	BALLINAMORE & DRUMREILLY LOWER PARISH NEWSLETTER
	orld Day of the Sick & Day of Prayer for Temperance. 6th Sun OT
Feas	t Days: 14th Ash Wednesday, 17th St Fíntan, & Flíght ín to Egypt.
	16th is World Day of Prayer for Survivors & Victims of Sexual Abuse
Office Phone:	071 9644039 Website: ballinamoreparish.com
Office Hours: Mon,W	/ed & Fri 9:30- 2:30 pm. Fr. Seán Mawn P.P. Home 071 96 81992 Mob 087 686 9040
Tues & Thurs	• • •
Email: <u>ballinamore@</u>	
	nurchtv.ie Select Leitrim, then Aughawillan, Aughnasheelin, Ballinamore or Corraleehan
Ballinamore Church:	
Sat 10 th Feb 11 am Sun 11 th Feb 11 am	Padraig Flanagan (Church Street), and his parents Rita and John James Flanagan (Lisacarn) Annie and Jimmy Flanagan (Tráthnóna)
Sull II Feb II alli	Paddy and Rosaleen Joyce (Anville Court) and all deceased members of the Joyce and
	Cosgrove families
Mon 12 th Feb 7 pm	Annie and Jim Fox, and all deceased members of the Fox and Flood families
Wed 14 th Feb 7:30 an	
Sun 18 th Feb 11 am	Eithna and Paddy Smyth (High Street)
Tue, Wed & Thurs	7:30 am Mass
Eucharistic Adoratio	
	11 th Patricia McGoldrick, Marian Quinn & Leigh Murphy 14 th Feb Deirdre Harvey & Padraig
	omena Earley, Mary McWeeney, & Aileen Wisley 25th Michael Darcy, Maeve Sharpley & PJ
Door Collectors:	11 th & 18 th Feb Damien O'Brien, Andy O'Rourke & Rory O'Rourke. 25 th Feb & 3 rd Mar
CONFESSIONS AVA	Seamus Earley, Michael Fanning & Camillus Martin. ILABLE: Saturdays after the 11am Mass in Ballinamore Church, and on request at any time.
Aughnasheelin, St. N	
	iary's church. Fit / pitt & Sat 6.15, Ash web 8.15 pitt
Mass Intentions Fri 9 th Feb 7 pm	Micheal McCabe (Pottore)
Sat 10 th Feb 12 pm	
Wed 14 th Feb 8:15 pr	
-	Terence Joe Boyle (Tullybawn) his parents Terence and Brigid Boyle and all deceased Family
·	Aidan McTeigue, his daughter Mary McDermott, and his sisters Rita and Maisie, and all
	despessed members of the MaTeigue family
	deceased members of the McTeigue family.
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MASS for TEMPERANCE SUNDAY & WORLD DAY of PRAYER for the SICK: today at 11am on RTÉ TV & Radio. WAYS OF SUPPORTING THE PARISH FINANCIALLY: The traditional way of supporting your



WAYS OF SUPPORTING THE PARISH FINANCIALLY: The traditional way of supporting your parish is contributing through your weekly envelope collection. Thanks to all who do so so generously each week. If you haven't picked up your box of envelopes please do so as soon as you can. If you are new in the parish and would like to contribute please contact parish office on 071 964 4039 email address ballinamore@kilmorediocese.ie. In recent times some people prefer to set up a standing order and pay in that way, again contact parish office for details. OUGHTERAGH & LOWER DRUMREILLY PARISH: Scan the QRcode with your smart phone, https://churchtv.ie/ and follow the links for your Church to make a donation. The light a candle feature allows you to light a candle instantly in Ballinamore Church from anywhere, 24/7.

