

## **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](mailto:belmulletparish@gmail.com)

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

### **No Masses in Our Lady of Lourdes Church, Glencastle**

Masses will be celebrated in The Sacred Heart Church Belmullet and can be viewed on line on [churchtv.ie](http://churchtv.ie) and click onto Belmullet

### **Please Note that due to Government Restrictions on all**

Public gatherings Masses are celebrated **online only** starting on 26th of December in The Sacred Heart Church, Belmullet and can be viewed on our webcam at [churchtv.ie](http://churchtv.ie) and click onto Belmullet.

### **MASS TIMES - BELMULLET**

Sun	Feb	21st	10.30a.m.	Paddy Conroy - Month's Mind
Wed	Feb	24th	10.00a.m	Deceased Mangan, Davitt & Philibin Families --Lena McBride & Deceased Family, Ellen Munnely & Ann & Owen Gallagher
Thurs	Feb	25th	10.00a.m	Nora Gaughan & Deceased Gaughan & Sheridan Families -- Henry Gaughan, Emlybeg, Kathleen & James Gaughan, Bridge Road & Mary, Danny & Christopher Cawley, Glasgow/Rathmorgan
Fri	Feb	26th	10.00a.m	Nora & Martin Howard, Shraigh -- Thomas & Bridget McLoughlin
&				Eddie Cuffe
Sun	Feb	28th	10.30a.m	Mary McAndrew -- Month's Mind -- Ruby Gaughan - 1 <sup>st</sup> Anniversary

### **RECENTLY DECEASED**

Please pray for the soul of  
Patricia Rabbett, Aughleam ,  
Eamonn Mangan, Carne,  
Anne Regan, Killala sister of Maeve McDonnell &  
Ellie Murphy nee McAndrew, Church Road  
May they rest in Peace

### MESSAGE OF HIS HOLINESS POPE FRANCIS FOR LENT 2021

Jesus revealed to his disciples the deepest meaning of his mission when he told them of his passion, death and resurrection, in fulfilment of the Father's will. He then called the disciples to share in this mission for the salvation of the world.

In our Lenten journey towards Easter, let us remember the One who "humbled himself and became obedient unto death, even death on a cross" During this season of conversion, let us renew our faith, draw from the "living water" of hope, and receive with open hearts the love of God, who makes us brothers and sisters in Christ. At the Easter vigil, we will renew our baptismal promises and experience rebirth as new men and women by the working of the Holy Spirit. This Lenten journey, like the entire pilgrimage of the Christian life, is even now illumined by the light of the resurrection, which inspires the thoughts, attitudes and decisions of the followers of Christ.

Fasting, prayer and almsgiving, as preached by Jesus (cf. Mt 6:1-18), enable and express our conversion. The path of poverty and self-denial (fasting), concern and loving care for the poor (almsgiving), and childlike dialogue with the Father (prayer) make it possible for us to live lives of sincere faith, living hope and effective charity.

1. Faith calls us to accept the truth and testify to it before God and all our brothers and sisters.

In this Lenten season, accepting and living the truth revealed in Christ means, first of all, opening our hearts to God's word, which the Church passes on from generation to generation. This truth is not an abstract concept reserved for a chosen intelligent few. Instead, it is a message that all of us can receive and understand thanks to the wisdom of a heart open to the grandeur of God, who loves us even before we are aware of it. Christ himself is this truth. By taking on our humanity, even to its very limits, he has made himself the way – demanding, yet open to all – that leads to the fullness of life.

Fasting, experienced as a form of self-denial, helps those who undertake it in simplicity of heart to rediscover God's gift and to recognize that, created in his image and likeness, we find our fulfilment in him. In embracing the experience of poverty, those who fast make themselves poor with the poor and accumulate the treasure of a love both received and shared. In this way, fasting helps us to love God and our neighbour, inasmuch as love, as Saint Thomas Aquinas teaches, is a movement outwards that focuses our attention on others and considers them as one with ourselves.

Lent is a time for believing, for welcoming God into our lives and allowing him to “make his dwelling” among us (cf. Jn 14:23). Fasting involves being freed from all that weighs us down – like consumerism or an excess of information, whether true or false – in order to open the doors of our hearts to the One who comes to us, poor in all things, yet “full of grace and truth” (Jn 1:14): the Son of God our Saviour.

