

Mountrath Ballyfin Online Newsletter

2nd June Feast of Corpus Christi

Cemetery Masses during 2024

Ballyfin Cemetery Sun. 9th June

Mountrath Cemetery Fri. 28th June

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

State Exams begin on Wed. 5th June

Bishop' Denis' Prayer with Exam Students

Lord, as I prepare to sit my exams'
Send your Holy Spirit to guide and be with me.
Thank you for the many talents and
Gifts you have given me
And the opportunity of education
Keep me calm.
Help me to do the best I can
On the day of my exam.
Help me to remember all I have studied,
To express it clearly
And to answer the questions as best I can.
Give me peace,
Understanding and wisdom
And continue to be with me, today and always. *Amen.*

Mountrath Ballyfin Parish News 2nd June '24

St. Fintan's Parish, Mountrath – Ballyfin

Feast of Corpus Christi

Parish Contacts

Website www.mountrathparish.ie

Email - jmbrophy2@gmail.com

Name of Parish App.

Mountrath and Ballyfin Parishes

Kildare & Leighlin Pilgrimage Day

in Knock, June 2nd.

Join Bishop Nulty and the Kildare and Leighlin family in Knock on June 2nd. Names now been taken call to the parish office (Mountmellick) or phone 057 8624390 (seat €20). Bus leaving Mountmellick at 8.30am. 2.30pm - Ceremonies begin in the Basilica with the Anointing of the Sick. 3.00pm - Pilgrimage Mass, followed by Rosary Procession and concluding with Benediction. concluding by 5.00pm.

Feast of Sacred Heart of Jesus (next) Fri. 7th June

Novena to the Most Sacred Heart of Jesus commences this weekend.

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

*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

Eileen Fitzpatrick (née Lyons) Paddock, Mountrath R.I.P.

We pray for Eileen who died peacefully at Regional Hosp., Portlaoise on Mon. 27th May. Eileen's Funeral Mass was celebrated in St. Edmund's Church, Castletown on Wed. 29th May followed by burial in Mountrath Cemetery. We extend sympathy to daughter Noreen (Phelan) and family (Rushin) - grandchildren Patrick and Lorna, her sister Josie (Rafter) and their families, extended family, relatives, neighbours and friends.

Tom Brown, Knockanina Enfield R.I.P.

(Former member of An Garda Síochana in Mountrath)

We pray for Tom who died peacefully at Droimnín Nursing Home on Sat. 25th May. Tom's Funeral Mass was celebrated in St. Edmund's Church, Castletown on Mon. 27th May followed by burial in Churchtown Cemetery. We extend sympathy to Phil, sons Alan and Colin and families, grandchildren Robert, Sophie and Jack and families, sisters Mary (Carville) and Roisin (Higgins), brother Joe, and their families, nieces, nephews, extended family, relatives, neighbours and friends. Tom was a skilled basketball coach at Brigidine Secondary School in his time and coached and trained many teams in Mountrath, Ballyfin, Castletown and indeed beyond. - a true gentleman and one of life's great givers of his time and talents. Tom graced the field of play with G.A.A. at senior (County) level for Meath and Laois in his day.

May Eileen and Tom Rest in the peace of Christ.

Give Blood - Give Life

Blood Transfusion Clinic in St. Fintan's Hall, Mountrath
on Tues. 4th June 4.30pm - 8.00pm.

Leading Prayer Training Session

Following on from the recent information session, the Diocesan Commission for Liturgical Formation will host a training session on the 'Sunday Celebration of the Word (with Communion) - in the unexpected absence of an ordained priest'.

The prayer ritual will be modelled, and the skill of leading prayer will be explored at 7:30 pm on Wed.12 June in Clane parish church, on Thurs. 13 June in Leighlinbridge Parish Church and on Tues. 18 June in Portlaoise Parish Church.

