

## BALLINAMORE & DRUMREILLY LOWER PARISH NEWSLETTER

3<sup>rd</sup> March, 2024.

3<sup>rd</sup> Sunday of Lent

*Feast Days: 4<sup>th</sup> Mar St. Casimir, 6<sup>th</sup> Mar St. Colette, 7<sup>th</sup> Mar St. Perpetua & St. Felicity  
8<sup>th</sup> Mar St. John of God & St Senan, and 9<sup>th</sup> Mar St. Frances of Rome*

Office Phone: 071 9644039

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

Office Hours: Mon, Wed & Fri 9:30- 2:30 pm.

Fr. Seán Mawn P.P. Home 071 96 81992 Mob 087 686 9040

Tues & Thurs emails & messages

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

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

Fr. John Mc Mahon 049-4339610 Mob. 086-2126582 (Carrigallen)

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

**Ballinamore Church:**

Sat & Sun 11am, Mon 7 pm, Tues, Weds & Thurs 7:30 am & Fri 9 am

Sat 2<sup>nd</sup> Mar 11 am Confirmation

Sun 3<sup>rd</sup> Mar 11 am Micheal Sherkle (Tully)

Peter and Katie Roddy (Foxfield, Fenagh)

Molly Prior (Lisacarn) 2<sup>nd</sup> Anniversary and her son Micheal Prior (Tráthnóna) 4<sup>th</sup> Anniversary

Sat 9<sup>th</sup> Mar 11 am

Mary and Bernie McKiernan (Railway Terrace) and deceased members of the Casserley, Whelan, and McAndrew families.

Sun 10<sup>th</sup> Mar 11 am

Marie Flynn (Lahard) Months Mind

Brigid, William and Charles McWeeney (Longstone)

**Eucharistic Adoration:**

Fridays 9.30am –10.30am

**Eucharist Ministers:** 3<sup>rd</sup> Mar Evelyn Mchugh, Marian Sharpley & PJ McLoughlin 10<sup>th</sup> Brendan Sweeney & Eilis

O'Dell 17<sup>th</sup> Mar Michael Duignan & Peggy Ferguson 24<sup>th</sup> Mar Thomas Kelly & Gerard McCartin

**Ministers of the Word:** 3<sup>rd</sup> Mar Kay Maguire 10<sup>th</sup> Mar Ciara Creamer 17<sup>th</sup> Mar John Darcy 24<sup>th</sup> Mar Siobhan Dolan

**Door Collectors:** 3<sup>rd</sup> Mar Seamus Earley, Michael Fanning & Camillus Martin 24<sup>th</sup> & 31<sup>st</sup> Mar Group 9 Anne K

**CONFESSIONS AVAILABLE:** Saturdays after the 11am Mass in Ballinamore Church, and on request at any time.

**Aughnasheelin, St. Mary's Church:**

Fri 7pm & Sat 8:15 pm

**Mass Intentions**

Fri 1<sup>st</sup> Mar. 7 pm

Packie Joe & Brigid McCabe (Gubnaveigh) and deceased members of the McCabe family

Sat 2<sup>nd</sup> Mar 8:15 pm

Elizabeth and James Canning, Ann and Harry Sawyer, also Micheal Durkin and deceased members of the Canning family (Dernaheltabeg)

Fri 8<sup>th</sup> Mar 7 pm

John Packie McKiernan (Unshinagh) Months Mind

Sat 9<sup>th</sup> Mar 8:15 pm

Conor, Annie, Anthony, Ann and Bernadette McCaffrey (Mullinasella)

Sadie and Francie Mulvey, and their grandson Donnie Green, and all deceased Shanley and Mulvey family members.

**Stations of the Cross for Lent:** Fridays after 7pm mass.

**Eucharist Ministers:** 2<sup>nd</sup> & 9<sup>th</sup> Mar Seamus Prior & Margar't Mc Teigue 16<sup>th</sup> & 23<sup>rd</sup> Mar Sharon O'Dowd & Brendan Sammon

**Ministers of the Word:** Confirmation Class **Door Collectors:** Peter Flynn, Brendan Reynolds & Brian O'Dowd

**Corraleehan St. Brigid's Church:**

Wed 9:30 am & Sun 9:45 am.

**Mass Intentions**

Sun 3<sup>rd</sup> Mar 9:45 am No intention

Sun 10<sup>th</sup> Mar 9:45 am Tony McTague (London & Drumcromman) his parents Charlie and Babbie, and their daughters Mary, Carmel and Maretta McTague and all deceased family members.

