

## AUGHTERAGH & DRUMREILLY LOWER PARISH NEWSLETTER

*8<sup>th</sup> Feb 2026    Aughawillan - Aughnasheelin - Ballinamore & Corraleeahan    5<sup>th</sup> Sunday O/T*  
*10<sup>th</sup> Feb St Scholastica, 11<sup>th</sup> Feb Our Lady of Lourdes, St Gobnait, World Day of Prayer for the Sick*  
*14<sup>th</sup> Feb St Cyril, St Methodius & St Valentine*

**PARISH OFFICE:** 071-9644039    [ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie)    **Website:** [Ballinamoreparish.ie](http://Ballinamoreparish.ie)

**Fr. Seán Mawn P.P. Home:** 071-96 81992 **Mobile:** 087 6869040

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

**Fr. John McMahon (Carrigallen)**

**Tel:** 049-43 39610

**Mobile:** 086-212 6582

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

**BALLINAMORE - ST. PATRICK'S CHURCH**    **Mass times:** Sat & Sun 11am, Mon & Wed 7pm, Tues, Thurs & Fri 9am

### Mass Intentions

<b>Sat 7<sup>th</sup> Feb 11am</b>	Willie & Katie Sweeney (Drumnamore & Church Street)
<b>Sun 8<sup>th</sup> Feb 11am</b>	Miriam Martin, High Street (1 <sup>st</sup> Anniversary)
<b>Sat 14<sup>th</sup> Feb 11am</b>	<b>Anne McPadden (Months Mind)</b>
<b>Sun 15<sup>th</sup> Feb 11am</b>	<b>Timmy Winters (Months Mind)</b>
	Padraig Flanagan (Church St) and his parents Rita and John James (Lissacarn)
	Annie & Jimmy Flanagan (Tráthnóna)

**Eucharistic Adoration:**    **Fridays 9:30am – 10:30am**

**Ministers of the Eucharist:** 8<sup>th</sup> Feb Patricia Griffin, James Maguire & Brendan Sweeney, 15<sup>th</sup> Feb Máirín Martin, Mona Creamer & Liam McGovern, 22<sup>nd</sup> Feb Patricia McGoldrick, Marian Quinn & Leigh Murphy

**Ministers of the Word:** 8<sup>th</sup> Feb Alan Banks, 15<sup>th</sup> Feb Leigh Murphy, 22<sup>nd</sup> Feb Raymond McHugh,

**Door Collectors:** 8<sup>th</sup> Feb Camillus Martin, Michael Fanning & Gerard D'Arcy, 15<sup>th</sup> & 22<sup>nd</sup> Feb Anne Kavanagh, Walter Sharpley & Ruairi Sullivan, 1<sup>st</sup> & 8<sup>th</sup> Mar Mary Corby, Mel Duignan & John Creamer

**AUGHNASHEELIN                      ST. MARY'S CHURCH                      Mass times:    Fri 7pm, Sat 8:15pm**

### Mass Intentions

<b>Fri 6<sup>th</sup> Feb 7pm</b>	Patrick & Catherine Canning (Dernahelty Beg), their sons Thomas & John and all deceased members of the Canning & Gillerane families
<b>Sat 7<sup>th</sup> Feb 8:15pm</b>	Seamus McWeeney (Miskawn) and all deceased family members
	Aidan & Bridie McTeigue (Moher), their daughter Mary McDermott and sisters, Rita McTeigue & Maisie Lyons and all deceased family members
<b>Fri 13<sup>th</sup> Feb 7pm</b>	No Intention
<b>Sat 14<sup>th</sup> Feb 8:15pm</b>	People of the Parish – <b>Special blessing for all engaged and married couples</b>

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

**Door Collectors:** Charlie Kelly & Patsy McGovern

**Altar Society:** Bernadette Mahon & Caroline McGovern

**Ministers of the Word:** Kate McCauley

**CORRALEECHAN                      ST. BRIGID'S CHURCH                      Mass times: Sun 9:45am, Wed 9:30am**

### Mass Intentions

<b>Sun 8<sup>th</sup> Feb 9:45am</b>	People of the Parish
<b>Sun 15<sup>th</sup> Feb 9:45am</b>	Fr Phil Brady (former C.C.)
<b>Eucharistic Adoration:</b>	<b>Wednesdays 10am – 8pm (please come along and join us)</b>

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

**Ministers of the Word:** Claire McNiffe & Lawrence Fee

**Door Collectors:** Packie Maguire & Michael McGovern

**AUGHAWILLAN                      ST. PATRICK'S CHURCH                      Mass time:    Sat 7pm**

### Mass Intentions

<b>Sat 7<sup>th</sup> Feb 7pm</b>	PJ & Celia McGovern (Lisgrudy)
	Joe Donohoe (Drumreilly, Garadice)
<b>Sat 14<sup>th</sup> Feb</b>	No Intention - <b>Special blessing for all engaged and married couples</b>

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

**Door Collectors:** Charlie Kelly & Patsy McGovern

**Altar Society:** Bernadette Mahon & Caroline McGovern

**Ministers of the Word:** Kate McCauley

**RECENT DEATHS:** Your prayers are asked for Gerard McGirl (Drumdiffer), whose funeral took place on Wednesday last. May his soul rest in eternal peace.

