

# Mountrath Ballyfin Online Newsletter

28<sup>th</sup> April 5<sup>th</sup> Sunday of Easter

Friday 26<sup>th</sup> April 2024 Confirmation Day

A very special thank you to everyone involved in our beautiful Confirmation ceremonies in Mountrath and Ballyfin yesterday.

Please God, I'll have some pics to include in next week's edition of my online Newsletter. If you have some pictures of the day and you would like me to publish them just forward them to me

To [jmbrophy2@gmail.com](mailto:jmbrophy2@gmail.com)

This Thursday

## Class of 1990 Table Quiz.

"Bridigine Class of '90" host Table Quiz  
in St. Philomena's Hall 's on Thurs. 2<sup>nd</sup> May  
Table of 4 € 40.00 - Comm. at 8.00 pm.

# Barnashrone NS Golf Classic

*Friday 17th May  
Portarlinton Golf Club  
Tee times from 9am*



**Team of 4 - €300**

**-Includes golf, lunch and a chance to win  
some lovely golfing gear**

**Special Prize on the day - Dinner for 2 in  
Ballyfin House with horse and carriage  
tour of the grounds**

**Contact Aileen @ (087)9896923 via  
Whatsapp to book in!**





**The Class of 1990  
Restoration Project**

# **TABLE QUIZ**

**ST. PHILOMENA'S HALL  
MOUNTRATH**

**THURSDAY 2ND MAY @8PM**  
**( DOORS OPEN 7.15PM)**

**TABLE OF FOUR €40**

Quiz  
time

**TROPHIES AND CASH PRIZES TO BE WON !!**

**MONSTER RAFFLE !!**

**PRIZES GALORE !!**

**Book Now on Eventbrite and  
on [1990restproject@gmail.com](mailto:1990restproject@gmail.com)**

**Barnashrone National School  
Barnashrone  
Mountmellick  
Co Laois**

**Are raising money through a  
clothing reuse scheme.  
We need your unwanted clothes!**

*We accept:*

**Men's Clean Clothing  
Women's Clean Clothing  
Children's Clean Clothing  
Paired shoes  
Handbags  
Belts  
Curtains  
Bed linen**

*We cannot accept:*

**Dirty or wet clothing  
Single shoes  
Off cuts of material  
Duvets or Pillows  
Carpets or rugs  
Uniforms**

**The more bags we collect the more money we raise for  
our school.  
so please fill as many bin bags as you can!**

**Return to: Barnashrone NS**

**before Monday 29<sup>th</sup> April**

**You have 2 weeks to have a good clear out!**



*If you wish to contribute directly through your Bank account  
to Parish funds*

*Here are our Bank Account details*

**Ballyfin Parish** - (A.I.B. Portlaoise Branch)

Lyster Square, Portlaoise.

Name of Account - Ballyfin Parish Pastoral Council

IBAN - IE44 AIBK 9332 7900 203030

BIC. - AIBKIE2D

**Mountrath Parish - Bank Account Details**

(Bank of Ireland) (Portlaoise Branch)

Name - Mountrath Parish Current Account -

Account number - 7274 7250

IBAN - IE93 BOFI 9018 2972 7472 50 -

BIC. - BOFIE2D

**If contributing to Parish directly through our bank account please include your own  
name as the reference.**

**Thank you for your generous support of Mountrath and Ballyfin Parishes**

# Mountrath Ballyfin Parish News 28<sup>th</sup> April '24

St. Fintan's Parish, Mountrath – Ballyfin

5<sup>th</sup> Sunday of Easter

## A Note from Bishop's House

### Re. Baptism Team Training

A training day for baptism teams will take place in the Cathedral Parish Centre, Carlow from 10 am - 4 pm on Sat. 25<sup>th</sup> May. Tea/coffee will be provided throughout the day. Those coming are asked to bring a packed lunch. The day will explore the why of a baptism team, what happens at the celebration of baptism, what does a baptism team do and the different models of working well as a baptism team. Practical handouts will be provided to participants.

If your parish intends to send people to this training please register with Christine at [fds@kandle.ie](mailto:fds@kandle.ie) giving 1) the name of your parish 2) how many people are coming and 3) a contact name and their contact details for the group.



Radio Maria Ireland presents...

## THE MIRACLE OF OUR LADY OF FATIMA

The Story that Touched the Hearts of Untold Millions.

Registered Charity Number: 2026307

Date: Fri, 17th May  
Time: 7:30pm  
Venue: Balcony Cinema  
Mountmellick,  
Laois, R23 WP68

Join us for a chance to win fantastic prizes!

**GRAND PRIZE**  
Package to Medjugorje for one person

Event Cost: €10 pp (suggested donation) paid at the door!  
(Price includes raffle draw)

**Fundraiser in aid of Radio Maria Ireland.**  
Can donate through QR code or via website down below  
(Reference: Fatima Cinema Fundraiser)

Antoinette: 086 080 3047  
Email: [promoter@radiomaria.ie](mailto:promoter@radiomaria.ie)  
Website: <https://www.radiomaria.ie/donations/>

827831 - LIMITED PLACES - BOOK TODAY! 827831

## Ballyfin Community Alert Seniors Alert Scheme

Grant aided personal 24/7 personal monitored alarms help people aged 65 and over to live securely in their homes with peace of mind. If you know a family member, friend or neighbour in Ballyfin or Laois area who may qualify please contact Sheila on 086 1570145 for information/application form.

## Arranging Anniversary Mass or Month's Mind Mass

The traditional way of arranging an Anniversary Mass remembrance was by visiting the Sacristy before or after Mass and making the necessary arrangement with the priest, who wrote the intention into the Anniversaries Diary, there and then.

However, since Covid this practice has changed.

Arrangements for Anniversary Mass remembrances and Month's Mind Masses are, more often than not, now arranged by email, text message, whatsapp, by phone, among many other ways. Which is great.

On the down-side, it can be quiet difficult to keep track of all these ways. - Sometimes emails can go to folders on the computer other than the main folder and are not seen straight away. The same can apply to text messages and Whatsapp messages. This can cause a problem when I have no knowledge of these emails / messages coming in and are sometimes not detected at the time.

*Can I ask you -*

if you send me an email, text message or a message on Whatsapp, or any way, other than visiting the Sacristy, requesting an Anniversary Mass remembrance or arrangements for a Month's Mind Mass and don't hear from me or don't see the relevant name / names in the Newsletter, please give me a call on 087 241 1594

### Class of 1990 Table Quiz.

"Bridigine Class of '90" host Table Quiz in the St. Philomena's Hall 's on Thurs. 2<sup>nd</sup> May  
Table of 4 € 40.00 - Comm. at 8.00 pm.

The class of '90 appreciate your generous support of this event.

Book on Eventbrite and on [1990restproject@gmail.com](mailto:1990restproject@gmail.com)



## A Note from Bishop's House Re. Baptism Team Training

A training day for baptism teams will take place in the Cathedral Parish Centre, Carlow from 10 am - 4 pm on Sat. 25<sup>th</sup> May. Tea/coffee will be provided throughout the day. Those coming are asked to bring a packed lunch. The day will explore the why of a baptism team, what happens at the celebration of baptism, what does a baptism team do and the different models of working well as a baptism team. Practical handouts will be provided to participants.

If your parish intends to send people to this training please register with Christine at [fds@kandle.ie](mailto:fds@kandle.ie) giving 1) the name of your parish 2) how many people are coming and 3) a contact name and their contact details for the group.

## Barnashrone National School Used Clothes Collection

Barnashrone National School are raising money through a clothing reuse scheme.

They need your unwanted clothes!