Brigid and James Dolan (Garryflugh) and Tom Maguire (Ardmoneen) and deceased family members

**Eucharistic Adoration:** Wednesday 10 am to 4pm & 6pm to 8pm

**Eucharist Ministers:** Teresa Maxwell and Annie McManus **Altar Society:** Nell Prior and Bernie Dolan

**Ministers of the Word:** Helen McGovern & Sean McNiff **Door Collectors:** Gerry Meehan & Joseph McNiff

**Aughawillan St Patrick's Church:**

Weds & Sat 7pm

**Mass Intentions**

Sat 2<sup>nd</sup> Mar. 7 pm no intention

Sat 9<sup>th</sup> Mar. 7pm no intention

**Eucharist Ministers:** Pat Stringer and Breege Mc Cauley **Altar Society:** Michelle Dolan and Katie Meeken

**Ministers of the Word:** Doreen Flanagan and Donal Quinn **Door Collectors:** Paddy Deane and Gerry Flanagan

**BALLINAMORE PRAYER GROUP** 8 pm on Tuesday night at the Parish Centre. Come along and invite your friends.

**RECENT DEATHS:** Please pray for the Souls of all the Faithful departed. **May They Rest in Peace**

**EUCCHARISTIC MINISTERS - SUGGESTION:** if there are 2 or more Eucharistic Ministers, on a rota for the one mass might they be seated towards the front part of the church. It would be appreciated if ministers were to bow as they approach the altar and be in place at the end of the peace prayer just before the priest and congregation recite the Lamb of God. Thank you for your consideration and co-operation.

**DIOCESAN VOCATIONS RETREAT:** 8<sup>th</sup>/10<sup>th</sup> March takes place in Drumalis Retreat Centre, Larne. Contact Fr Ultan Mc Goohan- [umcgoohan@hotmail.com](mailto:umcgoohan@hotmail.com)

**WE WELCOME BISHOP MARTIN** to our parish this weekend. This Saturday the 2<sup>nd</sup> of March Bishop Martin will confirm 18 young people from our parish community at 11am mass in St. Patrick's church Ballinamore.

**PLEASE COLLECT YOUR TRÓCAIRE BOX IN EACH CHURCH**



**WAYS OF SUPPORTING the PARISH FINANCIALLY:** The traditional way to support your parish is by contributing through your weekly envelope collection. Thanks to all who do so, so generously each week. In recent times some people set up a SO/EFT to pay, please contact parish office at **071 964 4039 / ballinamore@kilmorediocese.ie**, 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 to light a candle in Ballinamore Church from anywhere, 24/7.

**150<sup>th</sup> ANNIVERSARY OF THE OPENING OF THE ORIGINAL St PATRICK'S COLLEGE:**

Tuesday 12<sup>th</sup> of March 2024 will mark the opening of this iconic building which served as a college (up to its relocation 2012) and now houses the **Kilmore Diocesan Pastoral Centre since 2005**. Bishop Martin Hayes will be the principal celebrant of a special Mass to commemorate this milestone anniversary in the Cathedral of Saints Patrick & Felim, Cavan on Saturday 16<sup>th</sup> of March 2024 at 11am. Further details will be announced in due course.

**BIBLE STUDY & LECTIO DIVINA IN LENT:** An introduction to the Gospel of St. John, followed by prayerful reading of Gospel passages led by Bishop Emeritus Leo O'Reilly, continues each Thursday 7.30-9pm. Course is in the Kilmore Diocesan Pastoral Centre, Cavan and concludes 21<sup>st</sup> Mar. All welcome, further info on **049 437 5004**.

**EXPLORING THE MASS:** A Lenten series with Bishop Martin and Kilmore Faith Development Team. Have you ever heard someone say, "I'm not getting much from Mass"? Maybe the real question is, "What am I contributing to Mass? Am I genuinely involved, or just an observer?" You are warmly invited to join a unique three-week online series of interactive discussions, personal stories, and an opportunity to ask questions. Please note change of dates **The sessions will run on Wednesdays, 28<sup>th</sup> Feb, 6<sup>th</sup> and 13<sup>th</sup> of March** sessions will start at 7:30 pm. for 1 ½ Hrs everyone is welcome, to register, please send your name and email address to [pastoralcentre@kilmorediocese.ie](mailto:pastoralcentre@kilmorediocese.ie)

