

# Mountrath Ballyfin Online Newsletter



News from around the Diocese - Pages 65 - 68

10<sup>th</sup> March 2024



# A Night of Theatre

featuring 3 One Act Plays



**"MY NARRATOR"**  
by Norm Foster

**"DEAD MAN'S BELLS "**  
by Méabh de Brún



**"THE QUIET LAND"**  
by Malachy McKenna

**14 and 15 March 2024 in Mountmellick Community  
Arts Centre at 8.00pm Nightly**

**Tickets €15.00/ Concessions €10.00**



# MOUNTRATH COMMUNITY SCHOOL

BRINGING YOU

# BACK TO THE 80'S

The totally  
awesome musical

Featuring songs  
Kids in America, Loveshack, Girls Just Wanna Have Fun,  
and many more.

Wednesday 20<sup>th</sup> , Thursday 21<sup>st</sup> , Friday 22<sup>nd</sup> March 2024  
at 8pm in St Philomena's Hall Mountrath.

Ticket prices:- €15 adult, €10 students, retirees, children

## Sold Out

Director - Paul Norton, Musical Director - Anne-Marie Lawlor  
Choreographer - Julianne McNamara

Presented by kind arrangement with MTI, written by Neil Gooding with Stuart Smith.  
Musical Arrangements by Brett Foster and Scott Copeland.

# Mountrath Ballyfin Parish News 10<sup>th</sup> March '24

St. Fintan's Parish, Mountrath – Ballyfin

4<sup>th</sup> Sunday of Lent

Congratulations and Best wishes  
to all our TY students who stage  
- Back to the 80's - next week



Irish Cancer Society

Cancer survivors – Margaret Walsh and her daughter Siobhán (14) from Mayo

Scan the QR code to find out more

Please support:  
**Daffodil Day**  
22 March 2024

**All in against cancer**  
Please sign up or donate at [cancer.ie](https://cancer.ie)



**Mature Movers**  
50+ gym classes

**MOUNTRATH**  
Martial Arts & Fitness Academy

Strength  
Flexibility  
Balance  
a bit of  
Endurance  
& Lots of Fun

6 weeks starting Wed 6th March  
**Mondays & Wednesdays** 11 am  
45 min classes in Mountrath      €60 for 6 Weeks

Contact Ruth 086 3262570

LAOIS SPORTS PARTNERSHIP  
COMHAIR SPÓIRT BA LEILE

Uilleann Spórtaí Dúibhreacha  
Uilleann Spórtaí Dúibhreacha

SPORT ÉIREANN  
SPORT IRELAND

**St. Fintan's Hall, Mountrath**

A G M on Wed. 13<sup>th</sup> March  
8.00 pm (In Extension)

You are most welcome to come along and  
be part of this important Meeting.

## Synod News

A number of people from across the diocese will undergo residential training in facilitative leadership in the next couple of months. This training is sponsored by the Irish Synodal Pathway and those undertaking the training will contribute to synod and related work in the diocese in the future. Every diocese has been asked to provide a synod response to the national office by March 25 in preparation for the October Synod in Rome. A listening exercise will be led by members of the diocesan synod team and will take place on the evening of March 6 with a cross section of people from across the diocese working towards this response.

## 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

I really appreciate your cooperation with this matter.

## Ned Tynan, Kilbricken. R.I.P.

We pray for Ned who died at his home in Kilbricken on Thurs. 29<sup>th</sup> Feb. Ned's Funeral Mass was celebrated in St. Fintan's Church, Mountrath on Sun. 3<sup>rd</sup> March followed by burial in Mountrath Cemetery. We extend sympathy to Joan, Pauline, Noel, Patrick, Caroline, Annette, Brendan, Joan and Eddie and families, Grandchildren and families, great-grandchildren, sisters, Lil (Clooney) and family, Lucy (Byrne) and family, Ringstown. extended family, relatives, neighbours and friends.

*May Ned Rest in the peace of Christ*

## *Ultimate Circuits*

By Ultimate Hell-Week DS Philip Loughman

Military style Circuit Classes

Started 4<sup>th</sup> March 2024

Location: Ballyfin, Laois

(2 minutes drive from Community Hall in Ballyfin)

Suitable for all levels of fitness from  
beginner to advanced.

Price: €10 (booking essential)

Contact: 087-9479744 on phone/whatsapp

Monday	Tuesday	Thursday	Friday
6-7pm	6-7pm	6-7pm	6-7pm
7-8pm	7-8pm	7-8pm	7-8pm

# Some Parish Events during 2024 (Mountrath)

## Easter Season

Palm (Passion Sunday) 24th March

Blessing and Distribution of "Palm" at both Masses.