Please return Bags of clothing to the School

before Mon. 29<sup>th</sup> April

## Celebration of Sacrament of Confirmation

Congratulations to our girls and boys of Barnashrone and Ballyfin Schools who were confirmed in their faith with our bishop, Bishop Denis Nulty in Ballyfin Church on Fri. 26<sup>th</sup> April. Many thanks to everyone involved in the preparation for our Confirmation Ceremony. A very special thanks to Bishop Denis for being with us and leading us in our beautiful ceremony on Friday

## Annual Day of Prayer and Reflection for Deacons, Candidates and their Families

The third annual Day of Prayer and Reflection for Deacons, Candidates and their Families will take place on Saturday 22<sup>nd</sup> June 2024 at Knock Shrine. This is a great opportunity for Deacons and Candidates to come together and help to promote the ministry of diaconate at a national level. A detailed schedule for the day will issue over the coming weeks once guest speakers have been confirmed.

All are most welcome to attend.

## Diocesan Pilgrimage to Knock Shrine Sunday 2<sup>nd</sup> June 2024.

### Kildare and Leighlin Diocesan Pilgrimage to Knock Shrine

Bishop Denis Nulty invites you to join with him and parishioners from across the diocese at the Shrine of Our Lady of Knock

On Sun. 2<sup>nd</sup> June

Ceremonies begin at 2.30pm

## We Hold and Keep in our Thoughts and Prayers

People, their families and carers, who are ill or unwell – at home, in hospital or Nursing Home or undergoing any surgical or medical procedures. -

We wish them a speedy recovery

---

A very sincere thank you - to you and your family - for your very generous support of and continued commitment to Mountrath and Ballyfin Parish and Mountrath and Ballyfin Lotto

*See our Parish App. Mountrath Ballyfin Parishes*

## Safeguarding Children Parish Reps.

Ballyfin Parish    Triona O'Rourke and Peter Byrne  
Mountrath Parish    Caroline Moore and Pachelli Walsh  
Diocesan Designated Liaison Person: Ms. Ailish Higgins.  
*Deputy Diocesan Liaison Person: Ms Michelle Hughes,*  
c/o Bishop's House, Dublin Rd, Carlow Ph: 085 802 163

### March for Life

Bank Holiday Monday 6<sup>th</sup> May - 2.00 pm  
Marching in Dublin From Stephen's Green  
To Leinster House



## Dates of 1<sup>st</sup> Holy Communions

Sun. 5<sup>th</sup> May The Hollow Church 9.00 am

With Children of Gaelscoil Thromaire

Sun. 26<sup>th</sup> May Mountrath Church 11.30 am

With Children of all Mountrath Primary Schools

Sun. 19<sup>th</sup> May Ballyfin Church 2.00 pm

With children of Ballyfin National School

Sun. 26<sup>th</sup> May Ballyfin Church. 2.00 pm

With Children of Barnashrone NS

# Ballyfin Anniversaries

## Mass Times Anniversaries Sat 27<sup>th</sup> - Sun. 5<sup>th</sup> May

Fri. 26<sup>th</sup> April 5.00 pm Exposition of Blessed Sacrament.

Sat. 27<sup>th</sup> Apr. 8.00 pm 5<sup>th</sup> Sunday of Easter - Vigil Mass

Sun. 28<sup>th</sup> Apr. 10.00 am Patrick and Maureen Lynch, Denis and Brigid Walsh

Mon. 29<sup>th</sup> April 7.00 pm Apostolate of Sanctification.

Fri. 3<sup>rd</sup> May 5.00 pm Exposition of Blessed Sacrament.

Sat. 4<sup>th</sup> May 8.00 pm Michael Newsome, Rossmore 3<sup>rd</sup> Anniv.

Tom Greene, Ross. 8<sup>th</sup> Anniv.

Mary Ann and Matthew Coss, son Peter

Daughter Mary and her husband Pat Keliher

Sun. 5<sup>th</sup> May 10.00 am Gerry Thompson, Ballylusk. 12<sup>th</sup> Anniv

Elizabeth and Brian O'Donnell, Clonkeen

Mon. 6<sup>th</sup> May 7.00 pm Apostolate of Sanctification.

*Lord, for your faithful people,  
Life is changed, not ended*

# Mountrath Anniversaries

## Mass Times Anniversaries Sat. 27<sup>th</sup> - Sun. 5<sup>th</sup> May

Sat. 27<sup>th</sup> April 7.00 pm Liam Doyle, Shannon Rd., 1<sup>st</sup> Anniv.

(also) his father Tom and brother, Liam

John and Ann Mulhare, The Square. Andy and Mary McGrath and Br. Bosco

Sun. 28<sup>th</sup> Apr 9.00 am The Hollow Ch.

11.30 am Mary Broomfield (Nee Hill) 1<sup>st</sup> Anniv (Late of Old Forge Crescent)

Tues. 30<sup>th</sup> Apr. 10.00 am Peter and Mary Haslam, Clonenagh

Wed. 1<sup>st</sup> May 10.00 am May Day. Feast of St. Joseph, The Worker

Robert and Mary Wall, 11 Woodbrook.

Thur 2<sup>nd</sup> May 0.00 am

Fri. 3<sup>rd</sup> May 10.00 am Altar List of the Dead.

Sat. 4<sup>th</sup> May 7.00 pm Thomas and Dorothy Connor, Cappagh

Sean O'Hara, Patrick St.,

Seamus Fitzpatrick, Woodbrook

and deceased family members.

Thomas and Margaret Phelan Shannon Rd.,

And deceased family members

Sun. 5<sup>th</sup> May 9.00 am - The Hollow Ch.

1<sup>st</sup> Holy Communion Mass with children of Gaelscoil Thromaire.

11.30 am Patrick and Ann Fitzpatrick, Clonbarrow,

Patrick's 38<sup>th</sup> Anniv. Ann's 10<sup>th</sup> Anniv.

---

## 1<sup>st</sup> Anniversary Remembrance

Sat. 11<sup>th</sup> May 7.00 pm Jack Killeen, Fr. O'Connor Cresc.

*Lord, for your faithful people, life is changed, not ended.*



## “Do This in Memory” Programme

6. Sat. 13<sup>th</sup> Apr. Mountrath Church 7.00 pm

Sun. 14<sup>th</sup> Apr. . Ballyfin Church 10.00 am

7. Sat. 4<sup>th</sup> May Mountrath Church 7.00 pm

Sun. 5<sup>th</sup> May Ballyfin Church 10.00 am

## Dates for Celebration of 1<sup>st</sup> Holy Communion

Sun. 5<sup>th</sup> May The Hollow Church 9.00 am

With Children of Gaelscoil Thromaire

Sun. 26<sup>th</sup> May Mountrath Church - 11.30 am

With Children of all Mountrath Schools -- Note Change of Date

Sun. 19<sup>th</sup> May Ballyfin Church 2.00 pm

With children of Ballyfin National School

Sun. 26<sup>th</sup> May Ballyfin Church. 2.00 pm

With Children of Barnashrone National School

# Mountrath Parish Lotto 25<sup>th</sup> Apr.



*Nos. Drawn 3 7 8 12*

*No Jackpot Winner of €10,000*

24 Match 3 Rec. € 42 ea. 3 Local Winners

Ava and Jack Promoter, M.T. Burke

Bridget Dunne. Promoter, Bernie Tynan

Bernie Rice. Promoter, Bernie Rice.