**COMMUNITY NOTES**

**ATHLETIC CLUB:** Training Tuesday & Thursday at 7 pm. The Leitrim Sports Partnership Sports Hall Athletics Competition is in the Sports Hall on Thurs March 7<sup>th</sup> for some schools & Tues March 12<sup>th</sup> as advised by LSP

**AUGHNASHEELIN DEVELOPMENT GROUP FUNDRAISING TABLE QUIZ:** in the Community Centre Mon 18<sup>th</sup> Mar at 5pm suitable for all ages, so maybe take a family table or a few neighbours – tables 5 max for €40, all funds to go towards the development group. It will be a good community evening so please come along on the night.

**CIÓRCAL NA mBAN:** We had a great first meeting. Next meeting Tues 5<sup>th</sup> Mar 7pm before the flower arranging workshop with Ruby's Mill at 8pm. Places available, if interested contact Louise **0861925895** / Shirley at **0866083516**.

**A BOOK CLUB:** has started in the area. We will meet monthly if you are interested in joining, contact **086 608 3516**

**MENOPAUSE MASTERCLASS:** Are you curious about what's going on inside your body and why you're having symptoms? Do you want to understand about treatment Choices and how nutrition and lifestyle can help, why not join Maj Cunningham (Pharmacist & Menopause Specialist), Ballinamore Library Wed. 6<sup>th</sup> March 2024 at 11am

**THE WRITE WAY WORKSHOP:** with Best-selling author Nicola Kearns, Sat. 23<sup>rd</sup> March, 10 am-5 pm, in The Junction Arts Centre Ballinamore. Whether you are a novice writer or seeking to enhance your existing skills, this course offers the inspiration and guidance to turn your writing ambitions into reality. **COST:** €110. €30 deposit secures place. To Book: Ring Michael at **085 8535115** or book online at [www.leitrimartschool.ie](http://www.leitrimartschool.ie)

**ARE YOU AN ADULT CONSIDERING EDUCATION?** The Leitrim Adult Educational Guidance Service will be in the Ballinamore Library, Thurs March 7<sup>th</sup> from 10.30am - 3.30pm to answer your questions, just come along on the day.

**ST MARY'S NS, DRUMLEA:** are accepting enrolment applications from Monday 26<sup>th</sup> of February. Applications forms available on our website [drumlea.com](http://drumlea.com) or via email from [office@stmarysdrumlea.com](mailto:office@stmarysdrumlea.com)

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

**BALLINAMORE BADMINTON CLUB:** Tues at 8pm Ballinamore Sports Complex. €3 per night, PAYG. All welcome.

**THE DRUMSHANBO TRADITIONAL IRISH MUSIC COURSE:** Presents A Charity Music Concert, Ceol ó Chroí - Music from the Heart in the Mayflower, Drumshanbo, on 8<sup>th</sup> March at 8pm. Funds raised from the concert will go to supporting local charities:- St Vincent de Paul Drumshanbo, North West STOP, Sligo Cancer Care Service and The Capuchin Day Centre. Tickets E10 on the door, u 12s free. Tickets can be bought via Eventbrite or on the door. Donations can be made through iDonate Toni McLoughlin **087 227 2624**

**ISLAND THEATRE - UPCOMING EVENTS:** March 16<sup>th</sup> 8pm - The Empty Nest (play) by Oisín Flores Sweeney, **March 21<sup>st</sup> 8pm - Pat & Faye Shortt 'Knuckle Down' (comedy)**, March 24<sup>th</sup> 2pm - Born to be Wild (children's show). Tickets and more info available at [www.islandtheatre.ie](http://www.islandtheatre.ie)

**THE 42<sup>nd</sup> ANNUAL BALLINAMORE DRAMA FESTIVAL:** begins in the Island Theatre, Ballinamore, on Sat 2<sup>nd</sup> Mar. The festival runs for nine nights, starting at 8pm, and ends Sun 10<sup>th</sup> Mar. Season Tickets €60 for the 9 nights, on sale in Murphy's shop, St. Brigid Street, or at the ticket office. Admission nightly is €10. Your support is much appreciated. **MONAGHAN INSTITUTE'S OPEN EVENING** takes place on Tuesday 5<sup>th</sup> March 11am -7pm. Meet our staff team and learn more about studying with us in September 2024. Browse courses and apply now @ [www.monaghaninstitute.ie](http://www.monaghaninstitute.ie).

