

Mountrath Ballyfin Online Newsletter

25th Aug. 21st Sun. in Ord. Time

Mountrath: New 7 week term, starting on Monday 02.09.24. Time: 7.30pm.
Cost per term: €65.
For bookings contact Marian on 086 8857116

**TOTALLY
80'S DANCE
FITNESS
CLASS**

MUM DANCE

BOOK ONLINE AT WWW.MUM-DANCE.CO.UK

BIG NEWS **OK! woman**

Mum-Dance 80s

Inspired Fitness Class For Women.

Come to Mum-Dance where fitness feels like a girls night out.
You don't have to be a mum and you defo don't have to be a dancer!

Love the skin your in & get you back!

New 7 Week Term

Starting Monday 2nd Sept Time: 7.30pm

Venue: BloomHQ For full details and Bookings

Contact Marian on 086 885 7116

Mountrath Ballyfin Parish News 25th Aug. '24

St. Fintan's Parish, Mountrath – Ballyfin

21st Sunday in Ordinary Time

Parish Contacts

Website www.mountrathparish.ie

Email - jmbrophy2@gmail.com

Name of Parish App.

Mountrath and Ballyfin Parishes

Rosenallis Festival of The Mountain

Glenbarrow, Rosenallis,

This year's Festival & Vintage Rally promises to be our biggest and best yet!

Admission €10 (cash) – under 16s free.

See you on Sun. Aug. 25th Midday to 6 pm

Oh and don't miss our colourful vintage car display in Rosenallis village!

For queries please message,

text or call 085 184 7390.

MOUNTRATH JIVE

3-WEEK BEGINNERS JIVE COURSE



*Jiving to Nathan Carter,
Derek Ryan, Mike Denver, etc*

No partner or experience required.

In my 3-week course you'll start with the basics on Week 1, then progress each week. By Week 3 you'll be confident to jive at any wedding or social event.

STARTS
TUESDAY
SEPTEMBER 3
8-9.30 PM

BLOOM HQ
MOUNTRATH
R32 DT9F

€40 payable
on 1st night

JiveTom@gmail.com  TomJive.com 0873995877

Mountrath

Cottage Market

Saturday 31st August

11am - 1.30pm

At the Macra Hall



*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

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

BALLYFIN PARISH ACCOUNTS 2023

INCOME

Basket Collection:	€ 16,305
Envelope Collection:	€ 25,986
Shrine Income:	€ 876
Rental Income:	€ 5,800
Fundraising:	€ 3,140
Donations:	€ 1,050
Tax Refunds:	€ 22,807
Church Bookings:	€ 460
Lotto Income:	€ 13,898
Other Income:	<u>€ 2,421</u>

Total: € 92,743

Thank you - for your very generous support of and continued and ongoing commitment to Ballyfin Parish Finances and Ballyfin Parish Lotto - throughout 2023 Your kind and generous support is very much appreciated.

EXPENDITURE

Diocesan Levy:	€ 6,576
Insurance:	€ 5,775
Light and Heat:	€ 17,570
Repairs and Maintenance:	€ 21,532
Pastoral Programmes:	€ 1,720
Security:	€ 273
Cleaning:	€ 263
Rates, Water, Waste:	€ 421
Diocesan Retirement Fund:	€ 1,000
Missalettes:	€ 1,870
Altar Requisites:	€ 3,657
Telephone/Broadband:	€ 1,379
Computer Hardware:	€ 3,219
Youth/Community:	€ 640
Bank Charges:	€ 880
Collections:	€ 200

Total: € 66,975

Adult Literacy for Life (For Everyone)

Do you know that in Ireland, 1 in 6 adults struggle with reading and writing,
1 in 4 adults struggle with maths and 1 in 2 adults struggle with digital skills?.....
Do you or a family member need to improve your reading, writing, maths or ... digital skills?

We can help. All courses are free.

Contact: Kilkenny Adult Learning Service (KCETB) 056 776 3149 or Carlow Adult Learning Service
(KCETB) 059 913 5544 or freephone 1800 20 20 65
or email allinnovation@solas.ie

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

Pat (Paddy) Delaney Harrow, London Clough, Thurles, R.I.P.

We pray for Pat (Paddy) who died on Tues. 23rd July in Harrow, London. Paddy's Funeral Mass was celebrated in St. Canice's Church, Borris in Ossory on Thurs. 22nd Aug. followed by private committal ceremony. We extend sympathy to Geraldine, sisters Mary, Anne, Agnes, Sadie, and Helen, brothers Jim, Timmy and Martin, nephews, nieces, and their families and his many friends in Ireland and U.K.

Pat (Paddy) is brother of Martin Delaney, Borris in Ossory – Martin is an integral part of our Music Ministry team here in Mountrath Ballyfin Parish.

Mary Wallis. (Nee Gaynor) Stillbrook R.I.P.

We pray for Mary who died peacefully at her home on Tues. 20th Aug. Mary's Funeral Mass was celebrated in St. Fintan's Church, Mountrath on Fri. 23rd Aug. followed by committal ceremony at Shannon Crematorium. We extend sympathy to her husband John, daughters, Patricia (Pat) and Denise and their families, grandchildren Abbie, Jade, Robyn and Conor, sister Julie and her family, niece Helen, grandnephew Shay, godchild Bernie Hamm and families, extended family, neighbours and a large circle of friends.

