

# Mountrath Ballyfin Online Newsletter

## 18<sup>th</sup> Aug. 20<sup>th</sup> Sun. in Ord. Time

**BRIGID**  
in *Bloom*

**A ONE DAY FESTIVAL OF FREE EVENTS TO CELEBRATE HERITAGE WEEK**

**Bloom HQ**  
(Formerly The Brigidine Convent, Mountrath, Co. Laois)

**Friday August 23rd 2024**  
12 Noon - 8pm

**Refreshments served throughout the day!**

**12 Noon - 2pm**  
**Marian's Arts & Crafts Workshop**  
Join Primary School Teacher Marian Naughton for a fun and colourful art project based on St. Brigid's Cloak.  
12 - 1pm • 4-6 year olds.  
1pm - 2pm • 7-10 year olds  
Location : St. Philomena's Hall

**4pm - 6pm**  
**Creative Writing Workshop**  
Novelist Helen Moorhouse will host a workshop exploring the basics of starting your novel.  
Location : Rachel's Room  
(1st Floor, accessible only by stairs)

**2pm - 4pm**  
**Brigid in Bloom Gardening Clinic**  
Noranne Scott of Scott Landscape Design will bring the Bloom to Brigid and answer your gardening questions with expert advice on garden design, planting and maintaining your outdoor space.  
Location : Bloom Gardens

**6pm - 8pm**  
**Brigid in Bloom Concert by Candlelight**  
Presented by Award winning vocalist Trudi Lalor with Special Guests including Camross Native Shawn Cuddy and Glór Tire Star Effie Neill for an intimate concert accompanied by RTE Musical Director Ollie Hennessy.  
Location : Liath Luachra Suite.  
(Former Nuns Chapel)

**All events are FREE**  
However places are **STRICTLY LIMITED.**  
**ADVANCE BOOKING ESSENTIAL**

You can book directly by emailing  
[1990restproject@gmail.com](mailto:1990restproject@gmail.com)  
or Find Our Facebook Page - *Class of 1990 Restoration Project*

Clár Éire Ildánach  
Creative Ireland  
Programme

Brigid in Bloom is brought to you by former students of the Class of 1990, Brigidine Convent, and proudly supported by the Heritage Office, Laois County Council and Creative Laois

# 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

# BRIGID IN BLOOM FESTIVAL

Friday 23rd August  
12 Noon - 2pm



Workshop Times  
12 - 1pm - ( 4-6 years )  
1pm - 2pm (7-10 years )



# KIDS, ARTS & CRAFTS WORKSHOPS WITH MARIAN



Spaces are limited  
To book your place email  
[1990restproject@gmail.com](mailto:1990restproject@gmail.com)

# Mountrath Ballyfin Parish News 18<sup>th</sup> Aug. '24

St. Fintan's Parish, Mountrath – Ballyfin

20<sup>th</sup> Sunday in Ordinary Time

## Parish Contacts

Website [www.mountrathparish.ie](http://www.mountrathparish.ie)

Email - [jmbrophy2@gmail.com](mailto:jmbrophy2@gmail.com)

Name of Parish App.

*Mountrath and Ballyfin Parishes*

## A Call to Eucharistic Adoration Revival

The Diocesan Adoration Committee invite you to a day of Prayer, Adoration & Revival in Mt. St Anne's Conference and Retreat Centre, Killenard, on Sat.

24<sup>th</sup> Aug. from 9.30am – 4.00pm.

(Lunch (€10) 12.30pm – 1.00pm.

Confessions available, Mass at 3.00pm.

You are most welcome to come along

and bring a friend!

## 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. 25<sup>th</sup> 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

*Starts Tues. 3<sup>d</sup> Sept. 8.00 pm - 9.30 pm Bloom HQ - Mountrath*

*No Partner or Experience Re quired*

*Jive Tom says - In my 3 week course, I'll be starting with basics on Week 1 – then  
progress each week.*

*By week 3 you'll be confident to jive at any Wedding or Social event.*

*Jive Tom @gmail.com. Contact number 087 399 5877*

*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

## 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](mailto: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

## Eucharistic Adoration Revival

A day encouraging Eucharistic Adoration in parishes is taking place in Mt St Anne's on Saturday 24<sup>th</sup> August. It is open to all parishes. Pope Francis encourages adoration and all are very welcome. More details will follow closer to August.