**New Jackpot €11,000**

# Ballyfin Parish Lotto Wed. 24<sup>th</sup> April

Nos. Drawn 3 4 9 28 No Jackpot Winner

16 Match 3 Winners Rec. € 63 ea

**Next Week's Jackpot € 16,000**

A very special thank you for your very generous support of  
and continued commitment to Mountrath and Ballyfin Parish Lottos



# Mountrath Ballyfin Lottos

## Next Week's



Ballyfin € 16,000

Mountrath € 11,000

# Barnashrone NS

## Golf Classic - Portarlinton Golf Club

Friday 17th May - Tee times from 9am

Team of 4 players -€300

(Includes golf, lunch and a chance to win some lovely golfing gear)

Contact Aileen via Whatsapp to book in at (087) 9896923

Special Prize on the day

Dinner for 2 in Ballyfin House &

Horse and Carriage

Tour of the grounds



# **Barnashrone NS Golf Classic**

*Friday 17th May  
Portarlinton Golf Club*



**Are you a business owner who would like to sponsor a tee box for our Golf Classic?**

**Just €100 to get your business name on the golf course on the day!**

**Super publicity for a super cause!**

**Contact Aileen @ (087)9896923 via Whatsapp for more details.**



# Music Classes in Mountrath



## Violin

Thursdays 3-30 pm on from 3 years -adult  
€ 20 for 30 min individual lesson  
Irene 089 981 8065



## Trad Music

Saturdays from 11 am 6 + years  
€ 8 for 30 min group class  
Eabha 083 856 6083



## Piano

Sunday mornings 5+ years  
€20 per 30 min lesson  
Heather 083 054 7772





Mountrath

# Cottage Market

**Saturday 27th April**

**11am - 1.30pm**

**At the Macra Hall**



# April - May 2024

## TIMETABLE

**PAYG  
and  
Members  
Always  
Welcome**

\*These Classes  
are not included  
in the  
Membership fee

### Monday

11 am Mature Movers  
7 pm Mixed Circuit Training  
(suitable for Beginners & Advance)  
7 pm Yoga\*  
7 pm Karate\*

### Tuesday

10 am Beginner TRX  
11 am Bowls Inc.  
1.15 pm Lunchtime HITT

### Wednesday

11 am Mature Movers  
7 pm Mixed Circuit Training  
7-8 pm BJJ (8-12)  
8-9 pm BJJ (13+)

### Thursday

10 am Beginner TRX  
11 am Activator Poles Inc.  
1.15 pm Lunchtime HITT  
7 pm Karate\*  
8 pm Bowls\*

### Friday

5.30 pm Kickboxing (3-7)\*  
6.30 pm Kickboxing (8-12)\*  
7.30 pm Kickboxing (13+)\*

### Saturday

9 am Circuit Training  
10 am BJJ (8-12)  
11 am BJJ (13+)  
12 am Pilates\*





**Brigidine Convent,  
Patrick st,  
Mountrath,  
R32 DC58**

# **State of the Art Conference Centre with 7M Screen, projector, Full Audio Visual, Gigabyte Broadband**





# BIKE WEEK

## IN MOUNTRATH



  
**BikeWeek**  
11<sup>th</sup> - 19<sup>th</sup> May  
2024



**GOOD JOB!!**

  
WARM UP BEFORE CYCLING  
AROUND OUR SPECIAL  
OBSTACLE COURSE ON BIKES  
FROM LAOIS SPORTS  
PARTNERSHIP

  
A TALK ON BASIC BIKE  
REPAIRS FROM OUR  
BIKERS SHED  
BASIC FIRST AID TIPS

  
REFRESHMENTS &  
HIGH VISIBILITY  
GEAR

  
BASKETBALL & TENNIS COURTS,  
BLOOMHQ, PATRICK ST,  
MOUNTRATH, R32 DC58

**FOR 6-12 YEAR OLDS**  
**SATURDAY 11TH MAY**  
**12 AM- 2.30 PM**







# COMMUNITY CONNECT FUND



A TOTAL OF **€100,000**  
TO LOCAL WORTHY CAUSES

APPLICATION DEADLINE IS FRI 31<sup>ST</sup> MAY 2024

Visit [www.stcanicescu.ie](http://www.stcanicescu.ie)



St. Canice's Kilkenny Credit Union Ltd. is regulated by the Central Bank of Ireland.

## Ballyfin Community Alert Seniors Alert Scheme

As darker evenings are upon us please be aware that grant aided personal 24/7 monitored alarms are available to people aged 65 and over. If you know a family member, friend or neighbour in Ballyfin or Laois area who may qualify please contact Sheila on 086 157 0145 for information or for application form

## Message from Safeguarding Office

### Reminder re. Inter-Parish Safeguarding Meetings

(Message from Ailish Higgins)

These meetings will involve a Q&A style session where people can discuss and get support with safeguarding practices in their local parish i.e. paperwork, risk assessments, youth participation etc and last approx. one hour.

I would greatly appreciate if you could get back to me ([safeguarding@kandle.ie](mailto:safeguarding@kandle.ie)) with confirmation of your attendance, naming which venue suits you best, so that I can confirm numbers ahead of time. If you are unable to attend a meeting in your own pastoral area, please feel free to attend another meeting from the schedule.

Details of the remaining dates – times – venues below.

Thurs. 21st March 7.30pm – Cathedral Parish Centre, (Carlow)

Wed. 10th April 7.30pm – Killeigh Parochial House, Killeigh

Thurs. 18th April 7.30pm – Portlaoise Parish Centre,

Wed. 24th April 7.30pm – Leighlinbridge Parish Centre,

Thursday 25th April 7.30pm – Tullow Parish Centre,



## Mater Dei Education Spring Conference 2024

The Mater Dei Education Spring Conference 2024 takes place in the De La Salle Retreat Centre in Castletown, Co Laois on 28<sup>th</sup> April 2024. Registration takes place at 10.30 am. The day will begin with Holy Mass at 11.00 am celebrated by Bishop Connell.

The conference is an opportunity for parents and teachers to hear inspiring speakers, listen and learn from other parents, and explore options in independent education, hybrid learning or home-schooling.

The afternoon will include a keynote talk from Fr. Conor McDonough O.P. on Catholic education in Penal Ireland and will conclude with a panel discussion at 3.00 pm.

The conference is an opportunity for parents and teachers to hear inspiring speakers, listen and learn from other parents, and explore options in independent education, hybrid learning or home-schooling.

Cost is €10.00, lunch provided on the day. Registration is online at: <https://materdeieducation.ie/>

## SeniorLine

Would you like someone to talk to? SeniorLine is Ireland's national telephone service for older people, open every day of the year 10.00 am to 10.00 pm, they can be contacted on Freephone 1800 80 45 91.

Callers may feel isolated, alone, wish to discuss a problem in confidence, or for company during their day. SeniorLine's volunteers are trained to listen, to support, to discuss options and refer the caller to other helpful services available if necessary.

So don't be alone if sharing a problem would help, phone SeniorLine.

# Classes 11th - 17th April



## Thursday 11th

7 pm Karate

8 pm Bowls

## Friday 12th

5.30 pm Kickboxing (3-7)

6.30 pm Kickboxing (8-12)

7.30 Kickboxing (13+)

## Saturday 13th

9 am Circuit Training

10 am BJJ (8-12)

11 am BJJ (13+)

12 am Pilates

## Monday 15th

7 pm Yoga

7 pm Karate

## Wednesday 17th

5pm Art & Craft

7-8 pm BJJ (8-12)

8-9 pm BJJ (13+)

Brigidine Convent,  
Patrick's St,  
Mountrath, R32 DC58



LADIES SPORTS PARTNERSHIP  
COMHAR SPÓIRT NA LAÍS



SPÓRT ÉIREANN  
SPORT IRELAND



ciste na  
gcuntas díomhaoin  
the dormant  
accounts fund



**Saturdays 12-1 pm**  
**6 weeks starting 13th April**

**Last Few Places Left**



**€ 60 for 6 weeks**

Mountrath Health &  
Fitness Academy,  
Patrick st, Mountrath  
R32 DC58

Sabrina 087 646 7305

<https://www.mountrathgym.com/memberships/pilatesinmountrath>





# 10<sup>th</sup> Anniversary of Donal Walsh



~ May 11<sup>th</sup> ~

- 10:00 Arrival in Basilica & Registration
- 10:30 Welcome – Fr Richard Gibbons - Elma Walsh
- 10:45 Explanation of Workshops and Ice Breakers
- 11:00 Aidan O'Mahony & Dr Lorna Gold – followed by Q&A
- 11:45 Choice of workshops
- In memory of Donal – Prayer Guidance Centre
  - Trócaire – Care for Our Earth (St Johns)
  - Music Generation – The HUB
  - The Prayer Cube – The HUB
  - Letters to God – The HUB
  - Story of Knock - The Apparition Chapel
  - Knock Museum
  - Fill Holy Water Bottles
- 1:30 Why do we go to Mass? – Fr. John Harris
- 2:00 Mass – Main celebrant Fr Leo Moloney SJ
- 3:00 Depart

\*Students are asked to bring a packed lunch and rain jackets/umbrellas



# CHEMISTRY, JC MATHS AND JC SCIENCE GRINDS

LOCATION: BLOOM HQ MOUNTRATH  
(R32 DT9F)

DATES: EVERY SATURDAY MORNING  
STARTING THE 13TH OF APRIL 2024

CONTACT: AISLING ON 087 7917268  
TO BOOK YOUR PLACE.

