

## OUGHTERAGH & DRUMREILLY LOWER PARISH NEWSLETTER

Aughawillan - Aughnasheelin - Ballinamore & Corraleehan

*8<sup>th</sup> Nativity of the Blessed Virgin Mary*

*9<sup>th</sup> Sept St Ciaran, 10<sup>th</sup> St Peter Claver, 12<sup>th</sup> St Ailbe, 13<sup>th</sup> St John Chrysostom*

7<sup>th</sup> Sept 2025

Fr. Seán Mawn P.P.

Home 071-96 81992 Mob 087-686 9040

Fr. Malachy Moses C.C. Mob 087-490 4380

Join us live, @ churchtv.ie Select Leitrim, then Aughawillan, Aughnasheelin, Ballinamore or Corraleehan

Fr. John Mc Mahon (Carrigallen)

Tel: 049-43 39610 Mob. 086-212 6582

Website: [ballinamoreparish.com](http://ballinamoreparish.com)

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

### Mass Intentions

Sat 6<sup>th</sup> Sept 11am

Yvonne O'Hara (Church Street) Months Mind

Sun 7<sup>th</sup> Sept 11am

Madge, Tom and Margie Gilheaney (Aughaleague) and all deceased family members  
Mae, Tommy and Geraldine Kellegher (Main Street & Seán Bhealach)  
**(Blessing of Priests' Graves after mass)**

Sat 13<sup>th</sup> Sept 11am

No Intention

Sun 14<sup>th</sup> Sept 11am

Johnny Martin (High Street) 10<sup>th</sup> Anniversary  
Charlie & Mai O'Rourke (Corraleehanbeg) and their sons Paddy and Des  
Tom & Alice McGovern (Ballyduff) and Mary Travers (Railway Road)

### Eucharistic Adoration:

**Fridays, 9:30 – 10:30am**

**Ministers of the Eucharist:** 7<sup>th</sup> Sept Patricia McGoldrick, Marian Quinn & Leigh Murphy, 14<sup>th</sup> Sept Philomena Earley, Mary McWeeney & Aileen Wisley, 21<sup>st</sup> Sept Maeve Sharpley, Mona Creamer, Eilis O'Dell

**Ministers of the Word:** 7<sup>th</sup> Sept PJ McLoughlin, 14<sup>th</sup> Alan Banks, 21<sup>st</sup> Leigh Murphy, 28<sup>th</sup> Raymond McHugh

**Door Collectors:** 7<sup>th</sup> Sept, Philip Murphy, Pat Ferguson, 14<sup>th</sup> Sept, John Conway, Dan Gallogly, 21<sup>st</sup> Sept Padraig McGovern & Brian McWeeney, 28<sup>th</sup> Sept Philip Farrelly & Donal Duignan

### **AUGHNASHEELIN**

### **ST. MARY'S CHURCH**

**Mass times: Fri 7pm - Sat 12 noon & 8:15pm**

### Mass Intentions

Fri 5<sup>th</sup> Sept 7pm

No Intention

Sat 6<sup>th</sup> Sept 8:15pm

People of the Parish

Fri 12<sup>th</sup> Sept 7pm

No Intention

Sat 13<sup>th</sup> Sept 8:15pm

No Intention

### Eucharistic Adoration:

**Wednesdays, 11am - 12noon and 8pm - 10pm**

**Eucharistic Ministers:** 6<sup>th</sup> Sept, Seamus Prior & Margaret McTeigue, 13<sup>th</sup> & 20<sup>th</sup> Sharon O'Dowd & Brendan Sammon  
**Readers:** Ciara O'Dowd & Catherine/Tara Mahon **Door Collectors:** Sean McCaffrey & Sean Earley