For now, here are some quotes from Pope Francis encouraging adoration in our Parish.

*"If we don't pray, if we don't adore, our life is worth little"*

*"In every tabernacle we see the cross being erected and ask ourselves,*

*"Can we do something to alleviate the suffering of Christ today"*

**5th Annual  
Liam Linden  
Memorial Golf  
Tournament**

**2024**

**Friday  
August 23rd  
Mountrath  
Golf Club**

*for more info  
Call  
(087) 251 7609*

**Champagne  
Scramble**

**€140 Per Team of 4**  
**1st Prize: 4 Golf Bags and 4 Green  
Fees for The Heritage Golf Club**  
**GI and non GI Prizes**

**Tee Times from  
7:30am to 4:30pm**



# Ballyfin Anniversaries

## Mass Times Anniversaries

### Sat. 17<sup>th</sup> - Sun. 25<sup>th</sup> Aug

- Fri. 16<sup>th</sup> Aug. 5.00 pm Exposition of Blessed Sacrament.
- Sat. 17<sup>th</sup> Aug. 8.00 pm Vigil Mass - 20<sup>th</sup> Sunday Ord. Time
- Sun. 18<sup>th</sup> Aug. 10.00 am Peter Coughlan, Portlaoise.  
and deceased family members  
Dan and Brigid Mooney, Old Post Office.
- Mon. 19<sup>th</sup> Aug. 7.00 pm Apostolate of Sanctification.
- Fri. 23<sup>rd</sup> Aug. 5.00 pm Exposition of Blessed Sacrament.
- Sat. 24<sup>th</sup> Aug. 8.00 pm Vigil Mass - 21<sup>st</sup> Sun. Ord. Time
- Sun. 25<sup>th</sup> Aug. 10.00 am Annie and Edward Conroy and Liam O'Rourke, Springfield
- Mon. 26<sup>th</sup> Aug 7.00 pm Apostolate of Sanctification.

### 1<sup>st</sup> Anniv. Mass Remembrances

- Sat. 31<sup>st</sup> Aug. 8.00 pm Patricia Dunne, Pallas  
(and Joseph Dunne, - 14<sup>th</sup> Anniv)  
Patrick (Paddy) Brennan Pallas Big

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

**Boghlonge Cemetery Mass** Wed. 4<sup>th</sup> Sept. 7.00 pm

# Mountrath Anniversaries

## Mass Times Anniversaries

Sat. 17<sup>th</sup> - Sun. 25<sup>th</sup> Aug.

Sat. 17<sup>th</sup> Aug. 7.00 pm Thomas and Dorothy Connor, Cappagh  
Jean and Breda Farrell, Ann and Georgie Boyhan  
Baby Conor Dunne, Trumera. 8<sup>th</sup> Anniv.  
Sarah Parkinson, Clonard. 18<sup>th</sup> Anniv.

Sun. 18<sup>th</sup> Aug. 9.00 am **The Hollow Ch.**

11.30 am Seán Brophy, Knockanina 6<sup>th</sup> Anniv.  
and Deceased members of Byrne Family  
Paddy and Moira Kennedy, Shannon St., Paddy's 8<sup>th</sup> Anniv  
Christopher Larkin, Fr. O'Connor Cresc. 17<sup>th</sup> Anniv.

Tues. 20<sup>th</sup> Aug. 10.00 am Paddy Dowling, Ballyfin Rd., 5<sup>th</sup> Anniv.

Wed. 21<sup>st</sup> Aug. 10.00 am Margaret Kelly, Clonagown.

Thurs. 22<sup>nd</sup> Aug. 10.00 am

Our young people will be receiving their Exam results during the week - we wish you all the best and we remember you in our Mass today - Know that you are in our thoughts and prayers in a special way at this time.