Holy Thurs. 28th Mch Mass of the Lord's Supper 7.30 pm

Renewal of Commitment of Ministers of Holy Communion during Mass

Good Friday 29th Mch. Liturgy of the Passion 3.00 pm

Stations of the Cross - 7.30 pm

Holy Saturday 30th March Easter Vigil 8.00 pm

## Easter Sunday 31st Mch

The Hollow Church Mass of the Resurrection 9.00 am

Mountrath Church Mass of the Resurrection 11.30 am

Renewal of Baptismal Promises at both Masses

## Ceremony of Confirmation Fri. 26h April

Ceremony in Mountrath Church 11.00 am

Ceremony in Ballyfin Church 2.30 pm

## 1st Holy Communion Days

The Hollow Ch. Sun. 19th May 9.00 am

Mountrath Church Sun. 26th May 11.30 am

### Director of Parish Development

This position is now being advertised, with a deadline of 25 March. Job description and information on how to apply can be found on [www.kandle.ie](http://www.kandle.ie).

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*

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## (Ballyfin Parish)

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### Ceremony of Confirmation Fri. 26h April

Ceremony in Mountrath Church 11.00 am

Ceremony in Ballyfin Church 2.30 pm

Bishop Denis will lead us in both Ceremonies

### 1st Holy Communion Days

Sun. 19th May 2.00 pm Sun. 26th May 2.00 pm

### Fr. Liam Lawton's New Mass "Mass of St. Brigid"

Will be sung at the Chrism Mass this year (Cathedral, Mon. 25<sup>th</sup> March)

Rehearsals for Chrism Mass Will be on the following dates Sts. Peter and Paul Church,

Portlaoise Mon. 11<sup>th</sup> March - 8.00 pm Carlow Cathedral Thurs. 14<sup>th</sup> March 8.15 pm

*Please let Christine in FDS know if you plan to attend and indicate which venue, by phoning 059-9164084 or emailing [fds@kandle.ie](mailto:fds@kandle.ie).*



## We Hold and Keep in our Thoughts and Prayers

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

We wish them a speedy recovery

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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

# Ballyfin Anniversaries

## Mass Times Anniversaries Fri. 8<sup>th</sup> - Sun. 17<sup>th</sup> Mch.

Fri. 8<sup>th</sup> Mch. 5.00 pm Exposition of the Blessed Sacrament.

Sat. 9<sup>th</sup> Mch. 8.00 pm Vigil Mass - 4<sup>th</sup> Sunday of Lent

Joseph and Kathleen Dowling, Cavansheath

Sons, Martin and Ollie and Thomas Fitzpatrick

Pauline and Seán Fitzpatrick, Barkmills.

Jim Horan, Deerpark, 7<sup>th</sup> Anniv.

Sun. 10<sup>th</sup> Mch. 10.00 am 4<sup>th</sup> Sunday of Lent

Sadie Breen (Nee Thompson) Craydon Court, 10<sup>th</sup> Anniv

David Fitzgerald, Cappinaclare. 10<sup>th</sup> Anniv.

Mon. 11<sup>th</sup> Mch. 7.00 pm Apostolate of Sanctification.

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Fri. 15<sup>th</sup> Mch. 5.00 pm Exposition of the Blessed Sacrament

Sat. 16<sup>th</sup> Mch 8.00 pm Vigil Mass - 5<sup>th</sup> Sun. of Lent.

Sun 17<sup>th</sup> Mch. 10.00 am William Bennett, Campclone.

Mon. 18<sup>th</sup> Mch 7.00 pm Apostolate of Sanctification.

### Month's Mind Mass

Sun. 24<sup>th</sup> Mch 10.00 am Joe Conroy, Wicklow Town (Formerly Ballylusk)

# Mountrath Anniversaries

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## Mass Times Anniversaries Sat. 9<sup>th</sup> - Sun. 17<sup>th</sup> Mch.

- Sat. 9<sup>th</sup> Mch. 7.00 pm Matt Keenan, Derrylusk. 11<sup>th</sup> Anniv  
Rita Moloney, Avondale, Portlaoise Rd.,  
Richard and Kathleen Kirwan, Forest.  
Marie Kirwan, Clonard.  
James and Kathleen Fitzpatrick. Forest.  
And deceased family members,
- Sun. 10<sup>th</sup> Mch. 9.00 am - **The Hollow Ch.** Kieran and Ann Cullen,  
Redcastle.
- 11.30 am Martin Lowry, Lower Sconce. 3<sup>rd</sup> Anniv.  
Mary Tobin (Nee Gilman) Fr. O'Connor Cresc. 10<sup>th</sup> Anniv.
- Tues. 12<sup>th</sup> Mch. 10.00 am Annie Hill (Nee Ryan) St. Fintan's Tce. 3<sup>rd</sup> Anniv.
- Wed. 13<sup>th</sup> Mch. 10.00 am People who are ill in the Parish.
- Thur. 14<sup>th</sup> Mch. 10.00 am Jane and Johnny Power.
- Fri. 15<sup>th</sup> Mch. 10.00 am Altar List of the Dead
- Sat. 16<sup>th</sup> Mch. 7.00 pm David Gerard (Gerry) Seale, Clonenagh 1<sup>st</sup> Anniv  
Kathleen Seale (Nee Collier) 2<sup>nd</sup> Anniv.
- Sun. 17<sup>th</sup> Mch. 9.00 am **The Hollow Ch.**  
Paddy and Mary Hosey and deceased family members.
- 11.30 am Paddy Parkinson, Woodbrook. Month's Mind  
Kathleen McDonald, Kiln Lane - 4<sup>th</sup> Anniv.