### **CORRALEECHAN**

### **ST. BRIGID'S CHURCH**

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

### Mass Intentions

Sat 6<sup>th</sup> Sept 7pm

Rose, Michael and Hugh Maguire  
Sean McNiff

Sat 13<sup>th</sup> Sept 7pm

No Intention

### Eucharistic Adoration:

**Wednesdays, 10am - 8pm (please come along and join us, everybody welcome)**

**Eucharistic Ministers:** Carmel McNiff & Philomena Dolan

**Altar Society:** Assumpta Bohan & Claire McNiffe

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

**Door Collectors:** Conor McGovern & Ciarán Dolan

### **AUGHAWILLAN**

### **ST. PATRICK'S CHURCH**

**Mass time: Sun 9:45am**

### Mass Intentions

Sun 7<sup>th</sup> Sept 9:45am

No Intention

Sun 14<sup>th</sup> Sept 9:45am

Monica & Bernie Prior and all deceased members of the Gallagher family (Glennanmore)

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

**Door Collectors:** Michael Quinn & Francis McTague

**Altar Society:** Christina Stringer & Bridie McGovern

**Ministers of the Word:** Isobelle Gaffney & Tommy Prior

**RECENT DEATHS:** We pray for the soul of Jimmy Prior (brother of Tommie Prior) formerly of Stralongford, who died in the USA. May he rest in eternal peace.

*† Carlo Acutis will be declared a saint by Pope Leo XIV on 7<sup>th</sup> September*

*Fr Sean Kelly OFM, Cap, will administer a blessing with a First Class Relic of Carlo Acutis on Sunday 7<sup>th</sup> following 11am mass in St Patrick's Church, Ballinamore.*

**PARISH MISSION:** A parish mission will take place from October 19<sup>th</sup> - 24<sup>th</sup> 2025. It will be conducted by Net Ministries Ireland who are based in Ballybofey Co. Donegal. Please put these dates in your diary.

**DIOCESAN YOUTH DAY: Sat 27<sup>th</sup> Sept** – Pastoral Centre, Cullies, Cavan. To celebrate the Jubilee year of Hope, we are hosting a **youth day for ages 13 – 18**. This promises to be a fun-filled day of friendship, activities, faith and inspiration run by NET Ministries. **Booking will be essential.** Email: [pastoralservices@kilmorediocese.ie](mailto:pastoralservices@kilmorediocese.ie)

**STUDY THEOLOGY ONLINE:** is this for you? The Priory Institute provides online Theology courses to degree level. Attend Saturday lectures in Tallaght or from the comfort of your own home. Register now to begin on 20<sup>th</sup> September. Find out more on our website. [prioryinstitute.com](http://prioryinstitute.com)

**CARRIGALLEN PARISH MISSION:** Fr Laurence Gallagher (CSsR) will lead a parish mission from 6<sup>th</sup> - 9<sup>th</sup> Sept.  
**SEASON OF CREATION:** Theme – “Peace with Creation”. Celebrated from 1<sup>st</sup> Sept to 4<sup>th</sup> Oct.

**FACILITATION SKILLS DAY:** Saturday 13<sup>th</sup> Sept, 10.00am–4.00 pm, Kilmore Diocesan Centre, Cullies, Cavan. A day with Jim Deeds, pastoral worker and leadership skills trainer. Learn simple, practical skills to support parish gatherings. Whether you are leading, welcoming, or just wishing to feel more confident when your community comes together. The day will be prayerful, supportive, and enjoyable. All are welcome. A light lunch will be served. Please register by Wed, 10<sup>th</sup> Sept with Martina Gilmartin at [pastoralservices@kilmorediocese.ie](mailto:pastoralservices@kilmorediocese.ie) or phone - 085 864 0299

**KEEP OUR CEMETERIES TIDY:** Sadly, dumping of waste materials is evident in all our cemeteries. While it is appropriate and acceptable to show respect our dead by decorating our graves with wreaths, flowers, lights and other suitable items, it is not appropriate or acceptable to dump waste materials under hedges or throw into drains. Out of respect for the environment and adjoining landowners we ask you to please bring all waste materials home and dispose of in your own black or grey bin. Thanking you for your co-operation.

**WHY SUNDAY MATTERS:** Please pick up a copy of the Irish Catholic Bishops’ Pastoral Letter or see [catholicbishops.ie](http://catholicbishops.ie) to download the four-page resource and to access the video series - ‘Sunday Mass - Digging Deeper,’ also available by following the video links on our parish Facebook Page.

### COMMUNITY NOTES

**ATHLETIC CLUB:** The Club will shortly be recruiting new members for the cross country season in the hope of finishing off this year of celebration with Connacht medals. Those interested should make preparations by availing of the Greenway Parkrun each Saturday at 9:30am.