Fri. 23<sup>rd</sup> Aug. 10.00 am Altar List of the Dead.

Sat. 24<sup>th</sup> Aug. 7.00 pm Vincent Fitzpatrick, Paddock.. 1<sup>st</sup> Anniv.

Also Ned Fitzpatrick, Paddock. 16<sup>th</sup> Anniv. (Vincent's dad)

Thomas, Eileen and Noel McKevitt, Main St.,

Fintan Wall, Woodbrook. Patrick (Pad) Wall, Woodbrook.

Sun. 25<sup>th</sup> Aug. 9.00 am **The Hollow Church** 21<sup>st</sup> Sun. Ord. Time

11.30 pm Andy O'Brien, Patrick St., 12<sup>th</sup> Anniv

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

# Guidance Information Morning

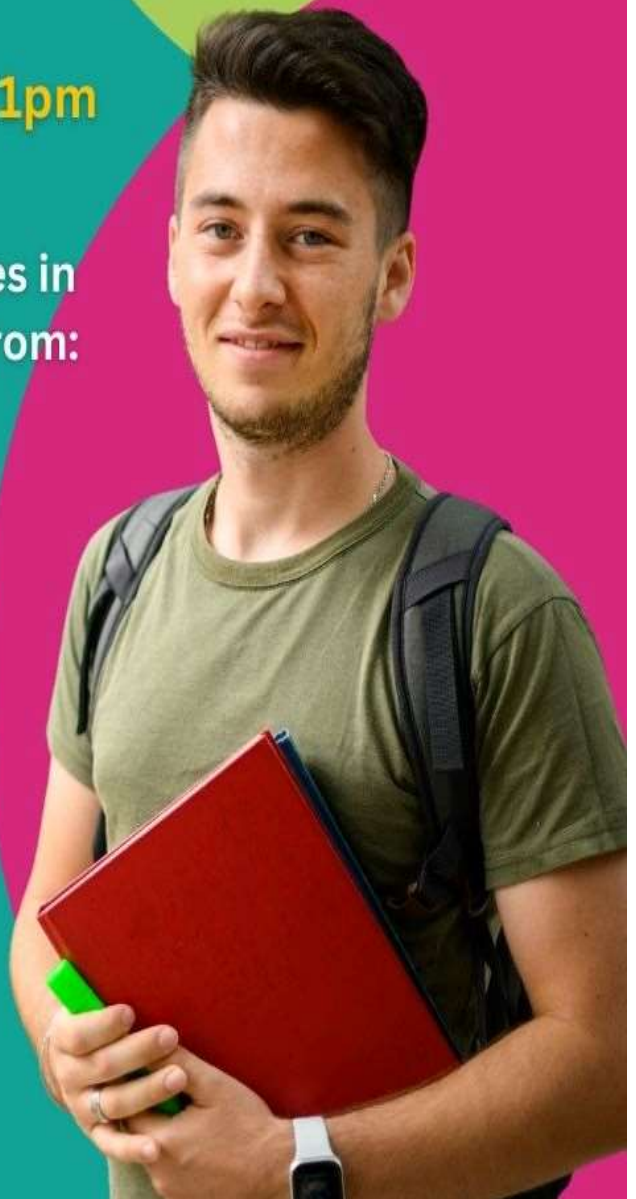


 **27 August 2024**  **10am - 1pm**

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

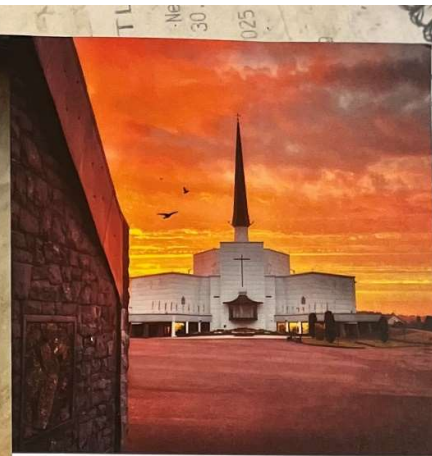
Visit the  
**Portlaoise LOETB Information Hub**  
Unit 1, Lyster Square, Portlaoise  
Tel: 057 8630093



