

# Mountrath Ballyfin Online Newsletter

14<sup>th</sup>- 15<sup>th</sup> Sept. 2024

24<sup>th</sup> Sun. in Ord. Time.

## *Visit of Relic of Carlo Acutis*



Visit of Relic of Bl Carlos Acutis  
to  
St. Peter and Paul Church,  
Portlaoise  
Wednesday Thursday Friday

## Season of Creation 2024 Prayer

Triune God, Creator of all,  
 We praise you for your goodness,  
 visible in all the diversity that you have created,  
 making us a cosmic family living in a common home.  
 Through the Earth you created, we experience love and nourishment,  
 home and protection.

We confess that we do not relate to the Earth as a Mothering gift  
 from you, our Creator.

Our selfishness, greed, neglect, and abuse have caused  
 the climate crisis, loss of biodiversity, human suffering  
 as well as the suffering of all our fellow creatures.

We confess that we have failed to listen  
 to the groans of the Earth, the groans of all creatures, and the groans of  
 the Spirit of hope and justice that lives within us.

May your Creator Spirit help us in our weakness, so that we may know the  
 redeeming power of Christ and the hope found in him.

May the groans of the Spirit birth in us a willingness to serve you faithfully,  
 so that we may hear and heal Creation, to hope and act together with her,  
 so that the firstfruits of hope may blossom.

Loving and Creator God, we pray that you will make us sensitive to these  
 groans and enable us to have the same compassion as that of Jesus, the  
 redeeming Lord.

Grant us a fresh vision of our relationship with Earth, and  
 with one another, as creatures that are made in your image.  
 In the name of the one who came to proclaim the good news to all

Creation, Jesus Christ. Amen

# Mountrath Ballyfin Parish News 15<sup>th</sup> Sept. '24

St. Fintan's Parish, Mountrath – Ballyfin

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

## Parish Contacts

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

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

Name of Parish App.

*Mountrath and Ballyfin Parishes*

## Yoga Classes in Ballyfin Old School

'New 4-week Term of Yoga starting in September in Ballyfin Old School.

Weekly classes of Beginners, Intermediate and Chair Yoga. Please contact Aisling (089 4122157) to book your spot'.

## Scoil Bhride Celebrating

40<sup>th</sup> Anniversary

of the Opening of their School

at Stillbrook

Sun. 29<sup>th</sup> Sept. 2.00 pm - 5.00 pm

You are most welcome to attend this  
very special occasion

## ACP Zoom Gathering

Gráinne Doherty: "Go and Tell" : The Prophetic Voice of Women

ZOOM – Thu 19th Sep. 2024 – 8.00 p.m.

<https://us02web.zoom.us/j/82083102910?pwd=gAlmUV4wQDF909H8aKNbstc3ukbuvx.1>

Meeting ID: 820 8310 2910    Passcode: 910816

Positioned on the margins of systems of power, the prophet is identified with, on the one hand, giving voice to the pain and fragility of such systems while, on the other hand, holding out a deep hope and belief in the values of the reign of God.

*If you wish to contribute directly through your Bank account  
to Parish funds*

*Here are our Bank Account details*

**Ballyfin Parish** - (A.I.B. Portlaoise Branch)

Lyster Square, Portlaoise.

Name of Account - Ballyfin Parish Pastoral Council

IBAN - IE44 AIBK 9332 7900 203030

BIC. - AIBKIE2D

**Mountrath Parish - Bank Account Details**

(Bank of Ireland) (Portlaoise Branch)

Name - Mountrath Parish Current Account -

Account number - 7274 7250

IBAN - IE93 BOFI 9018 2972 7472 50 -

BIC. - BOFIE2D

**If contributing to Parish directly through our bank account please include your  
own name as the reference.**

**Thank you for your generous support of Mountrath and Ballyfin Parishes**

## Arranging Anniversary Mass or Month's Mind Mass

The traditional way of arranging an Anniversary Mass remembrance was by visiting the Sacristy before or after Mass and making the necessary arrangement with the priest, who wrote the intention into the Anniversaries Diary, there and then.

However, since Covid this practice has changed.

Arrangements for Anniversary Mass remembrances and Month's Mind Masses are, more often than not, now arranged by email, text message, whatsapp, by phone, among many other ways. Which is great.