May Pat (Paddy) and Mary rest in the peace of Christ.

Ballyfin Anniversaries

Mass Times Anniversaries

Sat. 24th Aug Sun. 1st Sept.

- Fri. 23rd Aug. 5.00 pm Exposition of Blessed Sacrament.
- Sat 24th Aug. 8.00 pm Vigil Mass - 21st Sun. Ord. Time
- Sun. 25th Aug. 10.00 am Annie and Edward Conroy and Liam O'Rourke,
.
Springfield
- Mon. 26th Aug 7.00 pm Apostolate of Sanctification.
- Fri. 30th Aug. 5.00 pm Exposition of Blessed Sacrament.
- Sat. 31st Aug. 8.00 pm Vigil Mass - 20th Sunday Ord. Time
Patrick (Paddy) Brennan. Pallas Big. 1st Anniv
Patricia Dunne, Pallas 1st Anniv
and Joseph (Dunne) - 14th Anniv.
William, Maureen and Eamon Phelan, O'Moore Forest.
Carmel Gormley (Nee Phelan)
- Sun. 1st Sept. 10.00 am
- Mon. 2nd Sept. 7.00 pm Apostolate of Sanctification.

Wed. 4th Sept. 7.00 pm Mass in Boghlone Cemetery

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

Mountrath Anniversaries

Mass Times Anniversaries

24th Aug. - Sun. 1st Sept.

- Sat. 24th Aug. 7.00 pm Vincent Fitzpatrick, Paddock. 1st Anniv. .
 Also Ned Fitzpatrick, Paddock. 16th Anniv. (Vincent's dad)
 Thomas, Eileen and Noel McKeivitt, Main St.,
 Fintan Wall, Woodbrook.
 Patrick (Pad) Wall, Woodbrook.
- Sun. 25th Aug. 9.00 am *The Hollow Ch.* Mgsr. Michael Olden
 . 11.30 pm Andy O'Brien, Patrick St., 12th Anniv.
 Seán Delaney, Bacca.
- Tues. 27th Aug. 10.00 am Teresa Doheny. Stillbrook.
- Wed. 28th Aug. 10.00 am People who are ill at this time
- Thur. 29th Aug. 10.00 am
- Fri. 30th Aug. 10.00 am Altar List of the Dead.
- Sat. 31st Aug. 7.00 pm Desmond (Des) Bredin – Shannon St., Woodbrook Month's Mind Mass
*Ceremony of Committal of Des' ashes will take place in family plot in Mountrath
 Cemetery after Mass this evening*
 Roma Allman (Nee Phelan) 1st Anniv. Warwickshire
- Sun. 1st Sept. 9.00 am *The Hollow Ch.*
 . 11.30 am Seán Madigan, Old Forge Cresc. Month's Mind
 Agnes Byrne 17th Anniv - John Byrne. 43rd Anniv. Late of Main St.,

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

Guidance Information Morning



 **27 August 2024**  **10am - 1pm**

To learn more about PLCs,
Apprenticeships and Tertiary degrees in
Laois, come and talk with our staff from:

- ✓ Abbeyleix FETC
- ✓ Portlaoise Institute
- ✓ Portlaoise FETC
- ✓ Laois School of Music
- ✓ Portarlinton FETC
- ✓ Apprenticeship Services
- ✓ LOETB /SETU Tertiary degrees

Visit the
Portlaoise LOETB Information Hub
Unit 1, Lyster Square, Portlaoise
Tel: 057 8630093



Fatima Pilgrimage 2025

The Diocesan Office has circulated details of the Diocesan Pilgrimage to Fatima at Easter 2025. I have included all relevant information received from the Diocesan Office on my Online Newsletter
(See below - from Page 71)

Medjugorje Pilgrimages

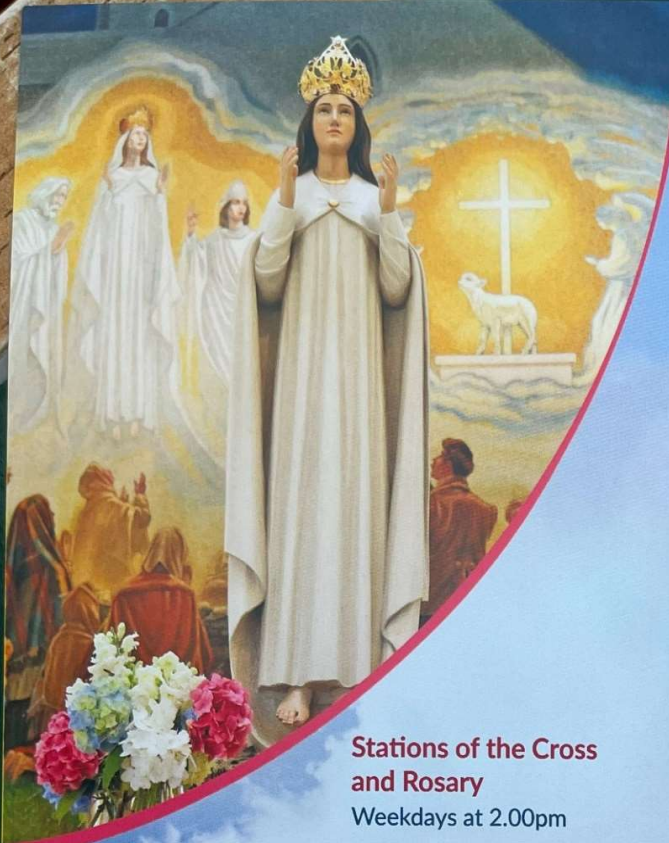
April – Oct 2024. 7 Nights Apartment B&B from €273 per person sharing. Airport transfer available on request. Contact us for details and book the dates that suit you. Tel. 01 4434510 or
website www.med-irishcentre.com