www.knockshrine.ie | t. 094 9388100 | e: info@knockshrine.ie

# KNOCK

Ireland's International Eucharistic  
and Marian Shrine



DAILY  
CEREMONIES  
AT 3.00pm  
AND 8.00pm

Anointing of the Sick  
at 2.30pm

Candlelight Procession  
each evening

## GUEST SPEAKERS

Dr Austen Ivereigh,  
Fr Richard Leonard SJ, Toni Pyke,  
Msgr Kevin Gillespie,  
Donna Taggart, Judith King,  
Bishop Kevin Doran, Sr Orla Treacy,  
Fr Michael McCullagh CM,  
Dr Gráinne Doherty,  
Fr Richard Gibbons, Fr Jos Moons SJ.

**'Whispering with God'**  
*How Do You Pray?*

**NATIONAL NOVENA**  
*to Our Lady of Knock*

14-22 August 2024

- Daily Workshops
- Guided Prayer Sessions
- Family Day, Sunday 18 August
- Witness Walk on the evening of the Apparition 21 August
- Daily Historical Tours

## 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)

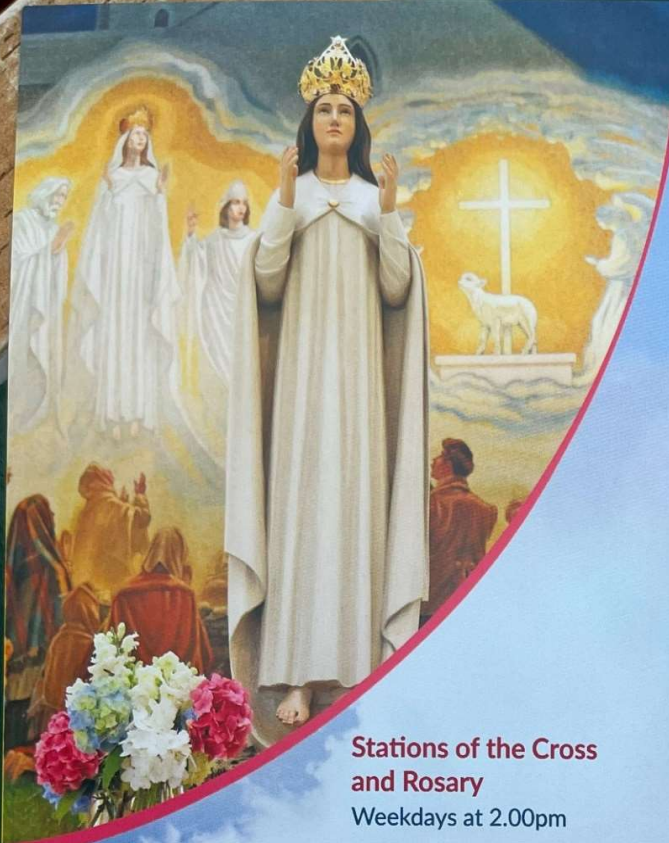
## Medjugorje Pilgrimages

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](http://www.med-irishcentre.com)

## Margaret (Peg) Cahill (née Cashin) Kilmeade, Clonurk. R.I.P.

We pray for Peg who died peacefully at St. Brigid's Hospice, The Curragh on Wed. 14<sup>th</sup> Aug. Peg's Funeral Mass was celebrated in St. Ita's Church, Kilmeade on Fri. 16<sup>th</sup> Aug. followed by burial in adjoining Cemetery. We extend sympathy to all her family and relatives in Kilmeade and Clonurk.

*May Peg rest in the peace of Christ*



**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](http://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 15<sup>th</sup> Aug.

Nos. Drawn 8 13 14 27

No Jackpot Winner

9 Match 3 Winners Rec. € 112 each

1 Local Winner

Seán Keenan – Promoter, Peg Keenan

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

## Next Week's Jackpot € 20,000

# Ballyfin Parish Lotto Wed. 14<sup>th</sup> August

Nos. Drawn 6 9 11 15

1 €10,000 Jackpot Winner

Congrats. to Ann Curtis, Ballyfin

And Promoter, Denis Daly.