On the down-side, it can be quiet difficult to keep track of all these ways. - Sometimes emails can go to folders on the computer other than the main folder and are not seen straight away. The same can apply to text messages and Whatsapp messages. This can cause a problem when I have no knowledge of these emails / messages coming in and are sometimes not detected at the time.

*Can I ask you -*

if you send me an email, text message or a message on Whatsapp, or any way, other than visiting the Sacristy, requesting an Anniversary Mass remembrance or arrangements for a Month's Mind Mass and don't hear from me or don't see the relevant name / names in the Newsletter, please give me a call on 087 241 1594

# BALLYFIN PARISH ACCOUNTS 2023

## INCOME

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

Total: € 92,743

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

## EXPENDITURE

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

Total: € 66,975

## Adult Literacy for Life (For Everyone)

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

We can help. All courses are free.

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

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

We wish them a speedy recovery

A very sincere thank you - to you and your family - for your very generous support of  
and continued commitment to Mountrath and Ballyfin Parish and Mountrath and  
Ballyfin Lotto

*See our Parish App. Mountrath Ballyfin Parishes*

## Safeguarding Children Parish Reps.

Ballyfin Parish    Triona O'Rourke and Peter Byrne  
Mountrath Parish    Caroline Moore and Pachelli Walsh  
Diocesan Designated Liaison Person: Ms. Ailish Higgins.  
*Deputy Diocesan Liaison Person: Ms Michelle Hughes,*  
c/o Bishop's House, Dublin Rd, Carlow Ph: 085 802 163

## Visit of the Relic of St Bernadette

In September and October this year, the relics of Saint Bernadette will journey on pilgrimage to Ireland for the very first time, visiting every diocese in the country. This very special, once-in-lifetime event will provide an opportunity for people of all ages and backgrounds to experience the special gifts and charisms of Lourdes in their diocese. The relics of St Bernadette will visit Kildare and Leighlin this October, on the 7th in Carlow Cathedral and on the 8th in Portlaoise Parish. Further details relating to the visit to Kildare & Leighlin to follow.

## Kildare and Leighlin Safeguarding

### Training Schedule

#### Autumn/Winter at Portlaoise Parish Centre

1. Safeguarding Refresher Session. Thurs. 19<sup>th</sup> Sept. 7pm-9pm
2. Full Day Safeguarding Training Sat. 12<sup>th</sup> Oct. 10am-4pm



Rose Ann (Rose) Meleady (née Redmond) Glasnevin. Mountrath,  
R.I.P.

We pray for Rose who died peacefully at the Mater Hosp., on Sun. 8<sup>th</sup> Sept. Rose's  
Funeral Mass was celebrated in St. Canice's Church, Finglas on Thurs. 12<sup>th</sup> Sept.  
followed by committal ceremony at Glasnevin Crematorium. We extend sympathy to  
her daughters and son and their families, the Redmond family, Redcastle – The Hooban  
family,

Upper Sconce and all her family. sisters Sheila and Joan, brother Bernie and their  
families, nieces, nephews, relatives, friends and neighbours.

*May Rose rest in the peace of Christ*

# MOUNTRATH JIVE

3-WEEK BEGINNERS JIVE COURSE



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

*No partner or experience required.*

**STARTS  
TUESDAY  
SEPTEMBER 10  
8-9.30 PM**

**BLOOM HQ  
MOUNTRATH  
R32 DT9F**

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

**€40 payable  
on 1st night**

**JiveTom@gmail.com**  **TomJive.com 0873995877**

# Ballyfin Anniversaries

## Mass Times Anniversaries

Sat. 14<sup>th</sup> - Sun. 22<sup>nd</sup> Sept.

Fri. 13<sup>th</sup> Aug. 5.00 pm Exposition of Blessed Sacrament.

Sat. 14<sup>th</sup> Aug. 8.00 pm

Sun. 15<sup>th</sup> Sept. 10.00 am 24<sup>th</sup> Sun. In Ord. Time

Mon 16<sup>th</sup> Sept. 7.00 pm Apostolate of Sanctification.

Fri. 20<sup>th</sup> Sept. 5.00 pm Exposition of Blessed Sacrament.

Sat. 21<sup>st</sup> Sept. 8.00 pm Pat and Ann Dunne, Cappanrush and  
 . Deceased members of Dunne and Madden families.

