

**OUGHTERAGH & DRUMREILLY LOWER PARISH NEWSLETTER**

*Aughawillan - Aughnasheelin - Ballinamore & Corraleehan*

21<sup>st</sup> June 2026

12<sup>th</sup> Sunday Ordinary Time

Day for Life

22<sup>nd</sup> June St John Fisher & St Thomas More, 24<sup>th</sup> June Birth of John the Baptist, 25<sup>th</sup> June St Bede

PARISH OFFICE: 071-9644039 - Website: [ballinamoreparish.ie](http://ballinamoreparish.ie) - E-mail [ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie)

Fr. Seán Mawn P.P. Home: 071-96 81992 Mobile: 087-6869040 Fr. John McMahon (Carrigallen)

Fr. Moses Malachy C.C. Mobile: 087-490 4380

Mobile: 086-212 6582

Join us live, @ [churchtv.ie](http://churchtv.ie) Select Leitrim, then Aughawillan, Aughnasheelin, Ballinamore or Corraleehan

**BALLINAMORE - ST. PATRICK'S CHURCH**

Mass times: Sat & Sun 11am, Mon & Wed 7pm, Tues, Thur & Fri 9am

**Mass Intentions**

Sat 20<sup>th</sup> June 11am

No Intention

Sun 21<sup>st</sup> June 11am

Gerard Dooner

Francis Duignan and deceased family members

Wed 24<sup>th</sup> June 7pm

Christopher Cody

Thurs 25<sup>th</sup> June 9am

**People of the Parish**

Fri 26<sup>th</sup> June 9am

Tommy Conlon

Sat 27<sup>th</sup> June 11am

Deirdre Hayden

Sun 28<sup>th</sup> June 11am

Tina McLoughlin (Month's Mind)

John & Mary Creamer (Kiltymooden)

Brendan Wisley (Month's Mind)

**Eucharistic Adoration:**

*(Fridays 9:30am – 10:30am, all are welcome)*

**Ministers of the Eucharist:** 21<sup>st</sup> June Alice Costello, Raymond McHugh & Marcella McKiernan, 28<sup>th</sup> June Evelyn

McHugh, Marian Sharpley & PJ McLoughlin, 5<sup>th</sup> July Michael Duignan, Peggy Ferguson & Máirín Martin

**Ministers of the Word:** 21<sup>st</sup> June Siobhan Dolan, 28<sup>th</sup> June Alan Banks 5<sup>th</sup> July Leigh Murphy

**Door Collectors:** 21<sup>st</sup> & 28<sup>th</sup> June Felim Maxwell & John Galligan, 5<sup>th</sup> & 12<sup>th</sup> July Francis McTague Alan Banks & Sean McKeon

**AUGHNASHEELIN**

**ST. MARY'S CHURCH**

Mass times: Fri 7pm, Sat 8:15pm

**Mass Intentions**

Fri 19<sup>th</sup> June 7pm

Molly & Francie Darcy (Meenahill) and Pearl Hall and all deceased family members

Sat 20<sup>th</sup> June 8:15pm

Farrell & Anna O'Rourke (Corrabeegher)

Patrick Mulvey & Teresa Boland (Corrabeegher)

Sun 21<sup>st</sup> June 12 noon

**Mass at St Patrick's Well, Aughnasheelin**

Fri 26<sup>th</sup> June 7pm

Josie & Brigie McGrath (Derrynawana) and deceased members of the Nealon & McGrath families.

Frank & Mollie McTiernan (Miskawn) and all deceased members of the McTiernan and Gilloran families.