**SOCIAL DANCING** Classes return to Aughnasheelin Community Centre on Wed 10<sup>th</sup> Sept at 8.30pm. Come along and learn to Jive, Waltz, Quickstep and many more dances. Everyone welcome.

**BALLINAMORE FORÓIGE CLUB:** have their Registration Evening on Mon 8<sup>th</sup> Sept @ 6:30pm-7:30pm in The DEN, Ballinamore. The club is open for 12-18 year olds from Ballinamore and surrounds. Parents must attend registration.

**ALZHEIMER SOCIETY OF IRELAND:** On Sept 21<sup>st</sup> The Alzheimer Society of Ireland are having a Memory Walk on Bothar Na Naomh, Cloone. Contact: Teresa Keegan, Dementia Adviser, Roscommon/ Leitrim, Tel: 087 706 1183  
Email: [teresa.keegan@alzheimer.ie](mailto:teresa.keegan@alzheimer.ie)

**FRIENDS OF BREASTFEEDING MEETING:** Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month, 10-12pm. Ballinamore Library. All nursing mothers and toddler’s welcome. Tuesday 9<sup>th</sup> September, Talk by Doula in Training Leoni Krystoff, ‘Tending to the Mother’. Refreshments Served.

**LAUNCH OF ‘SHOULDERING THE TRADITION’ BOOK:** The fabulous book ‘Shouldering the Tradition’ will be launched in Ballinamore Library on Friday Sept 12<sup>th</sup> at 7pm. Come along and celebrate Leitrim’s living tradition of music, song and dance with Edwina Guckian, Fionnuala Maxwell, Conor Ward and other performers. Free event.

**COMMUNITY SERVICES HUB:** **Pop-up book sale** Tues 28<sup>th</sup> Sept 11-1pm, The Den, Swanlinbar Road, Ballinamore N41R522. Buy a tote bag and fill with preloved books of your choice. All welcome. Join us for our **community services hub** every second Tues for: information & signposting, free refreshments, a space to talk and socialise, repair cafe (bike & sewing repairs) and swap shop. From 11am-1pm Tuesdays: 9<sup>th</sup> & 23<sup>rd</sup> Sept, 7<sup>th</sup> & 21<sup>st</sup> Oct, 4<sup>th</sup> & 19<sup>th</sup> Nov, 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> Dec. **Basic First Aid Training** - Two basic first aid training courses available in the Den, Ballinamore on: Thurs 23<sup>rd</sup> Oct & Sat 1<sup>st</sup> Nov. €10 non-refundable booking fee. To book call 0894635009 or email [managerpeaceimpact@gmail.com](mailto:managerpeaceimpact@gmail.com)

**FREE GARDENING CLASSES:** ‘Establishing Trees & Shrubs’, commencing next **Wed, 10<sup>th</sup> Sept** and continuing every Wed from **10am until 2pm**. Drop in or phone Seamus at 087 9168088 for more information. MSLETB, Level 4.

**SOLAS ART GALLERY:** Two solo exhibitions at Solas Art Gallery, now open. Senga Sharkey – ‘Somewhere Between Two Extremes’ and Sylvia Thirlway – ‘Elemental Spaces’. This exhibition runs until the 3<sup>rd</sup> October.

**BREAST CANCER AWARENESS MONTH:** takes place October 1st-31st. For further information on how you can support Breast Cancer Ireland to help others, please log onto [www.breastcancerireland.com](http://www.breastcancerireland.com).

**COMMUNITY ADDICTION STUDIES COURSE:** QQI Level 5 Accredited Certificate Course. Beginning September 2025 in The Hive, Carrick-on-Shannon. This free course provides excellent insights into drug and alcohol addiction, and equips you with essential tools to recognise and respond to the challenges of substance abuse.

Run in conjunction with NW Regional Drug and Alcohol Task Force, ETB and HSE.

To register for this free course please: e-mail, [christinamceleney@dletb.ie](mailto:christinamceleney@dletb.ie) or phone, 087-9369312

**SING TOGETHER:** Monthly, Saturday Morning Drop Ins at the Island Theatre 11-12.30pm, 20<sup>th</sup> Sept, 18<sup>th</sup> Oct, 15<sup>th</sup> Nov. All Welcome. No experience needed. More information 087-7620523.

