

## OUGHTERAGH & DRUMREILLY LOWER PARISH NEWSLETTER

8<sup>th</sup> March 2026 *Aughawillan - Aughnasheelin - Ballinamore & Corraleehan* 3<sup>rd</sup> Sunday Lent

11<sup>th</sup> Mar St Aengus, 13<sup>th</sup> Mar St Leander

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

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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 7pm, Tues, Wed & Thurs 7:30am, Fri 9am

#### Mass Intentions

Sat 7<sup>th</sup> Mar 11am

Berney & Mary McKiernan (Railway Tce) and deceased members of the Casserly, Whelan & McAndrews families  
Gerry Brady (Aghadark)

Sun 8<sup>th</sup> Mar 11am

Phil & Lily McGovern (Tully) and all deceased members of the McGovern & Cosgrove families.  
Molly Prior (Lissacarn), her sons Micheál and Bernie Prior  
John & Winnie McNamee (Church St) 10<sup>th</sup> Anniversary

Sat 14<sup>th</sup> Mar 11am

Maureen & Tommy Dolphin and all deceased members of the Roddy family

Sun 15<sup>th</sup> Mar 11am

JP & Margaret O'Hara (Kilrush)  
Michael Sherkle  
Bridget, William & Charles McWeeney (Longstones)

#### Eucharistic Adoration:

**Fridays 9:30am – 10:30am**



**Ministers of the Eucharist:** 8<sup>th</sup> Mar Maeve Sharpley, Mona Creamer & Ellis O'Dell, 15<sup>th</sup> Mar Alice Costello, Raymond McHugh & Marcella McKiernan, 22<sup>nd</sup> Mar Patricia McGoldrick, Marian Quinn & Leigh Murphy

**Ministers of the Word:** 8<sup>th</sup> Mar Mary Conlon, 15<sup>th</sup> Mar Mary McKiernan, 17<sup>th</sup> Mar Michael Dolan

**Door Collectors:** 8<sup>th</sup> Mar Mary Corby, Mel Duignan & John Creamer, 15<sup>th</sup> & 22<sup>nd</sup> Mar Thomas Kelly & Hugh McTague Jr, 29<sup>th</sup> Mar & 5<sup>th</sup> Apr Tommy McWeeney & Joe Murphy

### AUGHNASHEELIN

#### ST. MARY'S CHURCH

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

#### Mass Intentions

Fri 6<sup>th</sup> Mar 7pm

Mick & Mary Kate Flanagan (Derrynawana), Pete Flanagan (Buggaun) and all deceased members of the Flanagan family.

Sat 7<sup>th</sup> Mar 8:15pm

#### Maureen McPartland (Months Mind)

Conor McCaffrey (Mullinasella) and all deceased family members  
John Packie McKiernan (Unshinagh)

Fri 13<sup>th</sup> Mar 7pm

Packie, Joe & Brigid McCabe and all deceased members of the McCabe family

Sat 14<sup>th</sup> Mar 8:15pm

Frank McNulty (Kiltybarden) and all deceased family members  
Paddy Joe & Celia Mulvey (Aghlin)

***Lenten Stations of the Cross 2026 in Aughnasheelin 7pm Mass on the six Friday's of Lent***

**Eucharistic Ministers:** 7<sup>th</sup> Mar Caroline Sammon & Kerry Meehan 14<sup>th</sup> & 21<sup>st</sup> Mar Maura Mulvey & Maureen Conway

**Ministers of the Word:** Confirmation Class

**Door Collectors:** Peter Flynn, Brendan Reynolds & Brian O'Dowd

### CORRALEEHAN

#### ST. BRIGID'S CHURCH

Mass times: Sun 9:45am, Wed 9:30am

#### Mass Intentions

Sun 8<sup>th</sup> Mar 9:45am

Bernie Prior (Lissacarn & New York) 1<sup>st</sup> Anniversary  
Peter Prior (Derrinivver) 1<sup>st</sup> Anniversary