PLACES ARE LIMITED.





**March-April 2023**

**TIMETABLE**

**PAYG  
and  
Members  
Always  
Welcome**

\*These  
classes are  
not included  
in  
membership  
fee

**Monday**

11 am Mature Movers  
7 pm Mixed Circuit Training  
7 pm Karate\*  
7 pm Yoga\*

**Tuesday**

10 am Beginner TRX  
11 am Bowls Inc.  
1.15 pm Lunchtime Hitt  
7.30 pm Zumba \*

**Wednesday**

11 am Mature Movers  
5 pm Art & Craft \*  
7 pm Mixed Circuit Training  
7-8 pm BJJ (8-12)  
8-9 pm BJJ (13+)

**Thursday**

10 am Beginner TRX  
11 am Activator Poles Inc.  
1.15 pm Lunchtime Hitt  
7 pm Karate\*  
8 pm Bowls\*

**Friday**

5.30 pm Kickboxing (3-7)\*  
6.30 pm Kickboxing (8-12)\*  
7.30 pm Kickboxing (13+)\*

**Saturday**

9 am Circuit Training  
10-11 am BJJ (8-12)  
11 am BJJ (13+)



**MOUNTRATH**  
Martial Arts & Fitness Academy



**SPÓRT ÉIREANN**  
SPORT IRELAND



**LAOIS SPORTS PARTNERSHIP**  
COMHAR SPÓIRT NA LAOISE



ciste na  
gcuntas díomhaoin  
the dormant  
accounts fund

# Brazilian Jiu-Jitsu/BJJ in Mountrath



Thinking about learning self-defence and the Art of Jiu-Jitsu? A sport that suits all ages from 8 years.

- \*mobility improvement
- \*improve full body strength
- \*better cardio
- \*helps weight loss
- \*improves flexibility

**Wednesdays**

*Kids 7-8 pm*

*Teens /Adults 8-9 pm*

**Saturdays**

*Kids 10- 11 am*

*Teens /Adults 11 am -12 pm*

€5 per class for under 18's

€7 per class for Adults

or included in Monthly Membership

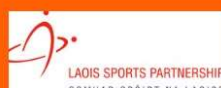
8 yrs- 18 €35 per month

Adults €45 per month



**Bring a Friend for Free in March**

contact Jamie 085 200 2497







# Zumba



**Tuesdays 7.30 pm**

**St Philomena's Hall, Bloomhq, Mountrath R32 DC58**

**Bookings [www.fitandjoy.ie](http://www.fitandjoy.ie)**

**for more information contact Joanna on 0894653938**



# Meeting Room

"Rachel's Room"

Brigidine Convent,  
Patrick Street,  
Mountrath

- Broadband Wifi
- Ample free parking
- Canteen

Contact  
[manager@bloomhq.ie](mailto:manager@bloomhq.ie)  
089 2722885



## Karate

Mondays & Thursdays 7 pm

€6 per class

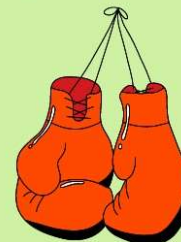
Sensei Donal: 087 760 7063

## Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



## Brazilian

## Jiu-jitsu\*

Wednesdays 8-9 pm & Saturdays 11-12 am

€ 35 per month or €5 per class

Jamie; 085 200 2497

## Violin



Thursdays 3.30 pm on.

€20 for 30 min individual lesson

Irene: 089 981 8065



## Trad Music

Saturdays from 11 am,

€8 for 30 mins group classes

Eabha 083 8566083



## Piano

Sunday mornings

20 for 30 min individual lesson

Heather 083 054 7772

to book talk to the relevant teacher





## Karate

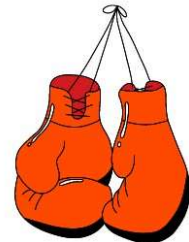
Mondays & Thursdays 7 pm  
from 6 years up, €6 per class  
Sensei Donal: 087 760 7063

## Kickboxing

Fridays 5.30 pm 3-7 years, €7

6.30 pm 8-12 years, €7

Shane: 086 339 9287



First trial class free

## Brazilian

8-12 years,

Wednesdays 7-8 pm & Saturdays 10-11 am

## Jiu-jitsu\*

€ 35 per month or €5 per class

Jamie; 085 200 2497



## Art & Craft

Wednesdays 5-6 pm, 7-12 years

€ 30 for block of 6 classes

Rhiannon: 089 211 5183

## Violin



Thursdays 3.30 pm on. From 3 years - adult

€20 for 30 min individual lesson

Irene: 089 981 8065

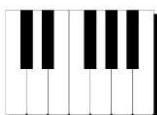


## Trad Music

Saturdays from 11 am, 6+ years

€8 for 30 mins group classes

Eabha 083 8566083



## Piano

Sunday mornings €20 for 30 min individual  
lesson Heather 083 054 7772

to book talk to the relevant teacher



**March-April 2023**

**TIMETABLE**

**PAYG  
and  
Members  
Always  
Welcome**

\*These  
classes are  
not included  
in  
membership  
fee

**Monday**

11 am Mature Movers  
7 pm Mixed Circuit Training  
7 pm Karate\*  
7 pm Yoga\*

**Tuesday**

10 am Beginner TRX  
11 am Bowls Inc.  
1.15 pm Lunchtime Hitt  
7.30 pm Zumba \*

**Wednesday**

11 am Mature Movers  
5 pm Art & Craft \*  
7 pm Mixed Circuit Training  
7-8 pm BJJ (8-12)  
8-9 pm BJJ (13+)

**Thursday**

10 am Beginner TRX  
11 am Activator Poles Inc.  
1.15 pm Lunchtime Hitt  
7 pm Karate\*  
8 pm Bowls\*

**Friday**

5.30 pm Kickboxing (3-7)\*  
6.30 pm Kickboxing (8-12)\*  
7.30 pm Kickboxing (13+)\*

**Saturday**

9 am Circuit Training  
10-11 am BJJ (8-12)  
11 am BJJ (13+)