Andy McHugh (Corlough)

Sat 27<sup>th</sup> June 8:15pm

Mary & Paddy King (Knockacullion)

Mary Ellen & John Joe Guckian (Gubnaveigh) and their daughters Maureen & Helen and all deceased family members

**Eucharistic Adoration:**

*(Wednesdays, 11am – 12 noon and 8pm – 10pm)*

**Eucharistic Ministers:** 20<sup>th</sup> & 27<sup>th</sup> June Mary Rooney & Breda Mulvanerty, 4<sup>th</sup> & 11<sup>th</sup> July Caroline Sammon & Kerry Meehan

**Ministers of the Word:** Kerry Meehan & Siobhán Earley

**Door Collectors:** Brendan Sammon, Brendan Meehan & Niall Faughnan

**CORRALEECHAN**

**ST. BRIGID'S CHURCH**

Mass times: Sat 7pm, Wed 9:30am

**Mass Intentions**

Sat 20<sup>th</sup> June 7pm

Michael & Teresa Maguire (Drumderg)

John & Katie Carthy (Clogher), their son Pat Joe and all deceased family members

John Joe Duignan (Clogher) and all deceased family members

Sat 27<sup>th</sup> June 7pm

People of the Parish

**Eucharistic Adoration:**

*(Wednesdays 10am – 8pm, please come along and join us)*

**Eucharistic Ministers:** Annie McManus & Teresa Maxwell

**Ministers of the Word:** Damien Gilheany & Tracy McTague

**Door Collectors:** Pat Joe McNiff & Damien Gilheany

**AUGHAWILLAN**

**ST. PATRICK'S CHURCH**

Mass time: Sun 9:45am

**Mass Intentions**

Sun 21<sup>st</sup> June 9:45am

Michael (Mickey) Flanagan, (Months Mind)

Sun 28<sup>th</sup> June 9:45am

No Intention

**Eucharistic Ministers:** Damien Conefrey & Patricia Deane

**Door Collectors:** Pat McCauley & Peter Quinn

**Altar Society:** Mairéad O'Flaherty & Mary Farrell Quinn

**Ministers of the Word:** Mary Quinn & Róisín Sexton Smith

**DATE FOR YOUR DIARY:** National Grandparents Pilgrimage to Knock Shrine 2026 is on Sunday 26<sup>th</sup> July.

**PILGRIMAGE TO ST. PATRICK'S WELL AUGHNASHEELIN:** Mass at St. Patrick's Well takes place this Sunday June 21<sup>st</sup> (Longest day in the Year) at 12 noon. To keep the spirit of a pilgrimage it is suggested that (for those who are able) to walk from the church to well. For pedestrian safety please use the road between the two cemeteries to walk to the well. Those travelling by car or other means of transport please use other routes. If the weather is inclement, mass will be celebrated in the church at 12 noon.

**CHURCH FLOWERS:** during the summer months we are looking for some help from interested people to tend to the altar flowers in Ballinamore church. Anybody who wishes to lend a hand is most welcome. Please contact Fr Seán, Fr Moses or the Parish Office to express your interest. No experience in flower arranging is required.

**DAY FOR LIFE 2026:** Today, Sunday 21<sup>st</sup> June, the Church across Ireland celebrates Day for Life on the theme ***The humanity of the unborn child***, which invites us to reflect on the wonder of human life from the moment of conception. We remember how the Lord Jesus Christ Himself sanctified and experienced the beginning of life in the world as an unborn child, hidden in the womb of Mary. Mary knew that she was carrying the Son of God - God and man - as soon as He was conceived. John the Baptist leapt in his mother Elizabeth's womb when Mary greeted her. Our Lady treasured Our Lord in her heart and womb until His birth. To read the full bishops' message visit [www.councilforlife.ie](http://www.councilforlife.ie)

**ANNUAL ACKNOWLEDGEMENTS:** in 2025 it was noted that we are one of the last parishes to send parishioners their annual acknowledgments by post. It was highlighted that a substantial saving could be made by sending annual acknowledgements electronically. With this in mind we would ask parishioners who require their 2025 acknowledgement to email the office parish at: [ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie) and request your annual acknowledgement or call to the parish office (opening hours below) and request a printed copy. This change will be a substantial saving, annually.

**THE LEITRIM COMMUNITY HOLY WELLS PROJECT (2026):** is a community heritage initiative to research Holy Wells across Co. Leitrim. As you are aware we have two Holy Wells in our parish, St Brigid's Well in Ballinamore, and St. Patrick's Well in Aughnasheelin (if there are other wells, please let us know). St Mary's NS Aughnasheelin have agreed to gather information on St Patrick's Well and Scoil Chlann Naofa, Ballinamore will do likewise for St Brigid's Well. If you wish to share any knowledge or information about either of the Holy Wells and contribute to this project please contact the Parish Office by email: [ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie) or the principal in either school.