2. Hope as “living water” enabling us to continue our journey.

The Samaritan woman at the well, whom Jesus asks for a drink, does not understand what he means when he says that he can offer her “living water” (Jn 4:10). Naturally, she thinks that he is referring to material water, but Jesus is speaking of the Holy Spirit whom he will give in abundance through the paschal mystery, bestowing a hope that does not disappoint. Jesus had already spoken of this hope when, in telling of his passion and death, he said that he would “be raised on the third day” (Mt 20:19). Jesus was speaking of the future opened up by the Father's mercy. Hoping with him and because of him means believing that history does not end with our mistakes, our violence and injustice, or the sin that crucifies Love. It means receiving from his open heart the Father's forgiveness.

In these times of trouble, when everything seems fragile and uncertain, it may appear challenging to speak of hope. Yet Lent is precisely the season of hope, when we turn back to God who patiently continues to care for his creation which we have often mistreated. Saint Paul urges us to place our hope in reconciliation: “Be reconciled to God” (2 Cor 5:20). By receiving forgiveness in the sacrament that lies at the heart of our process of conversion, we in turn can spread forgiveness to others.

Having received forgiveness ourselves, we can offer it through our willingness to enter into attentive dialogue with others and to give comfort to those experiencing sorrow and pain. God's forgiveness, offered also through our words and actions, enables us to experience an Easter of fraternity.

In Lent, may we be increasingly concerned with “speaking words of comfort, strength, consolation and encouragement, and not words that demean, sadden, anger or show scorn”. In order to give hope to others, it is sometimes enough simply to be kind, to be “willing to set everything else aside in order to show interest, to give the gift of a smile, to speak a word of encouragement, to listen amid general indifference”

Through recollection and silent prayer, hope is given to us as inspiration and interior light, illuminating the challenges and choices we face in our mission. Hence the need to pray (cf. Mt 6:6) and, in secret, to encounter the Father of tender love.

To experience Lent in hope entails growing in the realization that, in Jesus Christ, we are witnesses of new times, in which God is “making all things new” (cf. Rev 21:1-6). It means receiving the hope of Christ, who gave his life on the cross and was raised by God on the third day, and always being “prepared to make a defence to anyone who calls [us] to account for the hope that is in [us]” (1 Pet 3:15).

3. Love, following in the footsteps of Christ, in concern and compassion for all, is the highest expression of our faith and hope. Love rejoices in seeing others grow. Hence it suffers when others are anguished, lonely, sick, homeless, despised or in need. Love is a leap of the heart; it brings us out of ourselves and creates bonds of sharing and communion.

“‘Social love’ makes it possible to advance towards a civilization of love, to which all of us can feel called. With its impulse to universality, love is capable of building a new world. No mere sentiment, it is the best means of discovering effective paths of development for everyone”.

Love is a gift that gives meaning to our lives. It enables us to view those in need as members of our own family, as friends, brothers or sisters. A small amount, if given with love, never ends, but becomes a source of life and happiness. Such was the case with the jar of meal and jug of oil of the widow of Zarephath, who offered a cake of bread to the prophet Elijah (cf. 1 Kings 17:7-16); it was also the case with the loaves blessed, broken and given by Jesus to the disciples to distribute to the crowd (cf. Mk 6:30-44). Such is the case too with our almsgiving, whether small or large, when offered with joy and simplicity.

To experience Lent with love means caring for those who suffer or feel abandoned and fearful because of the Covid-19 pandemic. In these days of deep uncertainty about the future, let us keep in mind the Lord's word to his Servant, “Fear not, for I have redeemed you” (Is 43:1). In our charity, may we speak words of reassurance and help others to realize that God loves them as sons and daughters.

“Only a gaze transformed by charity can enable the dignity of others to be recognized and, as a consequence, the poor to be acknowledged and valued in their dignity, respected in their identity and culture, and thus truly integrated into society”

Dear brothers and sisters, every moment of our lives is a time for believing, hoping and loving. The call to experience Lent as a journey of conversion, prayer and sharing of our goods, helps us – as communities and as individuals – to revive the faith that

comes from the living Christ, the hope inspired by the breath of the Holy Spirit and the love flowing from the merciful heart of the Father.