**MOUNTRATH**  
Martial Arts & Fitness Academy



**SPÓRT ÉIREANN**  
SPORT IRELAND

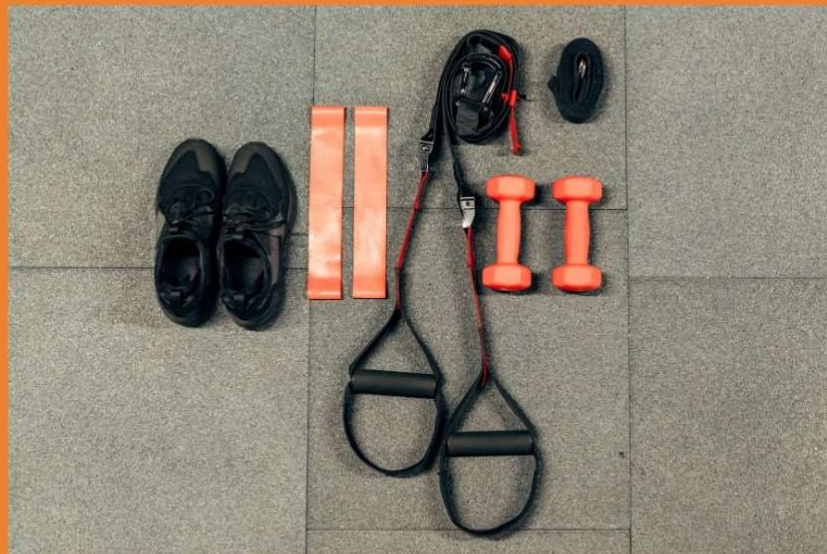


**LAOIS SPORTS PARTNERSHIP**  
COMHAR SPÓIRT NA LAOISE



ciste na  
gcuntas díomhaoin  
the dormant  
accounts fund

# *Mature Movers*



Strength  
Flexibility **50 + gym classes**  
Balance

a bit of Endurance  
& Lots of Fun

**6 weeks starting Wed 6th March**

**Mondays & Wednesdays 11 am**

45 min classes in Mountrath

**€60 for 6 Weeks**

Contact Ruth 086 3262570







# Zumba



**Tuesdays 7.30 pm**

**St Philomena's Hall, Bloomhq, Mountrath R32 DC58**

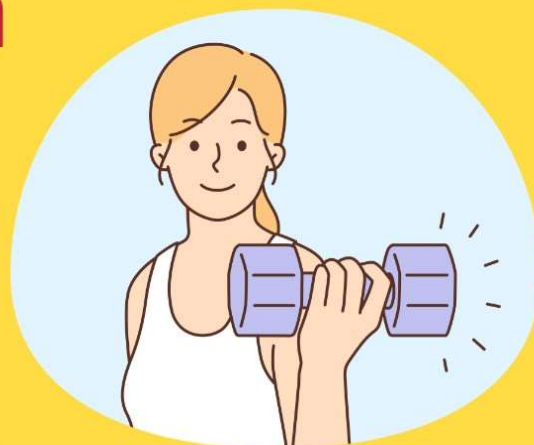
**Bookings [www.fitandjoy.ie](http://www.fitandjoy.ie)**

**for more information contact Joanna on 0894653938**

# Saturday Morning Circuit Training



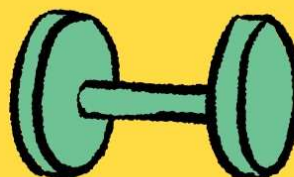
9-10 am



€ 7 PAYG

or

part of your monthly  
membership



contact 086 3262 570

**The Old Convent,  
Patrick St,  
Mountrath, R32 DC58**





# Mountrath Music Rooms

Lessons in BloomHQ



Violin Lessons

by Irene Ramos

089 9818065

[iramos.violinstudio@gmail.com](mailto:iramos.violinstudio@gmail.com)

Thursdays

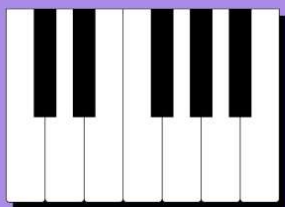


Irish Traditional Music, Whistle,  
Flute, Concertina, Accordion, Fiddle,  
Banjo and Mandolin

Cliona & Eabha Dowling McDonald

083 8566083

Saturdays



Piano Lessons

by Heather Gavigan 083 054 7772

Sundays



Contact the relevant teacher  
for times, prices etc

# Brazilian Jiu-Jitsu/BJJ in Mountrath



Thinking about learning self-defence and the Art of Jiu-Jitsu? A sport that suits all ages from 8 years.

- \*mobility improvement
- \*improve full body strength
- \*better cardio
- \*helps weight loss
- \*improves flexibility

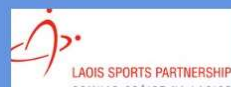
8 yrs- 18 €35 per month  
Adults €45 per month

€5 per class for under 18's  
€7 per class for Adults  
or included in Monthly Membership

**Wednesdays**  
Kids 7-8 pm  
Teens /Adults 8-9 pm

**Saturdays**  
Kids 10- 11 am  
Teens /Adults 11 am -12 pm

contact Jamie 085 200 2497





# 1 - 2 person offices for rent in our Social Enterprise centre in Mountrath



Contact 0892722885 [manager@bloomhq.ie](mailto:manager@bloomhq.ie)



# Arts & Craft Classes



## Second block of

### 6 week program

### starting 28th February

at the later time of

**Wednesdays 6-7 pm**



## 7-12 year olds

- \*life drawing
- \*painting
- \*clay
- \*print making
- \*textile art

## 6 weeks € 30 only 12 places



contact Rhiannon 089 211 5183

Brigidine Convent,  
Patrick St,  
Mountrath R32 DT9F





# Piano Classes Available

Starting Sunday April 7th

BloomHQ Mountrath

Contact Heather

083 054 7772



# Mountrath Music Rooms

Lessons in BloomHQ



Violin Lessons

by Irene Ramos

089 9818065

[iramos.violinstudio@gmail.com](mailto:iramos.violinstudio@gmail.com)

Thursdays



Irish Traditional Music, Whistle,  
Flute, Concertina, Accordion, Fiddle,  
Banjo and Mandolin

Cliona & Eabha Dowling McDonald

083 8566083

Saturdays



Piano Lessons

by Heather Gavigan 083 054 7772

Sundays



Contact the relevant teacher  
for times, prices etc



# Mountrath Music Rooms



**Contact 089 272 2885  
or 057 930 0036**

**\*Soundproof rooms**

**\*From € 15 per hour**

**\*Perfect for music lessons, counselling or grinds**

**\*free easy car park**

**\*Waiting space**

Brigidine Convent,  
Patrick St,  
Mountrath R32 DT9F





# UNISLIM

## Join Today!

### Bloom Hq

Wednesdays 7-8pm

Class Talk 8pm

New members  
always welcome!




9 stone  
weight  
loss



**Mairead McCaul**  
Unislim Member

Join Unislim for €25  
Pay €12 weekly fee thereafter  
For more info visit [unislim.com](http://unislim.com)