**CEMETERY SUNDAY:** **Corraleehan** Sunday 26<sup>th</sup> July @ 12 noon // **Aughnasheelin** Sunday 2<sup>nd</sup> August @ 12 noon // **Aughawillan** 9<sup>th</sup> August @ 9:45am mass // **Ballinamore/Oughteragh** 16<sup>th</sup> August @ 1pm // **Priest's Cemetery, St Patrick's Church, Ballinamore** following 11am mass on Sunday 6<sup>th</sup> September.

#### COMMUNITY NOTES

**NORTH WEST STEM FEST 2026:** If you're looking for a new adventure for your teen, then look no further than the Island Theatre, Ballinamore, where North West STEM Fest takes place from **27th to 31st July**. It's a great opportunity for incoming first years to get to know each other through novel, engaging Science, Technology, Engineering and Maths activities. It runs from **10am to 2pm each day** and includes a night star gazing, if the weather allows. Price for the week is €99 and can be paid by **contacting Seán on 089-9596278** anytime.

**SCHOOL UNIFORMS:** The Community Council are now taking in good quality, clean, used, Scoil Chlann Naofa Uniforms. These can be dropped into The Den, (beside Children's Playground) or to my house. There will be an open day in late July where parents may come and collect FREE uniforms. Further Info: Máirín 086-1547788

**VOLUNTEERS URGENTLY NEEDED:** Would you be willing to provide companionship through a weekly friendly visit to an older person seeking more social contact, just one hour per week? ALONE is currently seeking volunteers in your area. Full training and ongoing support are provided. To get involved, please sign up at [www.alone.ie/volunteers](http://www.alone.ie/volunteers) For more information, please contact Collette on 086 192 1505 or [Collette.Ferguson@alone.ie](mailto:Collette.Ferguson@alone.ie)

**DAWN'S ART CAMP:** Hi to all you art lovers. It's that time of year again! Art camp takes place from Wed 24th - Fri 26th June, in **The Den, Ballinamore** (Beside the playground). 3 days of painting, building, designing and having fun. 1st Class to 6th Class students. From 10am to 1pm daily. Please call Dawn at **086 311 5647** for info.

**BONFIRE NIGHT:** Fenagh Women's Group are hosting a Bonfire Night at Fenagh GAA Pitch on Tuesday 23<sup>rd</sup> June 2026, 7.30pm - 10pm. Join us for a night of music, BBQ, dance and fun. Everyone welcome as we revive the old tradition of neighbours gathering together. A bucket collection will take place on the night in aid of North West Hospice Come along and enjoy a great, bring a friend.

**ALZHEIMERS FREE INFORMATION CAFÉ:** opened to everyone on the 4<sup>th</sup> Thursday of the month 25<sup>th</sup> June 11 am to 1pm, Commercial Hotel. For more information contact Eileen on 087 0024190.

**ATHLETIC CLUB:** Three Club All Ireland qualifiers will be in action in Tullamore this Sunday and next. The annual Club fundraising activity will take place in Ballinamore on Saturday next.

**COMMUNITY SAFETY CONSULTATION – YOUR VOICE MATTERS:** The new Local Community Safety Partnership (LCSP) brings together An Garda Síochána, the local authority and community groups to improve safety and wellbeing across our communities. We are inviting members of the public to share their views on safety issues in their area by completing a short survey at [www.bit.ly/LeitrimSafety](http://www.bit.ly/LeitrimSafety)

✿ **A very Happy Father's Day to all the Daddies** ✿

#### A PRAYER FOR FATHERS

Lord, thank You for the fathers and grandfathers You've placed in our lives. Thank You for the crowns of legacy and the glory of identity that flow through family. Strengthen every father to walk in Your wisdom. Heal every wound left by absence or failure. And build homes where Your love is the foundation.

In Jesus' name, Amen.