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

Safeguarding Training

The final training session for the Spring/Summer 2024 schedule will take place on Tues. 11th June in Portlaoise Parish Centre, 7-9pm. This is an Intro to Safeguarding & Refresher session. It is filling up quickly, so if you would like to book a place on this training, please do so by emailing safeguarding@kandle.ie or Tel: 059 917 6725 or 085 802 1633



The poster features a large aerial photograph of the Lough Derg Sanctuary of Saint Patrick, a large white building complex situated on a peninsula with a lake. Two circular inset images are present: one on the left showing a stone cross on a grassy hill, and one on the right showing a group of pilgrims in various attire walking along a path.

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

Ballyfin Anniversaries

Mass Times Anniversaries

Sat. 1st – Sun. 9th June

Fri 31st May 5.00 pm Exposition of Blessed Sacrament.

Sat. 1st June 8.00 pm Vigil Mass for Feast of Corpus Christi.

Sun. 2nd June 10.00 am Fionnula McDermott, Barnashrone.

11th Anniv.

Mon. 3rd June 7.00 pm Apostolate of Sanctification.

Fri. 7th June 5.00 pm Exposition of Blessed Sacrament.

Sat. 8th June 8.00 pm John, Brigid and Michael Ryan, Barnashrone .

John's 11th Anniv.

Sun. 9th June 10.00 am 10th Sunday in Ordinary Time.

Jason Gilligan, Brockera. 18th Anniv.

Mon. 10th June 7.00 pm Apostolate of Sanctification.

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

Mountrath Parish

Mass Times Anniversaries Sat. 1st - Sun. 9th June

Sat. 1st June 7.00 pm Vigil Mass for Feast of Corpus Christi.

Sun 2nd Jun. 9.00 am **The Hollow Church**

Michael (Mick) Holland, Trumera. 14th Anniv

Declan Phelan, Clonadacasey 25th Anniv.

11.30 am Mass of Feast of Corpus Christi

Tues. 4th June 10.00 am

Wed. 5th June 10.00 am

Thur. 6th June 10.00 am

Fri. 7th June 10.00 am

Sat. 8th June 7.00 pm Margaret Holland, Formerly Trumera and her husband,

Seamus. Margaret's 5th Anniv. Seamus' 19th Anniv.

Johnny Doheny, Patrick St., 7th Anniv. and deceased members
of Doheny and Delaney families

Rebecca Fitzpatrick (Nee Fallon) Derrough 9th Anniv

Mick Wall, Woodbrook.

Jim Tobin, 20 Fr. O'Connor Cresc.

Sun. 9th June 9.00 am **The Hollow Church** Ross Murphy

11.30 am Tom Treacy, Woodbrook. Month's Mind

Brendan Tynan, Ard Erin. Month's Mind

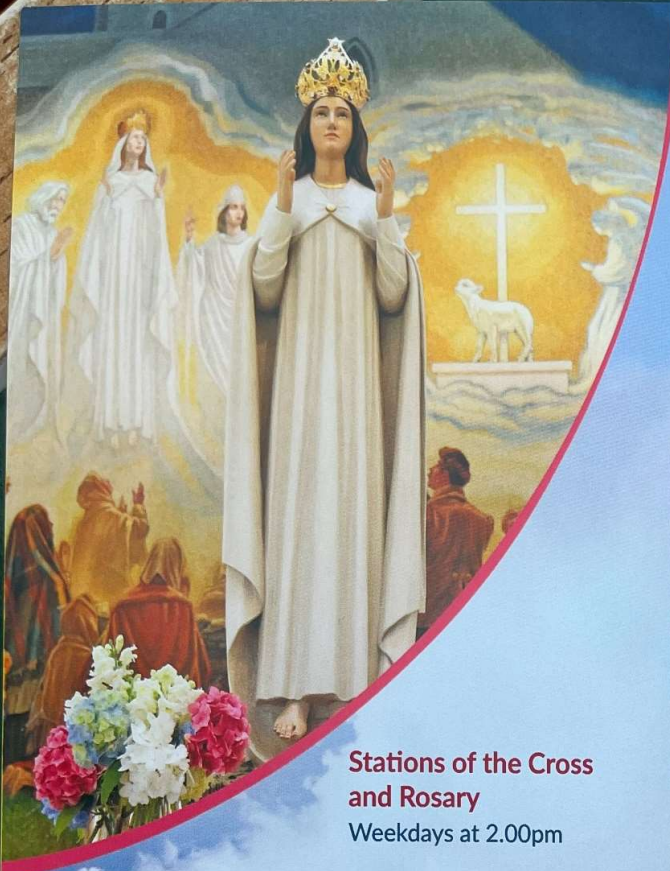
Patrick (Paddy) Parkinson, Trumera 2nd Anniv.