### Month's Mind Mass

Sat. 6<sup>th</sup> April 7.00 pm Phil Ryan (Nee Connolly) Patrick St.,

### 1st Anniversary Mass

Sat. 6<sup>th</sup> April 7.00 pm Peg Maguire (Nee Patterson) New Line Rd.,

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## "Do This in Memory" Programme

### 1<sup>st</sup> Holy Communion Preparation Programme in Mountrath Ballyfin

#### Enrolement Ceremonies

Mountrath Parish Sat. 30<sup>th</sup> Sept. Mass 7.00 pm All Schools

Ballyfin. Sun. 1<sup>st</sup> Oct. Mass 10.00 am Both Schools

#### "Do This in Memory" Children's Masses

1. Sat. 11<sup>th</sup> Nov Mountrath Church, 7.00 pm  
Sun. 12<sup>th</sup> Nov. Ballyfin Church 10.00 am
2. Sat. 9<sup>th</sup> Dec. Mountrath Church 7.00 pm  
Sun. 10<sup>th</sup> Dec. Ballyfin Church 10.00 am
3. Sat. 13<sup>th</sup> Jan. Mountrath Church 7.00 pm  
Sun. 14<sup>th</sup> Jan. Ballyfin Church 10.00 am
4. Sat. 10<sup>th</sup> Feb. Mountrath Church 7.00 pm  
Sun. 11<sup>th</sup> Feb. Ballyfin Church 10.00 am
5. Sat. 9<sup>th</sup> Mch.. Mountrath Church 7.00 pm  
Sun. 10<sup>th</sup> Mch. Ballyfin Church 10.00 am
6. Sat. 13<sup>th</sup> Apr. Mountrath Church 7.00 pm  
Sun. 14<sup>th</sup> Apr. . Ballyfin Church 10.00 am
7. Sat. 4<sup>th</sup> May Mountrath Church 7.00 pm  
Sun. 5<sup>th</sup> May Ballyfin Church 10.00 am

#### (The) Sacrament of 1<sup>st</sup> Penance

will be celebrated in March. Arrangements for the celebration of this Sacrament will be put in place in due course in conjunction with the Schools.

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

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

With Children of Gaelscoil Thromaire

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

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

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

With children of Ballyfin National School

Sun. 26<sup>th</sup> May Ballyfin Church 2.00 pm With Children of Barnashrone National School

# Mountrath Parish Lotto



7<sup>th</sup> Mch

*Nos. Drawn 1 2 12*

*No Jackpot Winner*

14 Match 3 Winners Rec. € 72 each

4 Local Winners

Dolores Mulhare – Promoter, Mary Costello

Rita McMahon – Promoter, Rita Watkins

Bridget O'Connor - Promoter, Rita Holland

Ciara Holmes – Promoter, Bernie Phelan.

**Next Week's Jackpot €16,000**

*A very sincere thank you - for your very generous support of and continued commitment to Mountrath Parish Lotto throughout the year.*

# Ballyfin Parish Lotto

6<sup>th</sup> Mch.

Nos. Drawn 2 5 10 14

1 Jackpot Winner – Clonbollugue Parish

33 Match 3 Winners Rec. € 31 ea.

1 Local Winner

David Whelan - Promoter, Harry Allen

**Next Week's Jackpot € 10,000**

A very sincere thank you - for your very generous support of and continued commitment to Ballyfin Parish Lotto throughout the year.



# Next Week's



Ballyfin € 10,000

Mountrath € 16,000

## Ballyfin Community Alert Seniors Alert Scheme

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



## A Note from Edel Moloney, Supervisor, Mountrath CE Scheme

We have the following upcoming vacancies :

Caretaker - MYT - Mountrath CES 2308848

Caretaker - GAA - CES 2301698

Env Worker - Mountrath Town - CES 2254234

Env Worker - Castletown Village - CES 2268516

Shop Assistant - Vincents Mountrath - CES 2315874

Hours 19.5 hours per week.

### Application Details:

Eligibility to participate on CE is generally linked to people who are 21 years or over and in receipt of a qualifying social welfare payment for 1 yr. or more or 18 years and over for certain disadvantaged groups. Eligibility will have to be verified by the Department.

You can register your interest by selection "Register your interest" on JobsIreland.ie, or you can contact a case officer in your local Intreo Centre quoting the relevant reference number above.