Sun. 22<sup>nd</sup> Sept. 10.00 am 25<sup>th</sup> Sun. In Ordinary Time

Mon. 23<sup>rd</sup> Sept. 7.00 pm Apostolate of Sanctification.

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

# Mountrath Anniversaries

## Mass Times Anniversaries

### Sat. 14<sup>th</sup> to Sun. 22<sup>nd</sup> Sept.

Sat. 14<sup>th</sup> Sept. 7.00 pm Vigil Mass - 24<sup>th</sup> Sun. Ord. Time.

Sun. 15<sup>th</sup> Sept. 9.00 am *The Hollow Ch.* William and Mary Seale,

Jim and Molly Seale and their son, Michael, Clonadacasey.

11.30 pm 24<sup>th</sup> Sun. In Ord. Time

Michael and Frances Keegan, Main St.,

Son and daughter, Pearse and Regina and their grandson, Cathal.

Tues. 17<sup>th</sup> Sept. 10.00 am

Wed. 18<sup>th</sup> Sept. 10.00 am

Thurs 19<sup>th</sup> Sept 10.00 am Gerry Cushen, Sentry Hill.

Fri. 20<sup>th</sup> Sept. 10.00 am Altar List of the Dead.

Sat. 21<sup>st</sup> Sept 7.00 pm Mary Wallis, Stillbrook. Month's Mind.

Denise Delaney (Nee Reynolds) Kiln Lane. 1<sup>st</sup> Anniv.

Sun. 22<sup>nd</sup> Sept 9.00 am *The Hollow Ch.*

. 11.30 am 25<sup>th</sup> Sun. in Ord. Time.

## Month's Mind Masses

Sun. 29<sup>th</sup> Sept. 11.30 am Seán Dooley, Fr. O'Connor Cresc.

Sat. 5<sup>th</sup> Oct. 7.00 pm Frances Thompson (nee Doocey) Woodbrook.

*Lord, for your faithful people, Life is Changed, Not ended.*

## Fatima Pilgrimage 2025

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

## Medjugorje Pilgrimages

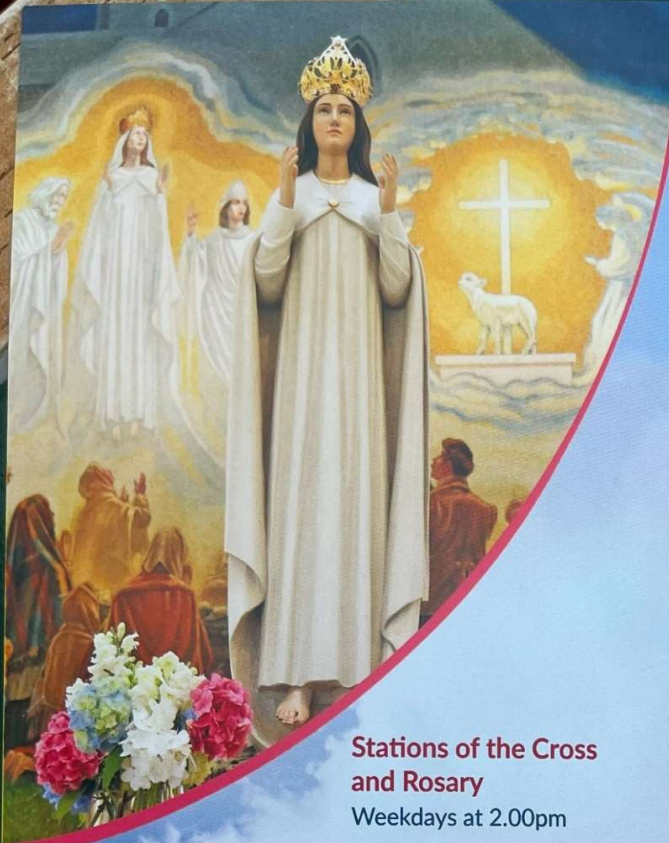
April – Oct 2024. 7 Nights Apartment B&B from €273 per person sharing. Airport transfer available on request. Contact us for details and book the dates that suit you. Tel. 01 4434510 or website [www.med-irishcentre.com](http://www.med-irishcentre.com)

## National Ploughing Championships 17<sup>th</sup> – 19<sup>th</sup> Sept.

*A Note from the Diocesan Office.*

Once again, the Diocese will be present in Ratheniska for the “Ploughing” this year. At our Diocesan Stand 221 visitors will be invited to pledge their desire for peace in our world by placing a coloured pin on a specially designed St. Brigid’s Cross, which, we hope, will be presented to Pope Francis next year during World Youth Day in Rome. The St Brigid’s Cloak created on the Stand last year will be on display, a vivid reminder of the importance of our Diocesan Patron Saint and the 1500<sup>th</sup> anniversary which we are currently celebrating.