Thomas Byrne, Derrough, 3rd Anniv. and deceased members

of Byrne family. Babs and Peggie, recently deceased.

Fintan and Mary Dooley, Clonadacasey.

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



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.



Mountrath Parish Lotto 30th May

Nos. Drawn 1 6 8 12

No Jackpot Winner 22 Match 3 Rec. € 46.00

5 Local Winners

O'Keefe Grandchildren Promoter, Anne O'Keefe

Willie Phelan. Promoter, Liam Phelan

Mary Tiernan, Promoter, Rita Watkins

Marie Fairbrother, Promoter, Bernie Tynan

Conor Mason. Promoter, M. Keenan

Next Week's Jackpot € 16,000

Ballyfin Parish Lotto Wed. 29th May

Nos. Drawn 12 16 27 30

No Jackpot Winner

10 Match 3 Winners Rec. € 100 each

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 € 16,000

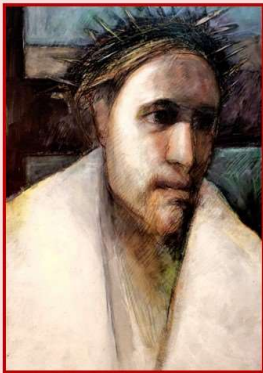


HEART SPEAKS TO HEART

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

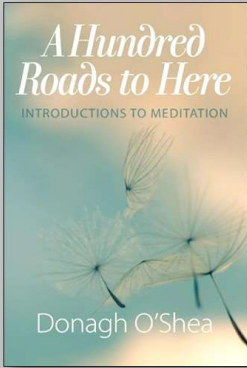
APRIL 13 and MAY 4
10 am—4 pm

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

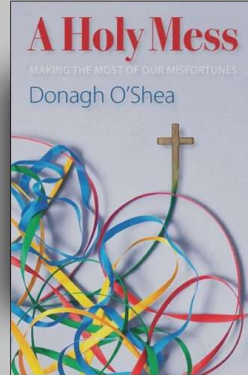
Fr Jim Cogley is a priest of the Ferns Diocese and a psychotherapist in the Jungian tradition. His innovative, self-taught, woodworking skills, provide a unique opportunity to present the age-old truths of life and spirituality in the form of symbols that speak for the soul.

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

Deacons Annual Retreat Day Knock Shrine June 22nd, 2024

Deacons and aspirants in discernment and your families are invited to join us for a day of prayer and reflection. 9am – Meet and greet in St John’s Rest & Care Centre 10am – Morning Prayer followed by Mass in the Apparition Chapel. 11.15 am – 1st session with Fr. Declan in St John’s Centre for one hour. 12.15 - 1.45 pm Free time then for lunch. 2 pm - Stations of the Cross & Rosary on the hill 3.00 – 4 pm 2nd session followed by Q&As in St. John’s Centre. A guided museum tour and grounds tour can be arranged for families not attending this talk. 4.15 pm – Finish with Evening Prayer. Cup of tea before we all depart for home. Guest speaker: Fr. Declan Hurley Title of presentation: “A Synodal Approach to Diaconal Ministry” To confirm your attendance Contact Deacon Tony Larkin at deacontony17@gmail.com 0857392473