**Parish Office Hours:** Open – Mon, Thurs & Fri 9 – 4 Closed – Tue & Wed Phone: 071-9644039 [ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie)

*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](mailto: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

**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.**

**CARE OF CREATION:** There was a large attendance in the Diocesan Pastoral Centre on Wednesday June 10<sup>th</sup> to celebrate Care of Creation Initiatives throughout the diocese of Kilmore. Representatives from various parishes spoke about projects that are happening in their parishes and church areas. The publication of “Laudato Si” by the late Pope Francis in 2015 highlighted the necessity to take action, to care for the earth and that the climate crisis is linked to our present day social, political and economic problems. Bishop Martin encourages every parish and church area to take initiatives to transform underutilised church grounds into biodiversity havens. Might each church area in our own parish form a Care of Creation Team.

**REMINDER - PARISH FIVE FIRST SATURDAYS:** 100 year Anniversary of Five 1st Saturdays Devotion 1926 – 2026 - Parish celebration continues with our second Saturday devotion on 4<sup>th</sup> July after 11am mass.

**PARISH FIVE FIRST SATURDAYS:** 100 year Anniversary of Five 1st Saturdays Devotion 1926 – 2026 - Parish celebration continues with our third Saturday devotion on, Saturday 4<sup>th</sup> July 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.

**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 **29<sup>th</sup> June, 2026** after 7pm Mass in Prayer Room Ballinamore Church. All are welcome.

**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](mailto: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.

**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](http://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](mailto: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.

**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.

**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](mailto:aug.afterschoolcare@gmail.com) or 0871178796

**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](mailto:info@scoilchlannnaofa.com) for the enrolment pack. Application forms are also available to download from our website [www.scoilchlannnaofa.ie](http://www.scoilchlannnaofa.ie).

**AUGHAWILLAN NS:** is now taking Enrolments for September 2026. Enrolment forms are now available by e-mailing: [aughawillanns@gmail.com](mailto: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](mailto:office@stmarysnsaughnasheelin.com) or contacting the office on 0719644868.

**SING TOGETHER:** Further dates are: 18<sup>th</sup> July, 12<sup>th</sup> September, and 21<sup>st</sup> November from 11.00am – 12.30pm, come earlier for a warm-up cup of tea. Island Theatre, Ballinamore.

**ISALAND THEATRE:** 11<sup>th</sup> July - Ballinamore Camino, 17<sup>th</sup> July - Kings of Kilburn High Rd.

**MOHILL FAMILY SUPPORT CENTRE:** is delighted to host our annual Family Fun Day on 11<sup>th</sup> July 2pm – 5pm at the Mohill Sports Complex N41 X9K2. Enjoy a variety of activities, including inflatable sports, face painting, a children's disco, balloon modelling, a magic show, and much more. We're also excited to welcome Hullabaloo, who will be running a pottery painting workshop and a tote bag decorating workshop. Places for these workshops are limited, booking is essential. To reserve your spot, please contact Rachel on 086 603 5977 or 071 963 1253.

**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](http://www.leitrimcollege.ie), our Facebook and Instagram pages @LeitrimCollege or call 089-2667813.

🎵 **TEEN SUMMER MUSIC PROGRAMME:** 20<sup>th</sup> - 23<sup>rd</sup> July and 27<sup>th</sup> - 30<sup>th</sup> July, from 10am – 2pm daily, at The Junction, Ballinamore. Led by Susan Roland, and supported by experienced music professionals. Contact: 071 9622537 or [volunteerleitrim.ie/events](http://volunteerleitrim.ie/events), to book your place.

**STEP OUT & JOIN IN!** Ballinamore Community Walk every Tuesday morning starting 10am. Meet at The Island. Wear comfortable shoes. All welcome.

**AUGHNASHEELIN CIROCAL NA mBan:** Yoga continues every Wednesday evening 6.45 -7.45pm with Edel Quinn. Arts and crafts with Friends from 10am - 12.30pm every Saturday morning. This is a drop in workshop doing various arts and crafts activities. Contact Geraldine 086-3376411 for info.

**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@alzheimer.ie](mailto:sineadfoley.coleman@alzheimer.ie) or phone 087 0680714.

