

13th September 2026 **OUGHTERAGH & DRUMREILLY LOWER PARISH NEWSLETTER** 24th Sunday O/T
Aughawillan - Aughnasheelin - Ballinamore & Corraleeahan
 14th Sept Exaltation of the Holy Cross, 15th Sept Our Lady of Sorrows, 16th Sept St Cornelius, St Cyprian
 17th Sept St Robert Bellarmine, St Hildegard, 19th Sept St Januarius
Fr. Seán Mawn P.P. Home: 071-96 81992 **Mobile:** 087-6869040
Parish Office Hours: Open – Mon, Thurs & Fri 9 – 4 Closed – Tue & Wed
PARISH OFFICE: 071-9644039 **Website:** ballinamoreparish.ie **E-mail** ballinamore@kilmorediocese.ie
Mgr Liam Kelly (Ballyconnell) Mobile: 0879877739 **Fr. Moses Malachy (Bawnboy):** 087-490 4380
 Join us live, @ churchtv.ie **Select Leitrim, then Aughawillan, Aughnasheelin, Ballinamore or Corraleeahan**

BALLINAMORE - ST. PATRICK'S CHURCH **Mass times: Sun 11am, Thurs & Fri 9am.**

Mass Intentions

Sat 12th Sept *No morning mass on Sat 12th*
Sun 13th Sept 11am People of the Parish
Masses suspended due to Medjugorje Pilgrimage – (no masses on Mon 14th, Tues 15th, Wed 16th)
Sat 19th Sept *No morning mass on Sat 19th*
Sun 20th Sept 11am Ben Donoghue (Garadice)
 Seamus Beirne (Ardrum) and his parents Jack and Mae Beirne
 Paddy McGarry
 Deirdre Meehan
Eucharistic Adoration: (Fridays 9:30am – 10:30am, all are welcome)

Ministers of the Eucharist: 13th Sept Thomas Kelly, Deirdre Harvey & Mona Creamer, 20th Sept Patricia Griffin, James Maguire & Brendan Sweeney, 27th Sept Máirín Martin, Mona Creamer & Liam McGovern
Ministers of the Word: 13th Sept Gabriel Cronin, 20th Sept PJ McLoughlin, 27th Sept Mary Corby, 4th Oct Gerard D'Arcy
Door Collectors: 13th & 20th Sept Damien O'Brien, Andy O'Rourke & Rory O'Rourke, 27th Sept & 4th Oct Camillus Martin, Michael Fanning & Gerard D'Arcy.

AUGHNASHEELIN **ST. MARY'S CHURCH** **Mass times: Sat 8:15pm**

Mass Intentions
Fri 11th Sept *No mass today due to Medjugorje Pilgrimage*
Sat 12th Sept 8:15pm Tara Cribbin (née Hudson) Months Mind
Fri 18th Sept 7pm No Intention
Sat 19th Sept 8:15pm People of the Parish
Eucharistic Adoration: (Wednesdays, 11am – 12 noon and 8pm – 10pm)

Eucharistic Ministers: 12th Sept Seamus Prior & Margaret McTeigue, 19th & 26th Sept Sharon O'Dowd & Brendan Sammon
Ministers of the Word: Liam Prior & Breda Mulvanerty **Door Collectors:** Monica Ward, Mary Dolan-Costello & Catherine Prior

CORRALEECHAN **ST. BRIGID'S CHURCH** **Mass times: Sat 7pm**

Mass Intentions
Sat 12th Sept 7pm No Intention
No morning masses on Wed 16th Sept – due to Medjugorje Pilgrimage
Sat 19th Sept 7pm Gerard Mawell (Kiltyhugh) and all deceased family members
St. Anthony's Collection Box: €205 paid forward to Franciscan Missions, Dublin. Many thanks for your generosity.
Eucharistic Adoration: (Wednesdays 10am – 8pm, please come along and join us)

