OUGHTERAGH & DRUMREILLY LOWER PARISH NEWSLETTER

19th Oct 2025 Aughawillan - Aughnasheelin - Ballinamore & Corraleehan 29th Sun OT

22nd St Pope John Paul II, 23rd St John of Capistrano, 24th St Anthony Mary Claret.

Fr. John Mc Mahon (Carrigallen) Fr. Seán Mawn P.P.

Tel: 049-43 39610 Mob. 086-212 6582 Home 071-96 81992 Mob 087-686 9040

Fr. Malachy Moses C.C. Mob 087-490 4380 Website: ballinamoreparish.com Join us live, @ churchtv.ie Select Leitrim, then Aughawillan, Aughnasheelin, Ballinamore or Corraleehan

BALLINAMORE ST. PATRICK'S CHURCH Mass times: Mon - Fri 7:30am, Thur 10am, Sat & Sun 11am

Mass Intentions

Sat 18th Oct 11am John Cumiskey

John & Claire Creamer

Sun 19th Oct 11am Thomas, Mary & Peter McCaffrey (Stradermot)

Daniel Snevd (Ballinamore & Elphin)

Monday 20th - Friday 24th October, Mass each morning at 7:30am, St Patrick's Church, Ballinamore

Thurs 23rd Oct 10am Mission Mass Sat 25th Oct 11am No Intention

Sun 26th Oct 11am Mary Fanning (Ardrum)

Christine Maxwell (Dromore)

Dan & Alice Gallogly (Drumrane) also remembering, James, Vincie, Anna & Breege

Gallogly

Eucharistic Adoration: Fridays, 9:30 - 10:30am

Ministers of the Eucharist: 19th Oct Thomas Kelly, Deirdre Harvey & Mona Creamer, 26th Oct Patricia Griffin, James

Maguire & Brendan Sweeney, 2nd Nov Máirín Martin, Mona Creamer & Liam McGovern.

Ministers of the Word: 19th Oct Mary McKiernan 26th Oct Michael Dolan, 2nd Nov Marie Sweeney, 9th Nov Thomas Kelly

Door Collectors: 19th & 26th Oct Seamus McTague, Michael Gillen, PJ Duignan & Eugene Maxwell, 2nd & 9th Nov

Felim Maxwell & John Galligan

AUGHNASHEELIN ST. MARY'S CHURCH Mass times: Fri 7pm - Sat 8:15pm - Tues 10am

Mass Intentions

Fri 17th Oct 7pm Paddy & Joseph Brogan (Drumkeen) and all deceased family members

Michael & Joan Moran (Drumbibe) and all deceased family members

Pádraic Mulvey (Foxwood) 2nd Anniversary Sat 18th Oct 8:15pm

Mary Murray (Kiltybarden) 4th Anniversary

Tuesday 21st October – Mission Mass 10am, St Mary's Church, Aughnasheelin

Fri 24th Oct 7pm Christie McCartin (Carrickmakeegan)

Sat 25th Oct 8:15pm No Intention

Sun 26th Oct 3pm Mass for deceased members of Bencroy & Aughnasheelin Miners

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

Eucharistic Ministers: 18th Oct Mary Rooney & Breda Mulvanerty 25th Oct & 1st Nov Caroline Sammon & Kerry Meehan

Readers: Breda Mulvanerty & Mary Mulvey Door Collectors: Seamus Prior, Eddie Dolan & Keilan Mulvanerty

ST. BRIGID'S CHURCH CORRALEEHAN Mass times: Wed 10am Sun 9:45am

Mass Intentions

Sun 19th Oct 9:45am Jack Prior (Derradda) his brother Packie and all deceased Prior family members

Wednesday 22nd October - Mission Mass, 10am, St Brigid's Church, Corraleehan

Sun 26th Oct 9:45am No Intention

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

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: Sat 7pm Mon & Fri 10am

Mass Intentions

Sat 18th Oct 7pm Rita McGovern, James McGovern, Eileen McGovern and Catherine Maguire (Garadice)