You can also call into our office on Patrick St, Mountrath or email [mrtacpecoltd@gmail.com](mailto:mrtacpecoltd@gmail.com)

# Brazilian Jiu-Jitsu/BJJ in Mountrath



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

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

**Wednesdays**

*Kids 7-8 pm*

*Teens /Adults 8-9 pm*

**Saturdays**

*Kids 10- 11 am*

*Teens /Adults 11 am -12 pm*

€5 per class for under 18's

€7 per class for Adults

or included in Monthly Membership

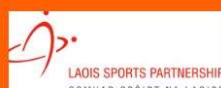
8 yrs- 18 €35 per month

Adults €45 per month



**Bring a Friend for Free in March**

contact Jamie 085 200 2497





# Zumba



**Tuesdays 7.30 pm**

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

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

**for more information contact Joanna on 0894653938**



# Meeting Room

"Rachel's Room"

Brigidine Convent,  
Patrick Street,  
Mountrath

- Broadband Wifi
- Ample free parking
- Canteen

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



## Karate

Mondays & Thursdays 7 pm

€6 per class

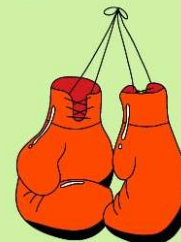
Sensei Donal: 087 760 7063

## Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



## Brazilian

## Jiu-jitsu\*

Wednesdays 8-9 pm & Saturdays 11-12 am

€ 35 per month or €5 per class

Jamie; 085 200 2497

## Violin



Thursdays 3.30 pm on.

€20 for 30 min individual lesson

Irene: 089 981 8065



## Trad Music

Saturdays from 11 am,

€8 for 30 mins group classes

Eabha 083 8566083



## Piano

Sunday mornings

20 for 30 min individual lesson

Heather 083 054 7772

to book talk to the relevant teacher



## Karate

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

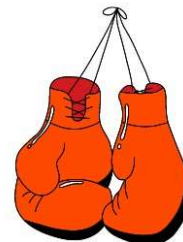
Fridays 5.30 pm 3-7 years, €7

## 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

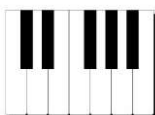


Thursdays 3.30 pm on. From 3 years - adult  
€20 for 30 min individual lesson  
Irene: 089 981 8065



## 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

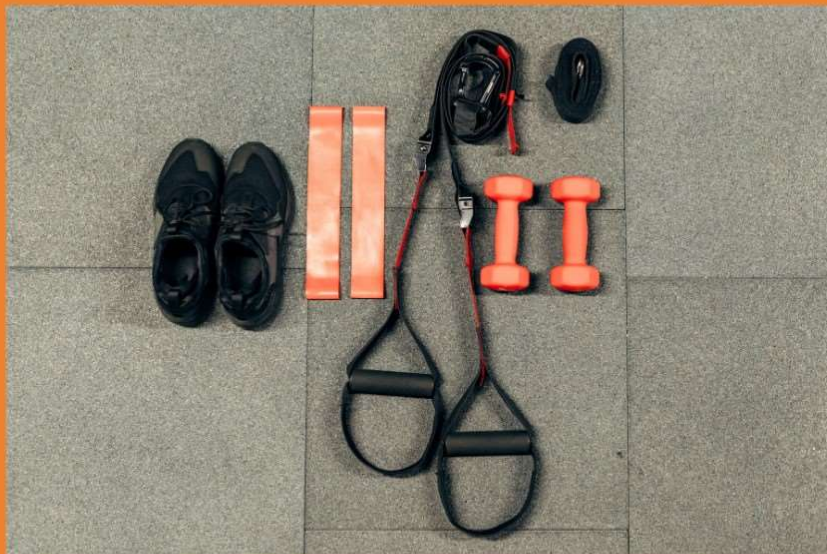


**LAOIS SPORTS PARTNERSHIP**  
COMHAR SPÓIRT NA LAOISE



ciste na  
gcuntas díomhaoin  
the dormant  
accounts fund

# *Mature Movers*



Strength  
Flexibility **50 + gym classes**  
Balance

a bit of Endurance  
& Lots of Fun

**6 weeks starting Wed 6th March**

**Mondays & Wednesdays 11 am**

45 min classes in Mountrath

**€60 for 6 Weeks**

Contact Ruth 086 3262570







# Lots to do here in Mountrath

**Mature Movers, Circuit  
Training, Karate,  
Yoga,  
TRX, Bowls, HIIT, Zumba,  
Brazilian Jiu-Jitsu,  
Activator Poles & Kickboxing**

## Women in Sport Week

**Monday 4th - Sunday 10th March**





# Zumba



**Tuesdays 7.30 pm**

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

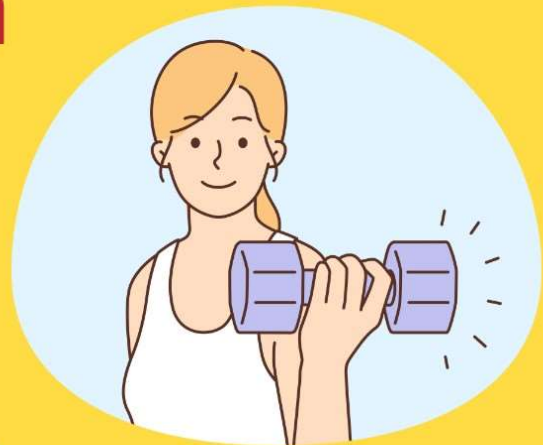
**Bookings [www.fitandjoy.ie](http://www.fitandjoy.ie)**