Eucharistic Ministers: Carmel McNiff & Philomena Dolan
Ministers of the Word: Helen McGovern & Sean McNiff **Door Collectors:** Conor McGovern & Ciarán Dolan

AUGHAWILLAN **ST. PATRICK'S CHURCH** **Mass time: Sun 9:45am.**

Mass Intentions
Sun 13th Sept 9:45am Monica & Bernie Prior (Glennanmore) and deceased members of the Gallagher family
 Michael Campbell (Months Mind)
Sun 20th Sept 9:45am John Stretton (Boeshill) and deceased family members
 Desy & Nora Quinn (Kilaphort) and deceased family members

Eucharistic Ministers: Michelle Dolan & Mary Farrell Quinn **Altar Society:** Christina Stringer & Bridie McGovern
Ministers of the Word: Ava Gaffney & Rachel Dolan **Door Collectors:** Michael Quinn & Francis McTague

RECENT BAPTISM: we welcome Oliver Power-Rentz into our Christian community and congratulate his family on this joyous occasion.

FR SEÁN: is off duty from 9th – 16th September. Any urgent calls to Fr Moses, Bawnboy 087- 490 4380 or Msgr Kelly, Ballyconnell 087 – 987 7739. Thank you.

PARISH PASTORAL COUNCIL INFORMATION MEETINGS: this September, we will be holding a series of information evenings for parishes. We are inviting anyone who may be interested to come along and hear more about Parish Pastoral Councils and, perhaps, other areas of ministry in which they could become involved within their parish. The Parishes of **Oughteragh Lower Drumreilly**, Carrigallen, Killeshandra, Corlough-Templeport and Kildallan will have their **information meeting on 22nd September in Carrigallen Community Centre at 8pm.**

FRANCISCAN MISSIONARY SISTERS FROM AFRICA: will visit our parish in September. They will speak about the work they do at our Saturday evening masses on September 19th, and at our Sunday masses on the September 20th.

HUMAN LIFE INTERNATIONAL IRELAND: Fr Lawrence Carney (USA), international speaker and popular author, Provincial Tour of Ireland. Join us for the Connacht event at the Blessed Sacrament Chapel, Knock Shrine, on 25th September at 6:45pm, with a First-Class Relic of St Thérèse. Free admission.

IN THE FOOTSTEPS OF ST FRANCIS: Bishop Martin Hayes will lead a diocesan pilgrimage to Assisi from Tuesday 24th to Sunday 29th November 2026 to mark the special jubilee year there commemorating the 800th anniversary of the death of St Francis of Assisi. Bookings for the pilgrimage are now being accepted. Please contact Marian Pilgrimages directly and as soon as possible on (01) 878 8159 as places are limited, especially for those seeking single room accommodation. The fare (including hotel accommodation on half-board basis, flights etc is €1,495 per person sharing. The single room supplement is an extra €450 per person). For further information, please contact Seán Coll, Pilgrimage Director, Diocesan Pastoral Centre on 049 4375004 Ext 102.

♥ **MARRIAGE ENRICHMENT WEEKEND:** A Weekend Like No Other. Take time out for just the two of you. Whether newly married or many years together, rediscover the love that brought you together. Friday 2nd – Sunday 4th October 2026. Focolare Centre, Prosperous, Co. Kildare. Apply online: www.marriageencounter.ie · 087 629 9153.

ÉIRU IN CONCERT: in St Patrick's Church Glangevlin to celebrate the 170th Anniversary of the Church – Sunday 27th September at 7.30 pm. This promises to be a most enjoyable evening. Please consider supporting.

COMMUNITY NOTES

DO YOU HAVE A SPARE ROOM? If you live in Ballinamore and have a spare room, would you consider renting it to a young French Teaching Assistant for the duration of the school year? Ideally within walking distance of Ballinamore Community School. Please contact Mathéo on WhatsApp 0033 0603632182, or the Parish Office.

