

Mountrath Ballyfin Online Newsletter

30th June 13th Sunday in Ord. Time

Cemetery Masses during 2024

Clonenagh Cemetery Fri. 5th July
(Cemetery on Left, Mountrath to Portlaoise)

Clondarrig Cemetery Wed. 7th Aug.

Boghlone Cemetery Wed. 4th Sept.

All Masses commence at 7.00 pm

New Child Safeguarding Policy 2024 now LIVE

A Safe and Welcoming Church –Safeguarding Children Policy and Standards for the Catholic Church in Ireland, 2024–launched on 11th of June 2024 The policy reminds us that – Safeguarding is core to the Mission of the Church. Consistent with Gospel values, those who minister will do so with dignity and integrity, honouring their calling to ensure that children are welcomed, cherished and protected, following the example set by Jesus.

This policy can be accessed by visiting the Diocesan website [kandle.ie](https://www.kandle.ie) or via the National Board website at this link <https://www.safeguarding.ie/policy/doc>



Camp Pio



Summer Faith Camp



Team Games
Music
Action Songs
Drama
Arts & Crafts
Prayer



"Come and See"



Date: Mon 22nd - Thurs 25th July 2024

Time: 9.30am to 2.30pm

Venue: Bloom HQ, Mountrath (R32DT9F)

Age: For Boys and Girls aged 5 to 13 years

Cost: €45 per child (€30 for each additional child in family)

To book contact: camppio2024@gmail.com or

Caroline on 0852430529 or Laura on 0876313370

Mountrath Ballyfin Parish News 30th June '24

St. Fintan's Parish, Mountrath – Ballyfin

13th Sunday in Ordinary Time

Parish Contacts

Website www.mountrathparish.ie

Email - jmbrophy2@gmail.com

Name of Parish App.

Mountrath and Ballyfin Parishes

Kids Summer Camp

2nd - 3rd - 4th July

At Mountrath Health and Fitness Academy

in Bloom HQ

10.00 am - 2.00 pm each day -

Book by Tues. 25th June

15 Places - € 70.00 per child

For more info. 089 264 7761

Arts and Crafts

Fun Games - Activities

And A Lot More

Lourdes Fund

Church Gate Collection

Sat. 5th and Sun. 6th July

Your generous and kind support is always much appreciated.

Eucharistic Adoration Revival

A day encouraging Eucharistic Adoration in Parishes is taking place in Mt St Anne's on Sat. 24th Aug. It is open to all Parishes and all Parishes will be most welcome to attend.

*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

Setting up new Church Cleaning Rota at Ballyfin Church

A very special note of thanks to the loyal people who look after and have looked after the cleaning and care of Ballyfin Church over many years. We are blessed to have so many dedicated people - generous with their time and skills, willing to keep Ballyfin church clean and welcoming at all times.

A number of our veteran helpers have indicated that they would like to take a much deserved break from this task for now.

In light of this I am putting out a call for a new team of church cleaners - If you are already involved in the cleaning of Ballyfin Church and would like to continue or if you would like to get involved at this time - or if you are new to the Parish and would like to get involved in Parish life in a significant and meaningful way and feel that you could devote about an hour a month helping with the cleaning of the church, I ask you to please get in contact with me. If I get a good response I will invite all who respond to a Meeting with a view to putting a new church cleaning team in place. Your involvement in the cleaning and looking after Ballyfin Church and your continued involvement in Ballyfin Parish is much appreciated.

- Contact Fr. Joe at 087 241 1594

Eucharistic Adoration Revival

A day encouraging Eucharistic Adoration in Parishes is taking place in Mt St Anne's on Sat. 24th Aug. It is open to all Parishes and all Parishes will be most welcome to attend.

Caring in Offaly CE Scheme:

Home Respite Care Worker, Vacancy No. 2343685, Mountrath area, 19.5 hours per week. Please contact Alison Hackett for more information on 086-0213711 / ahackett@familycarers.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

Nora Lalor (Nee McNamara) Coole, Raheen R.I.P.

We pray for Nora who died suddenly at Regional Hosp., Portlaoise on Sat. 22nd June. Nora's Funeral Mass was celebrated in St. Fintan's Church, Raheen on Mon. 24th June followed by burial in adjoining Cemetery.

