLENCASTLE WILL RE-OPEN 27TH SEPTEMBER. UNTIL THEN THE 12 O'CLOCK MASS WILL TAKE PLACE IN THE SACRED HEART CHURCH BELMULLET**

**Church Stewards are asked to please be in the sacristy 30 minutes before the Mass begins.**

**MASS TIMES - BELMULLET**

| | | | | |
|---|---|---|---|---|
| Sat | Sept | 12th | 8.00p.m. | Michael Gibbons & Deceased Gibbons & Deane Family |
| Sun | Sept | 13th | 10.30a.m | Jack & Bridget McDonnell & Tony & Bridget Munnelly |
| Sun | Sept | 13th | 12.00p.m. | Eileen Hughes nee McAndrew, Gortmore -- Leo & Aaron Howard |
| Tue | Sept | 15th | 9.30a.m. | Tom Rowe & Bertie Carey |
| Wed | Sept | 16th | 9.30a.m. | Joseph Walsh, Gerry Noone & Seamus Deane |
| Thu | Sept | 17th | 9.30a.m. | Conmy Family, Logmore -- Paddy Broderick |
| Fri | Sept | 18th | 11.00a.m. | Intentions of the Walsh Family |
| Sat | Sept | 19th | 8.00p.m. | Michael Mills & Deceased Mills & Staunton Families, Carrowmore |
| Sun | Sept | 20th | 10.30a.m. | Willie McGonigle & Deceased Family |
| Sun | Sept | 20th | 12.00p.m. | Sr Evelyn Gallagher Months Mind -- Peg & John Joe Murphy & Mary &Geraldine O'Reilly -John, Teresa &Tom Howard -- Agnes Leneghan & Deceased Family |

| MINISTRIES | CHURCH | MASSES | Sunday 13th September |
|---|---|---|---|
| **Stewards** | Belmullet | Vigil<br>10.30a.m.<br>12.00p.m. | Leonard Shevlin & T.J.Gaughan<br>Padraic Conroy & Liam Shevlin<br>Michael Conmy & John McAndrew |
| **Readers** | Belmullet | Vigil<br>10.30a.m.<br>12.00p.m. | Patricia Barrett<br>Gerry Murphy |
| **Eucharistic Ministers** | Belmullet | Vigil<br>10.30a.m.<br>12.00p.m. | Deirdre McManamon<br>Marian Conroy<br>Mary McGuire |

**Killala Diocese Notes for First Holy Communion**
**Arrival at the Church:**

- Family members living in the same household should enter the church together. They should then occupy one family seat. They should observe social distancing at all times; before, during and after the Ceremony.
- The number attending will depend on Government guidelines at the time of the ceremony. **Numbers confined to parents and the child at the moment due to government guidelines.**
- Keep kneelers up / Stay sitting or standing _____
- Family / Relations can listen to ceremony from Car Park & join them afterwards or pray online on churchtv.ie Belmullet
- Any family member who may be vulnerable to the Covid-19 virus should not be invited to the ceremony under any circumstance.

**The Ceremony**

- Parish or school choirs should not be present at the liturgy.
- Music can be provided by an organist and a soloist.
- First Holy Communion pupils should sit with their parents and be seated at the end of the pew nearest the aisle. They should remain in their pew throughout the ceremony.
- **Photography**
- Mobile phones, iPads or cameras should not be used during the ceremony.
- Group photographs are suspended at this time.
- Family photographs may be taken but only outdoors.
- If the celebrant is invited into a family photograph, he must maintain social distance.

**Exiting the church**

- Stewards should arrange for the orderly exit from the church, family by family, seat by seat.
- Social distancing should be observed in the grounds of the church at all times.

**We look forward to meeting you all on First Holy Communion Day.**
Fr. Michael Reilly

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 sincere thank you**
to Redmond Connolly and the Belmullet choir for donating a new organ to Belmullet church

**Thank you** to the four parishioners who sponsored the disinfection of the Belmullet church for the next four weeks

**BAPTISED RECENTLY**
We welcome into God's Family
Donnacha Patrick Fitzmaurice, Lucan
*We wish him every Blessing.*

**CLEANERS**
**Week of the 20th September**
Bernie McAndrew & Sarah Lavelle

**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

## First Confessions
For Belmullet National School Children
In The Church of The Sacred Heart Belmullet
On Friday 18th of September At 12.00pm

**FIRST HOLY COMMUNION 2020**
**Saturday 3rd October 2020 at 12.00 noon** in The Sacred Heart Church, Belmullet for the boys and girls of Belmullet National School.
**Saturday 10th October 2020 at 12.00 noon** in Our Lady of Lourdes Church , Glencastle for the boys and girls of Glencastle and Barnatra National Schools.