SCOIL CHLANN NAOFA- BÉAL AN ÁTHA MÓIR: is holding a “Clothes for Cash” collection in aid of the new astro pitch at Sean O'Heslin's GAA grounds. Bags of clothes (clean, dry and reusable), paired shoes, trainers (tied), handbags and belts (no bedding, soiled clothes, toys or pillows) may be **left in the rear of the After-School building** between **9am and 10am** on the mornings of **Thursday 17th, Friday 18th, Monday 21st, Tuesday 22nd and Wednesday 23rd of September**. Bags will be collected on Wednesday the 23rd of September. All donations should be clean and in good condition. All support is greatly appreciated.

ATHLETIC CLUB: The first activity of the autumn will be the Leitrim Primary Schools Cross Country Championships in St Felim's on Wednesday, September 23rd. The races events are - 3rd/4th Class Girls & Boys 800m. 5th/6th Class Girls & Boys 1000m. First race at 11.30am.

INTERESTED IN PLAYING A NEW SPORT? Come along and try Pickleball any **Thursday evening in Ballinamore Sports Complex at 8pm**. 18+ years, suitable for men and women. Fun guaranteed. €5 cover, no equipment needed

COFFEE MORNING IN AUGHNASHEELIN: will be hosted by Monica Ward in Aughnasheelin Community Centre on Saturday 19th Sept 11am to 3pm. All money raised will go directly to North West Hospice, Sligo. All are welcome.

COFFEE MORNING IN CORRALEECHAN: will be hosted in Bernadette McGovern's house, Corraleeahan from 10am to 6pm on Wednesday 16th Sep. All money raised will go directly to North West Hospice, Sligo. All support welcomed

THE SLIEVE RUSSELL HOTEL: is proud to host a Memory Walk in support of the Alzheimer Society of Ireland on Sunday, 20th September 2026 at 3.00pm. Following the walk, join us for live music, refreshments and children's face painting, making it a fun and meaningful afternoon for all the family. You can register in advance at www.memorywalk.ie, or simply sign up and make a donation on the day.

BALLINAMORE MUSICAL SOCIETY: will hold its 2027 Launch Night on Friday, 18th September at 9pm in Smyth's Siopa Ól. All members, past and present, and anyone interested in joining the Society are warmly invited to attend. 2027 marks a very special year as the Society celebrates 50 years!

FULL-TIME ADULT EDUCATION COURSES: starting September 2026: in Leitrim College of Further Education and Training located at both our **Drumshanbo campus** and **Carrick on Shannon campus**, The Courtyard, N41 A386 and N41 TE20. Find out about our QQI Level 5 & 6 courses in Business, Equine, Health Nutrition and Food Science, Healthcare Skills, Music, Outdoor Sports and Recreation, Psychology, Youth and Social Studies and Tourism on our website www.leitrimcollege.ie, Facebook and Instagram pages @LeitrimCollege or call 089-2667813.

BALLINAMORE LIBRARY EVENTS: ▪ **Culture Night** at Ballinamore Library 18th Sept: Seisiún Ceoil, Amhránaíocht & Rince, 6pm. ▪ **FREE Irish Classes for TOTAL beginners:** For new arrivals to Ireland. 10 weeks. Starting Tuesday Sept 8th at 5pm. Contact Ciara 087 6614706. ▪ **Ballinamore Writers' Group:** Meets on Saturdays (from mid Sept) at Ballinamore Library, 10.30am. Contact Deirdre for more information 087 668 2604.

▪ **Craft in Company:** Join a friendly group of needle crafters every Thursday at 11-1pm for problem solving and a chat at Ballinamore Library. Refreshments Served. ▪ **Mum2Mum Breast Feeding Support Group** Meets on the 2nd and 4th Tuesday of every month at Ballinamore Library 10-12pm. All new mums welcome (whether breast feeding or not). Refreshments served. For more information contact Nadia 086 8618460.