      
[unislim.com](http://unislim.com) | 1800 603020



# Arts & Craft Classes



## Second block of

**6 week program**

**starting 28th February**

**at the later time of**

**Wednesdays 6-7 pm**



**7-12 year olds**

**\*life drawing**

**\*painting**

**\*clay**

**\*print making**

**\*textile art**

**6 weeks € 30  
only 12 places**



contact Rhiannon 089 211 5183

Brigidine Convent,  
Patrick St,  
Mountrath R32 DT9F



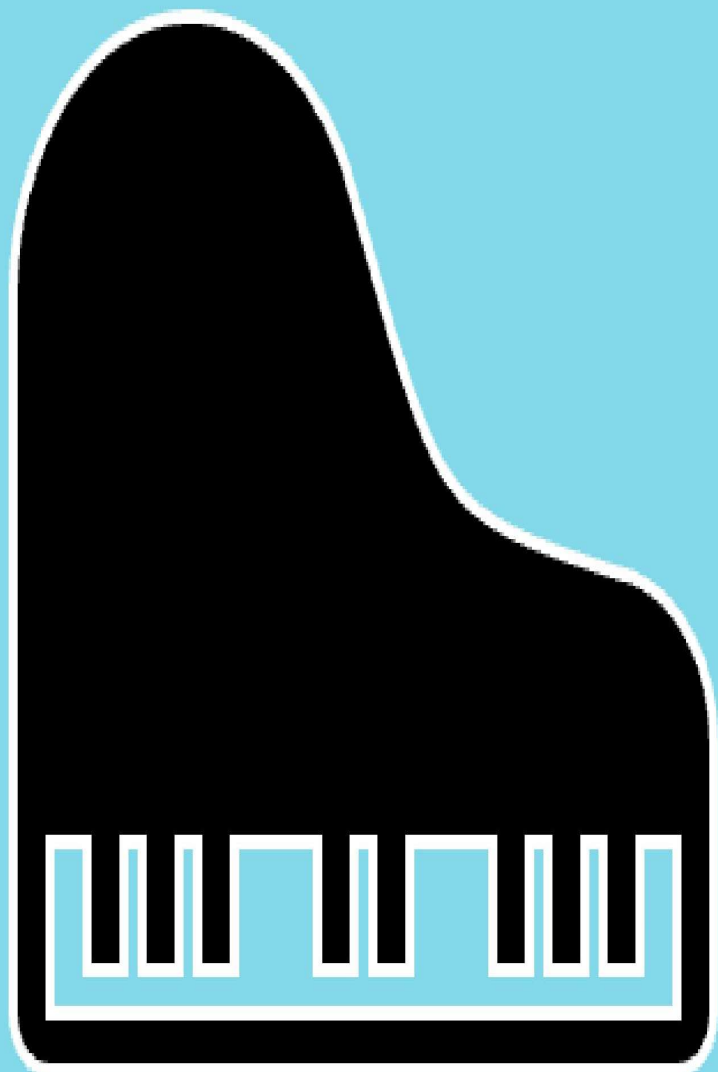
**Piano Classes Available**

**Starting Sunday April 7th**

**Bloom HQ, Mountrath**

**Contact Heather,**

**0830547772**



# Music Teachers wanted



for Mountrath Music School

\*soundproof rooms

\*free parking

\*waiting area for parents



contact Lucy 087 259 7895





## Karate

Mondays & Thursdays 7 pm

€6 per class

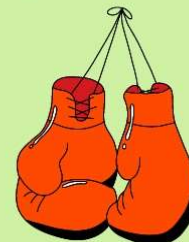
Sensei Donal: 087 760 7063

## Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



## Brazilian

## Jiu-jitsu\*

Wednesdays 8-9 pm & Saturdays 11-12 am

€ 35 per month or €5 per class

Jamie; 085 200 2497

## Violin



Thursdays 3.30 pm on.  
€20 for 30 min individual lesson

Irene: 089 981 8065



## Trad Music

Saturdays from 11 am,  
€8 for 30 mins group classes

Eabha 083 8566083



## Piano

Sunday mornings  
20 for 30 min individual lesson

Heather 083 054 7772

to book talk to the relevant teacher





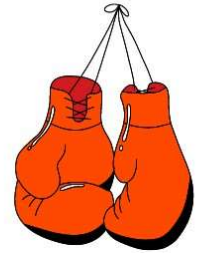
## Karate

Mondays & Thursdays 7 pm  
from 6 years up, €6 per class  
Sensei Donal: 087 760 7063

## Kickboxing

Fridays 5.30 pm 3-7 years, €7  
6.30 pm 8-12 years, €7  
Shane: 086 339 9287

First trial class free



## Brazilian

8-12 years,

Wednesdays 7-8 pm & Saturdays 10-11 am

## Jiu-jitsu\*

€ 35 per month or €5 per class

Jamie; 085 200 2497



## Art & Craft

Wednesdays 5-6 pm, 7-12 years  
€ 30 for block of 6 classes  
Rhiannon: 089 211 5183

## Violin



Thursdays 3.30 pm on. From 3 years - adult  
€20 for 30 min individual lesson

Irene: 089 981 8065

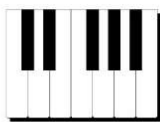


## Trad Music

Saturdays from 11 am, 6+ years

€8 for 30 mins group classes

Eabha 083 8566083



## Piano

Sunday mornings €20 for 30 min individual  
lesson Heather 083 054 7772

to book talk to the relevant teacher

# Bowls All Inclusive 11am

**Currently**

**Thursdays to accommodate the School musical**

St. Philomena's Hall,  
Brigidine Convent,  
Patrick Street,  
Mountrath

Contact Ruth 086 3262570





# Roadcraft Motorcycle Training

Mick Smith is teaching the new  
RSA approved Motorcycle Initial Basic Training (IBT)  
here in BloomHQ, the old Convent Mountrath.

For more details and to book see:

[www.roadcraft.ie](http://www.roadcraft.ie)

[www.facebook.com/roadcraft.ie](https://www.facebook.com/roadcraft.ie)





# Music Teachers wanted



**for Mountrath Music School**

**\*soundproof rooms**

**\*free parking**

**\*waiting area for parents**



**contact Lucy 087 259 7895**

# Activities suitable for Senior Citizens in Mountrath

Mature Movers 50 +  
Mondays & Wednesdays 11 am



Bowls inclusive 11 am Tuesdays  
Bowls 8 pm Thursdays

Mountrath Men's Shed  
Tuesdays 10 am- 1 pm  
Thursdays 2 pm- 4 pm  
contact 085 705 3855



Activator Poles Inclusive  
Thursdays 11 am

contact Ruth 086 3262 570







**The Class of 1990  
Restoration Project**

# **TABLE QUIZ**

**ST. PHILOMENA'S HALL  
MOUNTRATH**

**THURSDAY 2ND MAY @8PM  
( DOORS OPEN 7PM )**

**TABLE OF FOUR €40**



**TROPHIES AND CASH PRIZES TO BE WON !!**

**MONSTER RAFFLE !!  
PRIZES GALORE !!**



**Book Now on Eventbrite and  
on [1990restproject@gmail.com](mailto:1990restproject@gmail.com)**



# VIOLIN LESSONS

by Irene Ramos

- Discover the joy of music and unlock your creativity
- Weekly individual and ensemble classes for all ages
- From 3-year-olds to adults
- Studio based Mountrath

FULLY QUALIFIED SUZUKI TEACHER & ABRSM DIPLOMA IN MUSIC PERFORMANCE



FOR RATES AND/OR MORE  
INFO PLEASE CONTACT ME

Phone: 0773222323

Email: [iramos.violinstudio@gmail.com](mailto:iramos.violinstudio@gmail.com)

 Irene Ramos  
VIOLIN STUDIO



# Hot Desks in Mountrath

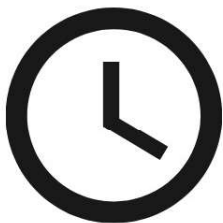
Need somewhere to work for a day with fast broadband?  
Free parking, canteen onsite.

Desks from 10 euro per day  
Book on <https://connectedhubs.ie>

# Mountrath Men's Shed



**Old School on  
Patrick Street**



**Tuesdays 10am - 1pm  
Thursdays 2pm - 4pm**

**Contact 0857053855**





## Mondays & Thursdays 7 - 8 pm



**Juniors and Adults**



**Okinawan Karate**



**Black Belt Instructors**

contact Sensei Donal, 5th dan  
087 760 7063

Martial Arts Centre, Old  
Convent, Mountrath,  
R32 DC58



# HIIT LUNCHTIME CLASS

## High-Intensity Interval Training

Tuesdays & Thursdays

1.15 pm for 40 mins

5 euro a class

OR

part of your monthly  
gym package

Book with Ruth 086 3262 570





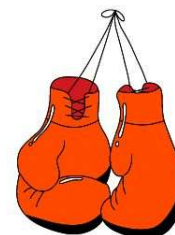
## **Karate**

Mondays & Thursdays 7 pm  
from 6 years up, €6 per class  
Sensei Donal: 087 760 7063

## **Kickboxing**

First trial class free

Fridays 5.30 pm 3-7 years, €7  
6.30 pm 8-12 years, €7  
Shane: 086 339 9287



## **Brazilian Jiu-jitsu\***

\*starting 14th & 17th Feb  
with free trial

8-12 years,  
Wednesdays 7-8 pm &  
Saturdays 10-11 am  
€ 35 per month  
Jamie; 085 200 2497



## **Art & Craft**

Wednesdays 5-6 pm, 7-12 years  
€ 30 for block of 6 classes  
Rhiannon: 089 211 5183

## **Violin**

Thursdays 3.30 pm on. From 3 years - adult  
€20 for 30 min individual lesson  
Irene: 089 981 8065



## **Trad Music**

Saturdays from 11 am, 6+ years  
€8 for 30 min group classes  
Eabha 083 8566083



to book talk to the relevant teacher



# Brazilian Jiu-Jitsu/BJJ in Mountrath



Thinking about learning self-defence and the Art of Jiu-Jitsu? A sport that suits all ages from 8 years.