We extend sympathy to Mary, John, Patricia, Betty, Noreen, Kathleen, Michael and Peadar and their families, brother Dan (McNamara) Ross, Ballyfin and all the McNamara family, grandchildren, great-grandchild, cousins, relatives, neighbours and a wide circle of friends.

Mary Healy, Serenity Lodge, Clonkeen - Ballinahown . R.I.P.

We pray for Mary who died peacefully at Serenity Lodge, Clonkeen on Wed. 19th June. Mary's mortal remains were laid to rest in the family plot in Clonmacnoise. We extend sympathy to brothers, John and Andrew, her wonderful and dedicated carers, who were also family to her, cousins and extended family.

May Nora and Mary rest in the peace of Christ.

Rally For Life 2024

Ireland's largest annual pro-life march takes place Sat. 6th July at 1.30 p.m, Parnell Square, Dublin. Contact 01 8730465 to book a seat on a rally bus from this area. See www.rallyforlife.net and www.thelifeinstitute.net/rally2024 for more information.

Kids Summer Camp 2nd - 3rd - 4th July

At Mountrath Health and Fitness Academy in Bloom HQ
 10.00 am - 2.00 pm each day - Book by Tues. 25th June
 15 Places -€ 70.00 per child - More info. at 089 264 7761

Featuring

Arts and Crafts Fun Games Activities

And Lots, Lots more

Ballyfin Anniversaries

Mass Times Anniversaries Sat. 29th June - Sun. 7th July

- Fri. 28th June 5.00 pm Exposition of Blessed Sacrament.
- Sat. 29th June 8.00 pm Vigil Mass for 13th Sun. In Ord. Time
- Sun 30th June 10.00 am Rose Dunne (Nee Gorman) Deerpark.
1st Anniv. and Rose's daughter, Ita. 7th Anniv.
John O'Rourke, Cappanrush
Paddy Keating, Brockera. 18th Anniv.
- Mon. 1st July 7.00 pm Apostolate of Sanctification.
- Fri. 5th July 5.00 pm Exposition of Blessed Sacrament.
- Sat. 6th July 8.00 pm Tom Goode, Ballylusk, 11th Anniv.
Tom's parents, James and Annie
Brothers, Paddy, Dave and Christopher.
- Sun. 7th July 10.00 am Margaret Fitzpatrick, Springfield. Month's Mind
Betty and Dermot Conroy, Barkmills
- Mon. 8th July 7.00 pm Apostolate of Sanctification.

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

Mountrath Anniversaries

Mass Times Anniversaries

Sat. 29th June - Sun. 7th July

Sat. 29th June 7.00 pm An Tathair (Fr) Caoimhín (Kevin) Ó Néill,
Trumera. 1st Anniv. (today)

Sun. 30th June. 9.00 am [The Hollow Church](#)

11.30 pm Kieran, Nora and Jim Phelan, Coldblow.

Tues. 2nd July 10.00 am People who are ill or unwell in the Parish.

Wed. 3rd July 10.00 am

Thurs 4th July 10.00 am Altar List of the Dead.

Fri. 5th July 10.00 am Patrick Dunne and Aine Burmiston

Sat. 6th July 7.00 pm Eamon and Mary Delaney, Trumera. 8th Anniv.
Catherine (Olive) Dooley, St. Fintan's Tce., 7th Anniv

Sun. 7th July 9.00 am [The Hollow Church](#)

Mary, Patrick and James Fitzpatrick, Clonadacasey.

11.30 am 14th Sunday in Ord. Time.

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



Mountrath Parish Lotto 27th June

Nos. Drawn 4 12 21 23

No Jackpot Winner

16 Match 3 Winners Rec. € 63 each

3 Local Winners

Michael Farrell and Bernie Tynan Promoter, M Farrell

Sandra Moore. Promoter, E Phelan

Mary Theresa Burke (Winner and Promoter)

Next Week's Jackpot € 20,000

Ballyfin Parish Lotto Wed. 26th June

Nos. Drawn 7 11 12 14

No Jackpot Winner -

29 Match 3 Winners Rec. € 35 each

2 Local Winners

Frances Harney. Promoter, Paul Dunne

Carol Mooney Promoter, Ann Heffernan.

Next Week's Jackpot € 20,000

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 € 20,000

Mountrath € 20,000



READY FOR FUN?