FREE GARDENING CLASSES: Growing Fruit, ongoing classes on Wednesdays, 10am to 2pm, in the old Vocational School, Ballinamore. MSLETB, QQ1 Level 4. Free course to Over 18s. Contact Seamus @ 087 9168087.

ISLAND THEATRE: 19th Sept – Loophole, 10th Oct - Harvest – Neil Young Tribute, 17th Oct - Elvis Spectacular. Details at: www.islandtheatre.ie

CLOONE MEMORY WALK: takes place this year on Sunday 20th September @ 11AM, Cloone Community Centre.

REFLECTION

Lord Jesus, as You have forgiven me without measure, help me to forgive others with a generous and loving heart. May Your mercy fill my life, so that I may show the same compassion to all I meet. Amen.

All new items for the Newsletter should be dropped into the Parish Office, Convent Road or emailed before 12 noon on Thursdays to ballinamore@kilmorediocese.ie the editor reserves the right to edit or omit items according to suitability of content & space in the newsletter.

ADDITIONAL PARISH AND COMMUNITY ITEMS

MARIAN MOVEMENT OF PRAYER FOR PRIESTS & FAMILIES: as requested by Our Lady of Fatima via interior Locutions to Fr Stefano Gobbi will take place on the **last Monday** of each month. Our next date is **28th September, 2026** after 7pm Mass in the Prayer Room in Ballinamore Church. All are welcome.

AUGHNASHEELIN APOSTOLIC: Honorary Membership now due, this goes towards helping our Priests and Nuns who work abroad on the Missions, all donations greatly appreciated, can be given to Maura 087 648 6967.

PARISH PRAYER GROUP: each Tuesday from 8pm-9:30pm, in the Prayer Room in Ballinamore Church.

CHARITABLE DONATIONS FORM: Whether you are self-employed or a PAYE tax payer, you can help the church in your area by completing the CHY3 form and returning it to the parish office. This does not give us access to any of your tax details or your personal tax data in any way. If you donate in excess of €250 per annum to the church and pay tax to Revenue, the CHY3 form can be used by the church to reclaim some of the tax you pay, and any money reclaimed is paid directly to the church account for your area. **Forms are available in each church porch.**

PARISH FIVE FIRST SATURDAYS: 100-year Anniversary of Five 1st Saturdays Devotion 1926 – 2026 - Parish celebration continues with **our fifth and final Saturday devotion on, Saturday 5th September 2026.** We will have our usual Saturday morning Mass at 11am, followed by Confessions, Rosary and a 15-minute meditation. Our Lady promises that there will be *PEACE* and that *MANY SOULS* will be saved through this devotion.

REMINDER - PARISH FIVE FIRST SATURDAYS: 100-year Anniversary of Five 1st Saturdays Devotion 1926 – 2026 - Parish celebration continues with **our fifth and final Saturday devotion on 5th September after 11am mass.**

CARE OF CREATION: Bishop Martin encourages every parish and church area to take initiatives to transform underutilised church grounds into biodiversity havens. With this in mind, we invite and encourage each church area to form a Care of Creation Team.

LEGION OF MARY: It would be wonderful to see a revival in the Legion of Mary in our Parish. If you have an interest in becoming involved please contact Oliver Donohue 087-6860663 and he will be glad to assist.

STUDY THEOLOGY ONLINE, is this for you? The Priory Institute provides online Theology courses to degree level. Attend Saturday lectures in Tallaght or from the comfort of your own home. Register now to begin on 19th Sept. Find out more on our website, prioryinstitute.com

MARRIAGE ENRICHMENT WEEKEND (2–4 OCT 2026): Marriage Encounter Ireland invites married couples to a residential Weekend from Friday 2nd to Sunday 4th October 2026 at the "Focolare Centre" "Curryhills", Prosperous, Co. Kildare. Step away from daily distractions to deepen your communication, renew your love, and rediscover the joy of your marriage. www.marriageencounter.ie

ABIDE IN HIS LOVE WOMEN'S CONFERENCE: The Great Northern Hotel, Bundoran, 20–22 November 2026. Join women from across Ireland for a faith-filled weekend with inspiring speakers including Sarah Swafford, Danielle Noonan, Fr Mark Wharton, Fr Barry Braum, Fr Oisín Martin, the Dominican Sisters of Nashville, Bishop Fintan Gavin, and more. A conference not to be missed! Register now: <https://abideinhislove.eventbrite.com/>

PARISH PRAYER GROUP: each Tuesday from 8pm-9:30pm, in the Prayer Room in Ballinamore Church.



