

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

**Our Parish Churches will be open for public worship from
Tuesday 1st December.**

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

MASS TIMES - BELMULLET

Sun	Nov	29th	10.30a.m	Peggy Corcoran - 1st Anniv & Michael Joe -- Peter McHale -- Mary & Johnny Murray Michael Gaughan - Birthday -- Thomas Reilly & Eamonn Tighe & Dec Family -- Lally Shraigh Hill & daughter Breege Sheeran -- Lally, Foxpoint -- Josephine Tunney, Shore
Remembrance Eadie & Martin Martin & Mary Rd				
Tues	Dec	1st	9.30a.m	Dean John Gilroy & Housekeeper Lena Doherty -- Albie Garvin -- John Lally
Wed	Dec	2nd	9.30a.m	Gerald, Moya, Paddy, Martin & Joseph McLoughlin, Foxpoint & Dec Family -- Eddie, Pat & Bridgie Gibbons -- Ronnie & Kay Burnside
Thurs	Dec	3rd	9.30a.m	Legion of Mary Dec Members -- Tom, Rose & Paddy Murphy & Patrick & Julia Murphy & Mary William Barrett & Dec Family
Fri	Dec	4th	11.00a.m	Bridie Cafferkey 1st Anniv -- Dr. Vincent, Angela & Elizabeth O'Sullivan -- Paddy Lynskey -- Kathleen, Anthony Reilly & Sons Tony & Joseph John & Annie Munnely & Son Tommy & daughter Sadie
Sat	Dec	5th	8.00p.m	Bridgie Lynskey - Months Mind -- Ted, Mary, Seamus & Joseph Deane -- May Gorham -- Nora & Patrick Staunton
Sun	Dec	6th	10.30a.m	Annie Horan, John & Sean Horan & Dec Members of McDonnell Family -- John Quinn, Quay St/ London -- Paddy McManamon -- Michael McNulty --Anthony McDonnell

MASS TIMES - GLENCASTLE

Sat	Dec	5th	11.00a.m	Padraig Ruddy- Months Mind
Sun	Dec	6th	12.00p.m	Eamon Monaghan, Muings & Dec Monaghan & Barrett Families -- Julie Kilker - 10th Anniv & Dec Family -- Gerald, Mary, Paddy, Martin & Joseph McLoughlin, Foxpoint -- Michael Ruddy Muingmore -- Kathleen O'Donnell

MINISTRIES	CHURCH	MASSES	SUNDAY 6th December
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Stewards	Belmullet	Vigil 10.30a.m.	Helen Lynch & Maeve Carabine Cathal Shevlin, Brendan Deane & Ian McAndrew
Readers	Belmullet	Vigil 10.30a.m.	Sheila Tallott Maria Conroy
Eucharistic Ministers	Belmullet	Vigil 10.30a.m.	Ann Mangan Gerry Murphy
Stewards	Glencastle	12.00p.m.	Audrey Murphy & Michael Joe Lally
Eucharistic Ministers	Glencastle	12.00p.m.	Brid Henry

Stewards during the week at the 9.30am & Friday at 11.00am Masses Loretta McGuire

Prayers at Home for advent In a time of Pandemic

What is Advent?

Each passing year presents us with a new opportunity to recall the Christian story by celebrating the different feasts and seasons of what we call the Liturgical year. As we do so – our lives are opened up to the saving presence of God and we are drawn deeper into that great mystery of love between the father, the son and the Holy spirit. The Liturgical year begins with the season of advent, which consists of the four weeks before Christmas. central to advent is the Christian belief that God comes close to and visits humanity. “The first visit — we all know — occurred with the Incarnation, Jesus’ birth in the cave of Bethlehem; the second takes place in the present: the Lord visits us constantly, each day, walking alongside us and being a consoling presence; in the end, there will be the third, the last visit, which we proclaim each time that we recite the creed: “He will come again in glory to judge the living and the dead”. (Pope Francis, angelus, 2016)

A Spiritual Opportunity

If approached in a spirit of openness, advent can be an opportunity to deepen our sense of God who walks alongside us on the journey of life. It is somewhat like a mini Lent before Christmas. We are invited to set aside some extra time and space for prayer, reflection and good works. The restrictions in place because of the coronavirus mean that we may not be in a position to gather as usual for our religious services. This situation challenges us to find new ways of reflecting on our faith and praying in our homes. It is hoped that this guide will assist you in doing just that.

The Advent Wreath

Catholicism has a long tradition of using images and symbols to help us to pray. Setting aside a place in your home for an advent Wreath can help in this regard. For this you will need some ever-green leaves and five candles (it is preferable if there are three purple, one pink and one white). Arrange the leaves in a circle. Without beginning or end, the circle, along with the green leaves, symbolises the eternity of God who sustains life in all things. Put the purple and pink candles in the circle – and place the white one in the centre. As we progress through the Sundays of advent, the different candles are lit, with the white one being lit on

Christmas Eve. With the lighting of each candle we are reminded of how God draws ever-near and brings with him his saving light to dispel the darkness of our lives and our world. You might also consider placing a Bible – the Word of God –near the advent Wreath.