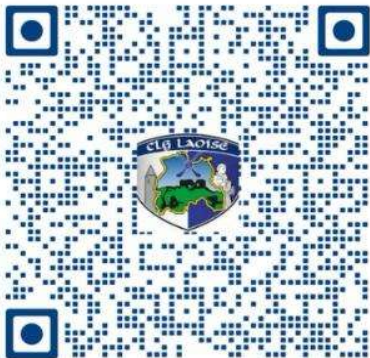
Get a GAA jersey, training top and a backpack with Kellogg's GAA Cúl Camps. An action packed week of fun and games for children aged 6-13 throughout July and August.



REGISTER NOW AT

GAA.ie/KelloggsCulCamps

For more details, contact your local GAA club:



Lourdes Pilgrimage

Mountmellick, Ballyfin, Mountrath. 30th July, for 7 nights. €995
(plus travel insurance) per person sharing.

Deposits are now required.

For full information contact Eleanor Duff 087 767 0915



LOUGH DERG
SANCTUARY OF SAINT PATRICK

KILDARE THREE DAY PILGRIMAGE
Friday 5th - Sunday 7th July 2024
Tuesday 13th - Thursday 15th August 2024

Pick ups available from :
Monasterevin 6:25am, Kildare Town 6:35am
Newbridge 6:45am, Naas 7am, Salins 7:10am ,
Clane 7:15am, Kilcock 7:30am, Maynooth 7:45am
and Dunboyne Park and Ride 8am

For information and bookings contact:
Joe – 087 3815887
Deirdre – 087 2467594 (after 6pm)
or email deirdregleeson@medwise.ie

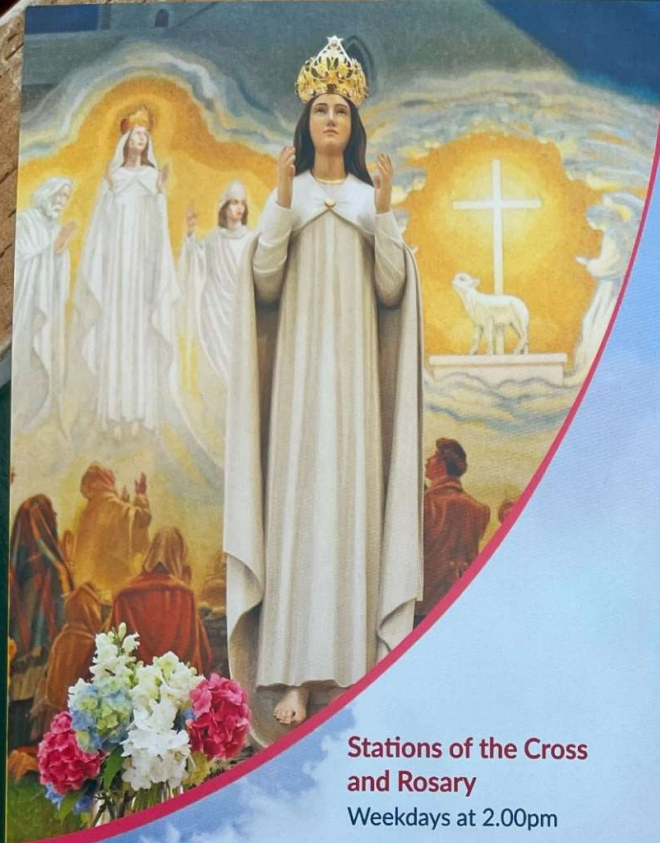
www.loughderg.org



Sanctuary of St Patrick
Pettigo, County Donegal
F94 PC60

+353 (0)71 98 61518
info@loughderg.org

LOUGH DERG



**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 (<i>weather permitting</i>)

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.



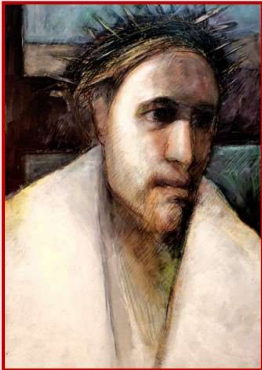


HEART SPEAKS TO HEART

JOHN HARRIS OP
JULY 20—26

ST JOHN HENRY NEWMAN speaks to us of the call to the Christian life. In this retreat we will look at some of his insights for our following of Christ today.