Bishop Denis especially looks forward to welcoming the many people from our parishes to the ploughing. The ‘Pledge Your Pin For Peace’ initiative will be a practical way of expressing our ‘no’ to the horrific wars that are affecting the lives of so many all over the globe. It is hoped that in pledging a pin for peace people will make a commitment to pray for peace.



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

**Confessions** 10.30am – 4.30pm Daily

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

**NOVENA** 14 – 22 August 2024.  
Daily ceremonies at 3pm & 8pm.  
See [www.knockshrine.ie](http://www.knockshrine.ie) for further details of guest speakers.

### Creation Walk

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

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



### Knock Prayer Centre

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

# KNOCK

## SUMMER PROGRAMME 2024

### Mass times: SUNDAYS AND HOLY DAYS

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

### Adoration

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

### Sundays: Pilgrimage Ceremonies

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

### Mass times: WEEKDAYS AND SATURDAYS

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

### Adoration

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

### Knock Museum

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

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



### Knock Counselling Centre

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





## Mountrath Parish Lotto 12<sup>th</sup> Sept.

Nos. Drawn 2 6 11 16

No Jackpot Winner

23 Match 3's Won € 44 each

5 Local Winners

**Winner**

**Promoter**

Mark and Marie Dollard Betty Phelan

Rose Cunningham Frances Byrne.

Lorraine Glynn Bernie Phelan

R. O'Brien M. Farrell

Helena Consedine Catherine Burke

**Next Week's Lotto € 20,000**

*Thank you for your support*

# Ballyfin Parish Lotto 11<sup>th</sup> Sept.

Nos. Drawn 13 14 23 32

No Jackpot Winner

7 Match 3s Rec. € 143.00 each

Next Week's Jackpot €14,000



# Mountrath Ballyfin Lottos

## Next Week's



Ballyfin € 14,000

Mountrath € 20,000

## A Word from the people at Mary's Meals

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

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

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

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

Warm regards

*Josephine Donaghey*  
*Volunteer for Mary's Meals*

Events In Bloom HQ

Events In Bloom HQ

Events In Bloom HQ

# 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



# THE GALLERY OF DIVINE INSPIRATION

AT BLOOM H.Q.