Harvesting Gratitude – Dominican Retreat 13th - 15th Sept '24

This weekend retreat offers us the invitation to pause, ponder, acknowledge and celebrate with gratitude the many blessings in our lives.

Cost: €280.00 Residential, €180.00 Non-Residential. For bookings please contact the Dominican Retreat Centre Tallaght, call: 01 4048189

email: dominicanretreat@gmail.com



**Stations of the Cross
and Rosary**
Weekdays at 2.00pm

Confessions 10.30am – 4.30pm Daily

Mini Vigils Mini Vigils take place on the first Friday of each month during the pilgrimage season. 9.00pm to Midnight in the Parish Church

NOVENA 14 – 22 August 2024.
Daily ceremonies at 3pm & 8pm.
See www.knockshrine.ie for further details of guest speakers.

Creation Walk

Weave your way through the evolution of our planet, while prayerfully pondering God's Creation.


This new walk has been created under the guidance of Fr. Brian Grogan SJ.



Knock Prayer Centre

Open daily 10am to 6pm from May 6th, 2024.
Guided Prayer sessions throughout the day.
Spiritual Direction available at Chapel of Reconciliation.

KNOCK



SUMMER PROGRAMME 2024

Mass times: SUNDAYS AND HOLY DAYS

9.00am Parish Church
10.30am & 12noon Basilica
3.00pm Basilica

Adoration

11.30am–6.30pm Blessed Sacrament Chapel
7.00pm – 9.00pm Apparition Chapel (Evening Prayer 8.30pm)

Sundays: Pilgrimage Ceremonies

2.00pm Rosary
2.30pm Anointing of the Sick
3.00pm Concelebrated Mass followed by Eucharistic Blessing.
Benediction of the Blessed Sacrament,
Outdoor Rosary Procession (*weather permitting*)

Mass times: WEEKDAYS AND SATURDAYS

9.00am Parish Church
12noon Basilica
3.00pm Basilica with Anointing of the Sick
7.30pm Parish Church (Rosary at 7pm)

Adoration

9am – 6.30pm Blessed Sacrament Chapel
7.00pm – 9.00pm Apparition Chapel (Evening Prayer 8.30pm)

Knock Museum

Find out more about the compelling story of Knock Shrine at the award-winning Knock Museum.

Open daily from 10am to 6pm with free admission.



Knock Counselling Centre

Drop-in Listening Service available every Thursday and Sunday, 11am to 3pm.





Mountrath Parish Lotto 22nd Aug.

Nos. Drawn 1 7 16 20

No Jackpot Winner

15 Match 3 Winners Rec. € 67 each

2 Local Winners

Mary Dunne. Promoter, Conroy's Pharmacy

Eilish Carroll. Promoter, M Farrell

Next Week's Jackpot € 20,000

Ballyfin Parish Lotto 21st Aug

Nos. Drawn 1 15 16 23

No Jackpot Winner

17 Match 3 Winners Rec. € 59 each

3 Local Winner

C and R Heffernan. Promoter, Mary McEvoy

Aidan McEvoy. Promoter, Mary McEvoy

Cara Linden. Promoter, Gemma Dunphy

Next Week's Jackpot € 11,000

*Thank you - for your very generous support of and continued and
ongoing commitment to Ballyfin Lotto*

Next Week's Jackpot € 11,000

Mountrath Ballyfin Lottos

Next Week's



Ballyfin € 11,000

Mountrath € 20,000



Save the Date

Rás na mBan

Thurs. 5th Sept. 2024

Stage Finish on Patrick St.,
Mountrath

SAVE THE DATE

Come out to cheer on the Rás na mBan

Thursday 5th September 2024

Check <https://rasnamban.com/2023-route/> for route times in your area

A Word from the people at Mary's Meals

I would like to say a huge thank you on behalf of Mary's Meals Ireland for your support and for posting our Walks from Kilkenny and Thurles in your weekly newsletter to help us spread the word.

Could you please place a post of our thanks for all who came out to show support, donated, helped with collections, walked, offered accommodation or provided food and refreshments and prayed for us and the children we feed.

Your kindness and generosity have touched our hearts and we thank you from the bottom of our hearts.

May God continue to bless you in all that you do.

Warm regards

Josephine Donaghey
Volunteer for Mary's Meals

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OFFICES
FREE PARKING
CANTEEN
POSTAL ADDRESS
PHOTOCOPYING**

**CONTACT 089 272 2885
OR
MANAGER@BLOOMHQ.IE**



Bloomhq, Patrick St, Mountrath R32 DC58



MOUNTRATH JIVE

3-WEEK BEGINNERS JIVE COURSE



*Jiving to Nathan Carter,
Derek Ryan, Mike Denver, etc*

No partner or experience required.