ENQUIRIES: dominicanretreats@gmail.com



A LOOK OF LOVE

JIM
DEEDS

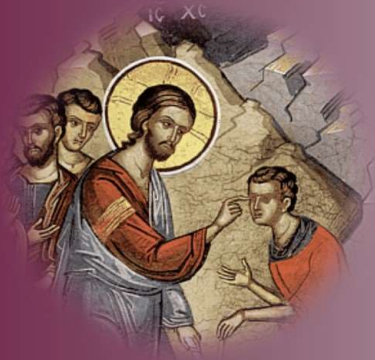
AUGUST 26—29

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



WOOD YOU BELIEVE

FR JIM COGLEY

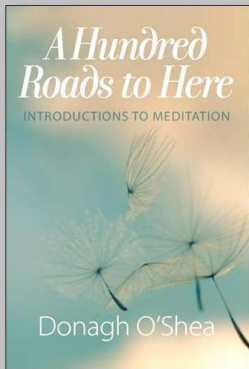
APRIL 13 and MAY 4
10 am—4 pm

Getting the past
out of the present;
bringing healing
to our lives;
the practice of
forgiveness;
moving beyond loss,
trauma, and victimhood.

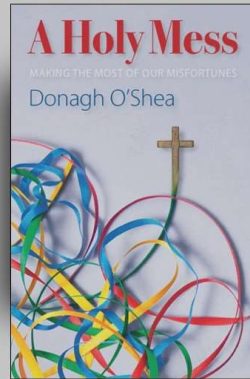
Fr Jim Cogley is a priest of the Ferns Diocese and a psychotherapist in the Jungian tradition. His innovative, self-taught, woodworking skills, provide a unique opportunity to present the age-old truths of life and spirituality in the form of symbols that speak for the soul.

Cost: €65 including lunch.

ENQUIRIES: dominicanretreats@gmail.com



**A HUNDRED ROADS
TO HERE**
and
**A HOLY MESS:
MAKING THE MOST
OF OUR MISFORTUNES**



DONAGH O'SHEA OP

JUNE 22–28

A six-day retreat based on the insights in Fr Donagh's new books, *A Hundred Roads to Here: Introductions to Meditation*, and *A Holy Mess: Making the Most of Our Misfortunes*. These books are the fruit of the long standstill that was Covid-19. In this retreat he will share our the many layers of significance of that long period of inaction and isolation.

Cost: €550 residential; €350 non-residential.

ENQUIRIES: dominicanretreats@gmail.com



**COME
HEALING
OF THE
SPIRIT**

A five-day retreat
based on the work of
Leonard Cohen

JOHN MACKENNA
JUNE 9–14, 2024

John MacKenna is a broadcaster and writer, and was a close friend of Leonard Cohen for more than thirty years. Drawing on Cohen's songs and writings, this retreat is a journey through Cohen's approach to life, love, spirituality, loss, belief and death.

Cost: €530 residential; €300 non-residential.

ENQUIRIES: 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). He is married, with three children and lives in Dublin.

ENQUIRIES

dominicanretreats@gmail.com



**JUNE IS DEDICATED
TO THE
SACRED HEART
OF JESUS**

Events In Bloom HQ

Internal Beauty

MARY RYAN - SOLO EXHIBITION



OPENING AT 19:00 | **31.05.2024**

Exhibiting at the Gallery of Divine Inspiration in BloomHQ, Mountrath

MORE
INFORMATION :