MOUNTRATH R32 DT9F :-: 057 9300036

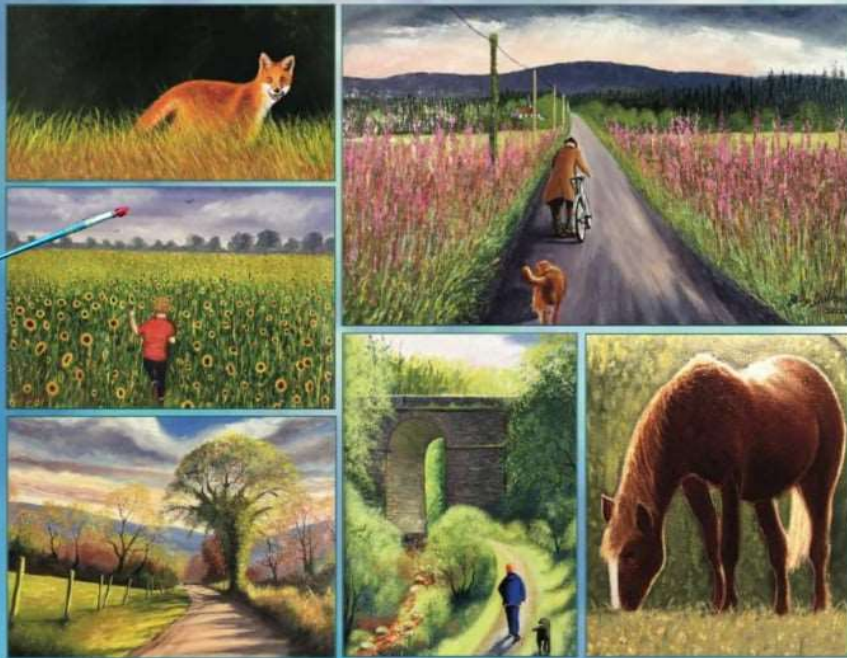
Proudly Present

## ' MOMENTS IN TIME '

An Art Exhibition by

# Billy Dollard

Friday 30<sup>th</sup> August to  
Friday 27<sup>th</sup> September





# Pilates

**Saturdays 12-1 pm**  
**6 weeks starting 14th**  
**September**



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

**€ 60 for 6 weeks**

Sabrina 087 646 7305

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



# Early Bird HITT classes



**6 am Tuesday  
& Thursday**

Starting Tuesday 17th September

**8 week block x 2 classes a week**

**€ 130**

Plus bonus Saturday 10 am classes for free



*Come join  
our new  
trainer Tobi  
and get  
stronger,  
fitter and  
healthier at  
our Early  
Bird class!*



For more info contact  
Ruth on 089 2647761

At Mountrath Health & Fitness Academy, Patrick St, Mountrath R32 DC58

# Mum & Baby/Toddler Gym class



## 10 am Tuesday

€ 50 for 6 Weeks



Contact Ruth 089 264 7761

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





# Lower Body Classes



*Have you been injured/had a fall?*

*Are you attending a Physio and need extra support?*



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

**Starting September Tuesdays  
& Thursdays 8.15-9 pm**

**Limited to 6 people**

*6 weeks twice a week, 45 min sessions  
Pre program Ruth will go through your current exercises and injuries then develop a program to help all heal and increase Mobility, Flexibility, Balance & Strength.*

**€120 for the 12 sessions!**



## VENUE

BLOOMHQ, PATRICK ST,  
MOUNTRATH, R32 DC58

**Contact Ruth 089 264 7761**



The Class of 1990 presents

**CELEBRITY CHEF**  
*Paul Flynn*

**Christmas**  
**COOKERY DEMONSTRATION**

**WED 13TH NOVEMBER**  
St. Philomena's Hall, Brigidine  
Convent, Mountrath, Co. Laois  
Doors 7pm - Demo @8pm

*Christmas Stalls and Monster Raffle on the night!*

Fundraiser for Class of 1990 Restoration Project

Tickets €27.50

No. 0001

Instagram, Facebook, Twitter, Snapchat icons



# Upper Body Classes

*Have you been injured/had a fall?*

*Are you attending a Physio and need extra support?*



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



**Starting September 24th**

**Tuesdays & Thursdays 6 -6.45 pm**

**Limited to 6 people**

*6 weeks twice a week, 45 min sessions*

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

**€120 for the 12 sessions!**



**Contact Ruth 089 264 7761**



**Book on**

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

# Lower Body Classes



*Have you been injured/had a fall?*

*Are you attending a Physio and need extra support?*



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**€120 for the 12 sessions!**