**FREE SCREENING:** How to Diffuse a Bomb: The Project Children Story. Join us for an inspiring documentary about Project Children, which brought kids from Northern Ireland to host families in the US during The Troubles & follows their journey, during & after their trip. Tues 16<sup>th</sup> Sept, The Island Theatre, Ballinamore. Starts at 7pm. Free entry – but please only book if you're sure you can come! Tickets available on Eventbrite, further information on the Leitrim County Council website and social media platforms.

### REFLECTION

Everything worthwhile has a cost.

We may have to make sacrifices within our relationships, careers, families and communities in order to keep God central in our lives.

It’s only when we seek fulfillment through Him that everything else – our desires, our work, and our purpose, will fall into place.

*Parish Office Hours:*

**Open – Mon, Thurs & Fri 9am-4pm**

*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

**f** **NEW PARISH FACEBOOK PAGE:** Our new *Oughteragh and Drumreilly Lower Parish* Facebook Page was launched recently. Please like our new page and share our upcoming events.

**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> September, 2025** after 7pm Mass in Prayer Room Ballinamore Church. All are welcome.

**DIOCESAN JUBILEE YEAR OF HOPE PILGRIMAGE TO ROME:** Bookings for the pilgrimage are now being accepted. Anyone wishing to book a place (or places) on the pilgrimage should contact Marian Pilgrimages in Dublin directly and as soon as possible on (01) 878 8159. Bishop Martin Hayes will lead the pilgrimage which takes place from Thurs 20<sup>th</sup> - Wed 26<sup>th</sup> Nov 2025. Price: €1,855.00 per person sharing on half-board basis. Please note that there are no single rooms currently available. For further information on the pilgrimage itself, please contact Seán Coll, Pilgrimage Director, 049 4375004 (Extension 102) or by email to [directorkdpc@kilmorediocese.ie](mailto:directorkdpc@kilmorediocese.ie)

**EXCITING NEWS!** Abide in His Love Women's Conference happening for a second year – November 21-23 A beautiful event for women exploring the beauty and gift of their feminine identity in Christ. Check out Eventbrite for tickets and more information.

**CAVAN FAMINE AIDS APPEAL:** Due to a shortage of collectors we will not be holding our annual church gate collection this year. We are asking people to donate instead online <https://www.idonate.ie/CavanFamineAidsAppeal> (Registered charity no. 20103903). Funds will be used by three Christian charities in Africa where a euro goes a long way to educate & train nurses, feed hungry children & provide health care to the sick in Kenya, Nigeria & Zambia.



**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 QRcode 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.

**ST PATRICKS CHURCH BALLINAMORE:** along with the Cathedral of St. Patrick & Felim, Cavan, St. Anne's Church, Bailieboro and St Clare's Church, Manorhamilton have been decreed as Jubilee Churches. You can obtain a Jubilee Indulgence by visiting one of these sacred spaces. Leaflets with more information on the how to obtain the Jubilee Indulgence and how to participate in Special Jubilee Activities are available in each church porch.

**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**

**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

**PRE-MARRIAGE COURSE Dates 2025:** Next date is Friday 10<sup>th</sup> October 2025 7.30pm – 10.00pm & Saturday 11<sup>th</sup> Oct 10am–5pm. Courses take place in the Kilmore Diocesan Pastoral Centre, Cavan H12 E5C7. To book: [www.accord.ie](http://www.accord.ie)

**BALLINAMORE GREENWAY PARKRUN & WALK:** each Saturday at 9.30am - looking forward to seeing you there

**BALLINAMORE WALKING GROUP:** meeting every Tuesday at 10am at the basin near Supervalu

**AUGHAWILLAN WHIST:** second Tues of the month at 8:30pm. New members always welcome.

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

**AUGHAWILLAN BREAKFAST CLUB AND AFTERSCHOOL:** A new afterschool facility will open in Aughawillan Community Centre this coming September. We are putting out an appeal for some toys, books and board games that you may wish to donate to our new afterschool. Email [aughawillancommunitychildcare@gmail.com](mailto:aughawillancommunitychildcare@gmail.com) to arrange drop off of donations. We're very grateful for all the support and thank you in advance.