May Mary, Mother of the Saviour, ever faithful at the foot of the cross and in the heart of the Church, sustain us with her loving presence. May the blessing of the risen Lord accompany all of us on our journey towards the light of Easter.

What is Lent?

The word “Lent” is a shortened form of the Old English word Lencten, meaning “the Spring”. Lent is one of the most significant seasons of the Liturgical Year. It originated from the period of preparation embarked upon by those preparing for the new life of baptism at Easter. Eventually, it became a time for the whole Christian community to seriously review and renew their lives in advance of the annual celebration of the death and resurrection of Jesus at Easter. Consisting of forty days (Sundays excluded), the season of Lent is modelled on the forty days spent by Jesus fasting in the desert prior to beginning his public ministry. (Mt. 4)

“Dear brothers and sisters, every moment of our lives is a time for believing, hoping and loving. The call to experience Lent as a journey of conversion, prayer and sharing of our goods, helps us – as communities and as individuals – to revive the faith that comes from the living Christ, the hope inspired by the breath of the Holy Spirit and the love flowing from the merciful heart of the Father”. (Pope Francis, Message for Lent, 2021)

Fasting, Prayer and Giving to the Poor

Traditionally, fasting, praying and giving to the poor are considered as important tools to help us on our Lenten Pilgrimage of renewal. Fasting is the reduction of one’s intake of food or the giving up of something we would normally do. It reminds us that at times we must sacrifice ourselves in order to put God and others first in life. Linked to fasting is the idea of abstinence, which is the abstaining from meat. In Ireland, Ash Wednesday and Good Friday are traditionally days of fast and abstinence. Nowadays, some people take on things for Lent. They spend more time in prayer, more time caring for others or giving to the poor. Prayer deepens our relationship with God while giving to the poor reminds us that to love and care for others, especially those most in need, is a central part of being a Christian.

Lenten Traditions

Over time, different traditions have developed as a means of making the most of the Lenten season. The Fridays of Lent are seen as special days for additional fasting and acts of penance. Prayer practices such as praying the Stations of the Cross, making a Holy Hour or joining a prayer or Bible study group are also important traditions. In Ireland, the Trocaire Lenten Box has become a means of giving to those less well off. What Lenten traditions will you take on this year?

Finding New Ways of Praying at Home

The restrictions in place because of Covid-19 mean that as a Christian Community we cannot gather for our usual religious services. This situation challenges us to find new ways of reflecting on our faith and praying in our homes as the “Domestic Church”. It is hoped that this guide will assist you in doing just that. When we gather again in Church, let us not forget to enrich our spiritual lives by continuing to pray at home.

Sacred Space

Catholicism has a long tradition of using images and symbols to help us to pray. One way of doing this is to set up a prayer space in a prominent place in your home. There, each day, you can place different symbols or things of meaning to you and your family. You might start by placing in the prayer space a Bible, which contains God’s Word.

For Younger Family Members

At various points throughout this guide there are places for the younger members of a household to get involved. Art materials – paper, pens, and paints would be helpful at these times. So too would a guiding hand from an adult.

### Broadcast Masses

While nothing can substitute for gathering in person, we are blessed to live in an age where 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

The followers of Jesus are called to be a people of 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. Traditionally, during the Fridays of Lent we turn our thoughts towards that first Good Friday and the suffering and sacrifice of Jesus on the Cross at Calvary.

### Fridays of Lent

The Fridays of Lent have been considered important days for additional fasting (doing with less) and abstinence (doing without, eg. meat). Through such sacrifices, we become more aware of our calling as Christians to imitate Jesus who did not stop loving even if it meant that he had to pay the ultimate price with his death on the cross.

The Fridays of Lent are also important days for added prayers and good works.

### **Pope Francis Words**

Do you want to fast this lent

Fast from hurting words and say kind words

Fast from sadness and be filled with gratitude

Fast from anger and be filled with patience

Fast from pessimism and be filled with hope.

Fast from worries and trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.