33 Match 3 Winners Rec. € 31 ea

2 Local Winners

Chris Phelan. Promoter, Sheila Dowling

Sean and Lily O'Neill, Promoter, Paul Dunne

## Next Week's Jackpot €10,000

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



# Mountrath Ballyfin Lottos

## Next Week's



Ballyfin      € 10,000

Mountrath    € 20,000



# READY FOR FUN?



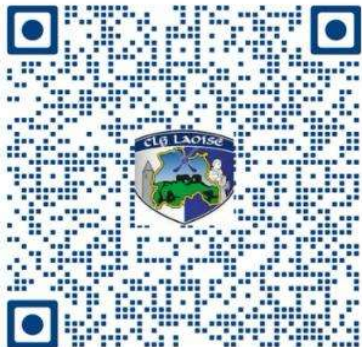
Get a GAA jersey, training top and a backpack with Kellogg's GAA Cúl Camps. An action packed week of fun and games for children aged 6-13 throughout July and August.



REGISTER NOW AT

[GAA.ie/KelloggsCulCamps](http://GAA.ie/KelloggsCulCamps)

For more details, contact your local GAA club:



Save the Date

Rás na mBan

Thurs. 5<sup>th</sup> 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

LOOKING FOR AN  
**OFFICE TO RENT**  
IN LAOIS?

**FULLY SERVICED  
OFFICES  
FREE PARKING  
CANTEEN  
POSTAL ADDRESS  
PHOTOCOPYING**

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



*Bloomhq, Patrick St, Mountrath R32 DC58*



# 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





# Pilates

**Saturdays 12-1 pm**

**6 weeks starting 13th July**

Classes July 13th & 27th  
August 10th, 17th, 24th & 31st



**€ 60 for 6 weeks**

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

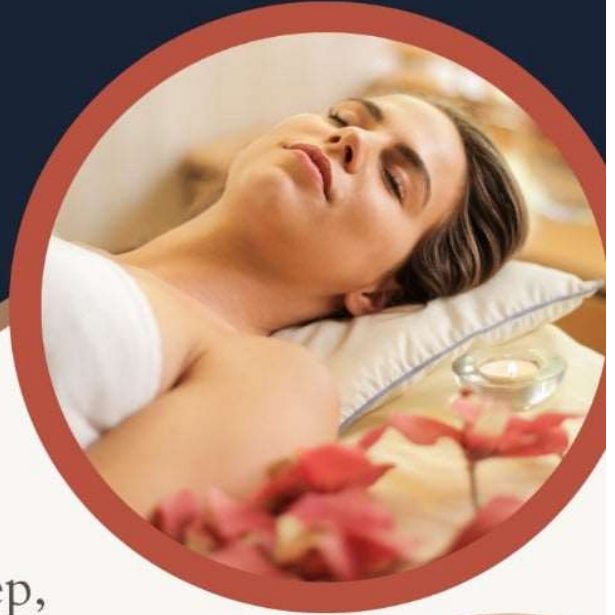
**Sabrina 087 646 7305**

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



# 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

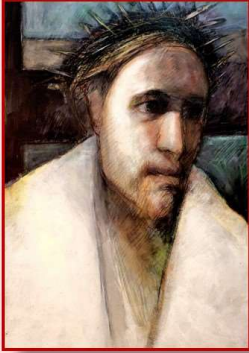
 085 200 2497

 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](mailto: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](mailto:dominicanretreats@gmail.com)



“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](http://www.tarsusscriptureschool.ie)). He is married, with three children and lives in Dublin.*

**ENQUIRIES**

dominicanretreats@gmail.com

## 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

Events In Bloom HQ

Events In Bloom HQ

Events In Bloom HQ

# BRIGID in Bloom

**A ONE DAY  
FESTIVAL OF FREE EVENTS  
TO CELEBRATE HERITAGE WEEK**

**Bloom HQ**  
(Formerly The Brigidine Convent, Mountrath, Co. Laois)

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or Find Our Facebook Page - *Class of 1990*  
*Restoration Project*

