

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

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

**Mass Intentions**

Sat 4<sup>th</sup> July 11am

Annie & J.J. McPadden, their daughter Anne and their son P.J. (1<sup>st</sup> Anniversary)

Sun 5<sup>th</sup> July 11am

Eddie & Tessie Monaghan (Drumlonan)

Padraic Gallagher (Anville Court) 2<sup>nd</sup> Anniversary

Mary Gallai (USA)

Sat 11<sup>th</sup> July 11am

No Intention

Sun 12<sup>th</sup> July 11am

People of the Parish

**Eucharistic Adoration:**

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

**Ministers of the Eucharist:** 5<sup>th</sup> July Michael Duignan, Peggy Ferguson & Máirín Martin, 12<sup>th</sup> July Thomas Kelly, Deirdre Harvey & Mona Creamer, 19<sup>th</sup> July Patricia Griffin, James Maguire & Brendan Sweeney

**Ministers of the Word:** 5<sup>th</sup> July Leigh Murphy, 12<sup>th</sup> July Raymond McHugh, 19<sup>th</sup> July Volunteer, 26<sup>th</sup> July Mary Conlon

**Door Collectors:** 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 3<sup>rd</sup> July 7pm

Tommy John & Bridie McGarry and their son Tony (Ballintogher)

Sat 4<sup>th</sup> July 8:15pm

Colm & Mark Costello (Killaneen)

Deceased Forestry Workers of West Cavan and South Leitrim, requested by the late Hugh McManus

Fri 10<sup>th</sup> July 7pm

Maura & John Hughes (Tully, Ballinamore) and all deceased family members

Sat 11<sup>th</sup> July 8:15pm

Carmel & Peter Shanley and their parents Jimmy & Margaret

**Eucharistic Adoration:**

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

**Eucharistic Ministers:** 4<sup>th</sup> & 11<sup>th</sup> July Caroline Sammon & Kerry Meehan, 18<sup>th</sup> & 25<sup>th</sup> July Maura Mulvey & Maureen Conway.

**Ministers of the Word:** Terence Boyle & Karen Walsh

**Door Collectors:** Ollie Cull & Jerome McWeeney

**CORRALEECHAN**

**ST. BRIGID'S CHURCH**

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

**Mass Intentions**

Sat 4<sup>th</sup> July 7pm

No Intention

Sat 11<sup>th</sup> July 7pm

John Gilheaney (Kiltymooden)

**Eucharistic Adoration:**

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

**Eucharistic Ministers:** Carol McNiff & Bernie Dolan

**Ministers of the Word:** Sean McGovern & Volunteer

**Door Collectors:** Declan McNiffe & John Carthy

**AUGHAWILLAN**

**ST. PATRICK'S CHURCH**

Mass time: Sun 9:45am

**Mass Intentions**

Sun 5<sup>th</sup> July 9:45am

Geraldine Deane and Vincent & Brigid Deane (Glebe)

Sun 12<sup>th</sup> July 9:45am

Nora & Pappy Plunkett (Garadice)

Bridie & John Gallagher (Drumcalpin)

**Eucharistic Ministers:** Des Quinn & Breege McCauley

**Door Collectors:** Gene Maguire & Seamus Quinn

**Altar Society:** Margaret Maguire & Eileen McTeague

**Ministers of the Word:** Teresa McManus & James Stringer

**RECENT DEATHS:** We pray for Daniel Taylor (Lahard & Aughavas) whose funeral took place on Friday and Teresa Woods (Lahard) who died recently, memorial mass for Teresa will be held on 29<sup>th</sup> July at 7pm in St Patrick's Church, Ballinamore. May their souls rest in peace.

**WEDDING BELLS:** Congratulations and best wishes to Tara Hudson and John Cribbin who were recently married in St.Marys Church, Aughnasheelin.

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

**BELFAST TO KNOCK PEACE WALKERS:** We are now just a couple of weeks away from having our friends from Belfast pass through our town as they walk to Knock over five days on their Peace Pilgrimage. Over the years the parish has always opened their hearts and homes to the walkers and have been most generous and supportive in providing beds for those walking the pilgrimage. The mass will take place on Thursday 16<sup>th</sup> July at 7:30pm in St Patrick's Church, Ballinamore. All parishioners are welcome to come and experience the Mass, the music and the liturgy that the Cursillio members bring to their celebrations.

**KILMORE DIOCESAN CLERICAL CHANGES:** Bishop Martin has announced new clerical appointments in the Diocese. Regretably, Fr Moses will be moving to Corlough/Templeport parish. This change comes into effect on the 17<sup>th</sup> of August. Fr Moses's "farewell party" is scheduled for 21<sup>st</sup> August, - more details to follow soon.