### **Our Lady of Lourdes Prayer for healing**

O ever-Immaculate Virgin, Mother of Mercy,  
health of the sick, refuge of sinners,  
comforter of the afflicted,  
you know my wants, my troubles, my sufferings;  
look with mercy on me.

By appearing in the Grotto of Lourdes,  
you were pleased to make it a privileged sanctuary,  
whence you dispense your favours;  
and already many sufferers have obtained  
the cure of their infirmities, both spiritual and corporal.

I come, therefore, with complete confidence  
to implore your maternal intercession.

Obtain, O loving Mother, the grant of my requests.  
(mention your petition)

Through gratitude for your favours,

I will endeavour to imitate your virtues,  
that I may one day share your glory.  
Amen.

### **Celebration of Baptisms**

While the celebration of the sacrament is within our remit, the concern we must have is the fact that it may facilitate family gatherings which do not observe the restriction in place at present. I suggest, therefore, that you outline the restrictions in place before you undertake to celebrate the sacrament. It is important to remember that the manner in which the celebration of the sacraments of baptism, Holy Communion and Confirmation are celebrated at present may put the celebration of them in jeopardy for next year.

### **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](http://www.trocaire.org)
2. To the Parish Office.

3. By post to any of our offices: Trócaire, Maynooth, Co. Kildare 4.
4. Bill Pay at any Post Office

**Helplines Available:**

HSE	1850 24 1850
Alone	0818 222 024
Samaritans	116 123
Childline	1800 66 66 66
Farm & Rural Stress	1800 742 645
Pieta House (24HR)	1800 247 247
Shine	1890 621 631

**Other Services:**

Mayo University Hospital	094 9021733
Community Response Team	094 9064660
Mayo Mental Health Association	094 9038148
Mindspace Mayo	094 9067001
Mayo Recovery College	086 8255441
CROÍ	091 544310

First Prayer

O Mary,

You shine continuously on our journey  
as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick,  
who, at the foot of the cross,  
were united with Jesus' suffering,  
and persevered in your faith.

“Protectress of the Roman people”,  
you know our needs,

and we know that you will provide,  
so that, as at Cana in Galilee,  
joy and celebration may return  
after this time of trial.

Help us, Mother of Divine Love,  
to conform ourselves to the will of the Father  
and to do what Jesus tells us.

For he took upon himself our suffering,  
and burdened himself with our sorrows  
to bring us, through the cross,  
to the joy of the Resurrection. Amen.

We fly to your protection, O Holy Mother of God;

Do not despise our petitions in our necessities, but deliver us always  
from every danger, O Glorious and Blessed Virgin.

**Second Prayer**

“We fly to your protection, O Holy Mother of God”.

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you,  
Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are  
distracted and mourn their loved ones who have died, and at times are buried in a way that grieves them  
deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to  
prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the  
uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realise that we are all members of one great family and to recognise the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course. To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

#### **Accord establishes support phone line to help relationships during COVID-19**

To help support marriage and relationships in the context of the Covid-19 pandemic, Accord CLG and Accord Northern Ireland have established a new relationship support phone line which will be staffed by experienced couples and relationships counsellors. This will be a free service but calls are charged at a local rate.

Accord's specialist in counselling (marriage and relationships), Mary Johnston said, "Accord is very conscious of those experiencing difficulties in their relationships and family lives as we are confined to home during this unprecedented period for all in society. The circumstances in which we are living now can increase stress and pressure on relationships and in families. To help address these challenges, Accord has established a relationship support phone line to enable callers to speak to experienced couples and relationship counsellors in order to talk through the difficulties they are experiencing".

The support line is open from 9.00am – 8.00pm Monday to Friday. Please see contact details below:

- Accord NI – 028 9568 0151 or 00353 1 531 3331
- Accord CLG – 01 531 3331

#### **Prayer for a Pandemic**

May we who are merely inconvenienced,  
Remember those whose lives are at stake.

May we who have no risk factors,  
Remember those most vulnerable,

May we who have the luxury of working from home,  
Remember those who must choose preserving their health, or making their rent.  
when their schools close,

Remember those who have no options.