Sun 15<sup>th</sup> Mar 9:45am

People of the Parish

#### Eucharistic Adoration:

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

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

**Ministers of the Word:** Helen McGovern & Sean McNiff

**Door Collectors:** Gerry Meehan & Joseph McNiff

### AUGHAWILLAN

#### ST. PATRICK'S CHURCH

Mass time: Sat & Wed 7pm

#### Mass Intentions

Sat 7<sup>th</sup> Mar 7pm

Jack & Chrissie Fox (Glendargan)

Sat 14<sup>th</sup> Mar 7pm

Teresa McKiernan (Sradrinan) 1<sup>st</sup> Anniversary  
Bridie Stringer (Boeshill)

**Eucharistic Ministers:** Pat Stringer & Angela Sutherland

**Door Collectors:** Paddy Deane & Gerry Flanagan

**Altar Society:** Michelle Dolan & Katie Meekin

**Ministers of the Word:** Doreen Flanagan & Donal Quinn

**RECENT BAPTISMS:** We welcome Róna Fields and Sophie Pritchard into our Christian Community and congratulate their families on this joyous occasion.

**AFTERNOON RETREAT:** Don't forget! Afternoon Retreat for all involved in Church Ministry in our four churches begins at 2pm and runs until 6pm, this **Sunday March 8<sup>th</sup> in Aughnasheelin Community Hall**. The evening will conclude with mass followed by refreshments.

**A GROWING IN FAITH COURSE:** continues Wednesdays, from 8-9pm in St. Brigid's Parish Centre. Come along and experience a deeper faith this Lent.

✠ **PILGRIM WALK TO ST PATRICK'S WELL AUGHNASHEELIN:** on 17<sup>th</sup> March 2026 we plan to have our annual walk to St Patrick's well. We will meet at 11:45am in Aughnasheelin church car park. Recite the Rosary on the way, prayers & hymns at the well site. Fr Sean will lead us. We welcome all members of our parish community young, old and in between. *La Fheile Padraig sona duit.*

**BALLINAMORE BIODIVERSITY GARDENING GROUP:** (BBGG) has some interesting plans for the first part of the year, including talks; erecting swift boxes; film showings; seed swaps, & playing our part in **the Church's 'Return to Nature' scheme**, where they plan to give 30% of their land back to Nature by 2030. And to start this off, we have nearly 200 bare root trees to plant as a hedge at Oughteragh Graveyard. If you can help (even planting 2 or 3 trees is a help!). Join us there on Sat 14<sup>th</sup> March at 10.30am. We can tell you more about it then. (Please bring a shovel) Even if you can't do any planting, just come along for a chat!

**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.

**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 **€895**. For booking please contact Marian Foy on 087 6350506.

**KILMORE DIOCESAN PILGRIMAGE TO LOURDES 2026:** takes place from 5<sup>th</sup> to the 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. **Concert:** A fundraising concert with Gospel and Country singer Owen Mac and his band will take place in Saint Clare's Church Manorhamilton on Sunday 26<sup>th</sup> April. Tickets are €20 and are available from the Parochial House, Manorhamilton and Eventbrite, or contact 0879170879, Fr. Tom Mannion.

### COMMUNITY NOTES

**ATHLETIC CLUB:** Club training returns in the newly renovated Sports Hall on Tuesday 10<sup>th</sup>. New members born in 2018 or earlier will be enrolled from 6:45pm, all are welcome. Training from 7pm concentration on preparation for Leitrim Primary Schools Sports hall Athletics with this year's competition being held Wednesday and Thursday.

**BALLINAMORE COMMUNITY AREA TWINNING:** our next meeting will take place on Wednesday, 11<sup>th</sup> March at 8pm in the Crannog room, Island Theatre. All those travelling to Plouezéc are asked to attend.

**TABLE QUIZ IN AID OF MARYS MEALS:** in Lock 10, Kilclare on Friday March 13<sup>th</sup>. Table of four €40. Raffle on the night. Come and support this worthy cause.

**AUGHNASHEELIN CIROCAL NA mBan:** Fundraising Community Coffee morning takes place Sat 7<sup>th</sup> March from 11am-12pm, proceeds to Women's Aid and marking Women's Day this weekend. 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.