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 you don't have to be addicted to suffer from addiction! **REFLECTION ON LENT:** The liturgical use of ashes originated in the Old Testament times. Ashes symbolized mourning, mortality and penance. Jesus made reference to ashes, "If the miracles worked in you had taken place in Tyre and Sidon, they would have reformed in sackcloth and ashes long ago" (Matthew 11:21). In the Middle Ages, the priest would bless the dving person with holy water, saving, "Remember that thou art dust and to dust thou shalt return." The Church adapted the use of ashes to mark the beginning of the penitential season of Lent, when we remember our mortality and mourn for our sins. In our present liturgy for Ash Wednesday, we use ashes made from the burned palm branches distributed on the Palm Sunday of the previous year. The priest blesses the ashes and imposes them on the foreheads of the faithful, making the sign of the cross and saying, "Remember, man you are dust and to dust you shall return," or "Turn away from sin and be faithful to the Gospel." As we begin this holy season of Lent in preparation for Easter, we must remember the significance of the ashes we have received: We mourn and do penance for our sins. We again convert our hearts to the Lord, who suffered, died, and rose for our salvation. We renew the promises made at our baptism, when we died to an old life and rose to a new life with Christ. Finally, mindful that the kingdom of this world passes away, we strive to live the kingdom of God now and look forward to its fulfilment in heaven.

EXPLORING THE MASS: A Lenten series with Bishop Martin and Kilmore Faith Development Team. Ever wondered about the reasons behind our actions during Mass? Curious about the true significance of the origins of the Mass itself? 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 Bishop Martin and members of the Kilmore Diocesan Pastoral Development Team on a unique three-week online series to explore these questions and more with videos explaining the different parts of the Mass, interactive discussions, personal stories, and an opportunity to ask questions. **The sessions will run on three Tuesday evenings: February 27th, March 5th & 12th** 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

PLEASE COLLECT YOUR TROCAIRE BOX IN EACH CHURCH

COMMUNITY NOTES

AUGHNASHEELIN FOROIGE CLUB: are holding a fundraising raffle. Raffle lines are €2 per line or 3 for €5. Club members will be outside Tesco in Ballinamore on Sat. 10th Feb from 10 am, selling lines. All support is appreciated. **SOCIAL DANCE AUGHNASHEELIN COMMUNITY CENTER**. Fri 16th Feb. Music by John Molloy. Dancing from 9:30 to 11:30. Refreshments served.

BALLINAMORE ATHLETIC CLUB: Training Tues. & Thurs. 7 pm, new members and 2024 renewals each evening. Leitrim under 7 to under 14 Indoor Championships in Carrick Sports today.

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.

BACC CLG - "Better Together – Níos Fearr Le Chéile" require a Part-Time Administrator 14 hours per week. Ability to create Cheque Journals/Accurate Bank Reconciliations/Funding Claims essential. Please email your Letter of Application and Curriculum Vitae to mairinmartin26@gmail.com closing date 16th February 2024.

DESKTOP PUBLISHING COURSE – STARTING FEB. 26th: Mohill Computer Training is now accepting registrations for its P/T 4-week QQI Level 4 Desktop Publishing course. Ideal for new and intermediate computer users preparing for employment or simply looking to upskill. Learn to create stunning publications such as Logos, Business Cards, Invitations, Flyers and Newsletters. Register by calling **071 9632024** or emailing Feargal feargalodonaile@msletb.ie

GARDENING COURSES STARTING IN BALLINAMORE ETB CENTRE:

QQi Level 4 Growing Vegetables every Wed. 21st from 10am-2pm. QQi Level 3 Trees & Shrubs every Thurs. 22nd from 10am-2pm. Courses are free to everyone over 18. To register call or just call up to Seamus 087 916 8087.

SET DANCING CLASSES: Shortts Bar on Thursdays, call 086 850 6696 for more information.