**for more information contact Joanna on 0894653938**

# Saturday Morning Circuit Training



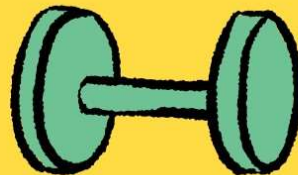
9-10 am



€ 7 PAYG

or

part of your monthly  
membership



contact 086 3262 570

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



# Mountrath Music Rooms

Lessons in BloomHQ



Violin Lessons

by Irene Ramos

089 9818065

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

Thursdays

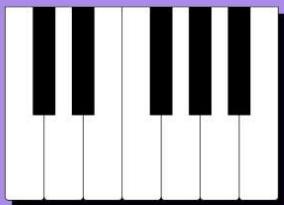


Irish Traditional Music, Whistle,  
Flute, Concertina, Accordion, Fiddle,  
Banjo and Mandolin

Cliona & Eabha Dowling McDonald

083 8566083

Saturdays



Piano Lessons

by Heather Gavigan 083 054 7772

Sundays



Contact the relevant teacher  
for times, prices etc

# Brazilian Jiu-Jitsu/BJJ in Mountrath



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

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

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

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

**Wednesdays**

Kids 7-8 pm

Teens /Adults 8-9 pm

**Saturdays**

Kids 10- 11 am

Teens /Adults 11 am -12 pm

contact Jamie 085 200 2497





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



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

# Arts & Craft Classes



## Second block of

### 6 week program

### starting 28th February

at the later time of

**Wednesdays 6-7 pm**



## 7-12 year olds

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

## 6 weeks € 30 only 12 places



contact Rhiannon 089 211 5183

Brigidine Convent,  
Patrick St,  
Mountrath R32 DT9F



# Piano Classes Available

Starting Sunday April 7th

BloomHQ Mountrath

Contact Heather

083 054 7772





# Mountrath Music Rooms

Lessons in BloomHQ



Violin Lessons

by Irene Ramos

089 9818065

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

Thursdays



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

Cliona & Eabha Dowling McDonald

083 8566083

Saturdays



Piano Lessons

by Heather Gavigan 083 054 7772

Sundays



Contact the relevant teacher  
for times, prices etc



# Mountrath Music Rooms



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

**\*Soundproof rooms**

**\*From € 15 per hour**

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

**\*free easy car park**

**\*Waiting space**

Brigidine Convent,  
Patrick St,  
Mountrath R32 DT9F



# UNISLIM

## *Join Today!*

### Bloom Hq

### Wednesdays 7-8pm

### Class Talk 8pm

New members  
always welcome!