May we who have to cancel our trips  
Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market

May we who settle in for a quarantine at home

Remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically wrap our arms around each other

Let us yet find ways to be the loving embrace of God to our neighbours. Amen

**Prayer to Saint Roch**

(St. Roch is patron saint of people suffering from infectious diseases)

O Blessed Saint Roch,  
Patron of the sick,  
Have pity on those  
Who lie upon a bed of suffering.

Your power was so great  
When you were in this world,  
That by the sign of the Cross,  
Many were healed of their diseases.

Now that you are in heaven,  
Your power is not less.  
Offer, then, to God  
Our sighs and tears  
And obtain for us that health we seek  
Through Christ our Lord. Amen.

(Repeat the following 3 times)

Saint Roch, Pray for us,  
That we may be preserved from all diseases of body and soul.

**Peace Prayer of Saint Francis**

Lord, make me an instrument  
of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.  
Amen.

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](http://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 RTE 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.

### **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 during the winter months

### 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

### COVID-19 COLLECT AND DELIVER SERVICE

Helping people to stay at home is the new role of Local Link Mayo rural transport services. Local Link Mayo is offering a collect and deliver service in existing Local Link routes throughout Mayo from pharmacies and local shops, delivering shopping and critical medical supplies to the elderly, the vulnerable and sick. If your need of such support or know someone who does, contact Local Link Mayo on 094 900 5150 between 9:00am and 5:00pm (M-F) or email mayo@locallink.ie

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

Friday 26th February, Tuesday 09th March, Thursday 25th March, Tuesday 06th April, Friday 09th April

Free IT & Business Studies Course Now Enrolling in Belmullet!

ARE YOU OUT OF WORK? AT A DISADVANTAGE IN THE LABOUR MARKET? UNEMPLOYED DUE TO ILLNESS? ACCIDENT OR DISABILITY? And interested in gaining a wide variety of Computer Skills that will enable you to: Return to the workplace, gain a QQI level 5 qualification, develop on-line technologies for business use such as social media or set up your own business. Participants are provided with all equipment required for the duration of the course FREE OF CHARGE—including laptop, software and online support. The course is a blend of centre and home-based Learning. If you are interested, please contact Sharon Allen on 087 290 9064 or Seamus Corless on 087 608 7154 Contact your Local Employment Office on 087 1268490

THE MAYO STROKE SUPPORT GROUP, IN ASSOCIATION WITH CROÍ, THE HEART & STROKE CHARITY, WILL HOLD ITS NEXT MEETING VIRTUALLY ON Thursday, February 25th from 11.30am – 1:00pm via Zoom. The topic for this meeting will be 'Cognitive Issues following stroke.' This free meeting is for stroke survivors and their partners, family members or carers. For further information and to receive the Zoom link and technical support, please contact Croí on 091-544310.

WE WOULD LIKE TO INVITE YOU TO JOIN WESTERN CARE'S VIRTUAL VALENTINE CANDLELIGHT EVENING – LIVE STREAMED VIA OUR FACEBOOK page. This is a FREE Event on Saturday 13th February from 8pm until 10.30pm. Music and chats with some much loved national and local guests including Daniel O'Donnell, Nathan Carter, Mike Denver, Sandy Kelly, Tommy Fleming, plus many more local artists. Please see our Facebook page for further details: <https://www.facebook.com/westerncareassociation/> Organised on behalf of Western Care by the Valentine Candlelight Ball Committee. Raffle will run in conjunction on the night with some very generous prizes. Thank you for your support.

BALLINA FAMILY RESOURCE CENTRE ARE WORKING BEHIND CLOSED DOORS DURING THIS LOCKDOWN, IF YOU DO NOT GET AN ANSWER ON OUR landline 09675573 please call us on our mobile number 0870618525 or leave a message on either and we will get back to you. You can also email us [admin@ballinafrc.com](mailto:admin@ballinafrc.com) or you can contact us through messenger on our Facebook page or Whatsapp.