WAYS OF SUPPORTING the PARISH FINANCIALLY: The traditional way to support your parish is by contributing through your weekly envelope collection. Thanks to all who do so, so generously each week. In recent times some people set up a SO/EFT to pay, please contact parish office at **071 964 4039** / ballinamore@kilmorediocese.ie, or you scan the QR code with your smartphone, <https://churchtv.ie/>, follow the links for your Church to make a donation. The light a candle feature lets you light a candle in Ballinamore Church from anywhere, 24/7.

ANNUAL ACKNOWLEDGEMENTS 2025: please contact the Parish Office if you require your 2025 acknowledgement by emailing: ballinamore@kilmorediocese.ie and requesting it, or call to the Parish Office (opening hours below) and request a printed copy.

THE WAY: A national on-line network helping people to discover, live and pass on the Catholic faith. Find out more at www.theWay.ie, and help spread the Good News! This initiative from the Bishops' Conference is intended to be a collaborative effort which we can build together to our mutual benefit.

BOOKING ANNIVERSARY MASSES: As you are aware we have shared mass intentions in our churches at the weekends. We try to limit the number of intentions to a maximum of three. To maintain this arrangement please book anniversary masses well in advance of your preferred time. Priests are allowed one mass stipend or donation per day, when we have shared intentions, the extra donations are sent to retired or missionary Priests, who celebrate the extra Masses. Please book your Masses via email ballinamore@kilmorediocese.ie or phone **071 964 4039**

GENTLE REMINDER: to update your church contributions. Offertory contributions for the upkeep of your church are made payable to your local church. On-line donations can be made using the following bank details. Offertory Donations: **Ballinamore** IBAN IE26 AIBK 937037 03815040, **Aughawillan** IBAN IE19 AIBK 937037 00004036, **Corraleehan** IBAN IE32 AIBK 937037 02021111, **Aughnasheelin** IBAN IE58 AIBK 937037 03814076. All Dues contributions are made to Ballinamore Catholic Church No. 2 Account. **IBAN IE16 AIBK 937037 03815123** Your continued support is gratefully appreciated.

BALLINAMORE LIBRARY EVENTS: ■ **Think Global Act Local:** Discover the Sustainable Development Goals at an interactive workshop run by the Good Energies Alliance which will focus on practical local solutions. Tues 22nd Sept, 5.30-7pm @ Ballinamore Library. Register at the desk, or phone 0719650476 or e-mail ballinamorelibrary@leitrimcoco.ie.

THE IRISH CANCER SOCIETY: is seeking compassionate volunteer drivers to join our pool of drivers. If you can spare 2 days per month, have a valid driving licence, and a safe, reliable vehicle, you are the perfect candidate to make a significant difference. For further information, please contact Monica or Emily at volunteer@irishcancer.ie

LEITRIM YOUTHREACH: provides education and training opportunities for young people aged 15-20 who are looking to re-engage with education and build their future. Enrolment for LCA Programme now open. For further information, please contact: **Karen Murray** 071 968 6018/karenmurray@msletb.ie

AUGHNASHEELIN AFTERSCHOOL: is now open and delighted to welcome new students from the wider community for the current school year! We offer a safe, engaging, and fun environment where children can learn, play, and thrive after school. We are also taking expressions of interest for September—contact us at: aug.afterschoolcare@gmail.com or 0871178796

SAVE THE DATE: The Ballinamore Area Twinning Association will be holding a table quiz on Friday, **October 30th in Jackie's, The Lakeland Bar, 8pm**. The 5th – 10th May 2027 will see 30 of our friends from Plouezec, Brittany come to celebrate the 30th anniversary between our two towns. Your support for our fundraising efforts will be greatly appreciated.