In my 3-week course you'll start with the basics on Week 1, then progress each week. By Week 3 you'll be confident to jive at any wedding or social event.

**STARTS
TUESDAY
SEPTEMBER 3
8-9.30 PM**

**BLOOM HQ
MOUNTRATH
R32 DT9F**

**€40 payable
on 1st night**

JiveTom@gmail.com  TomJive.com 0873995877

July 2024

TIMETABLE

**PAYG
and
Members
Always
Welcome**

*These Classes
are not included
in the
Membership fee

Monday

10 am Mature Movers

11 am Activator Poles Inc.

7 pm Mixed Circuit Training
(suitable for Beginners & Advance)

7 pm Karate*

Tuesday

10 am Beginner TRX

7 pm Ged Fit*

Wednesday

11 am Mature Movers

7 pm Mixed Circuit Training

7-8 pm BJJ (8-12)

8-9 pm BJJ (13+)

Thursday

7 pm Ged Fit*

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*

Music Classes in Mountrath



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

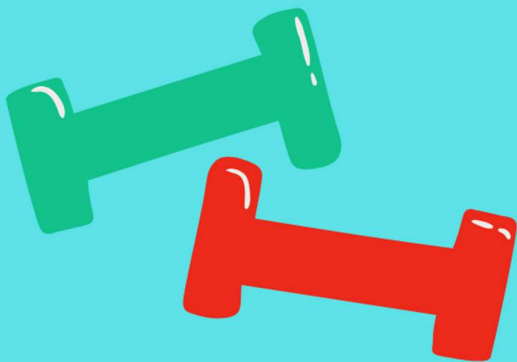




Mature Movers

50 + Gym Classes

**Strength
Flexibility
Balance
a bit of Endurance
& a lot of Fun**



6 week block starting Monday 19th August

Mondays 10 am & Wednesdays 11 am

45 mins in Mountrath

€ 60 for 6 weeks

Contact Ruth 089 264 7761





Pilates

Saturdays 12-1 pm
6 weeks starting 14th
September



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

€ 60 for 6 weeks

Sabrina 087 646 7305

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



Mountrath

Cottage Market

Saturday 31st August

11am - 1.30pm

At the Macra Hall



Events In Bloom HQ

Events In Bloom HQ

Events In Bloom HQ

Mountrath: New 7 week term, starting on Monday 02.09.24. Time: 7.30pm.

Cost per term: €65.

For bookings contact Marian on 086 8857116

TOTALLY 80'S DANCE FITNESS CLASS



**BBC
NEWS**

OK!

woman



BOOK ONLINE AT WWW.MUM-DANCE.CO.UK



Upper Body Classes

Have you been injured/had a fall?

Are you attending a Physio and need extra support?



Here in **Mountrath Health & Fitness Academy** we are putting together a program to help you progress your healing more quickly!



Starting September 24th
Tuesdays & Thursdays 6 -6.45 pm

Limited to 6 people

6 weeks twice a week, 45 min sessions

Pre program Ruth will go through your current exercises and injuries then develop a program to help all heal and increase Mobility, Flexibility, Balance & Strength.

€120 for the 12 sessions!



Contact Ruth 089 264 7761



Book on

<https://mountrathgym.squarespace.com/memberships/upperbodyinjuryclass>

Lower Body Classes



Have you been injured/had a fall?

Are you attending a Physio and need extra support?



Here in **Mountrath Health & Fitness Academy** we are putting together a program to help you progress your healing more quickly!



Starting September Tuesdays & Thursdays 8.15-9 pm

Limited to 6 people

6 weeks twice a week, 45 min sessions

Pre program Ruth will go through your current exercises and injuries then develop a program to help all heal and increase Mobility, Flexibility, Balance & Strength.

€120 for the 12 sessions!



Contact Ruth 089 264 7761

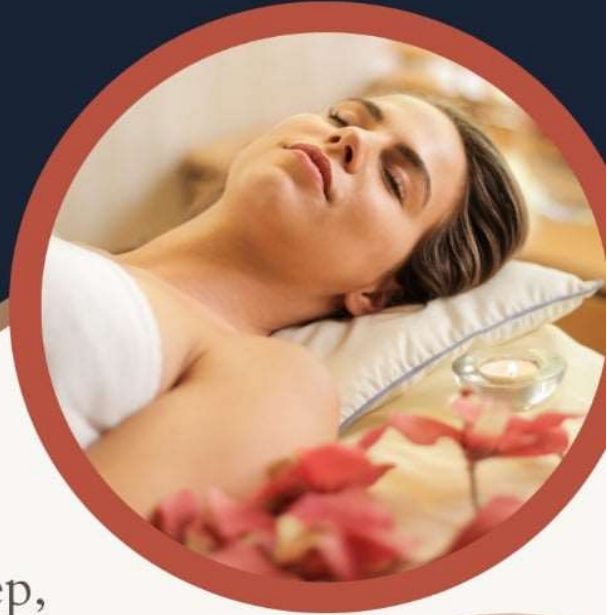
VENUE

BLOOMHQ, PATRICK ST, MOUNTRATH, R32 DC58



Revive Swedish Massage

REVIVE SWEDISH MASSAGE
RELAX AND REVIVE TODAY



Swedish Massage is gentle yet deep, it is used to aid relaxation, relieve tension energize the body and improve overall health.