**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](https://www.instagram.com/MARYBREATHINGTHROUGHART)

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

September 21/22, 2024
09.00 – 17.00 both days

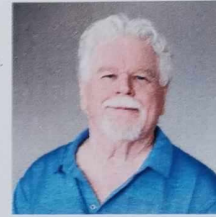
Cost €345

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“*

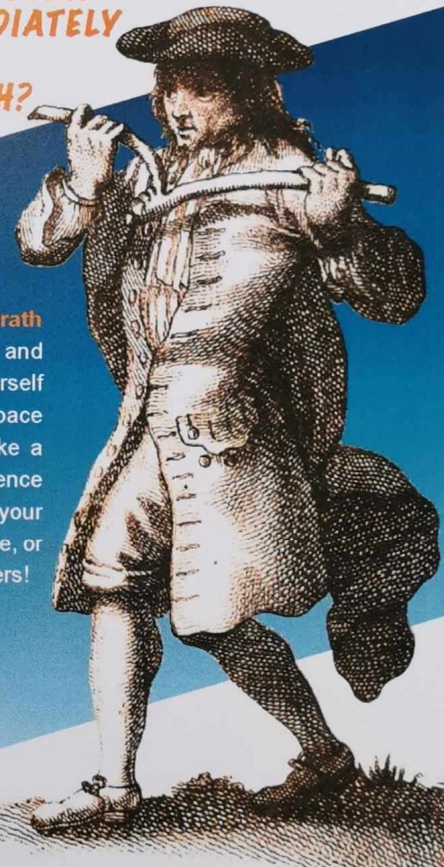
HAVE YOU EVER WONDERED WHY SOME BUILDINGS YOU ENTER FEEL IMMEDIATELY COMFORTABLE WHERE OTHERS NOT SO MUCH?

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

Bloomh, Patrick's St., Mountrath, R32 DC58





7-12 YEARS

2ND, 3RD & 4TH JULY

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 pm Kickboxing (13+)*

Saturday

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



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

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





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.



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



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**





Karate

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

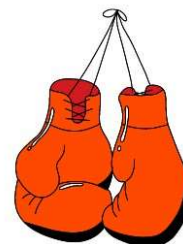
Fridays 5.30 pm 3-7 years, €7

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

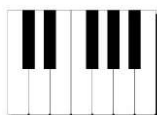


Thursdays 3.30 pm on. From 3 years - adult
€20 for 30 min individual lesson
Irene: 089 981 8065



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

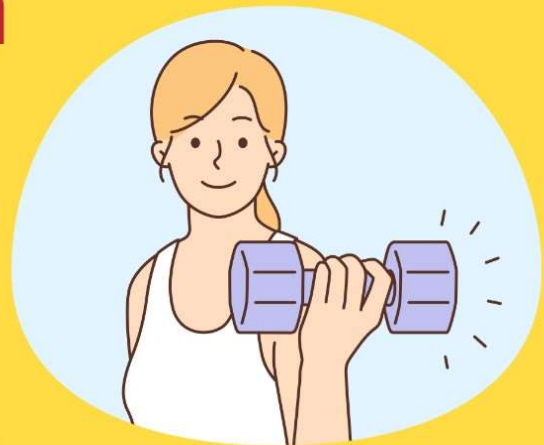
Bookings www.fitandjoy.ie

for more information contact Joanna on 0894653938

Saturday Morning Circuit Training



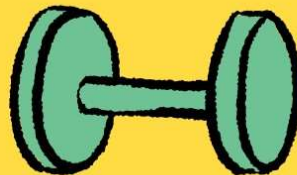
9-10 am



€ 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

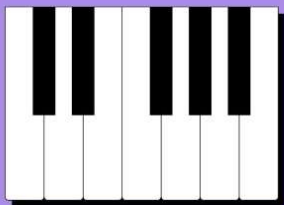


Irish Traditional Music, Whistle,
Flute, Concertina, Accordion, Fiddle,
Banjo and Mandolin