- \*mobility improvement
- \*improve full body strength
- \*better cardio
- \*helps weight loss
- \*improves flexibility

Come join our free trial  
Wednesday 14th &  
Saturday 17th  
February

8 yrs- 18 €35 per month  
Adults €45 per month

## Wednesdays

Kids 7-8 pm

Teens /Adults 8-9 pm

contact Jamie 085 200 2497

## Saturdays

Kids 10- 11 am

Teens /Adults 11 am -12 pm



Brigidine Convent, Patrick St, Mountrath, R32 DC58





Irish Traditional  
**MUSIC**  
**LESSONS**

**Whistle, Flute, Concertina, Accordion,  
Fiddle, Banjo and Mandolin**



Clióna and Éabha  
Dowling McDonald

**More Information :**  
Contact 083  
8566083



# Music Classes in Mountrath

- **Lessons in BloomHQ**
- **Violin Lessons by Irene Ramos**  
**0773222323**  
**iramos.violinstudio@gmail.com**

*Contact the relevant teacher to arrange days/times/prices*

- **Irish Traditional Music, Whistle, Flute, Concertina, Accordion, Fiddle, Banjo and Mandolin**  
**Cliona & Eabha Dowling McDonald**  
**083 8566083**





# *School of Music - Mountrath*



Please use your recyclable blue token to  
vote for us in the Tesco Community Fund.



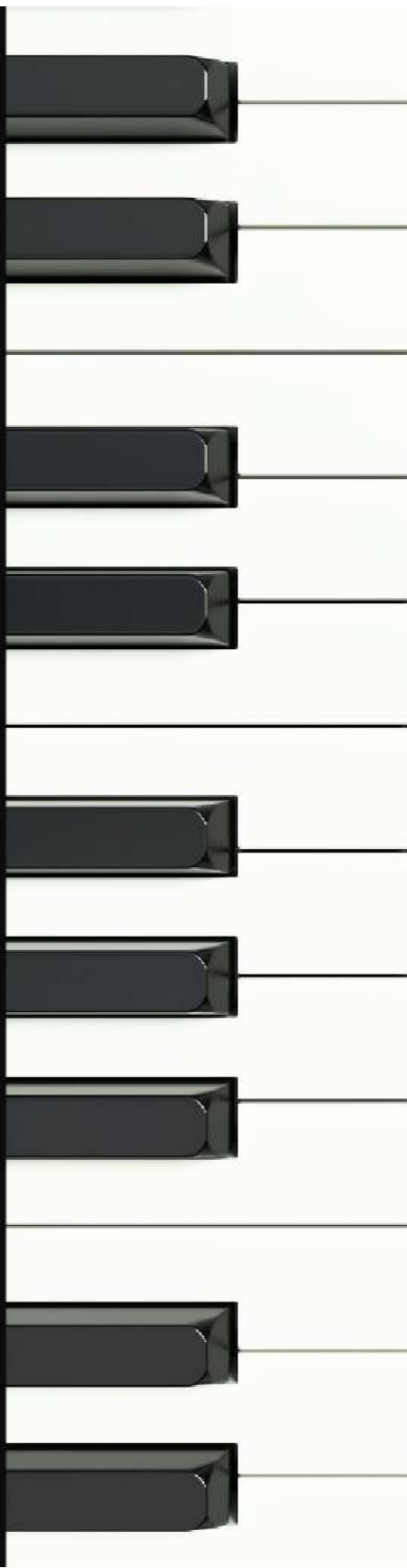
# PIANO TEACHER WANTED



For our new Music Rooms  
Contact Lucy 087 259 7895



The Old Convent,  
Patrick St,  
Mountrath,  
R32 DC58



# Mountrath Scouts



Looking for a way for your kids to learn new skills and spend time in the great outdoors why not try scouts!

**For all ages from beavers to ventures and into leaders !**



## Scouts is a way to

- Meet new people.
- Learn new skills.
- Spend time outside.
- Make friends for life.

## Friday nights

In the brigidine convent (Bloom HQ) Patrick street mountrath  
R32 DC58

7:00 till 8:30

€5 pp

or

€4 per sibling





To care for those  
who once cared for us  
is one of the highest  
honors in life.

— Tia Walker

A photograph showing a woman in a red jacket pushing a person in a wheelchair on a paved path near a beach. The person in the wheelchair is wearing a white sweater and dark pants. The background features a sandy beach, waves, and a line of trees under a bright sky.

LESSONS  
LEARNED  
Life

## Ballyfin Community Alert Seniors Alert Scheme

Grant aided personal 24/7 personal monitored alarms

help people aged 65 and over to live securely in

their homes with peace of mind. If you know a

family member, friend or neighbour in Ballyfin

or Laois area who may qualify please contact

Sheila on 086 1570145 for

information/application form.

# Newsletter Items: - From around the Diocese

- **Mental Health Peer-Support:**

Cycle Against Suicide is offering the opportunity to avail of online training in Mental Health Peer-Support. The training provided transcends traditional boundaries, breaks down the stigma associated with mental health discussions. The benefits are profound and far-reaching. Trained Peer-Supporters are attuned to subtle shifts in their community's well-being. This heightened awareness fosters a culture of genuine care and concern. No funding is necessary to do the training. It is offered free to volunteers in a community club, association or who are associated with any part of their community's safety, health and wellbeing in a drive to encourage people to take on this vital role for their own community and help bring Peer-Support to the heart of communities as a critical part of mental health awareness and suicide prevention.

Course: Cycle Against Suicide Mental Health Peer Support (Buddy) Training

Details: [www.cycleagainstsucide.com/register-to-become-community-buddy/](http://www.cycleagainstsucide.com/register-to-become-community-buddy/)

Delivery: Online via Zoom

Time: 7-10pm on 4 evenings over 2 weeks

Option 1: March: Tues 12th, Thurs 14th & Tues 19th, Thurs 21st

Option 2: April: Mon 8th, Wed 10th & Mon 15th, Wed 17th

Option 3: May: Mon 13th, Wed 15th & Mon 20th, Wed 22nd

To Register: [training@cycleagainstsucide.com](mailto:training@cycleagainstsucide.com) or online

at [www.cycleagainstsucide.com/register-to-become-community-buddy/](http://www.cycleagainstsucide.com/register-to-become-community-buddy/)



**GRAIGUECULLEN / KILLESBIN**



**SOLEMN  
NOVENA**

*to  
Our Lady  
of  
Perpetual Help*

in St. Clare's Church, Graiguecullen

**9 MONDAY NIGHTS**

**8<sup>th</sup> April - 3<sup>rd</sup> June 2024**

Time: 7.30 pm.

(Rosary at 7.10pm)

**PLEASE JOIN US IN PRAYER**

This is the 19th year of our parish Solemn Novena to Our Lady of Perpetual Help. The purpose of our Novena is to come together as a community to support each other in prayer. Each person comes to the Novena with their own special intentions ranging from the routine pressures of life to the heartbreaking. Petitions can be placed in special boxes in St. Clare's Church. A random selection of these are read out each night at the Novena.