MARYBREATHINGTHROUGHART@GMAIL.COM



@MARYBREATHINGTHROUGHART

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

September 21/22, 2024
09.00 – 17.00 both days

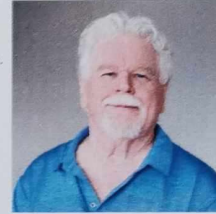
Cost €345

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“*

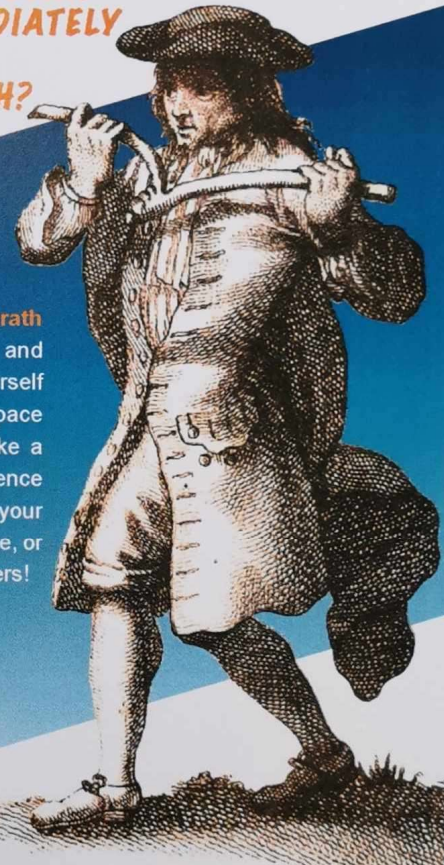
HAVE YOU EVER WONDERED WHY SOME BUILDINGS YOU ENTER FEEL IMMEDIATELY COMFORTABLE WHERE OTHERS NOT SO MUCH?

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**



KIDS SUMMER SPORTS CAMP



€70 PER CHILD

6 - 11 YEARS

Come join Jamie for a fun sports camp.

29th, 30th & 31st July, 9.30 am - 2.30 pm

Basketball, Soccer, BJJ, Boxing, Obstacle Course, Tug of War, Dodge Ball & lots more

Book by 22nd July Limited to 15 places



For More Info contact Jamie 085 200 2497

Bloomhq, Patrick's St, Mountrath, R32 DC58



2ND, 3RD
& 4TH
JULY



7-12 YEARS

KIDS SUMMER CAMP

Mountrath Health & Fitness Academy
From 10:00am - 2:00pm

**BOOK BY TUE 25TH
JUNE**



**Arts & Crafts | Fun Games | Activities
And a Lot More...**

15 PLACES

€70 PER CHILD

Bloomhq, Patrick's St, Mountrath, R32 DC58

FOR MORE INFO: 089 264 7761



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 AudioVisual, Gigabyte Broadband





COMMUNITY CONNECT FUND

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

APPLICATION DEADLINE IS FRI 31ST MAY 2024

Visit www.stcanicescu.ie



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

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.



Pilates

Saturdays 12-1 pm

6 weeks starting 25th May



€ 60 for 6 weeks

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

Sabrina 087 646 7305

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



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.





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

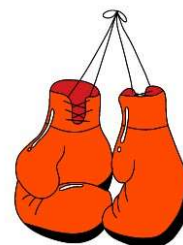
Fridays 5.30 pm 3-7 years, €7

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



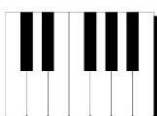
Thursdays 3.30 pm on. From 3 years - adult
€20 for 30 min individual lesson
Irene: 089 981 8065



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

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



Zumba



Tuesdays 7.30 pm

St Philomena's Hall, Bloomhq, Mountrath R32 DC58

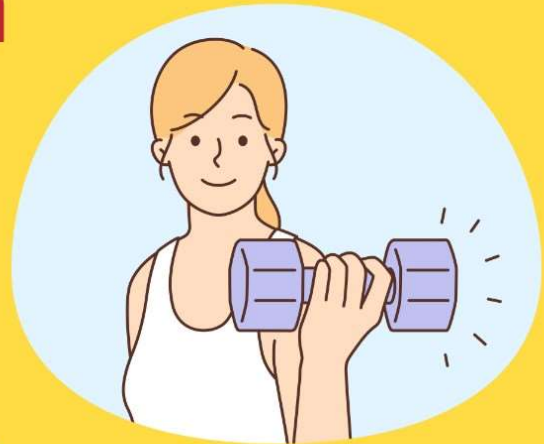
Bookings www.fitandjoy.ie

for more information contact Joanna on 0894653938

Saturday Morning Circuit Training



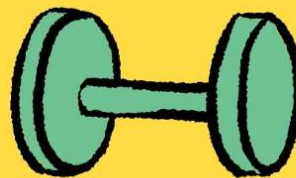
9-10 am



€ 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



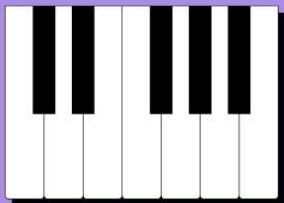
Irish Traditional Music, Whistle,
Flute, Concertina, Accordion, Fiddle,