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

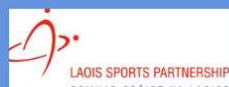
Teens /Adults 8-9 pm

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

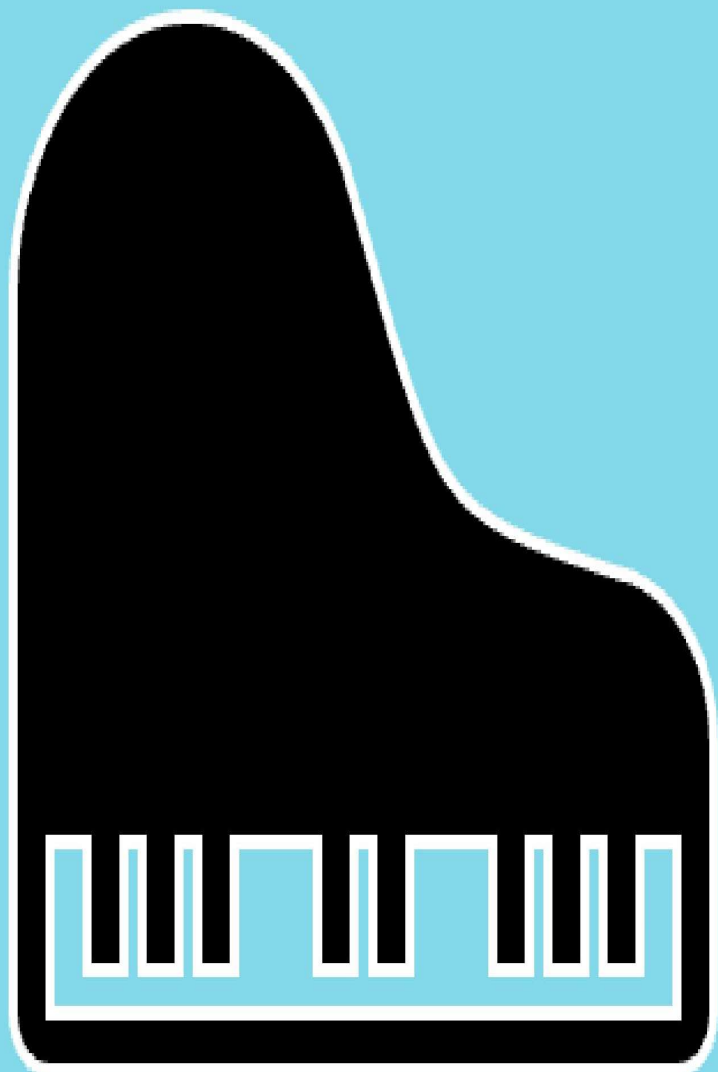
Piano Classes Available

Starting Sunday April 7th

Bloom HQ, Mountrath

Contact Heather,

0830547772



Music Teachers wanted



for Mountrath Music School

*soundproof rooms

*free parking

*waiting area for parents



contact Lucy 087 259 7895



Karate

Mondays & Thursdays 7 pm

€6 per class

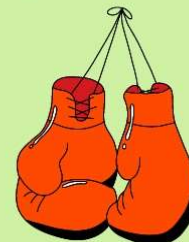
Sensei Donal: 087 760 7063

Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



Brazilian Jiu-jitsu*

Wednesdays 8-9 pm & Saturdays 11-12 am

€ 35 per month or €5 per class

Jamie; 085 200 2497

Violin



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

Irene: 089 981 8065



Trad Music

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

Eabha 083 8566083



Piano

Sunday mornings
20 for 30 min individual lesson

Heather 083 054 7772

to book talk to the relevant teacher

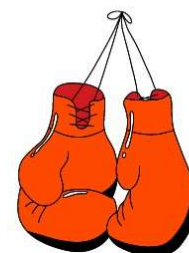


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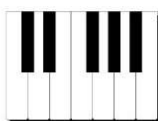


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Saturdays from 11 am, 6+ years

€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





**The Class of 1990
Restoration Project**

TABLE QUIZ

**ST. PHILOMENA'S HALL
MOUNTRATH**

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

TABLE OF FOUR €40



TROPHIES AND CASH PRIZES TO BE WON !!