9 stone  
weight  
loss



**Mairéad McCaul**  
Unislim Member



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



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

# Arts & Craft Classes



**Second block of**  
**6 week program**  
**starting 28th February**

**at the later time of**  
**Wednesdays 6-7 pm**



**7-12 year olds**

**6 weeks € 30**  
**only 12 places**

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



contact Rhiannon 089 211 5183

Brigidine Convent,  
Patrick St,  
Mountrath R32 DT9F



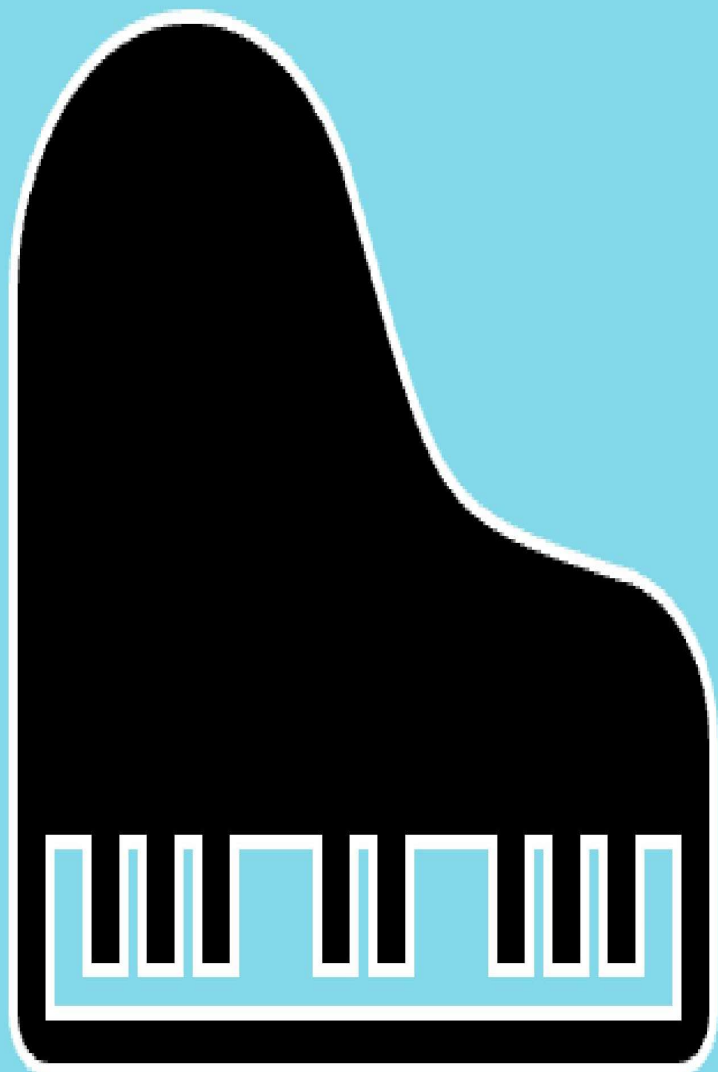
**Piano Classes Available**

**Starting Sunday April 7th**

**Bloom HQ, Mountrath**

**Contact Heather,**

**0830547772**



# Arts & Craft Classes



**6 week program  
starting 28th February**



**Wednesdays 5-6 pm**

**7-12 year olds**

**\*life drawing**

**\*painting**

**\*clay**

**\*print making**

**\*textile art**

**6 weeks € 30  
only 12 places**



contact Rhiannon 089 211 5183

Book online at <https://mountrathgym.squarespace.com/memberships/kidsartcraft>

Brigidine Convent,  
Patrick St,  
Mountrath R32 DT9F



# 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

## Saturdays

Kids 10- 11 am

Teens /Adults 11 am -12 pm

## Wednesdays

Kids 7-8 pm

Teens /Adults 8-9 pm

**Free Trial this week 14th & 17th Feb**

contact Jamie 085 200 2497

Brigidine Convent, Patrick St, Mountrath, R32 DC58



# Music Teachers wanted

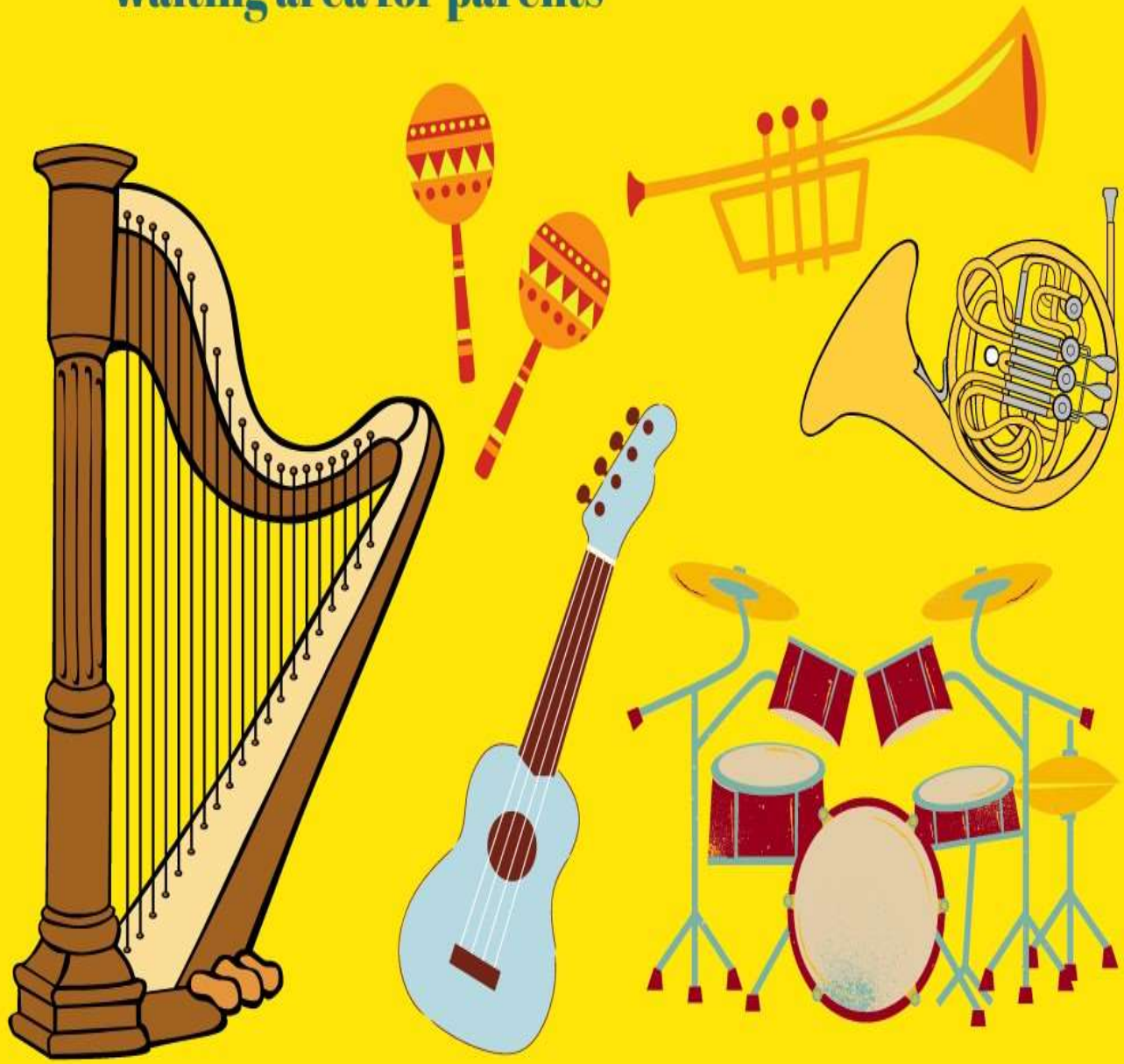


for Mountrath Music School

\*soundproof rooms

\*free parking

\*waiting area for parents



contact Lucy 087 259 7895





## Karate

Mondays & Thursdays 7 pm

€6 per class

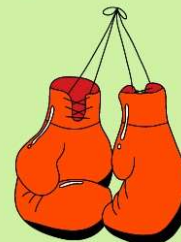
Sensei Donal: 087 760 7063

## Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



## Brazilian

## Jiu-jitsu\*

Wednesdays 8-9 pm & Saturdays 11-12 am

€ 35 per month or €5 per class

Jamie; 085 200 2497

## Violin



Thursdays 3.30 pm on.

€20 for 30 min individual lesson

Irene: 089 981 8065



## Trad Music

Saturdays from 11 am,

€8 for 30 mins group classes

Eabha 083 8566083



## Piano

Sunday mornings

20 for 30 min individual lesson

Heather 083 054 7772

to book talk to the relevant teacher

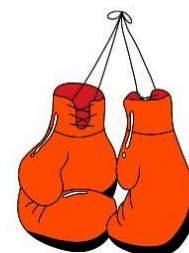


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Fridays 5.30 pm 3-7 years, €7  
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Shane: 086 339 9287



First trial class free

## Brazilian

8-12 years,

Wednesdays 7-8 pm & Saturdays 10-11 am

## Jiu-jitsu\*

€ 35 per month or €5 per class

Jamie; 085 200 2497



## Art & Craft

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

## Violin



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

Irene: 089 981 8065

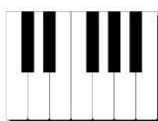


## Trad Music

Saturdays from 11 am, 6+ years

€8 for 30 mins group classes

Eabha 083 8566083



## Piano

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

to book talk to the relevant teacher

# Bowls All Inclusive 11am

**Currently**

**Thursdays to accommodate the School musical**

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

Contact Ruth 086 3262570