Services that are still available during current Lockdown @BallinaFRC:

Senior Alert Scheme is still happening during the lockdown. Just ring us and we will deal with your application over the phone. 09675573/0870618525 or email [admin@ballinafrc.com](mailto:admin@ballinafrc.com)

COUNSELLING SERVICES CAN STILL BE ACCESSED DURING THE LOCKDOWN, OUR OUTREACHES SUCH AS MINDSPACE 0949067001 & PIETA HOUSE 09325586 are still running their services online or on the phone so please do call them. Also, our own Counsellors are still working remotely & some face to face too, depending on the need of the client, so if you need a counsellor do not hesitate to call 09675573 or 0870618525 or email us at [admin@ballinafrc.com](mailto:admin@ballinafrc.com) and we will refer you.

HAVE YOU ROOM IN YOUR HOME? HAVE YOU ROOM IN YOUR HEART? HOME SHARERS REQUIRED. WOULD YOU BE INTERESTED IN SHARING YOUR home and supporting a person with additional needs, for a few hours per day, a couple days per month, or long term. We are looking for single people, couples, married people and/or families to provide short or long term respite for children or adults. If you are interested please contact Western Care Association, Social Work Dept. on 094 9025133.

FREE ONLINE LIVING WELL PROGRAMME – NEXT PROGRAMMES COMMENCES ON (LIMITED PLACES)

Thursday 18th February, Monday 22nd February & Tuesday 23rd February

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 contact Liam Gildea on 087 349 0393 or by email at [liam.gildea@mayocil.ie](mailto:liam.gildea@mayocil.ie)

“WESTERN CARE ASSOCIATION ARE GOING TO TRAVEL AROUND THE GLOBE VIRTUALLY TO RAISE FUNDS TO ENHANCE SERVICES THROUGHOUT THE county, we need your help to complete this challenge. We are looking for 150 volunteers to walk, jog or run virtually around the globe in aid of Western Care Association, starting from 12th January to 2nd April 2021. contact Michael by emailing [mflanagan@westerncare.com](mailto:mflanagan@westerncare.com) to find out how you can be involved in something big and help Western Care Association travel around the world virtually. Registration for the event is €10 per person, we look forward to hearing from you!”

**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](mailto:tracy.kelly@nlm.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.

### **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](http://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](http://www.recoverycollegewest.ie) for our Prospectus. Please contact Karen McHale, Principal Recovery Educator 086 0294901 [recovery.educatormrc@hse.ie](mailto:recovery.educatormrc@hse.ie) to register"

### **Places are available on the VTOS programme**

We are still open in the FET centre in Chapel Street Belmullet, over the Hospice shop.

Places are available on the VTOS programme for 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. MSLETB will provide you with a laptop if necessary.

For more details ring: 097 20901 or 0860610023

Or email: [vtosbelmullet@msletb.ie](mailto: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](mailto: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: [marymorrisey@msletb.ie](mailto:marymorrisey@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@msleth.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.

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](http://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](http://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](mailto: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](http://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](mailto:info@clarichmayo.com) or message us on Facebook Clár ICH.

GENEALOGY – ARE YOU INTERESTED IN TRACING YOUR ANCESTORS OR HAVE A RELATIVE OVERSEAS WHO WOULD LIKE TO TRACE their roots? The North Mayo heritage centre, Crossmolina can help. Gift vouchers also available. Contact 096 31809.

MAYO COUNTY COUNCIL BELMULLET AREA OFFICE WISHES TO ADVISE THAT THE NEW CONTACT NUMBER DIRECT TO THE OFFICE is 094-9064900 and the old 097 number is no longer operational.

Supporting parents drop in service, offering one to one informal support, information and advice for any parenting concerns, free and confidential service for parents of children of all ages. Irish Wheelchair Association Belmullet, every Friday 9am-3pm, contact Elaine 087-7214511.

Tune on your television to the 'EWTN' catholic station on (sky channel 588 or on Saorview free to air) where you will be able to view daily Masses, the rosary, the divine mercy chaplet; also news and interesting talks about the catholic faith.

DO YOU REQUIRE FIRST AID COVER FOR AN EVENT? DO YOU WANT FIRST AID TRAINING? CONTACT THE ORDER OF MALTA ON (087) 7011 540. First aid saves lives.

GETTING MARRIED? BOOK YOUR APPOINTMENT WITH THE LOCAL REGISTRAR online at [www.crsappoint0](http://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](http://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.