Brigid in Bloom is brought to you by former students of the Class of 1990, Brigidine Convent, and proudly supported by the Heritage Office, Laois County Council and Creative Laois

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

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

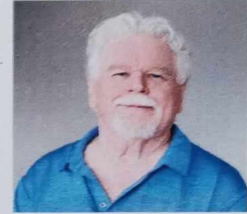
**Cost €345**

**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](http://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“*

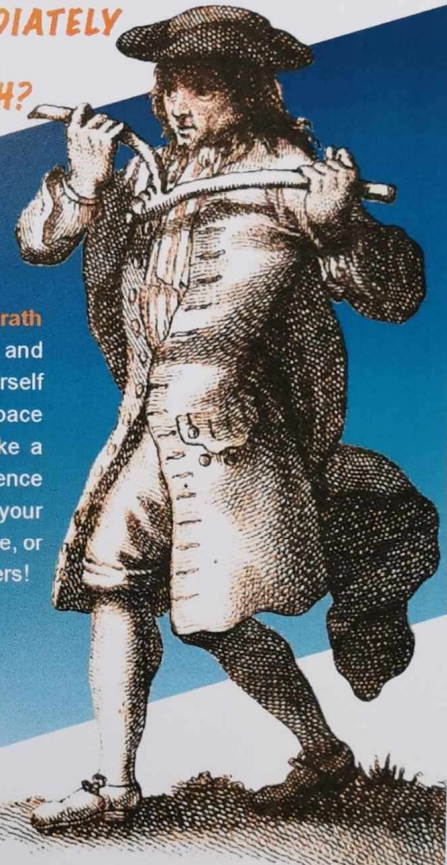
**HAVE YOU EVER WONDERED WHY SOME  
BUILDINGS YOU ENTER FEEL IMMEDIATELY  
COMFORTABLE  
WHERE OTHERS NOT SO MUCH?**

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](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



# LOOKING FOR AN OFFICE TO RENT IN LAOIS?

RENT FOR AN HOUR/A  
DAY/WEEKLY

CONTACT 089 272 2885 OR  
[MANAGER@BLOOMHQ.IE](mailto: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

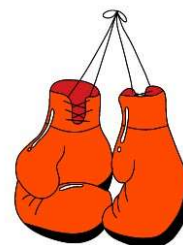
Fridays 5.30 pm 3-7 years, €7

### Kickboxing

6.30 pm 8-12 years, €7

First trial class free

Shane: 086 339 9287



8-12 years,

### Brazilian

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

Thursdays 3.30 pm on. From 3 years - adult

### Violin

€20 for 30 min individual lesson

Irene: 089 981 8065

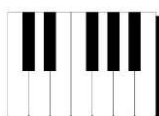


### Trad Music

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**

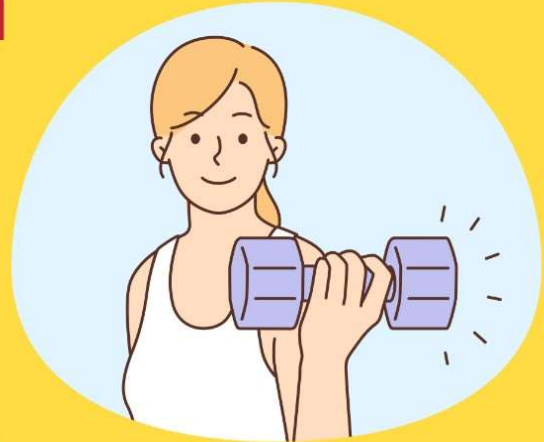
**Bookings [www.fitandjoy.ie](http://www.fitandjoy.ie)**

**for more information contact Joanna on 0894653938**

# Saturday Morning Circuit Training



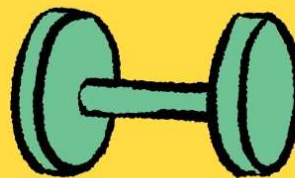
## 9-10 am



€ 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



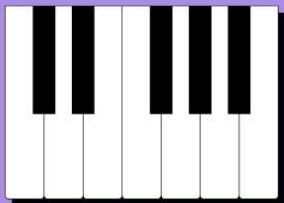
Irish Traditional Music, Whistle,  
Flute, Concertina, Accordion, Fiddle,