James Stringer (Boeshill)

Monday 20th & Friday 24th October - Mission Mass, 10am, St Patrick's Church, Aughawillan

Sat 25th Oct 7pm People of the Parish

Eucharistic Ministers: Pat Stringer & Angels Makay Sutherland
Altar Society: Mary Sammon Quinn & Cathy Quinn

Mini Door Collectors: John Stringer & Pat Flanagan

Ministers of the Word: Ava Gaffney & Rachel Dolan

WORLD MISSION SUNDAY: This weekend we celebrate World Mission Sunday - the Holy Father's annual appeal to support missionaries overseas. The generosity offered will be used to support missionary activities in over 1,100 dioceses; mostly in Africa, Asia and Latin America. Please be as generous as you can to the Mission Collection this weekend. Thank vou.

<u>MARRIAGE ENRICHMENT WEEKEND</u>: Catholic Marriage Encounter in Ireland 7th – 9th Nov in Focolare Centre, Prosperous, Co. Kildare, To book; www.marriageencounter.ie

<u>CAPUCHIN MISSIONS</u>: Sincere thanks to all of our parishioners for the most recent contribution to the Irish Capuchin Missions in the amount of €560. Your generosity to the missions in Zambia and South Africa is of immense value to the Christian communities they serve there. (All donations to the St. Anthony's collection box in the church porch go to the Capuchin Missions.)

PARISH MISSION: A warm welcome to the NET Ministries Mission Team!!

PARISH	MISSION	TIMETABLE
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Date	18 th Oct	19th Oct	20th Oct	21st Oct	22 nd Oct	23rd Oct	24th Oct	25 th Oct
Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:00 AM Mass	11:00 AM Mass	7:30 AM Mass 9:00 AM BCS	7:30 AM Mass 9:00 AM BCS	7:30 AM Mass 9:00 AM Scoil Chlann Naofa	7:30 AM Mass 10:00 AM Mass School & Community	7:30 AM Mass	11:00 AM Mass
Ballinamore		7:00PM Mission Team Event: NIGHT FEVER in Ballinamore Church		Service in	Visit 7:30 PM Service of Reconciliation and Healing with Anointing of the Sick in Ballinamore	6:00 – 7:30 PM Youth Club in Island Theatre 7:30 PM Why Mass	7:30 PM Adoration Prayer Night in Ballinamore	Goodbye to our NET Ministry Team
Aughawillan	7:00 PM Mass	Charch	10:00 AM Mass	Charen	Church	9:30 AM Aughawillan NS Visit	Church 10:00 AM Mass School & Community	7:00 PM Mass
Corraleehan		9:45 AM Mass			10:00 AM Mass Followed by Adoration			
Aughnasheelin	8:15 PM Mass			10:00 AM Mass School & Community	11:00 AM - 12:00 NOON Adoration	9:30 AM Aughnasheelin NS Visit	7:00 PM Mass	8:15 PM Mass

COMMUNITY NOTES

<u>ATHLETIC CLUB</u>: Training Cross country Tues & Thur 10+ yrs St Felim's field. U10 Thurs only 7pm in The Den. Connacht Even Ages Cross Country in Enniscrone on Sunday 26th.

CIORCAL NA MBAN AUGHNASHEELIN EVENTS: Venue - Community Centre, Sat 1st Nov 9-11pm Pot Luck Halloween Party ~ Wed 22nd Oct Yoga classes from 7-8pm ~ Saturday mornings Drop in Arts and Crafts ~ Sat evening 5-8pm Saturday Supper Club ~ Thursday evenings 8-9pm Pickleball in Scouts Den.

ALZHEIMERS INFORMATION CAFÉ: open to everyone on the 4th Thursday of the month, 23rd of October from 11am to 1pm, Commercial Hotel, Ballinamore. For more information please contact Mary on 087 0024190.

<u>LIVING LIBRARIES</u>: Better Together Níos Fear Le Chéile project. People from State, Republican and Loyalist backgrounds will share their stories and perspectives. Listen, Engage, And Interact. Venue: Island Theatre, Dates: 21st & 28th Oct @ 7pm. No booking required, refreshments served.