**AUGHNASHEELIN WALKING FOR ALL INITIATIVE:** every Saturday at 11am sharp, at Aughnasheelin GAA pitch - for maximum half hour - walk at your own pace, come along and join in. All welcome, no need to be member of the GAA Club. Training for volunteer leaders on Monday 9<sup>th</sup> March, 7:30pm. Text Meadhbh McTeigue at 087-062 6644 if you would like to get involved as a leader.

☪ **AUGHNASHEELIN YELLOW RIVER DRAMA PLAYERS:** will bring their hilarious production of Sam Crees 'Separate Beds' to Aughnasheelin Hall on the 13<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> of March. Tickets can be booked through Eventbrite, Leitrim Events or you can email [yellowriverplayers@gmail.com](mailto:yellowriverplayers@gmail.com) for enquiries.

📖 **UNDERSTAND TODAY'S DIGITAL WORLD:** Starting April 2026 – **Digital Citizenship, AI & Communication Skills for the Workplace** in the Mohill Enterprise Centre. 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. Come and discuss with the tutor at our Open Day on Thursday March 19<sup>th</sup> from 2pm to 8pm.

**VACANCY IN MOHILL:** A part-time Caretaker role for a fixed term 6-month contract in Mohill Family Support Centre. If interested please contact email on [coordinator@mohillfsc.info](mailto:coordinator@mohillfsc.info).

✠ **FREE GARDEN PLANNING COURSE:** The free garden planning course continues every Wednesday, 10am-2pm in the Old Vocational School, Ballinamore. Drop in or call Seamus on: 087-9168087.

**DRUMSHANBO COMMUNITY CENTRE BINGO:** The 40<sup>th</sup> anniversary of Drumshanbo community Centre Bingo will take place on Monday 30<sup>th</sup> March starting at 7.30pm. Prizes money €4,090 plus spot prizes and an extra draw on the night. Tea and refreshments served. Everyone welcome

### REFLECTION

**Jesus meets us in our thirst, offering living water that reaches the deepest places of our hearts. In encountering Him, we discover not only who He is, but who we are called to become.**

#### Parish Office Hours:

Open – Mon, Thurs & Fri 9 – 4

Closed – Tue & Wed

Phone: 071-9644039

[ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie)

*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*

## ADDITIONAL PARISH AND COMMUNITY ITEMS

† **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 Aghnasheelin on 16<sup>th</sup> May at 12 noon.**

**BALLINAMORE WEEKLY PRAYER GROUP:** returns on Tues 31<sup>st</sup> of Mar 8pm-9:30pm each week. All are welcome.

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

**EUCCHARISTIC HEALING CONFERENCE – BUNDORAN:** March 20<sup>th</sup> – 22<sup>nd</sup>, 2026, a weekend of renewal at The Great Northern Hotel, Bundoran. Speakers include Fr. John Keane, Mr. Aidan Byrne, and Mr. Eddie Stones. The programme features Holy Mass, Adoration, Confessions, and Healing Services. Registration: Friday @ 10am (€50). Contact: 086 3152460 or 087 7847304. 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**

**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.

**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, **Aghnasheelin** 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.

**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.

**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.

♪♪ **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.

♪♪ **ISLAND THEATRE:** Dubliner - The Luke Kelly Story, **Sat 14<sup>th</sup> Mar.** Easter Craft Fair, **Sun 29<sup>th</sup> Mar, 12-4pm.** Here Come The Girls, **10<sup>th</sup> Apr 2026.** Movicals **17<sup>th</sup> Apr 2026.** Jack L 'Chez Jack L + All The Hits', **18<sup>th</sup> Apr 2026.** Declan Nerney in concert with guests John McNicholl and Gavin Gribben, **8<sup>th</sup> May 2026.** Details on [www.islandtheatre.ie](http://www.islandtheatre.ie)

**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.

**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.

**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.

**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.

**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).

**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)

**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.

**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.

**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/>



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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)