# Roadcraft Motorcycle Training

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

For more details and to book see:

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

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



# Music Teachers wanted



for Mountrath Music School

\*soundproof rooms

\*free parking

\*waiting area for parents



contact Lucy 087 259 7895

# Activities suitable for Senior Citizens in Mountrath

Mature Movers 50 +  
Mondays & Wednesdays 11 am



Bowls inclusive 11 am Tuesdays  
Bowls 8 pm Thursdays

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



Activator Poles Inclusive  
Thursdays 11 am

contact Ruth 086 3262 570



# ST. PATRICK'S DAY *Mountain Rath*



SUNDAY 17TH MARCH  
11.30 AM MUSIC, MARKET & MORE  
PARADE 12.30 PM

**ALL KINDS OF EVERYTHING**



# “MY WORLD”



## PHOTOGRAPHIC EXHIBITION

by Mountrath & District Camera Club

Opening 7pm Friday 2nd February  
in the

**Gallery of Divine Inspiration**

Bloomhq, Mountrath

All Welcome

Photos will be on display for the month





# 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

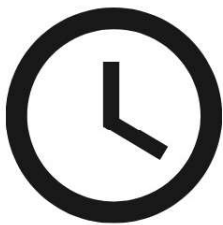
Need somewhere to work for a day with fast broadband?  
Free parking, canteen onsite.

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**

## 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





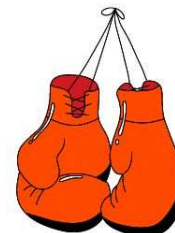
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First trial class free

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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

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€ 30 for block of 6 classes  
Rhiannon: 089 211 5183

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Thursdays 3.30 pm on. From 3 years - adult  
€20 for 30 min individual lesson  
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to book talk to the relevant teacher

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

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

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

## Wednesdays

Kids 7-8 pm

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contact Jamie 085 200 2497



Brigidine Convent, Patrick St, Mountrath, R32 DC58



# Bowls All Inclusive 11am Tuesdays

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

Contact Ruth 086 3262570







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

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



Clióna and Éabha  
Dowling McDonald

**More Information :**  
Contact 083  
8566083



# Music Classes in Mountrath

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

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

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



# *School of Music - Mountrath*



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



# PIANO TEACHER WANTED



For our new Music Rooms  
Contact Lucy 087 259 7895



The Old Convent,  
Patrick St,  
Mountrath,  
R32 DC58



# Mountrath Scouts



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

For all ages from beavers to ventures and into leaders !