BALLINAMORE CREDIT UNION: Josie Martin Scholarship deadline is extended until 31st October. All 3rd level students who are Credit Union Members can pick up an application form in Carrigallen and Ballinamore branches. BALLINAMORE HOSPICE COFFEE MORNING: will be held at John and Helena D'Arcy's home at Fohera Lane, on Sat 18th Oct 2025 between 12 and 2pm, (N41H951). All are welcome to support this very deserving cause and last year we raised €3000 with your very generous support. If you cannot attend and would like to make a donation by cheque, please make it payable to North West Hospice.

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 **SEAN O'HESLINS**: We wish Ballinamore the very best of luck in the Connacht Gold Senior Championship final which takes place at 3:30pm on Sunday 19th October in Pairc Sean MacDiarmada.

Parish Office Hours:

Open – Mon, Thurs & Fri 9am-4pm

Closed – Tue & Wed

Phone: 071-9644039

ballinamore@kilmorediocese.ie

REFLECTION

Lord, teach me to pray when I don't know how. Help me to find my voice in Your presence, so that I may pray with honesty. With every prayer, I know I move closer to You.

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 the editor reserves the right to edit or omit items according to suitability of content & space in the newsletter

ADDITIONAL PARISH AND COMMUNITY ITEMS

MASS OF CONSOLATION: for the bereaved takes place in Aughnasheelin church on Friday Nov 21st at 8pm.

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 27th October, 2025 after 7pm Mass in Prayer Room Ballinamore Church. All are welcome.

MONTH OF THE HOLY ROSARY: Pope Leo is asking Catholics, individuals, families and communities throughout the world to pray the rosary during this month of October for peace.

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.



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

<u>DIOCESAN JUBILEE YEAR OF HOPE PILGRIMAGE TO ROME</u>: There are still some places available on the forthcoming Diocesan Jubilee Year of Hope Pilgrimage to Rome from Thurs 20th to Wed 26th Nov 2025 which will be led by Bishop Martin Hayes. If you wish to book a place (or places) on the pilgrimage, contact Marian Pilgrimages in Dublin directly and as soon as possible on (01) 878 8159. Price: €1,855.00 per person sharing on half-board basis.

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.

<u>CAVAN FAMINE AIDS APPEAL</u>: 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, 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.je or phone 071 964 4039

<u>MARRIAGE ENRICHMENT WEEKEND</u>: Facilitated by members of the Council for Marriage and The Family. Our next upcoming Weekend in The Focolare Centre, Curryhills, Prosperous, Co. Kildare, Nov. 7th-9th, 2025. Register to attend at <u>www.marriageencounter.ie</u>. Open to all married couples.

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 or 087 7917000

COMMUNITY SERVICES HUB: every second Tues from 11am-1pm Tuesdays: 21st Oct, 4th & 19th Nov, 2nd, 16th & 30th Dec. *Basic First Aid Training* - Two basic first aid training courses available in the Den, Ballinamore on: Thurs 23rd Oct & Sat 1st Nov. €10 non-refundable booking fee. To book call 0894635009 or email managerpeaceimpact@gmail.com

BALLINAMORE LIBRARY FREE CLASSES AND EVENTS: Irish Classes for those new to Ireland: Every Tuesday 5-7pm. Improve your digital skills: Fridays 10-1pm. Build a stronger more mobile you: Fridays, 11-12pm. Friends of Breastfeeding Meeting: Every 2nd and 4th Tuesday of the month, 10-12pm. Ballinamore Writers Group: meet every Saturday at 10am. For details regarding any Free Library events please contact: 071-9650476.

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

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.

<u>AUGHAWILLAN BREAKFAST CLUB AND AFTERSCHOOL</u>: 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 to arrange drop off of donations. We're very grateful for all the support and thank you in advance.