WALKING FOR ALL: **Free Weekly Walk** organised by Leitrim Sports Partnership, funded by PEACEPLUS, meets TUESDAYS 10AM at THE BASIN BALLINAMORE. Accessible & social local walks lead by trained leader. Register at www.walkingforall.com. More information from dillon.keane@leitrimcoco.ie.

COMMEMORATING THE PETERHEAD MEN: **Exhibition in Ballinamore Library.** Ballinamore Library is proud to host a special exhibition during Ballinamore Family Festival honouring the Peterhead Men, a group of IRA prisoners who endured harsh conditions in Scotland's Peterhead Prison during the revolutionary period. Discover the powerful story of resilience, sacrifice, and local history, relating the experiences of Leitrim men who were among the last prisoners released in 1926. This FREE, moving and informative exhibition is available during library opening hours.

ALZHEIMER SOCIETY OF IRELAND – LOCAL SERVICES: A Day Service runs every Friday (9.30am–2.15pm) in Carrick-on-Shannon. The service offers dementia-specific care, including social activities, gentle therapeutic programmes, and support in a safe, friendly and welcoming environment. For details, contact Sinéad: 087 068 071

SCOIL CHLANN NAOFA, BALLINAMORE: has commenced accepting applications for admission to our national school for the 2026/2027 school year. Please contact the school on 071 9645001 or email us at info@scoilchlannnaofa.com for the enrolment pack. Application forms are also available to download from our website www.scoilchlannnaofa.ie.

AUGHAWILLAN NS: is now taking Enrolments for September 2026. Enrolment forms are now available by e-mailing: aughawillanns@gmail.com or contacting the office on 071 9644246.

ST. MARY'S NS AUGHNASHEELIN: is now taking Enrolments for September 2026. Enrolment forms are now available by e-mailing: office@stmarysnsaughnasheelin.com or contacting the office on 0719644868.

SING TOGETHER: Further dates are: 21st November from 11.00am – 12.30pm, come earlier for a warm-up cup of tea. Island Theatre, Ballinamore.

FULL-TIME ADULT EDUCATION COURSES: starting September 2026 in Leitrim College of Further Education and Training, Drumshanbo campus on the Hilly Road, N41 C6X6 and Carrick on Shannon campus - The Courtyard, N41 A386 and N41 TE20. Find out about our QQI Level 5 & 6 courses in Business, Equine, Health Nutrition and Food Science, Healthcare Skills, Music, Outdoor Sports and Recreation, Psychology, Youth and Social Studies and Tourism: www.leitrimcollege.ie, our Facebook and Instagram pages @LeitrimCollege or call 089-2667813.

AUGHAWILLAN WHIST: second Tuesday of the month, 8:30pm in Aughawillan hall. New members welcome.

BALLINAMORE WHIST: first Thursday of each month at 8:30pm in the Island Theatre. New members welcome.

THE ALZHEIMER SOCIETY OF IRELAND: now offer Day Services in Carrick on Shannon with more services to be added in the not-too-distant future. If you or a loved one or someone you know would benefit from our Services or like more information, then please contact Sinéad Foley Coleman by: E-mail sineadfoley.coleman@alzheimier.ie or phone 087 0680714.

THE YOUNG PARENTS SUPPORT PROGRAMME: offers support to young parents who are expecting a baby or already have a child. This support can include but not limited to pre- and post-natal support, independent living and education/training. This is a free and confidential service. If you would like to get involved contact: lindahalstead@homeyouthliaisonservice.ie or 087 7917000

MPACT: Supports families who have been affected by parental substance misuse, where there are children aged 8–17. For further information contact: M-PACT Sligo, Leitrim, West Cavan, First Floor, The Westward Town Centre, Bridge Street, Sligo. F91 XH77 Tel: 07191 50578/ 085 8759313.