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

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

Thursdays



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

    
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

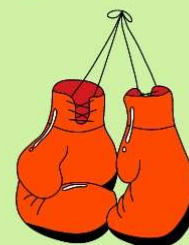
Sensei Donal: 087 760 7063

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

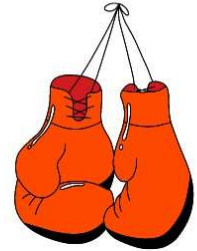
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8-12 years,

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€ 30 for block of 6 classes

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Thursdays 3.30 pm on. From 3 years - adult

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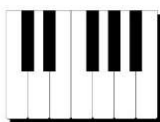


Trad Music

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

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

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.

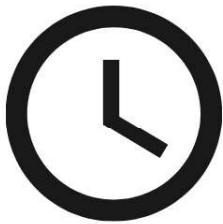
Desks from 10 euro per day

Book on <https://connectedhubs.ie>

Mountrath Men's Shed



**Old School on
Patrick Street**



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

Contact 0857053855



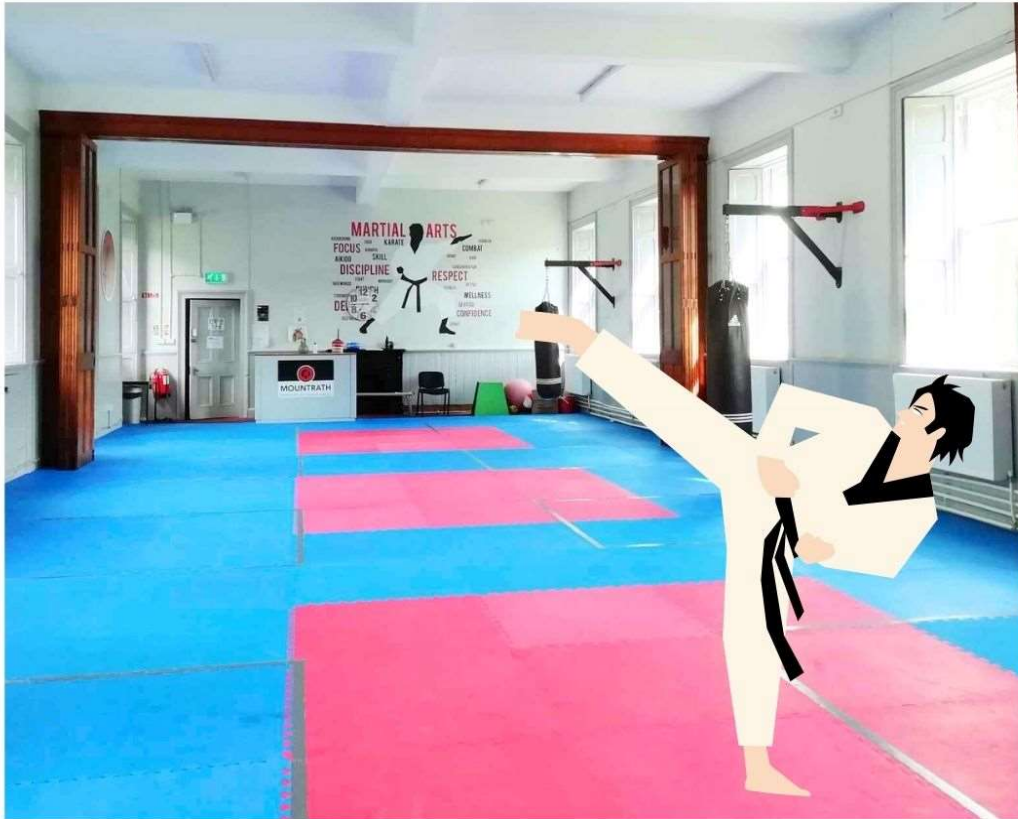
**Kindling for sale.
Call in to purchase
on times above**



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





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



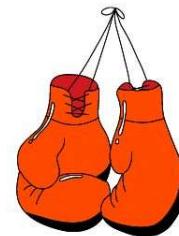
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Kickboxing

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





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