Our Services

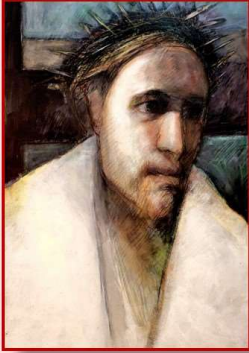
- Full Body Massage 1 hour €50
- Upper Body Massage 45 minutes €35
- Lower Body Massage 45 minutes €35

 085 200 2497

 Bloomhq, Mountrath, R32 DC58

[Book Your Appointment](#)





A LOOK OF LOVE

JIM
DEEDS

AUGUST 26–29

Using Scripture, meditation, body and breath work, music and story, Jim will lead us to an awareness of the God whose love is infinite and unconditional, a creative path on which we can find God in the mess of our everyday lives, and reconnect to our inherent goodness.

Jim Deeds, from Belfast, worked for the Diocese of Down and Connor as Assistant Director of the Living Church Office, working extensively in the parishes across his diocese, forming Pastoral Councils, Ministry of Welcome teams and other leadership groups. Jim now works as an author, poet, retreat giver and pastoral worker across Ireland and beyond, often called upon as a public speaker/guest preacher at Novenas, missions etc. He is a regular contributor to BBC Radio Ulster on their Thought for the Day segment and Sunday Sequence programme, discussing all things religious and spiritual. Jim is passionate about creating sacred space where people can pray, relax and come to know the great love God has for all God's creation.

Cost: €320 residential; €215 non-residential

ENQUIRIES: Dominicanretreats@gmail.com



Jesus the Healer

DONAGH O'SHEA OP August 3—9

'Saviour' also means 'Healer'. Jesus is our Healer; he does not promise to cure all of our ills, but he heals us in every way that we can be healed. We in turn, by his grace, have the power to help with our tormented world.

Cost: €550 residential; €350 non residential.

ENQUIRIES: dominicanretreats@gmail.com

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“THERE’S A CRACK
IN EVERYTHING:
THAT’S HOW
THE LIGHT
GETS IN.”

LEONARD COHEN

Sean Goan
Aug. 31—Sept. 5

To help us counter the God of the Scriptures we will use the songs of Leonard Cohen, who has inspired millions as they face the paradox of believing in a loving God while living in a broken world. During this retreat his lyrics will help us to explore prayerfully how the word of God can speak to us today offering hope and meaning in difficult times.

Sean Goan is a teacher and Scripture scholar. He has lectured in Biblical topics in the Marino Institute, the Priory Institute and the Milltown Institute, and has published books on the Sunday Lectionary and the Gospel of John. He is a founder member of the Tarsus Scripture School (www.tarsusscriptureschool.ie). He is married, with three children and lives in Dublin.

ENQUIRIES

dominicanretreats@gmail.com

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OR
MANAGER@BLOOMHQ.IE**



Bloomhq, Patrick St, Mountrath R32 DC58



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

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

**September 21/22, 2024
09.00 – 17.00 both days**

Cost €345

**Early Bird (deposit €50 paid before
June 21st) €295.00
Bring your lunch or order in on site**



 **ERIC DOWSETT**

Eric has been sharing 'Clearing,' changing the way we view ourselves and our relationship to the environment for over 30 years.



Inspired from an early age by 'memories' of the teachings of the Buddha, Eric's path eventually led him to working 'clearing' environmental energies. The work evolved over time to working with people and subsequently became a tool to use for his own personal growth, for you cannot 'clear' the energy of another if you yourself cannot embrace their issues.

By following this path he was able to move through a lot of his own past conditioning.

Now, the author of 6 books, with countless workshops in his resumé, he has simplified the work to be-ing, rather than do-ing.

Currently living in Switzerland, he has taught all around the world and continues to share his awakening understanding through residential retreats.

www.ericdowsett.com

*developing practical mindfulness for everyday use
author of „The Moment That Matters“, „Loving Who Shows Up“, „First Aid - A Guide to Greater Health and Happiness“, „Collapsing the Wave“, „Box! What Box?“ and „In Search of the Death-Less State“*

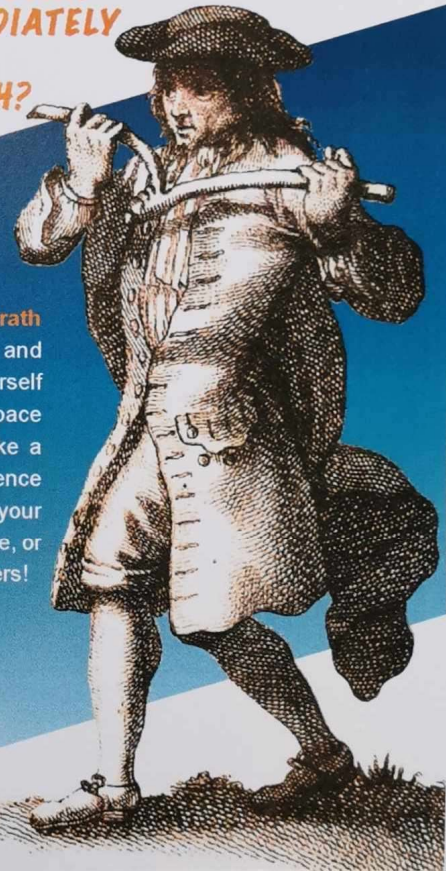
**HAVE YOU EVER WONDERED WHY SOME
BUILDINGS YOU ENTER FEEL IMMEDIATELY
COMFORTABLE
WHERE OTHERS NOT SO MUCH?**