**SAFEGUARDING SUNDAY:** Our 9<sup>th</sup> annual Safeguarding Sunday will take place throughout the diocese on the weekend of the 14<sup>th</sup>/15<sup>th</sup> February 2026. We hope to create a greater awareness of safeguarding in our parishes and diocese and to acknowledge the great contribution of the faithful in ensuring that our diocesan safeguarding policies are implemented. The annual safeguarding newsletter will be available to download from [www.kilmorediocese.ie/safeguardingchildren](http://www.kilmorediocese.ie/safeguardingchildren) section.

**AFTERNOON RETREAT:** will take place for all involved in Ministry in our four churches on **Sunday March 8<sup>th</sup> from 2-6pm in Aughnasheelin Community Hall**. The retreat will be facilitated by our own Fr. Sean Kelly.

So if you are a Eucharistic minister, Minister of the word, choir member, collector, counter, usher, traffic attendant etc. this is for you. The evening will conclude with mass followed by refreshments. Please let Bernadette in the Parish office know if you are attending. Email: [ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie) or Phone 071-9644039.

**UNIVERSAL DAY OF PRAYER FOR VICTIMS & SURVIVORS OF CLERICAL ABUSE:** falls on Friday 20<sup>th</sup> February 2026. This day is not only for victims and survivor but also families and communities affected by grief for their loved ones. Special prayers will be recited at masses on that day.

**KNOWING GOD IS THE NAME OF A GROWING IN FAITH COURSE:** which will run in St. Brigid's Parish Centre during Lent, starting at 8pm. The course consists of 6 sessions beginning on Wednesday 25<sup>th</sup> of February. The evenings will consist of a short video on a particular topic, followed by discussion and conclude with prayer. Each session will last one hour. Make this one of your Lenten resolutions!

**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.

**ST BRIGID'S WELL:** It was wonderful to see so many make the pilgrimage to St Brigid's Well last Sunday, following in the footsteps of our ancestors, as they prayerfully made their pilgrimage for generations before us. May the intercession of St Brigid bring you many blessings. A special word of thanks to Gerard & Pauline McCartin, and d to Sean & Gertrude McCaffrey for allowing pilgrims to walk through their land. A special word of gratitude to Gerard Keegan and members of the RSS and Michael Duignan for their work preparing the pathway and the well.

**MEDJUGORJE GROUP PILGRIMAGE 2026:** Journey to Medjugorje as part of our Group Pilgrimage from September 9<sup>th</sup> – 16<sup>th</sup> 2026, with Spiritual Director, **Fr Seán Mawn**. Cost of 7 nights' accommodation, including breakfast and dinner, flights from Dublin, coach transfers, airport and local taxes is **€845 until 30th January 2026**, increasing to €895 thereafter. For booking please contact Marian Foy on 087 6350506.

**KILMORE DIOCESAN PILGRIMAGE TO LOURDES:** takes place this year from 5<sup>th</sup> – 10<sup>th</sup> of May. To book a place please contact Cavan Travel 049 4361222. Pilgrims who need assistance please contact Fr. Tom Mannion on 087 9170879. To care for the Assisted pilgrims two extra nurses are required. If you would be interested please contact Paula Brady, Director of Nursing on 0861721712.

**† CONFIRMATION 2026:** The Sacrament of Confirmation will take place in Ballinamore at 12noon on 28<sup>th</sup> March.  
**FIRST HOLY COMMUNION 2026:** The Sacrament of First Holy Communion will take place in: **Aughawillan on 3<sup>rd</sup> May at 9:45am**, Ballinamore on 9<sup>th</sup> May at 12 noon and **Aughnasheelin on 16th May at 12 noon**.

### COMMUNITY NOTES

**CLOTHES COLLECTION:** St Patrick's National School Corlough are holding a clothes collection. Drop off day for clothes is **Saturday the 7<sup>th</sup> of February from 11am to 12pm**. Collection point is Corlough GAA grounds. Please contact Paula on 0879365982 or Imelda on 0874188327 if you have any queries.


**ATHLETIC CLUB:** Well done to club members who competed in the Connacht Schools Cross Country Finals in Loughrea last Thursday. Training continues as usual, but looking forward to getting back to Sports Hall very soon.

**LEAVING CERT STUDENTS:** Monaghan Institute's Open Day is taking place on Tuesday, 3<sup>rd</sup> March 10am - 6pm. Meet our staff team and learn more about studying with us in September. Go to [www.monaghaninstitute.ie](http://www.monaghaninstitute.ie).