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)

# 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,  
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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

# 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

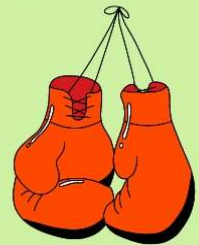
Sensei Donal: 087 760 7063

### Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



### Brazilian 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







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



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Mondays & Thursdays 7 pm  
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Sensei Donal: 087 760 7063

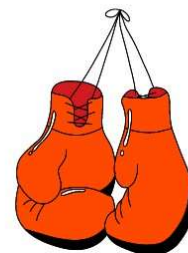
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8-12 years,

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€ 35 per month or €5 per class

Jamie; 085 200 2497



### Art & Craft

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### 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

# 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



# 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.

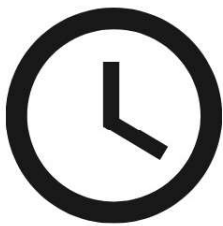
Desks from 10 euro per day

Book on <https://connectedhubs.ie>

# Mountrath Men's Shed



**Old School on  
Patrick Street**



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

**Contact 0857053855**



**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**

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

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



# 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 13<sup>th</sup> June 2025 for Feast of Saint Anthony,

13<sup>th</sup> October 2025 for Miracle of Sun

Contact James Treacy 061921470

[jamestreacyphotography@gmail.com](mailto: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

## Celebrate John Tyndall, Leighlinbridge Scientist Heritage Week Event

On Monday 19<sup>th</sup> August from 7pm - 9pm *John Tyndall: A Celebration* in the Lord Bagenal Hotel including: John's Tyndall's 1874 Belfast Address: a lecture by Dr Diarmaid Finnegan; The Belfast Address Imagined by Carlow Little Theatre Society; and for the first time in County Carlow, a recital of Prof. Gráinne Mulvey, Leighlinbridge, Tyndall inspired Piano compositions.

## Captain Myles Keogh Heritage Week Lecture:

On Thursday August 22<sup>nd</sup> Deb Goodrich, Historian in Residence at the Fort Wallace Museum, Kansas, USA, will present a lecture on '*Captain Myles Keogh, Leighlinbridge, Commander of Fort Wallace, Kansas, USA, 1866-1867*'. Keogh saw military service for the Pope in Italy before joining the US army and fighting in the US Civil War. In 1876 he was killed at the infamous Battle of Little Big Horn with General Custer. Free Admission, 7pm on Thursday August 22<sup>nd</sup> in the Leighlin Parish Centre. Presented by Carlow County Council.

## 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](http://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](http://www.med-irishcentre.com)

Email: [reservations@med-irishcentre.com](mailto:reservations@med-irishcentre.com)



# A CALL TO EUCCHARISTIC REVIVAL



THE DIOCESE OF KILDARE AND LEIGHLIN ADORATION COMMITTEE  
INVITES YOU TO A DAY OF  
**PRAYER, ADORATION, AND REVIVAL**

JOIN US WITH:  
MOST REVEREND BISHOP DENIS NULTY,  
FR. RUAIRÍ Ó DOMHNAILL,  
FR. CHIRIYANKANDATH PRINCE,  
MS. MARGARET BRENNAN

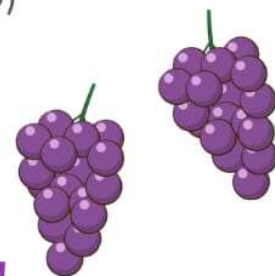
**Location:** Mount St. Anne's, Portarlinton [R32 WN59]

**Date:** Saturday, August 24th

**Time:** 9.30 am - 4.00 pm

**Lunch:** 12.30 am to 1.00 pm (€10.00)

**Confessions Available – Mass at 3.00 PM**



**Come Along and Bring a Friend!**