**GARDENING COURSES STARTING IN BALLINAMORE ETB CENTRE:**

**QQi Level 4 Growing Vegetables** Wed. from 10am-2pm. **QQi Level 3 Trees & Shrubs** Thurs. from 10am-2pm.

Courses are free to everyone over 18. To register call or just call up to Seamus **087 916 8087**.

**SEAN O'HESLINS – MONTHLY DRAW:** Tickets for February's monthly draw are available and can be purchased from Smyth's, Priors, Murphy's, Fresh today, and Phillip Farrelly and online. €550 in prizes, all support is appreciated.

**SENIOR SCÓR** Leitrim Co Finals of Scór Sinsear takes place Sat. 23<sup>rd</sup> March in Drumshanbo. The club needs to be represented in all different competitions. All interested should contact Seán Ó Súilleabháin at **087 6821566**

**REFLECTION**

Life is like a song. Which tune are you singing?

**SING TOGETHER at the ISLAND THEATRE** Monthly drop-ins **11am-12.30pm**. Pay as you go/can. Next date is **23<sup>rd</sup> March & 20<sup>th</sup> April 2024**. Call Sarah for more information **087 762 0523** / [sarah@sarahgarden.ie](mailto:sarah@sarahgarden.ie). Everyone is welcome and you don't need to be an experienced singer, this is a chance to sing songs from every genre.

**IRISH CONVERSATION CLASSES**. The Ciorcal Comhrá, or Irish Conversation Circle in Ballinamore Library is on Tues. 8 pm. Different levels/classes apply. Admission free. Ring or text **087 682 1566** to book.

**TIN WHISTLE LESSONS**: Fridays at 7pm for beginners and intermediate/advanced children. All newcomers welcome. Classes in Sean O Heslins GAA clubroom for more information contact Sarah at **083 483 5881**

**MONAGHAN INSTITUTE'S OPEN EVENING** takes place on Tues. 5<sup>th</sup> March 11am -7pm. Meet our staff team and learn more about studying with us in September 2024. Browse courses and apply now @ [www.monaghaninstitute.ie](http://www.monaghaninstitute.ie).

**TEMPLEPORT DAY CENTRE** resumes on Wednesdays. Usual transport arrangements, new members welcome. Looking forward to seeing you all again.

**GENTLE EXERCISE CLASS**: movement to music & stretching suitable for older adults. Thurs 10am in Ballinamore Old Primary School (beside the old convent, pedestrian crossing & new national school). All welcome.

**DANCE FIT & TONING CLASS**: Mondays at 8pm in Ballinamore Community Hall, and Wed. 6.30pm in Ballinamore Old Primary School, fun exercise class with Michelle Fanning. For further information contact **087 939 0980**.

**CORLOUGH LINE DANCING**: Tuesdays in Corlough Community Centre at 8pm, admission €7 all welcome.

**CALLING ALL TUTORS!** Leitrim Dev. Company are creating an up-to-date list of tutors and speakers, who are available to offer courses, talks and workshops on many subjects. If you would like to be added to the list for 2024, please email your name, contact information (phone & email) and a brief description of what you do to [annamctiernan@ldco.ie](mailto:annamctiernan@ldco.ie) Community Groups will contact you directly to make arrangements for course/talks.

**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).

**5 STEP SUPPORT SERVICE**: Are you affected by the misuse of alcohol or other drugs by another individual? 5 Step Support can help you; it is a free, non-judgemental, one-one consultation service. Putting your needs and wellbeing first, helping you manage stressful, difficult and emotional issues. For more information please contact **071 915 0578/085 875 9319** or email [sligoleitrim@alcoholforum.com](mailto:sligoleitrim@alcoholforum.com) you don't have to be addicted to suffer from addiction!

**GENTLE REMINDER**: to update your church contributions for 2024. Offertory contributions for the upkeep of your church are made payable to the local church. All Dues contributions towards salaries for priests are made payable to Ballinamore Catholic Church 2 ACC

**REMAINING DATES DIOCESE OF KILMORE PRE-MARRIAGE COURSE 2024** Friday 12<sup>th</sup> April '24 7.30pm – 10 pm Sat. 13<sup>th</sup> April 10 am – 5 pm. Fri 11<sup>th</sup> Oct. 7.30pm – 10 pm & Sat 12<sup>th</sup> Oct. 10 am – 5 pm \*It is planned that the above courses will take place Face to Face. Courses will take place in the Pastoral Centre, Cullies, Cavan, H12 E5 C7. To book a course please log on to: [www.accord.ie](http://www.accord.ie)

**BOOKING ANNIVERSARIES 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 donation is 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**

**TOTUS TUUS MAGAZINE** is a Catholic magazine, full of articles from Irish priests and laity, which aims to highlight the beauty and joy of our faith. It is now in its 7<sup>th</sup> year and is run by donations. If you haven't come across Totus Tuus Magazine and would like a free copy please contact Fiona Kiely on **086 876 0058**.