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Assembling the Christmas Crib another symbol that is used to help us connect with the meaning of Christmas is the traditional nativity scene or crib. during advent, the gradual assembly of the crib may accompany our spiritual preparation for the celebration of Christmas. source materials to build a stable along with crib figures (Mary, Joseph, the ox, the donkey, shepherds, the Baby, the three Wise Kings). on the second Sunday of advent assemble the stable and leave it there empty with no visitors. on the third Sunday add some straw along with the ox and the donkey. On the fourth Monday add Mary, Joseph and the shepherds.

Broadcast Masses

While nothing can substitute for gathering in person, we are blessed to live in a time that the celebration of the Eucharist can be broadcast on radio or television or by means of the internet. This guide is also designed to help deepen your participation in those broadcasts and to assist you in getting the most out of them spiritually.

Call to Action during each of our days of prayer there will be a call to action. To do something different or significant that puts the message of that particular day into practice.

Safety

This guide is designed for use by a single household. All health and safety advice should be adhered to. When using candles, please do so safely. Today we celebrate the first of the four Sundays of Advent and with it a new Liturgical year. As the commercial world about us readies itself for the Christmas season we are invited to take a step back and view the bigger picture: the key Christian belief that life is a sacred journey towards eternity and that someday "at an hour we do not expect", Jesus will return again to bring finality to the transforming work he began that first Christmas many years ago.

A Prayer Ritual at Home

Gather around the Advent Wreath that you have prepared in your prayer space. Take a moment to reflect on the ever-green leaves shaped in a circle without beginning or end. Become aware of the infinite presence of God. Now look at the candles. The infinite power of God comes to us in Jesus as a light in the darkness – a beacon and a guide for our journey through life. Place some Holy Water in a bowl for the blessing of the Wreath. As we begin ... In the name of the Father, and of the Son, and of the Holy Spirit. Amen

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First Sunday of Advent

29th November 2020

A blessing for our Advent Wreath

God without beginning or end, our Creator and our Father, we ask you to bless this Advent Wreath. Bless these evergreens. May they remind us that your love for us is everlasting and that nothing we do will ever take it away. Bless these candles on our Wreath. May they remind us that Jesus is the Light of the World. May they also remind us that the Spirit is in our midst and that we are surrounded by your love and care. We ask this through Christ our Lord. Amen

Holy water may be sprinkled over the Wreath in blessing.

Let us pray (pause) all-powerful God, increase our strength of will for doing good that Christ may find an eager welcome at his coming and call us to his side in the Kingdom of Heaven, where he lives and reigns with you and the Holy Spirit, one God for ever

and ever. Amen

Let us listen to God's Word ... Mark 13:33-37

Jesus said to his disciples: "Be on your guard, stay awake, because you never know when the time will come. It is like a man travelling abroad: he has gone from his home, and left his servants in charge, each with his own work to do; and he has told the doorkeeper to stay awake. So stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow or dawn; if he comes unexpectedly, he must not find you asleep. And what I am saying to you I say to all: stay awake!"

Let us reflect ... today, on the first Sunday of Advent, we begin a new Liturgical year; that is, a new journey of the People of God with Jesus Christ, our shepherd, who guides us through history toward the fulfilment of the Kingdom of God. Therefore, this day

has a special charm; it makes us experience deeply the meaning of history. We rediscover the beauty of all being on a journey: the church, with her vocation and mission, and all humanity, peoples, civilisations, cultures, all on a journey across the paths of time.[...] This journey never comes to an end. Just as in each of our lives, we always need to begin again, to get up again, to rediscover the meaning of the goal of our lives, so also for the great human family it is always necessary to rediscover the common horizon toward which we are journeying. The horizon of hope! This is the horizon that makes for a good journey. The season of Advent, which we begin again today, restores this horizon of hope, a hope which does not disappoint for it is founded on God's Word. A hope which does not disappoint, simply because the Lord never disappoints! He is faithful! He does not disappoint! Let us think about and feel this beauty. (Pope Francis, Angelus, 2013)

Pause for a few moments of silent reflection.

Ritual Action

We now light the first purple candle on the Advent Wreath. Traditionally this is done by the youngest in the household. As the candle is being lit all pray together: as we light our first Advent candle, may we open our hearts to the light of Christ. May his light increase in brightness, through his love and our efforts this Advent. Amen

Intercessions

We take a moment to bring before God our needs and the needs of the world at this time: as we begin our Advent journey we pray for a greater awareness that Jesus comes to us in unexpected ways. May Advent be a time of grace and new beginnings.

(pause)

Lord, in your mercy. Hear our prayer.

We pray for our world, a world waiting for God, that the light of Christ may break through darkness. We remember the people through whom Christ comes to us each day, especially our family, our friends and our parish. (pause)

Lord, in your mercy. Hear our prayer.

We pray for a spirit of solidarity and courage as we continue to face together the dangers of covid-19. We remember all who suffer or are anxious in this dangerous time. (pause)

Lord, in your mercy. Hear our prayer. Add your own intercessions here.

Lord, in your mercy. Hear our prayer.

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Our Father ...