## Scouts is a way to

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

## Friday nights

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

7:00 till 8:30

€5 pp

or

€4 per sibling



# Date for the Diary

The Sacrament of Confirmation will be celebrated in

Mountrath / Ballyfin Parishes on **Fri. 26<sup>th</sup> April 2024**

The Ceremony in Ballyfin Parish Church will Commence

at 2.30 pm

Bishop Denis will lead us in both our celebrations

# Carlow Union of Parishes Lent - Easter Talks 2024 *Living Faith*



1. Thursday 22nd February 7.30pm **"Lent/Easter, The Journey"**  
Dean Tom Gordon, Cathedral Church of Saint Laserian's, Leighlin.
2. Wednesday 28th February 7.30pm **"Prayer / Spirituality"**  
Rev. Liam Dunne Chaplain, Carlow/Saint Patrick's College.
3. Wednesday 6th March 7.30pm **"The Cross"**  
Rev. Katherine Kehoe, Carlow and Kilkenny Methodist Church,
4. Wednesday 13th March 7.30pm **"Triduum / Resurrection"**  
Bishop Denis Nulty, Roman Catholic Bishop of Kildare & Leighlin
5. Friday 15th March 7.30pm **"Songs of Prayer, Faith and Praise"**  
with the Carlow Community Choir and their Director Mary Amond O' Brien.
6. Wednesday 20th March 7.30pm **"Grief and Loss - A Christian Perspective"**  
Rev. Paul Fitzpatrick, in conjunction with the Carlow Mental Health Association.

***Saint Mary's Church, Haymarket, Carlow R93YW77***

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

– Tia Walker





## Ballyfin Community Alert Seniors Alert Scheme

Grant aided personal 24/7 personal monitored alarms

help people aged 65 and over to live securely in their homes with peace of mind. If you know a family member, friend or neighbour in Ballyfin or Laois area who may qualify please contact

Sheila on 086 1570145 for  
information/application form.

## Newsletter Items: - From around the Diocese

- **Director of Parish Development:** This position is now being advertised, with a deadline of 25 March. We ask for your help in advertising this job opportunity locally through parish newsletters and parish website and/or social media platforms, as well as to any

groups or people you think it would be of interest to. An image is attached for such promotion as well as a newsletter notice below. Job description and information on how to apply can be found on [www.kandle.ie](http://www.kandle.ie). This is an important appointment and any assistance in letting people know of it would be much appreciated.

- **Mass of St Brigid Open Workshop**

An open workshop with composer Liam Lawton will take place the following dates:

Monday 11<sup>th</sup> March 2024, St. Peter & St. Paul's Church, Portlaoise @ 8.00 p.m.

Thursday 14<sup>th</sup> March 2024, Cathedral of the Assumption, Carlow @ 8.00 p.m.

Come and learn a new Mass setting suitable for all choirs. Admission is Free.

- **Portuguese Mass Portlaoise:**

The Brazilian Catholic community in Laois invites you and your family to join them for a mass in Portuguese. The celebration will take place on Saturday, 16<sup>th</sup> March @ 7.30 p.m., St. Peter & St. Paul's Church, Portlaoise. All are welcome.

- **Chrism Mass:**

Bishop Denis invites you to join him for the celebration of the Chrism Mass. It will take place in the Cathedral of the Assumption in Carlow on Monday, 25 March at 7:30 pm. At this diocesan Mass, the holy oils are blessed and consecrated for use in parishes in the coming year and the priests of the diocese renew their priestly promises. The diocesan choir will lead us in singing, for the first time, the newly composed Mass of St Brigid by Fr Liam Lawton.

- **Solemn Novena to our Lady of Perpetual Help**

Takes place in St Peter & Pauls Church Monasterevin on Wednesday 20<sup>th</sup>, Thursday 21<sup>st</sup> and Friday 22<sup>nd</sup> of March from 7.30pm each evening. The theme of the novena is peace and everyone is welcome to attend.

- **Mental Health Peer-Support:**

Cycle Against Suicide is offering the opportunity to avail of online training in Mental Health Peer-Support. The training provided transcends traditional boundaries, breaks down the stigma associated with mental health discussions. The benefits are profound and far-reaching. Trained Peer-Supporters are attuned to subtle shifts in their community's well-being. This heightened awareness fosters a culture of genuine care and concern.

No funding is necessary to do the training. It is offered free to volunteers in a community club, association or who are associated with any part of their community's safety, health and wellbeing in a drive to encourage people to take on this vital role for their own community and help bring Peer-Support to the heart of communities as a critical part of mental health awareness and suicide prevention.

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

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

**Delivery:** **Online via Zoom**

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

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

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

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

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

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

- **ACI Rewilding Faith Creating New Spaces for Faith Workshop**

A workshop to equip and encourage lay people to take leadership around their faith, and create spaces to nurture their faith and that of others. Takes place via Zoom on Thursday 14th March at 8.00 p.m. The workshop will draw on Active Hope process. Developed by US eco-philosopher Joanna Macy, and Scottish Mental Health Specialist, Dr Chris Johnstone,

this reflective group process is intended to support people becoming active participants in bringing about what they hope for. Tickets cost €10, to sign up please visit <https://www.patriciahiggins.ie/event-details-registration/aci-rewilding-faith-creating-new-spaces-for-faith-workshop>