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



**Book Now on Eventbrite and
on 1990restproject@gmail.com**

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

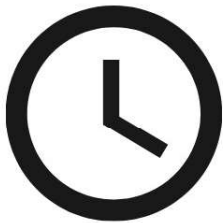
Need somewhere to work for a day with fast broadband?
Free parking, canteen onsite.

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



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





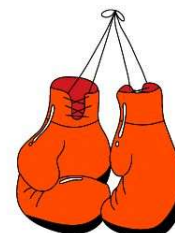
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6.30 pm 8-12 years, €7
Shane: 086 339 9287



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

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€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



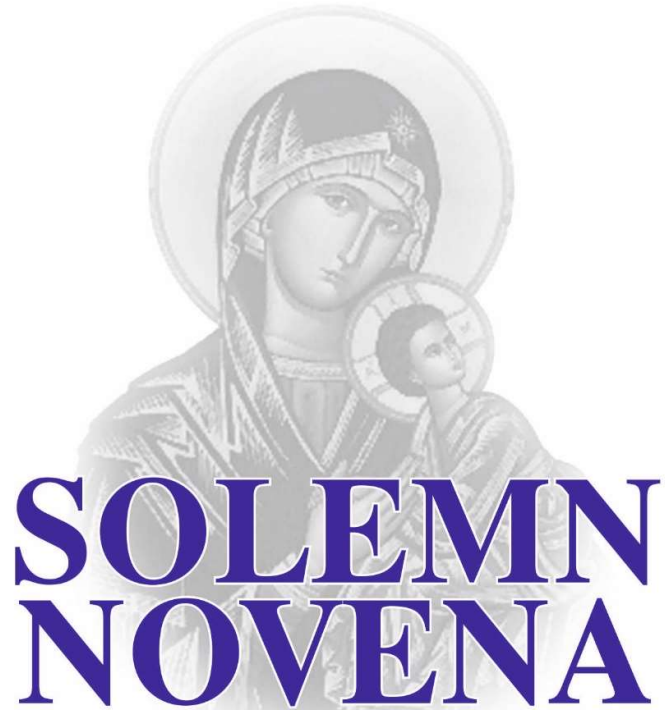
To care for those
who once cared for us
is one of the highest
honors in life.

— Tia Walker

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

LESSONS
LEARNED
Life

GRAIGUECULLEN / KILLESBIN



**SOLEMN
NOVENA**

*to
Our Lady
of
Perpetual Help*

in St. Clare's Church, Graiguecullen

9 MONDAY NIGHTS

8th April - 3rd June 2024

Time: 7.30 pm.

(Rosary at 7.10pm)

PLEASE JOIN US IN PRAYER

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

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

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

Message from Safeguarding Office

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

Remaining dates/times/venues below.

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

Please book in by emailing safeguarding@kandle.ie

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

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

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

Graigucullen/Killeshin Parish Novena To Our Lady Of Perpetual Help

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

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

Join Arthritis Ireland for the VHI Women's Mini Marathon

The Vhi Women's Mini Marathon is just around the corner on the June bank holiday weekend. Arthritis Ireland want to build a strong team of fundraisers to represent us and raise vital funds to support our essential services. Walk, jog or run, the important thing is to take part and show your support for our essential services which are so vital to those living with arthritis in Ireland. Why not get your friends, family and colleagues to join you?? Spread the word to anyone who might be interested. Sign up here today: <https://www.arthritisireland.ie/vhi-womens-mini-marathon-2024> Contact the fundraising team on fundraising@arthritisireland.ie or 016618188 if you have any questions.