Why you get really tired in some environments, without any apparent cause? Do you ever think it would be nice to 'do' something about the energy in the space, without resorting to time consuming or expensive gadgets or complex rituals?

**THEN THIS WEEKEND WILL OPEN DOORS YOU
NEVER KNEW EXISTED.**

The process of Space Clearing, working with the energies of the environment, earth energies, technological or metaphysical (emotional charge remaining in a space) is simple, powerful and immediate.

Join us in **Mountrath**
in September and
discover for yourself
the power of Space
Clearing and make a
sustainable difference
to the energies of your
home or workplace, or
the homes of others!



 **ERIC DOWSETT**



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



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 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





Zumba



Tuesdays 7.30 pm

St Philomena's Hall, Bloomhq, Mountrath R32 DC58

Bookings 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
089 2722885



LOOKING FOR AN OFFICE TO RENT IN LAOIS?

RENT FOR AN HOUR/A
DAY/WEEKLY

CONTACT 089 272 2885 OR
MANAGER@BLOOMHQ.IE



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



-GED FIT-
COACHING

FITNESS CLASSES

EVERY
**TUESDAY &
THURSDAY**
CLASS STARTS AT 7 PM

WEIGHTS &
CARDIO TRAINING

ADDRESS:
MOUNTRATH CO. LAOIS
EIR CODE: R32 DT9F

NO MEMBERSHIP NEEDED PAY
ONCE YOU BOOK A CLASS



FOR MORE INFO & CLASS
BOOKINGS CONTACT ME ON
INSTAGRAM @GEDFITCOACHING

LIMITED SPACES
AVAILABLE





Classes for Primary School aged Children in Mountrath Health & Fitness Academy



Karate

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

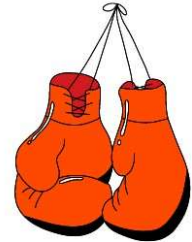
Fridays 5.30 pm 3-7 years, €7

Kickboxing

6.30 pm 8-12 years, €7

First trial class free

Shane: 086 339 9287



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





Zumba



Tuesdays 7.30 pm

St Philomena's Hall, Bloomhq, Mountrath R32 DC58

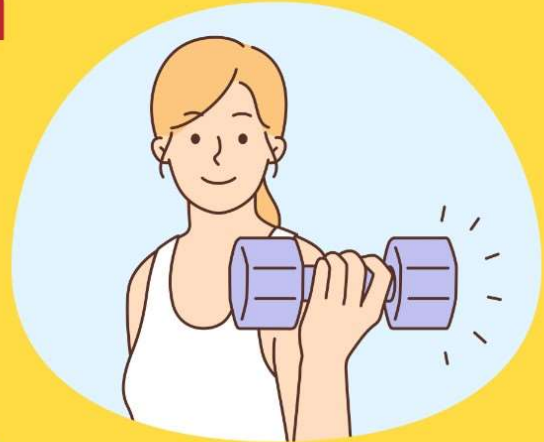
Bookings www.fitandjoy.ie

for more information contact Joanna on 0894653938

Saturday Morning Circuit Training



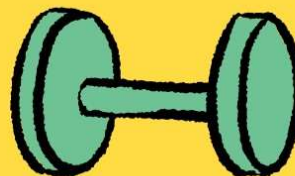
9-10 am



€ 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

Thursdays



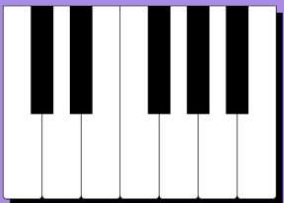
Irish Traditional Music, Whistle,
Flute, Concertina, Accordion, Fiddle,

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

Mountrath Music Rooms

Lessons in BloomHQ



Violin Lessons
by Irene Ramos
089 9818065

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



unislim.com | 1800 603020

Music Teachers wanted



for Mountrath Music School

*soundproof rooms

*free parking

*waiting area for parents



contact Lucy 087 259 7895



Classes for Secondary School aged teens in Mountrath Health & Fitness Academy



Karate

Mondays & Thursdays 7 pm

€6 per class

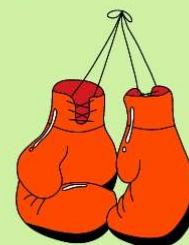
Sensei Donal: 087 760 7063

Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



Brazilian

Wednesdays 8-9 pm & Saturdays 11-12 am

€ 35 per month or €5 per class

Jiu-jitsu*

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





Classes for Primary School aged Children in Mountrath Health & Fitness Academy



Karate

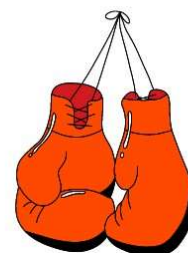
Mondays & Thursdays 7 pm
from 6 years up, €6 per class
Sensei Donal: 087 760 7063