**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](http://alone.ie) or contact **Collette, Volunteer Support Officer**, at: **086 1921505** or email [collette.ferguson@alone.ie](mailto:collette.ferguson@alone.ie)

**FAMILY CARERS IRELAND:** is currently conducting the State of Caring 2026 Survey, an important survey to better understand the experiences of family carers. As a family carer, your input is invaluable and will contribute to shaping policies and decisions. The survey usually takes 30 minutes but this can vary. Please take part online at: <https://www.surveymonkey.com/r/StateOfCaring2026>. If you would prefer to complete a paper copy or complete the survey by phone, please contact Joanne Murphy, Research Officer | [jmurphy@familycarers.ie](mailto:jmurphy@familycarers.ie) | 086 032 6187 The survey will remain open until March 4th 2026.

**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.

**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](mailto:lindahalstead@homeyouthliaisonservice.ie) or 087 7917000

**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.

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

**AUGHAWILLAN WHIST**: second Tuesday of the month, 8:30pm. New members welcome. Spot prizes appreciated.

**FAMILY CARERS IRELAND**: is the National Charity Supporting 500,000+ Family Carers Nationwide, we are currently recruiting for Community Homecare Workers to provide support to clients. Work hours are flexible based on your availability. Own car and Full Driving Licence essential. Please send your CV to [jobs@familycarers.ie](mailto:jobs@familycarers.ie) or contact Carol on 049 8511031 or 086 4183949 for more information.

**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](mailto: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-judgemental 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

**LIFE COACH**: creating inclusive, uplifting gatherings where everyone is welcome—whether you move, sit, sway, or simply enjoy the moment. These events are designed to support your wellbeing, create connection, and lift your spirit. If this speaks to you, I'd love to hear from you. Please email [transformationalyes@gmail.com](mailto:transformationalyes@gmail.com) with a "Yes" and the name of your townland.

**SENIORLINE**: a national telephone service for older people open 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](mailto:leitrimcalling@gmail.com)

**MUVE HEALTHCARE** provides homecare services in the local area. If you are looking for a carer or nurse for your relative or loved one, please contact Caroline O'Neill, Head of Homecare on **089 611 1647** for more details. Our website is [www.muvehealthcare.ie](http://www.muvehealthcare.ie)

**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/>



**RADIO MARIA IRELAND**: Thank God and sincere thanks also to our many listeners and supporters as Radio Maria continues to grow. As an Irish-run Catholic Talk-Radio Station we enjoy commercial free broadcasting - Prayer, Catechesis, and Uplifting

music, Talks, Interviews and Testimonies –Here's how you can listen: 1. via Digital TV - Saorview Channel 210, 2.

Download our FREE App "RADIO MARIA IRELAND" **3**. Streaming on our WEBSITE - [www.radiomaria.ie](http://www.radiomaria.ie), **4**. Via our 'Listen Live Radio' link on our Facebook Page. **5**. Via PHONE – get live radio feed by calling +**353 (0) 1 437 3277**. Why not drop a line to our Priest Director, Fr. Eamonn McCarthy by text on **089 467 2000**, by phone on **01 412 3456**, or come and pay us a visit at Radio Maria Ireland, St. Anthony's Business Park, Ballymount Road, Dublin D22 R7W2.

**THE SANCTUARY** is a meditation centre for social change in the heart of Dublin City. It is a charity founded by Sr. Stan Kennedy in 1998, long before meditation or mindfulness was on the tip of everyone's tongue. The Sanctuary has evolved organically over the years to include mindfulness programmes for schools, programmes for carers and those working on the frontlines of society. Moreover, it offers tailored programmes for commercial organisations, charities, and workplace and management teams. Courses are inspired by a deep and heartfelt wish and mission to nourish personal growth for greater social impact, ultimately helping to create a more resilient and just society. If you have any questions or queries about anything coming up, you can contact us by email [enquiries@sanctuary.ie](mailto:enquiries@sanctuary.ie) or call us on **01 670 5419**. For more of what's to come at the Sanctuary [www.sanctuary.ie](http://www.sanctuary.ie)