## COVID-19 Support Line for Older People

ALONE has launched 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.

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 and12.30pm.

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 -10pmNew 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

**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"

**MSLETB** have a range of full-time and part-time adult education courses available at the Belmullet Further Education Centre. Courses include: **Full-time:** Under the VTOS programmes, MSLETB provides adult learners with an opportunity to continue their education and training and progress to employment and/or other opportunities. Belmullet VTOS is a 2-year full-time programme in Business Administration and/or Tourism with Business QQI level 5. VTOS offers training allowances, travel and meals payments for eligible applicants. More information available from: Belmullet FE Centre, Chapel Street, Belmullet Tel No: 097 20901/086-0610023 email: vtosbelmullet@msletb.ie
**Part-time**: Adult Literacy courses ranging from unaccredited to QQI level 3, building your skills in Reading, Writing, Maths, English and Computers. Contact: Adult Literacy Co-ordinator: marymorrissey@msletb.ie 087-787690. Back to Education Initiative (BTEI), QQI certified level 4 - 6 courses such as Childcare, Healthcare, Computers. Contact: BTEI co-ordinator: margaretkieran@msletb.ie 087-7715096. Adult Education Guidance Services also available to help prospective learners either employed or unemployed explore options. Courses are generally free of charge.

**Legion of Mary Pilgrimage to Knock shrine** Sunday 27th September. Due to covid 19 we will be unable to attend the shrine this year and can be viewed on Knock Shrine website www.knockshrine.ie and on Facebook page www.facebook.com/knockshrine/ commencing with Rosary at 2.30p.m. followed by Holy Mass at 3.00p.m.

**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 courses 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

WESTERN Care Association's Annual Door To Door Collection is now going online during the month of September. To donate, please find us on Facebook "Western Care Association" or go to www.idonate.ie/wcadoor or find the links on our website www.westerncare.com. Any donation will be greatly appreciated. If you would like to donate in any other way, we would be delighted to hear from you, please contact Teresa Ward on 094 90 29174 or 087 246 7857 or email: tward@westerncare.com. Thank you for your support.

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 Domincans. 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, Breaffy Road, Castlebar

THE TWO DEANERY MEETINGS WITH PRIESTS AND MEMBERS OF PARISH PASTORAL COUNCILS IN ERRIS AND TIRERAGH THAT were to take place on September 7 (Belmullet) and on September 10 (Easkey) respectively have been postponed in line with the recent new COVID-19 pandemic measures announced by the government.

Bishop John Fleming

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.

BELMULLET GAA CLUB WILL HOST A DRIVE IN BINGO ON SUNDAY THE 16TH AUGUST AT 6PM, GATES OPEN AT 4.45PM. Double Books €20, Single Books €15, 20 loose sheets €5 and our 50/50 sheets €1 each. Come along for a great evening's entertainment.

LIVE, WORK & GROW IN ERRIS
If you are considering working & living in Erris (or if you already are), there will be an excellent opportunity to learn more about the benefits & support systems available, at a special Grow Remote event in Áras Inis Gluaire, Belmullet, at 3pm on Mon 17 Aug. The event will be live-streamed on the 'What's On in Belmullet' Facebook Page, so it will be accessible from anywhere in the world. Please spread the word among your family & friends, especially those living abroad, or elsewhere in Ireland! Tuilleadh eolais: growremotebelmullet@gmail.com

FREE ONLINE LIVING WELL PROGRAMME – NEXT PROGRAMME COMMENCES ON MONDAY 7TH OF SEPTEMBER (LIMITED PLACES) If you are living with a long term heath 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. This Programme will commence in September. 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

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.

THEOLOGY, SPIRITUALITY AND RELIGIOUS EXPERIENCE
Course consists of 10 one-hour online lectures by Fr Pat Collins C.M. given over two weeks delivered entirely online. It is offered twice: 13 - 24 July and 10 - 21 August. Info enquiries@prioryinstitute.com or 35314048124.

THE BELMULLET FESTIVAL COMMITTEE DECIDED TO CANCEL ALL EVENTS OF THE FESTIVAL IN AUGUST 2020 IN THE INTEREST OF THE HEALTH OF everyone. We are looking into the possibility of holding events at a later date. If any community group in the area would like to be involved please contact us. We are already planning better and bigger activities for the 2021 Belmullet Festival and look forward to see all of you back next year!

**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 3728between 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.i.e 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.