Prayer (pause)

o God of all ages, rouse us from sleep, deliver us from our heedless ways and form us into a watchful people, that, at the coming of your son, he may find us doing what is right, mindful of all you command. Who lives and reigns forever and ever.

Amen

Blessing

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen

In the name of the father, and of the son, and of the Holy spirit. Amen

Call to Action

Take some time this week to notice the shortened days and the winter landscape all around you. Make a list of people you should make contact with over the next few weeks. Engage in some form of charity work. Take a picture of your advent Wreath and post it on your social media platforms.

Online Celebration of the Sunday Eucharist

Before the broadcast begins:

- Gather with other members of your household, if this is possible.
- If your advent Wreath has not been blessed pray the prayer of blessing over it (see page 5).
- Light the first purple candle on your advent Wreath. During the broadcast look out for the following:
- The priest will wear purple vestments today - a symbol of the spiritual preparation and penance that is part of the advent season.
- The readings focus on the return of Jesus at the end of time. Isaiah in the First Reading draws on the image of clay in the potter's hands to remind us that God is our creator and that we are all the work of his hands. The Psalm prays for the Lord of Hosts to bring us back, to let his face shine on us and we shall be saved. The Second Reading states the belief that we are all waiting for the Lord Jesus Christ to be definitively revealed at the end of the world. In the Gospel, Jesus exhorts his listeners to "Be on your guard, stay awake, because you never know when the time will come".
- The Eucharist will be celebrated as normal. at communion time make an act of Spiritual Communion. Invite Jesus to visit your heart, take some time to truly welcome his presence. Take away... ask yourself what nugget of christian wisdom will I take away from today's mass? What will I do during the week inspired by what I have heard?

Prepared by the dioceses of clonfert and Elphin

© Liturgical texts, Jerusalem Bible

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.

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

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.

RECENTLY DECEASED

Please pray for the soul of

Irene O'Donoghue, Maynooth/Belmullet former teacher of Barnatra N.S

N.S. Paddy McGuinness, Bunnawilliam/London,

Sean Donoghue, York/Shraigh, brother of Liam Donoghue,

Cora Bladon nee Reilly London/ Shraigh

May they rest in peace.

CHURCH ENVELOPES

Thanks to all who are returning Church envelopes & giving donations to support & keep our Churches open. Boxes of church envelopes are being distributed - if you haven't received a box and would like to do so please call into parish office or call

097-20777

Sacred Heart Church Belmullet

Church will be closed at 6.30p.m every evening

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.

ALTAR SOCIETIES

BELMULLET Group 3

Edel Cuffe, Deirdre Reuland,

Marie Cuffe

GLENCASTLE Bunnahowen

Dolores Barrett, Marian McLoughlin, Brid McDermott,

Catherine Barrett

PARISH NOTICE

Aware Services

As we all know, during Level 5 lockdown, many people are experiencing additional feelings of isolation, anxiety and distress as well as enduring depression, bi-polar disorder and other challenges with their mental health. These feelings are often further exacerbated during this holiday season, as people can sometimes contrast their own sadness with other peoples joy.

If you or those with whom you work wish to connect with people in relation to your mental wellbeing, please consider using the Phone In and Zoom Support & Self Care Groups, the Support Line or Support Mail, now and throughout the holiday season.

These services provide support, coping skills and information – and most importantly help people who are in distress to know and feel that they are not alone in their experience.

Information about the groups <https://www.aware.ie/support/support-groups/> and all of our services on www.aware.ie.

Wishing you all well with the work you are doing. Take care of your selves.

A Brand New & Exciting Skills 4 Life Course is NOW ENROLLING at National Learning Network, Castlebar.

This New QQI Level 3 course is designed to give young people aged 25 and under the skills and confidence to get and keep a job or the support to make a success of their education. The course offers a variety of certified and non-certified modules to include Digital Media, Photoshop, Video editing and Gaming and many more.... We are open to applications NOW! For more information, please contact Tracy Kelly on 0877094005 or e-mail tracy.kelly@nlm.ie

We are taking registrations now for our Advent Retreat. It's a series of filmed reflections on the Sunday gospel readings of Advent. We are subsidising the production costs to encourage participation, the cost of the retreat is €40 and registration closes on Friday week, November 27. Maybe it's a sign of the times but it seems people are interested in looking at the 'big' questions especially coming up to this very unusual Christmas.

Can you put a notice on your website this week with this link

<https://prioryinstitute.com/events/2020-advent-retreat>

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

Thursday 07th January

Tuesday 12th January

Monday 18th January

Wednesday 20th of January

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. This Programme will commence in January. 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

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.

Want to improve your wine knowledge from home? Full details on all course and events visit our website <https://mailchi.mp/e49f79ca4b4d/wset-wine-qualifications>

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”

Places are available on the VTOS programme in Belmullet to follow a QQI programme in Business and Tourism. You keep your benefits while on the programme and childcare may be available.

Our programme involves Blended Learning which means that you can work on-line from home. The ETB will provide you with a laptop if necessary. For more details ring: 097 20901 or 0860610023. Or email: vtosbelmullet@msletb.ie

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.

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**

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

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/wcdoor 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 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.

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 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. 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.

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.