<u>HEDGE CUTTING SCHEME</u>: 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 <u>roads@letirimcoco.ie</u> or phone 071-9620005 Ext. 630. **Closing Date is 30**th **Jan 2026.**

<u>MEITHEAL</u>: 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

<u>AN TOBAR NUA</u>: 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

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

CIORCAL NA MBAN AUGHNASHEELIN EVENTS:

- **★ Halloween Potluck Party & Fundraiser →** Community Centre
- Saturday, 1st November ② 9:00–11:00 PM Join us for a fun-filled evening and help raise funds for **Breast Cancer Ireland**. All are welcome—drop in and show your support!
- **Example 2** Christmas Community Social Page Community Centre Saturday, 13th December (after Mass) 9:00–11:00 PM. Enjoy music by Francie Smyth, finger food, and refreshments. Please spread the word, especially to older members of our community.
- □ Wellness & Learning Events Acupuncture & Massage Therapy Info Session

 Wednesday, 22nd November

 1 7:00 PM P Community Centre

Yoga Classes with Edel Quinn

Every Wednesday

7:00–8:00 PM

Community Centre, Bookings 086-6083516

- **%** Arts & Crafts Drop-In **■** Every Saturday Morning ▶ Community Centre
- **IDENTIFY and SUPPORT CITY OF STATE OF**
- Representation Pickleball Thursday Evenings ② 8:00–9:00 PM Personal Scouts Den (temporarily while Sports Hall is under renovation) Contact Katie at 086-0764824 to join

<u>AUGHNASHEELIN DEVELOPMENT GROUP</u>: We're delighted to announce that we've received funding for a **community notice board**, which will be installed in the coming weeks. This will be a fantastic resource for sharing information with residents and visitors alike. A warm welcome to all **new residents**—we hope you enjoy living in our wonderful community of Aughnasheelin!

<u>AUGHNASHEELIN NS RE-TURN BIN</u>: 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.

<u>WESTPORT AUTUMN ESCAPE</u>: Sat 25th – Mon 27th Oct 2025. **Organised group travel from Cavan.** Guided tour of the Westport & Achill region. Stories, shared dinners, outdoor activity - indoor relaxation! Enquire today: 087 061 7300 or book online: <u>awaytogether.ie/upcoming-tours</u>.

FAMILY CARERS IRELAND: are currently recruiting for Community Homecare Workers to provide support to our clients. Work hours are flexible based on your availability. Essential Requirements: Qualifications – QQI Care of The Older Person and Care Skills Modules completed, must have own car and Full Driving Licence. Please send your CV to jobs@familycarers.ie or contact Carol on 049 8511031 or 086 4183949 for more information.

<u>ALONE - VOLUNTEERS NEEDED</u>: ALONE are seeking volunteers for 1 hour per week, in your area. Full training and support provided. If interested, please sign up on https://alone.ie/volunteers/ For more information, please contact Collette directly on: collette.ferguson@alone.ie or on 086 1921505.

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

<u>FRIENDS OF BREASTFEEDING MEETING</u>: Every 2nd and 4th Tuesday of the month, 10-12pm. Ballinamore Library. All nursing mothers and toddler's welcome. Refreshments Served.

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

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.

<u>LIFE COACH</u>: 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 <u>transformationalyes@gmail.com</u> with a "Yes" and the name of your townland.

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

<u>AUGHAWILLAN N.S.</u> are now taking Enrolments for September 2025. Enrolment forms are now available by e-mailing: <u>aughawillanns@gmail.com</u> 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

<u>SENIORLINE</u>: 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.

<u>TEMPLEPORT SOCIAL SERVICES-DAY CENTRE:</u> 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.

<u>LEITRIM CALLING'- befriending visitation project</u> 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 or contact Claire @claire@volunteerleitrim.ie

<u>FAMILY CARERS IRELAND</u>: 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

<u>MUVE HEALTHCARE</u> 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 <u>www.muvehealthcare.ie</u>

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, **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 or call us on 01 670 5419. For more of what's to come at the Sanctuary www.sanctuary.ie