**JUNIOR EXHIBITION:** at Solas Art Gallery, Island Theatre, Ballinamore, which will open on Sat 7<sup>th</sup> Feb at 4pm. Special guest Mr. Math Weeney. This exhibition features unique artwork by 300 pupils from County Leitrim.

**BALLINAMORE LIBRARY:** Shannon Waters Flow: Songs, Stories and Cultural Change in 1920s Leitrim. The launch of a new heritage project exploring Leitrim's rich tradition of song, music and poetry during a time of great social and cultural change. In Ballinamore Library, on Wednesday February 25<sup>th</sup> at 7pm. Free Event. All Welcome.

**BALLINAMORE YOUTH MUSICAL SOCIETY:** proudly presents "Sherlock & Cinders" - a clever twist on the timeless story of Cinderella, filled with mystery, music, and magic! In the Island Theatre, Ballinamore. Tickets: Available soon at [www.islandtheatre.ie](http://www.islandtheatre.ie). Show Dates & Times: Sun 15<sup>th</sup> Feb Matinee @ 2pm, - Tues 17<sup>th</sup>, Wed 18<sup>th</sup> and Fri 20<sup>th</sup> Feb @ 7pm. Sat 21<sup>st</sup> Feb @ \*6pm\*

**MSLETB:**  **Digital Citizenship, AI & Communication Skills for the Workplace** in the Mohill Enterprise Centre. **Build confidence. Communicate clearly. Understand today's digital world.** This short part-time adult learning course supports learners to develop practical digital skills, understand how AI is used in everyday work, and improve communication for employment, education, and life. Apply now as places are limited. **Call 071 9632024/085 8118818 or email [eileen@mct.ie](mailto:eileen@mct.ie)** for more information. Course begins April 2026.

**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.

**ISLAND THEATRE:** Donal O'Connor & Matteo Cullen, **7<sup>th</sup> Feb 2026**. 'The Love Hungry Farmer' by John B Keane - Seamus O'Rourke, **22<sup>nd</sup> Feb 2026**. Legends of the 60s Show, **27<sup>th</sup> Feb 2026**. Details on [www.islandtheatre.ie](http://www.islandtheatre.ie)

### REFLECTION

*If my faith never costs me anything, then my salt has lost its flavor.  
If my life blends in so well that no one sees God in it, then my light is hidden.  
Christ doesn't ask for quiet comfort – He asks for visible courage.  
The world is darker when I dim myself, so I must choose to shine.*

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](mailto:ballinamore@kilmorediocese.ie) the editor reserves the right to edit or omit items according to suitability of content & space in the newsletter

#### Parish Office Hours:

Open – Mon, Thurs & Fri

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 **23<sup>rd</sup> February, 2026** after 7pm Mass in Prayer Room Ballinamore Church. All are welcome.

**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**

**CHURCH ENVELOPES 2026:** some church envelopes are still available for collection in all four churches. It would be appreciated if you would kindly collect your box of envelopes at your earliest convenience as they have been in use from 4<sup>th</sup> January. If you are new to the parish please contact the parish office to request your box of envelopes. Tel: 071-9644039 or email: [ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie)

**CHARITABLE DONATIONS FORM:** We wish to thank those who have taken the time to complete the CHY3 form which is being sent with the annual acknowledgement letters at present. 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.

**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.

**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.

**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).

🎵 **SING TOGETHER:** Further dates are: 28<sup>th</sup> March, 23<sup>rd</sup> May, 18<sup>th</sup> July, 12<sup>th</sup> September, and 21<sup>st</sup> November from 10.00am – 1.00pm. Island Theatre, Ballinamore. For more information call Sarah 087 762 0523.

**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.

**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.

🏃 **ATHLETIC CLUB:** training continues on Tuesdays (Over 10s outdoors); and Thursdays Over 10s outdoors and Under 10s in the Den. New members being enrolled, must be born in 2018 or earlier.



**ALONE:** is seeking volunteers across Leitrim 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)

**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



**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.



**PARISH FACEBOOK PAGE:** Our new **Oughteragh and Drumreilly Lower Parish** Facebook Page was launched earlier in 2025. Please like our new page where you can find and share our upcoming events.

**KILMORE DIOCESAN PILGRIMAGE TO LOURDES:** next year will take place from 5<sup>th</sup> – 10<sup>th</sup> May 2026 flying from Ireland West Airport, Knock. Bookings will be with Cavan Travel, Main Street, Cavan 049 4361 222 and for Assisted Pilgrims with Fr Tom Mannion, Pilgrimage Director, Ballinaglera, Co Leitrim 087 9170 879

**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.

**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.

**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)

**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

**AUGHNASHEELIN NS RE-TURN BIN:** There is a yellow Re-Turn bin located on school grounds. All proceeds from the bottles and cans collected in this bin go directly to supporting our school and meeting the needs of our students. If you'd like to contribute, please consider disposing of your eligible bottles and cans in this bin. Your support would be greatly appreciated. Every donation helps, thank you.

**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.

**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.

**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/>



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**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)