SEAN O'HESLINS – Membership 2024: is now open on the Foireann website. 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 money up for grabs. Your support with the draw is greatly appreciated. REFLECTION

Heavenly Father, I know that I am not perfect and that I will face temptations in this life. Please give me the strength to resist these temptations and follow your will. Amen

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

<u>AUGHAWILLAN NS</u>: Enrolling for Sep '24, to get Enrolment forms contact **071 9644246** / aughawillanns@gmail.com <u>AUGHNASHEELIN SOCIAL DANCING CLASSES</u> Wed. 8pm in the Community Centre, lots of dances. All welcome. <u>LEITRIM VOLUNTEER CENTRE OUTREACH OFFICE</u>: based in The Island Theatre Ballinamore, working with volunteers and organisations to promote and enhance volunteering across Leitrim. For more information and to register your group or as an individual contact Claire on **087 769 6514** or e mail claire@volunteerleitrim.ie

ISLAND THEATRE - UPCOMING EVENTS: Upcoming Events are as follows: Feb 13th, 14th, 16th & 17th 7.30pm- The Wizard of Oz (children's musical) March 2nd to 10th 8pm - Ballinamore Drama Festival, March 16th 8pm - The Empty Nest (play) by Oisin Flores Sweeney, March 21st 8pm - Pat & Faye Shortt 'Knuckle Down' (comedy), March 24th 2pm - Born to be Wild (children's show). Tickets and more info available at www.islandtheatre.ie 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 and Website: www.med-irishcentre.com SING TOGETHER at the ISLAND THEATRE Monthly drop-ins 11am-

SING TOGETHER at the ISLAND THEATRE Monthly drop-ins 11am-12.30pm. Pay as you go/can. Dates 27th Jan, 24th Feb, 23rd March & 20th April 2024. Call Sarah for more information 087 762 0523 / sarah@sarahgarden.ie. Everyone is welcome and you don't need to 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



BREIFNE HISTORICAL SOCIETY: Host a Lecture on Thurs. Feb. 22nd in Cavan Library at 7pm. Dr Eileen Murphy (Belfast) talks about "Children's burial grounds (Cillini) and the early modern religious landscape". Free event, all welcome.

<u>CORLOUGH LINE DANCING</u>: Tues 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 Community Groups will contact you directly to make arrangements for course/talks.

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

FREE HORTICULTURE COURSE (QQI Level 4) F/T Horticulture Course commencing on the 26th Feb. Drumshanbo for 45 weeks. Training Allowance available. Contact Linda on **086 2031664** or email LindaLogan@msletb.ie **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**. **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

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 or phone 071 964 4039

150th ANNIVERSARY OF THE OPENING OF THE ORIGINAL St PATRICK'S COLLEGE: Tuesday 12th of March 2024 will mark the opening of this iconic building which served as a college (up to its relocation to the new college building in 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 16th of March 2024 at 11am. Further details will be announced in due course. **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.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 be willing to 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: <u>https://alone.ie/volunteers/</u>

NATIONAL STEERING COMMITTEE OF THE CATECHISM OF THE CATHOLIC CHURCH ADULT STUDIES:

Our Catechism Youcat Workshop for 2024 takes place on Saturday 10th February at Our Lady's Shrine Knock with Spiritual Director: Fr. Vincent Twomey for more info please see the poster at the back of the Church. To book please contact: Máirín Ní Shúilleabháin B.A. Div. Coordinator, at mairin991@gmail.com Tel. Mob 087 795 0325

THE REPORT ON THE RESPONSES FROM PARISH MEETINGS OF AUTUMN 2023: has been made available to parishioners and can be found on the Diocesan Website www.kilmorediocese.ie it is accompanied by a Message from Bishop Martin indicating immediate next steps in response to the Report.

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 7th 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**.

February workshops coming up, if you would like to find out more information about any of our upcoming courses, please email equiries@sanctuary.ie or call us on 01 670 5419.

See some of our upcoming courses below:

- 1. Transitioning into Spring with Riana Walsh on site at The Sanctuary this Saturday 10th February 10am -1pm
- 2. Begin Again Reconnect with Mindfulness Practice with Mary Jennings onsite at The Sanctuary 4 week course starting 13th Feb at 6.30pm
- 3. Yoga Nidra with Anna onsite at The Sanctuary Thursday 8th February 7-8pm
- 4. Singing Bowl Workshop with Simone Meschnig onsite at The Sanctuary Saturday 17th February 10am 2.30pm
- 5. Mindfulness Based Living Course Ciara Holland onsite at the Sanctuary starting Tuesday 19th March at 7pm

Check out more information on these courses through the links below or visit our website www.sanctuary.ie