Fridays 5.30 pm 3-7 years, €7

Kickboxing 6.30 pm 8-12 years, €7

First trial class free

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€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

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

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



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

 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



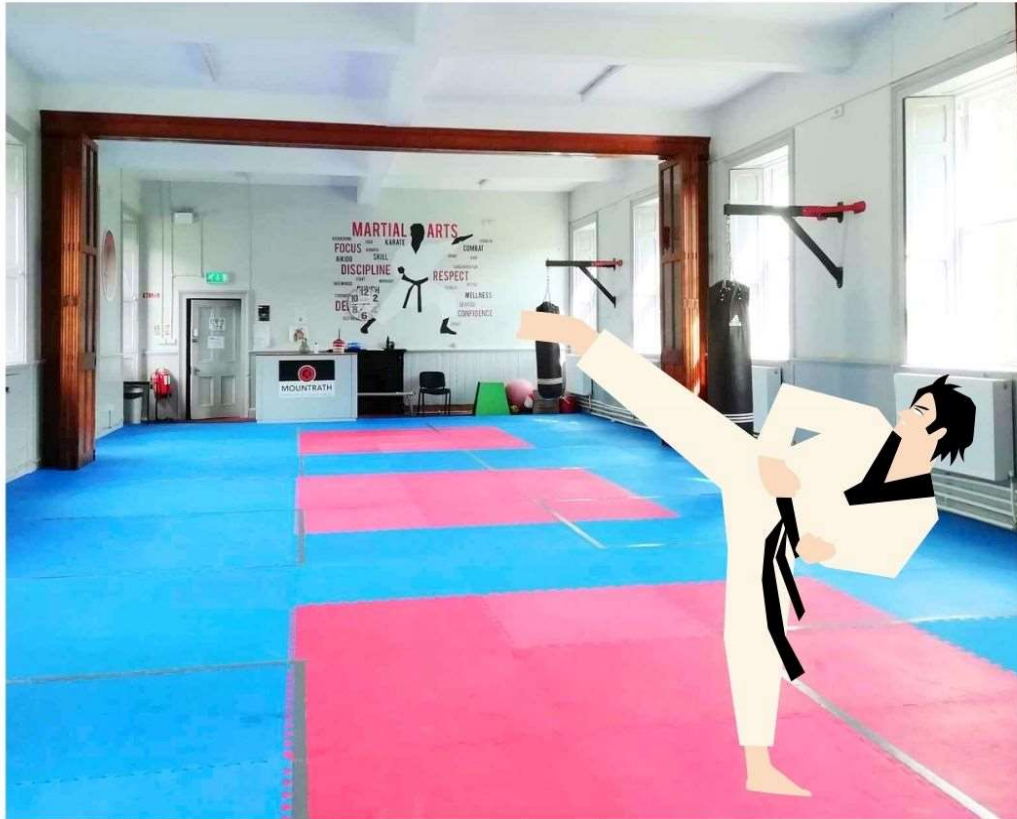
**Kindling for sale.
Call in to purchase
on times above**



Karate Classes



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





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**



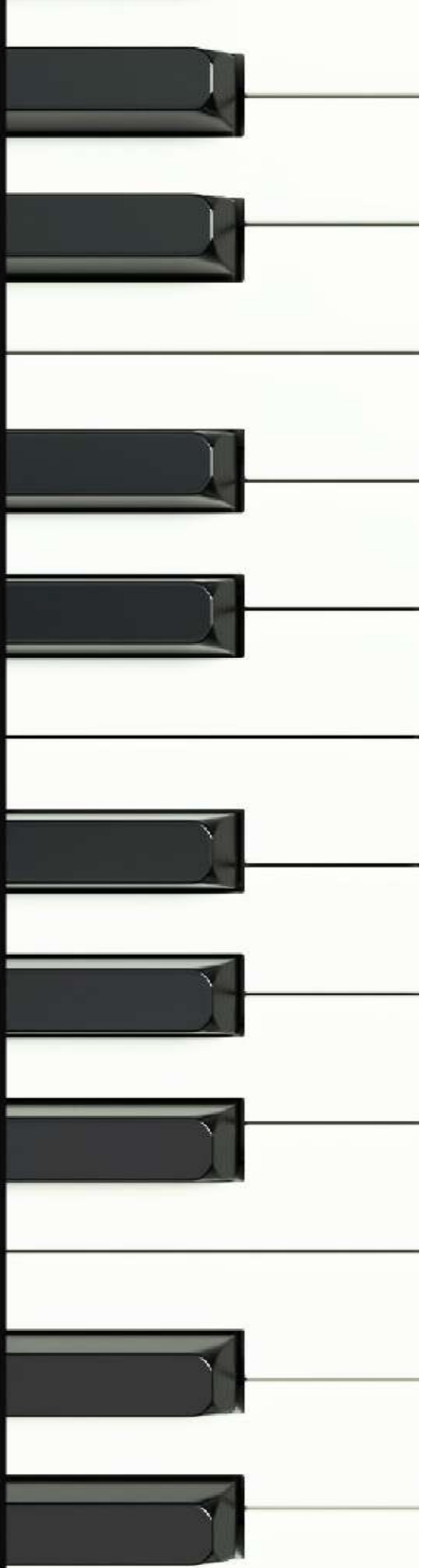
PIANO TEACHER WANTED



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



Lessons
LEARNED
Life

Special Kildare/Carlow Pilgrimage (Limited availability)
to Fatima EX Dublin Easter 2025