**HEDGE CUTTING SCHEME:** This scheme is now open - to encourage the cutting of roadside hedges/trees along the Public Road Network. Open to individual applicants, communities and groups. **New grants available this year** so please contact [roads@letirimcoco.ie](mailto:roads@letirimcoco.ie) or phone 071-9620005 Ext. 630. **Closing Date is 30<sup>th</sup> Jan 2026.**

**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.

**ISLAND THEATRE:** Inez Hargaden Supported by BUGS - 13th September 2025, 8pm. Onóir - 11 October 2025, The Drifters Anniversary Tour - 25 October 2025, Legends of American Country - 9 November 2025, A celebration of Father Ted - Joe Rooney - 15 November 2025, Abba Tribute - The Bjorn Identity - 29 November 2025, Percy French - Sweep down to the sea - 13 December 2025.

**PUBLIC VIGIL:** for the people of Palestine, at Ballinamore bridge, each Saturday evening, 6pm. All welcome.

**BAKE IT PINK:** Breast Cancer Awareness Month takes place October 1<sup>st</sup> – 31<sup>st</sup>. Bake for friends or bake with friends and raise some “dough” for Breast Cancer Awareness. Why not register for The Very Pink Run, 6<sup>th</sup> Sept, Dublin, at [verypinkrun.ie](http://verypinkrun.ie). For further information, go to [breastcancerireland.com](http://breastcancerireland.com).

**YOU DON'T HAVE TO BE ADDICTED TO SUFFER FROM ADDICTION:** M-PACT, a FREE eight-week, whole family support programme. Helping to improve relationships, communication and recovery. If interested or would like further information. Please contact 071 9150578 / 085 875 9319 or email [sligoleitrim@alcoholforum.com](mailto:sligoleitrim@alcoholforum.com)

**AUGHNASHEELIN ACTIVE RETIREMENT GROUP (AGE 50+ FOR MEN AND WOMEN):** Interested in joining this new group in Aughnasheelin? This group has great plans for social activities, trips, being active, with new and exciting things to do, fostering community well-being and enabling members to get out and meet people in a social setting. Tea and chat - All welcome.

**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.

**SCOIL CHLANN NAOFA, BALLINAMORE:** is accepting applications for admission to our school for the 2025/26 school year. Please contact **071 964 5001** or email [info@scoilchlannnaofa.com](mailto:info@scoilchlannnaofa.com) for an enrolment pack. Thank you.

**AUGHAWILLAN N.S.** are now taking Enrolments for September 2025. 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 N.S. AUGHNASHEELIN:** is now accepting enrolments for September 2025. Enrolment forms are available by contacting the school at, 071 9644868 or by email to, [office@stmarysnsaughnasheelin.com](mailto:office@stmarysnsaughnasheelin.com)

**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.

**YOU DON'T HAVE TO BE ADDICTED TO SUFFER FROM ADDICTION!** M-PACT, a FREE eight-week family support programme. For the whole family, helping to improve relationships, communication and recovery. If interested or would like further information please contact 071 9150578 / 085 875 9319 or email [sligoleitrim@alcoholforum.com](mailto:sligoleitrim@alcoholforum.com)

**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'- befriending visitation project** seek Volunteers to provide a home visit for one hour per week. The Volunteer will be matched with an older person (client) in the Ballinamore area and through mutual interests. The Volunteer will be provided with full training. The Volunteer will be introduced to the client by the Coordinator on the first visit and then will continue as suits all. Please apply on [www.ivol.ie](http://www.ivol.ie) or contact Claire @ [claire@volunteerleitrim.ie](mailto:claire@volunteerleitrim.ie)

**FAMILY CARERS IRELAND:** Are you caring for a loved one at home with additional needs? A spouse, partner, child, close relative or neighbour? Then you are a family carer! Become a member of Family Carers Ireland, the national charity supporting Ireland's 500,000+ family carers nationwide. Contact **057 93 70221** and hear how we can support you or for more info visit. [www.familycarers.ie](http://www.familycarers.ie)

**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)