**CAREER IN CARING FOR THE ELDERLY**: Home Instead are always looking to recruit Caregivers. Whether you can work a couple of hours a week or want to work full time, we would like to hear from you. Experience and FETAC/QQI level 5 qualification in healthcare is an advantage but not compulsory as training is provided. Please contact Seyi or Ciara on **(071) 9317051** or [recruitment-admin.sligo@homeinstead.ie](mailto:recruitment-admin.sligo@homeinstead.ie) for more information.

**ALONE IS LOOKING FOR VISITATION VOLUNTEERS**: in your area to make befriending visits to older people looking for extra social contact for 1 hr per week. **\*Volunteers needed\*** would you provide companionship visit or make friendly calls to Older People once a week for an hour or two? ALONE are seeking volunteers in your area. Full training and support provided, if interested please sign up here: <https://alone.ie/volunteers/> for more information, contact Sinead on [Sinead.Flanagan@alone.ie](mailto:Sinead.Flanagan@alone.ie) on **086 192 1505** and leave a message with your name and contact number and I will phone you back.

**CALLING PIONEERS & FRIENDS TO THE 25<sup>th</sup> PIONEER NATIONAL BALL**: An evening of celebration and fun on Sat. April 6<sup>th</sup>. Mass at 6pm in the Cathedral of Christ the King, Mullingar, followed by special guest speaker, dinner, music and dancing at the Annebrook House Hotel, Mullingar. Extra activities on Friday night and Saturday and Sunday afternoons. For details/ tickets contact Dermot Fagan **085-7201646** or Daisy Carey **087-6544626**



# DIOCESAN VOCATIONS RETREAT

“Do you  
love me?  
Feed  
my Lambs,  
look after my  
Sheep”

Come join us as we'll help you  
discern and answer the call of God's love in you.

**8th-10th March @Drumalis Retreat Centre, Larne**

for more information email Fr. Ultan McGoohan -  
[umcgoohan@hotmail.com](mailto:umcgoohan@hotmail.com)



## SANTIAGO DE COMPOSTELA

**CAMINO 2024:** Join Focus Ireland ‘In the Footsteps of St James’ on a fully guided walk from Sarria to Santiago de Compostela along the Camino de Frances and help support families in our community’s facing homelessness. Dates 27<sup>th</sup> May – 3<sup>rd</sup> June. Ex Dublin. Contact Monica on **087 954 7007** or email [events@focusireland.ie](mailto:events@focusireland.ie) for details and bookings.

## MEDJUGORJE IRISH CENTRE

**PILGRIMAGES APRIL - OCT 2024:** 7 Nights B&B from €273 per person sharing. Airport transfer available on request. Contact us for details Tel. **01 4434510** Medjugorje: **00387 36 651 518** Ireland: **00353 1 443 4510** or email: [reservations@med-irishcentre.com](mailto:reservations@med-irishcentre.com) and Website: [www.med-irishcentre.com](http://www.med-irishcentre.com)

**CALLING ALL 18 30 YEAR OLDS!** Do you want to explore your faith with other like-minded young people in a beautiful and reflective location? Join us for a Retreat for Young Adults at Lough Derg, Pettigo County Donegal on Saturday 27<sup>th</sup> April 2024 from 10am to 4pm. Refreshments and Lunch provided. This Retreat is organised by The Knights of St Columbanus Omagh and is free of charge. To Register please visit [tiny.cc/loughderg](http://tiny.cc/loughderg) or Email

[info@knightsfstcolumbanusomagh.co.uk](mailto:info@knightsfstcolumbanusomagh.co.uk)

# BALLINAMORE DRAMA FESTIVAL

The 42<sup>nd</sup> annual Ballinamore Drama Festival commences in the Island Theatre, Ballinamore, on Saturday night, 2<sup>nd</sup> March. The festival runs for nine nights, starting at 8pm and closes on Sunday March 10<sup>th</sup>. Season Tickets, for €60 for the 9 nights, are on sale in Murphy's shop, St. Brigid Street, or at the ticket office. Admission nightly is €10.