Flying with TAP Airlines

Also 13th June 2025 for Feast of Saint Anthony,

13th October 2025 for Miracle of Sun

Contact James Treacy 061921470

jamestreacyphotography@gmail.com

Payment can be made by instalments

Daily Itinerary

Day 1 - Holy Thursday (Apr 17th)

- Depart Dublin Airport at 05.35 a.m. and arrive into Lisbon Airport at 08.35a.m.
- On arrival transfer to Fatima where we will check into our hotel.
- Lunch will be provided at the hotel.
- Free time for optional activities.
- Dinner at Hotel.
- This evening we will attend Holy Thursday Mass.

Day 2 - Good Friday (Apr 18th)

- Following breakfast at our hotel we will walk the Way of the Cross.
- Lunch in Hotel.
- This afternoon, we will have a guided tour of the Sanctuary area visiting, the Capelhina, Rosary Basilica, the graves of the three children.

Day 3 - Holy Saturday (Apr 19th)

- This morning after breakfast we will visit the Parish Church, Valinhos and Aljustrel.
- Lunch in hotel.
- Following dinner we will attend the Vigil Mass in the Sanctuary.

Day 4 - Easter Sunday (Apr 20th)

- Following breakfast, we will attend the Rosary and international Mass in the Sanctuary on this Easter Sunday morning.
- Lunch in hotel.
- Afternoon is free for optional activities.
- Dinner in Hotel.

Day 5 - Easter Monday (Apr 21st)

- After breakfast, we will depart Fatima on our optional tour of Nazare & Bathala.
- A packed lunch will be provided.
- For those staying in Fatima, lunch will be provided in the hotel.
- Dinner and overnight.

Day 6 - Tuesday (Apr 22nd)

- We bid farewell to Fatima and make our way to Lisbon Airport.
- Enroute, we will have a short visit to Santarem and visit the Church of The Holy Miracle. We will have time for private prayer in this special place.
- We will then continue onto Lisbon Airport.
- Our flight departs Lisbon at 3.20pm and arrives into Dublin Airport at 6.10pm.





FATIMA PILGRIMAGE

17th - 22nd APR '25

Group Leader: James Treacy
Escorted Tour

FATIMA where the Blessed Virgin appeared to the three children, Lucia, Francisco, and Jacinta in 1917 is now one of the greatest Marian Shrines in the world.

VISITING: Chapel of the Apparitions - The Church of the Holy Trinity - Guided tour of the Sanctuary - Hungarian Stations of the Cross - Aljustrel - Partake in the Easter Celebrations

INCLUDES:

- Return flights ex Dublin to Lisbon
- 23kg checked in luggage per person
- Coaching as per the itinerary
- 5 nights full board basis staying at 3* Santo Amaro Hotel
- Religious itinerary with a guided tour of the Sanctuary area and excursion to Aljustrel
- Taxes and Charges

EXTRAS:

- Single room supplement: €200.00 for duration (first come first served basis)
- Travel Insurance*: €50 per person up to 79 years of age and €75 per person between 80 & 94 years of age
- Items of personal nature.
- Additional meals not listed.
- Valid Passports are required.
- Optional Day Trip - prices will be given locally by our guide.

**Any person taking our travel insurance must get a form signed by their GP at time of booking and this form must be taken to Fatima with you.*

HOTEL SANTA AMARO:

Located a 5-minute walk from the Sanctuary of Our Lady of Fatima, Hotel Santo Amaro is the place where comfort and well-being are privileged. Hotel Santo Amaro offers you services of the highest quality so that you can enjoy your stay to the fullest. Our two excellent restaurants, where you can taste the typical cuisine of the region, are worthy of special mention. The hotel also has a chapel, two bars, and a souvenir shop. All guests have access to free wifi.

Cost Per Person

€859pp sharing

Non-refundable €300 deposit plus insurance premium required at time of booking to secure place



For further information please contact:

Group Leader James Treacy : Tel 061-921470 or Mob 086-0572216
Barter's Travelnet : 021 485 1700 or kcallaghan@travelnet.ie

Catholic Marriage Encounter

Catholic Marriage Encounter in Ireland is a Weekend experience is for married couples who want something more in their marriage - more fun, spontaneity, excitement, communication, understanding, romance, intimacy, passion, joy.

Our next Marriage Enrichment Weekend is Friday 8 - 10 November 2024

Venue: Focolare Centre, Prosperous, Co. Kildare

Online booking only: www.marriageencounter.ie

Medjugorje Pilgrimages April – Oct 2024

Medjugorje Pilgrimages April – Oct 2024.

7 Nights Apartment B&B from €273 per person sharing. Airport transfer available on request. Contact us for details and book the dates that suit you.

Tel. 01 4434510 or website www.med-irishcentre.com

Email: reservations@med-irishcentre.com