**FR SEÁN – OFF DUTY:** Fr Sean will be off duty from Monday. Please direct all parish matters to Fr Moses.

**TROCAIRE 2026 COLLECTION:** The total amount of **€7,405.15** due to be remitted to Trocaire from our parish in July. This outstanding demonstration of kindness and generosity is a testament of the compassion and goodwill of each and every contributor.

**YOUTH 2000 SUMMER FESTIVAL | 13TH–16TH AUGUST:** Calling all young people aged 16–35! Join us at the **Youth 2000 Summer Festival in Newbridge College, Co. Kildare**. This is a donation-only event, with **free buses available across the country and all meals included**. Expect inspiring talks and workshops, Youth Mass, music, prayer, and plenty of opportunities to chill out and meet other young Catholics. Whether you are new to the faith or looking to be refreshed, all are welcome. To register or find out more, visit [youth2000.ie](http://youth2000.ie) or follow @Youth2000Ireland.

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

**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.

**LEITRIM FIELDNAMES PROJECT:** is a Community Heritage Initiative Project. To take part in the project you will need to attend one training session. There will be an online training workshop on Thursday 16<sup>th</sup> of July from 7-8pm. For further information email [smalone@leitrimcoco.ie](mailto:smalone@leitrimcoco.ie). **If you wish to be involved in the Leitrim Holy Wells Project please use the same email address.**

**PARISH PASTORAL COUNCILS:** As we prepare for the renewal of our Parish Pastoral Council this autumn, we continue our weekly series exploring the role, purpose and importance of the council in the life of our parish.

**WHAT IS THE PARISH PASTORAL COUNCIL?: People Like You - Ordinary Parishioners -** Members of the Parish Pastoral Council are ordinary parishioners - people who care about their faith and their community. Through their baptism, members are called to serve and bring a willingness to listen, reflect, pray, and work collaboratively for the good of the parish. Each member contributes their own experience, gifts, and perspective, enabling the council to reflect the diversity and needs of the wider parish community.

**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

**CAR KEY FOUND:** on the Golflinks Road, Ballinamore. Please contact the Parish Office.

**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

**LEITRIM, BALLINAMORE RIGHTS & ENTITLEMENTS WORKSHOP:** Tuesday, 21<sup>st</sup> July 2026, 11 – 1pm, Ballinamore County Library, Main Street, Ballinamore, Leitrim, N41E061. Join your local Support Manager Alvina, for an information session on FCI supports and **your Rights & Entitlements as a family carer**. Followed by light refreshments. For more information or to book an appointment with Alvina Devaney, Support Manager please contact [leitrimcs@familycarers.ie](mailto:leitrimcs@familycarers.ie) with your name and number or call 071-9143 128.

**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.

**MALIN HEAD TO CORLOUGH CYCLE IN AID OF CORLOUGH RESPONDERS:** **Corlough Community First Responders** are hosting a charity cycle from Malin Head to Corlough on **18<sup>th</sup> July** to raise vital funds. Our volunteer responders provide life-saving emergency care locally while awaiting ambulances. Please support at **GoFundMe: Malin head to Corlough cycle in aid of Corlough Responders**. Your support will help provide training for volunteers and equipment maintenance. Every donation helps. Thank you.

**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

**ATHLETIC CLUB:** Entries are now being taken through Eventmaster for the Festival Open 10K (including Leitrim Championship) and Open 5K Roadraces on Sunday August 9th. All who enter before closing and complete the Course will receive a special medal.

**CONNACHT FLEADH GALA CONCERT:** Join us for the Connacht Fleadh Gala Concert in Clarke's Hotel, Main Street, Mohill with world-renowned musicians, The Mulcahy Family from Limerick. Concert is on Friday, 3rd July at 8pm. Doors at 7pm. Tickets: available by calling 0894109156 or, on Eventbrite or, on the night.

**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.

### REFLECTION

Lord Jesus, help me to love You above all else and to welcome others with the same generosity and compassion  
You show me. May I faithfully carry my daily cross, serving even in small ways, trusting that every act of love is  
precious in Your sight. Amen.

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

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

**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.

**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.**

**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.

**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/>

**ANNUAL MASS ON MULLAGHGARVE MASS ROCK:** This year's Rock Mass will take place on **Monday, 3rd August at 12.00 noon**. During this Jubilee year marking the 800th anniversary of the death of St Francis, the day will have a Franciscan focus and Mass will be celebrated by a Franciscan Priest. A bus service will operate from **Liscarbin School/Hall**, departing at **10am** for the Mass Rock Car Park. Participants will then begin the walk to the Mass Rock at **11.15am** from the car park.

**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.

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

♪ **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.

**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.

**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.

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

**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@alzheimier.ie](mailto:sineadfoley.coleman@alzheimier.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)

**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)

**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)