<b>DATE</b>	<b>SPEAKER</b>
<b>8th April</b>	<p><b>Rev PJ Madden</b>  <i>Former General Secretary of the INO - Retired parish priest from New Orleans diocese and served 5 years in Kildare &amp; Leighlin Diocese</i></p>
<b>15th April</b>	<p><b>Rachel Doyle</b>  <i>Founder of Arboretum. A qualified horticulturist and author of a new book 'My Tree of Life'</i></p>
<b>22nd April</b>	<p><b>Ben Scallan</b>  <i>Senior political correspondent with @GriptMedia - Irish journalist and Commentator</i></p>
<b>29th April</b>	<p><b>Mick Galwey</b>  <i>All Ireland Senior Football Championship medal winner - Irish Rugby Legend and Sports Commentator</i></p>
<b>6th May</b>	<p><b>Geraldine Mullan</b>  <i>Geraldine's story of how faith hope and love have carried her since her life changed dramatically in 2020 when her husband &amp; 2 children tragically died</i></p>
<b>13th May</b>	<p><b>David Walsh</b>  <i>Co-Founder of Netwatch &amp; more recently Halo Care - strategic thinker and vocal advocate of entrepreneurship</i></p>
<b>20th May</b>	<p><b>Derek McGrath</b>  <i>Former centre-forward and previous manager of the Waterford senior Hurling team.</i></p>
<b>27th May</b>	<p><b>Prof Jim Lucey</b>  <i>Inspector with Mental Health Commission - writer, broadcaster and public speaker.</i>  <i>(Blessing of the sick will take place at this Mass.)</i></p>
<b>3rd June</b>	<p><b>Elma Walsh</b>  <i>Founder of the 'Live Life Foundation' in memory of her son Donal who died aged 16 years.</i></p>

**People are invited to place their petitions in the boxes provided in St. Clare's Church. We will pray for these intentions during our Novena.**

# 10<sup>th</sup> Anniversary of Donal Walsh

~ May 11<sup>th</sup> ~



- 10:00      Arrival in Basilica & Registration
- 10:30      Welcome – Fr Richard Gibbons  
                 Elma Walsh
- 10:45      Explanation of Workshops and Ice Breakers
- 11:00      Aidan O'Mahony & Dr Lorna Gold – followed by Q&A
- 11:45      Choice of workshops
- In memory of Donal – Prayer Guidance Centre
  - Trócaire – Care for Our Earth (St Johns)
  - Music Generation – The HUB
  - The Prayer Cube – The HUB
  - Letters to God – The HUB
  - Story of Knock - The Apparition Chapel
  - Knock Museum
  - Fill Holy Water Bottles
- 1:30      Why do we go to Mass? – Fr. John Harris
- 2:00      Mass – Main celebrant Fr Leo Moloney SJ
- 3:00      Depart

\*Students are asked to bring a packed lunch and rain jackets/umbrellas



## Message from Safeguarding Office

- Upcoming full-day training in Newbridge Parish Centre, Saturday 13<sup>th</sup> April 10-4pm. If anyone would like to attend, please contact Bishop's House or Director of Safeguarding to book. (An email has been sent to the trainees booked in directly where email address was available).
- Inter-parish safeguarding meetings continue tonight in Killeigh Parochial House.

Remaining dates/times/venues below.

- Thursday 18th April @7.30pm – Portlaoise Parish Centre, Portlaoise
- Wednesday 24th April @7.30pm – Leighlin Parish Centre, Leighlinbridge
- Thursday 25th April @7.30pm – Tullow Parish Centre, Tullow

Please book in by emailing [safeguarding@kandle.ie](mailto:safeguarding@kandle.ie)

- Safeguarding Audits must be returned asap. If any parish requires support with completing their audit, they can call or email Director of Safeguarding.

## • Annual Day of Prayer and Reflection for Deacons, Candidates and their Families

The third annual Day of Prayer & Reflection for Deacons, Candidates and their Families will take place on Saturday 22<sup>nd</sup> June 2024 at Knock Shrine. This is a great opportunity for Deacons and Candidates to come together and help to promote the ministry of diaconate at a national level. A detailed schedule for the day will issue over the coming weeks once guest speakers have been confirmed. All are welcome to attend.

## Graigucullen/Killeshin Parish Novena To Our Lady Of Perpetual Help

Solemn Novena to Our Lady of Perpetual Help takes place in St. Clare's Church, Graigucullen from the 8<sup>th</sup> April 2024 to 3<sup>rd</sup> June 2024 (9 Monday nights). The Rosary is recited at 7.10 pm and the Novena begins at 7.30 p.m.

We invite people to place their petitions in the petition boxes in St. Clare's Church and during the Novena, through the prayers from our Faith Community and the intercession of Our Lady, we will ask Jesus to relieve whatever burdens we may carry.

# March For Life Ireland 2024

Shining A Spotlight On Ireland's Abortion Law And Calling For Positive Supports For Mothers

Our Next March: Save The Date

Bank Holiday Monday, 6th May, 2:00pm, 2024

Marching In Dublin From St. Stephen's Green To Leinster House.

Join Us In Advocating For Change, Unity, And Empowerment For Mothers And Their Babies. Be A Part Of Something Bigger – Let's Make A Difference Together. Takes place at 2pm on Monday 6<sup>th</sup> May in Dublin, marching from St Stephens Green to Leinster House



# Burren Outdoor Retreat

Would you like to come on a guided journey through the Burren with its limestone pavements, rare flora, and ancient sacred sites? Let the beauty of the amazing Burren landscape renew you in body and soul. This retreat takes place Saturday 4<sup>th</sup> May 2024 to Monday 6<sup>th</sup> May 2024.

Information: Mary 087 970 1130. Booking: Noirin 087 447 911

## . Donal Walsh LIVElife Foundation

On the 10<sup>th</sup> anniversary of Donal Walsh's death, the Donal Walsh LIVElife Foundation are holding Workshops & Mass in the Hub, Knock, Co Mayo on the 11<sup>th</sup> May 2024. The day starts at 10.00 am and finishes at 3.00 pm. There will be a choice of Workshops available on the day. Students are asked to bring a packed lunch and rain jackets/umbrellas.

# All-Ireland Pollinator Plan

The All-Ireland Pollinator Plan is an island-wide attempt to reverse declines in pollinating insects. One third of our bee species are threatened with extinction in Ireland. The good news is that you can help by making your garden pollinator friendly. Every garden, no matter its size, can be a haven for hungry pollinators. See the link below for more information: [pollinators.ie/top-ten-ways-to-help-pollinators/](https://pollinators.ie/top-ten-ways-to-help-pollinators/)

## Join Arthritis Ireland for the VHI Women's Mini Marathon

The Vhi Women's Mini Marathon is just around the corner on the June bank holiday weekend. Arthritis Ireland want to build a strong team of fundraisers to represent us and raise vital funds to support our essential services. Walk, jog or run, the important thing is to take part and show your support for our essential services which are so vital to those living with arthritis in Ireland. Why not get your friends, family and colleagues to join you?? Spread the word to anyone who might be interested.

Sign up here today: <https://www.arthritisireland.ie/vhi-womens-mini-marathon-2024>

Contact the fundraising team on [fundraising@arthritisireland.ie](mailto:fundraising@arthritisireland.ie) or 016618188 if you have any questions.



# Barnashrone NS Golf Classic

*Friday 17th May  
Portarlinton Golf Club  
Tee times from 9am*



**Team of 4 - €300**

**-Includes golf, lunch and a chance to win  
some lovely golfing gear**

**Special Prize on the day - Dinner for 2 in  
Ballyfin House with horse and carriage  
tour of the grounds**

**Contact Aileen @ (087)9896923 via  
Whatsapp to book in!**