ALONE: is seeking volunteers in Ballinamore to visit older people or make friendly phone calls to help prevent loneliness and isolation over the winter months. ALONE recruits, trains, and supports volunteers for two key services: **Visitation and Befriending Service:** Volunteers give **one hour per week** to provide companionship to an older person. **Telephone Support and Befriending Service:** Volunteers make friendly weekly calls to older people for a **one-hour shift**. We currently have older people throughout Sligo awaiting on both services. For more information or to get involved, please visit alone.ie or contact **Collette, Volunteer Support Officer**, at: **086 1921505** or email collette.ferguson@alone.ie

WRITING CLUBS WITH JANE GILHEANY: Creative Journal Club with Jane Gilheaney for children aged 7–10 begins on Tuesday, 1st September in Ballinamore. • A new daytime Women's Writing Group facilitated by Jane Gilheaney begins on Thursday, 24th September, meeting from 12.30pm–2.30pm in Ballinamore. • Jane's established Thursday evening Women's Writing Group continues to meet from 6.30pm–8.30pm. One place is currently available. For further information or to book a place on any of the above courses, contact Jane Gilheaney on 087 9412262 or email janegilheaney@gmail.com.

ST PATRICK'S NATIONAL SCHOOL CORLOUGH PARENTS ASSOCIATION: would really appreciate your support! If you have plastic bottles or cans with the Re-turn symbol and are willing to donate them to raise funds for the children of St Patrick's Corlough, you can place them in the yellow Re-turn bin located in the Chapel car park at Corraleehan or Corlough church. Alternatively, there is a bin in the school.

BALLINAMORE GREENWAY PARKRUN & WALK: each Saturday at 9.30am – Meet at the Junction.

MEITHEAL: is a Tusla led process for children and families who may need support. Meitheal enables families to identify what is working well - and no so well, and work towards changes they would like to see happen for their child or young person. For more information on Meitheal please call 087-6562844 or email meitheal.ppfs@tusla.ie

TEMPLEPORT SOCIAL SERVICES-DAY CENTRE: on Wednesdays. Usual transport schedule. Any queries contact Ann Maguire **087 765 5096** or Anne Smith **087 285 7471**. Looking forward to seeing you all.

GROW: is a national mental health organisation offering support to people who are experiencing or have experienced mental health challenges. We invite you to join our friendly, strictly confidential, and non-judgmental weekly peer support meetings in Breffni FRC, Carrick on Shannon every Wednesday from 11am-1pm. You don't have to face this alone. With GROW, you'll find understanding, connection, and hope. For more information call Marie on 086 8516939.

AN TOBAR NUA: We provide **confidential counselling nationwide** via telephone and Zoom. Our service is **donation-based**, because we do not want finances to prevent anyone from receiving support. If you are struggling with grief, anxiety, depression, or other life challenges, we are here to help, please telephone: 091-562 175

SENIORLINE: a national telephone service for older people opens every day 10am-10pm, Freephone **1800 80 45 91**. SeniorLine's older volunteers are trained to listen, to support, to discuss options and to other helpful services.

LEITRIM CALLING: would like to hear from people willing to get involved as a volunteer on our Befriending Visitation Service - one hour per week commitment visiting an older person in their home for company and chat. Full training and support is provided. For further details, contact: Marion on 087 9585029 or e-mail leitrimcalling@gmail.com

THE SACRED HEART MESSENGER MAGAZINE is always a pleasant and thoughtful read with Items on scripture and prayerful reflection sitting beside those with a focus on the Jesuit priorities of social and climate justice and creating a hope-filled world for our young people. Subscribe here <https://www.messenger.ie/product/sacred-heart-messenger-subscription/>



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