Our adjudicator this year is Declan Drohan (ADA). Declan Drohan M.A. H.Dip.Ad.Ed teaches on the B.A. in Performing Arts and the M.A. in Creative Practice at ATU Sligo. He trained at the Gaiety School of Acting, and with Michael Chekhov Europe. He is co-director of Chekhov Training and Performance Ireland, and serves as a director of the Glens Centre Manorhamilton.

There are four groups, from Pomeroy, Tubbercurry, Enniskillen and Glenamaddy, competing in the Confined Section and five groups from Carrigallen, Dalkey, Clontarf and two from Wexford, in the Open Section.

## Saturday 2<sup>nd</sup>:

Our Neighbours Corn Mill Theatre Group, Carrigallen open the Festival with Robert Scott's 'According to Rumour'

## Sunday 3<sup>rd</sup>:

Dalkey Players, Dublin perform 'The Crucible' by Arthur Miller.

## Monday 4<sup>th</sup>:

Pomeroy Players, Tyrone present 'There Came a Gypsy Riding' by Frank McGuinness

## Tuesday 5<sup>th</sup>:

Phoenix Players, Tubbercurry, perform 'Animal Farm' by George Orwell (Adapted by Ian Woolridge)

## Wednesday 6<sup>th</sup>:

Enniskillen Theatre Group, Fermanagh, stage 'There Lonesome West' by Martin McDonagh

## Thursday 7<sup>th</sup>:

Clontarf Players, Dublin, perform 'Radium Girls' by D. W. Gregory

## Friday 8<sup>th</sup>:

Wexford Drama Group, Wexford, bring us 'How I Learned to Drive' by Paula Vogel

## Saturday 9<sup>th</sup>:

Ballycogley Players, Wexford perform 'Out of Order' by Ray Cooney

## Sunday 10<sup>th</sup>:

The Festival concludes with the Glenamaddy Players, Galway performance of 'The Outgoing Tide' By Bruce Graham.

We look forward to welcoming all our patrons to another enthralling festival week.

# giveblood.ie

**Support your local blood clinic!**

Errigal House Hotel  
Cootehill

Thursday 7<sup>th</sup> March, 2024

From 3:45pm – 8:00pm

Give blood, save lives.  
**#WeCountOnYou**

Call **1800 222 111** to book an appointment.  
Check your **eligibility** at [giveblood.ie](https://giveblood.ie)

*Follow us for more updates and news*



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# KNIGHTS OF ST COLUMBANUS LOUGH DERG RETREAT FOR YOUNG ADULTS

(18 to 30 year olds)

**SATURDAY 27 APRIL 2024  
10AM-4PM**

*With guest speakers, inspirational talks, reflective time and concluding with the celebration of Mass.*



**EVENT FREE OF CHARGE**

TO REGISTER PLEASE  
SCAN THE QR CODE



For further information please contact  
[info@knightsofstcolumbanusomagh.co.uk](mailto:info@knightsofstcolumbanusomagh.co.uk)

# Is there a **Mental Health Peer-Supporter** available in your club or association?

Cycle Against Suicide's **free\*** online Mental Health Peer-Support Training equips the everyday person with the step-by-step tools to give mental health support to their peers.

**Train in Mental Health Peer-Support with Cycle Against Suicide to:**

- ♦ Gain a better understanding of what peer-support is and its role in maintaining good mental health within our communities.
- ♦ Learn how to use peer-support if someone in your club, association or community needs mental health support.

## **Become Your Club/Association's Mental Health Peer-Supporter!**

For dates and times of training, or to express interest email:  
[training@cycleagainstsucide.com](mailto:training@cycleagainstsucide.com)

Or register directly online with this QR code or at:

**[www.cycleagainstsucide.com/community-buddy/](http://www.cycleagainstsucide.com/community-buddy/)**



**"It's OK not to feel OK, and it's absolutely OK to ask for help."**

\* Offered free of charge to any community volunteer who is over 18 and a non-healthcare professional, such as volunteers of local community clubs or associations, sports clubs, book clubs, arts clubs, Tidy Towns, Men's Sheds, parents' associations, residents' associations, and any group dedicated to engaging in their community's health and wellbeing.