## VENUE

BLOOMHQ, PATRICK ST,  
MOUNTRATH, R32 DC58

**Contact Ruth 089 264 7761**



# Music Teachers wanted

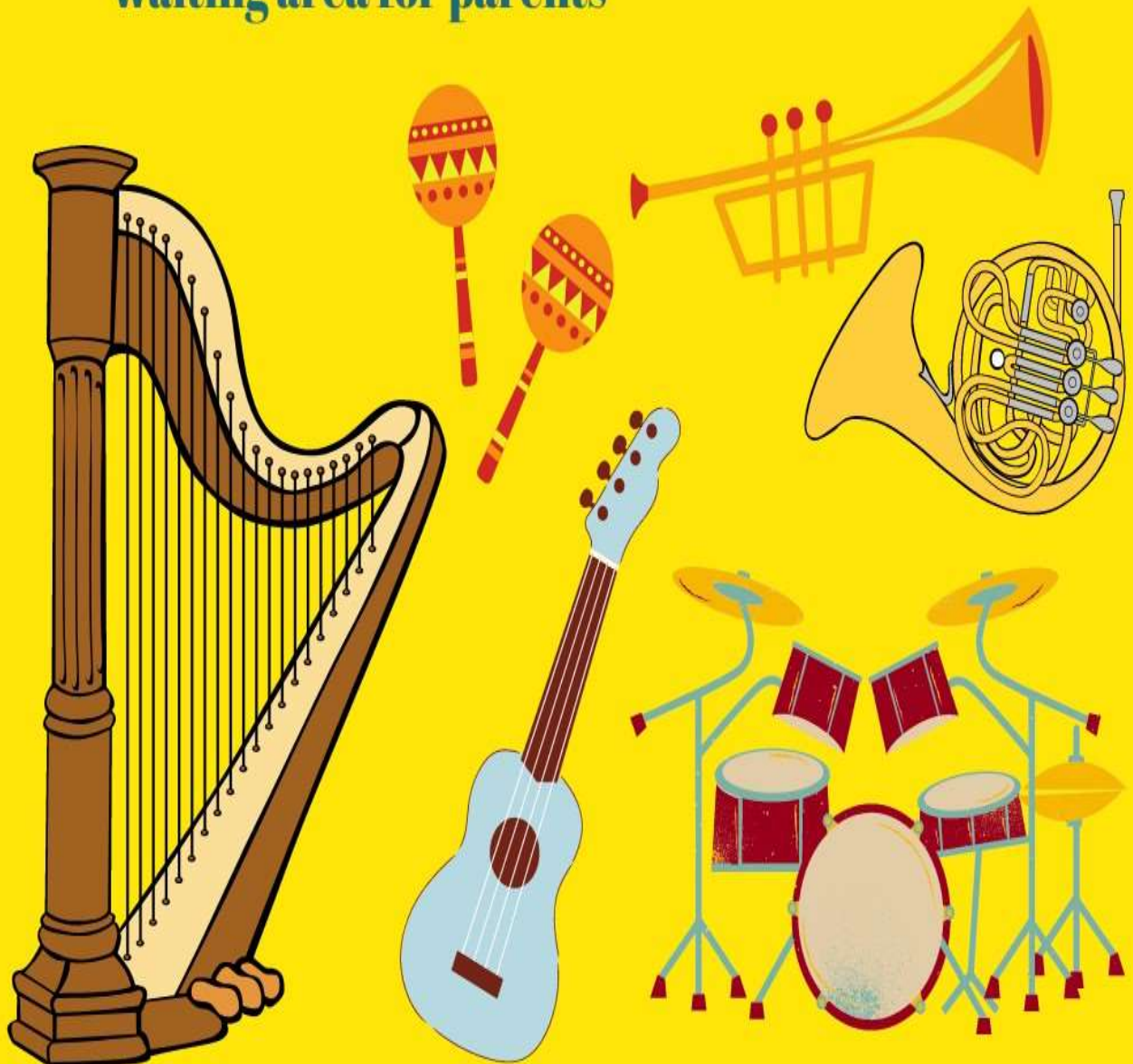


for Mountrath Music School

\*soundproof rooms

\*free parking

\*waiting area for parents



contact Lucy 087 259 7895

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

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

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



*Bloomhq, Patrick St, Mountrath R32 DC58*





# Basketball in Mountrath

**Now** 11-12 am **Saturdays**



Kids 6-10 years

1 hour sessions



€2 per child per session



Outside in Bloomhq or in Philomena's  
hall if raining!

## VENUE

BLOOMHQ, PATRICK ST,  
MOUNTRATH, R32 DC58

Contact Ruth 089 264 7761

# July 2024

## TIMETABLE

**PAYG  
and  
Members  
Always  
Welcome**

\*These Classes  
are not included  
in the  
Membership fee

### Monday

10 am Mature Movers

11 am Activator Poles Inc.

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

7 pm Karate\*

### Tuesday

10 am Beginner TRX

7 pm Ged Fit\*

### Wednesday

11 am Mature Movers

7 pm Mixed Circuit Training

7-8 pm BJJ (8-12)

8-9 pm BJJ (13+)

### Thursday

7 pm Ged Fit\*

### Friday

5.30 pm Kickboxing (3-7)\*

6.30 pm Kickboxing (8-12)\*

7.30 pm Kickboxing (13+)\*

### Saturday

9 am Circuit Training

10 am BJJ (8-12)

11 am BJJ (13+)

12 am Pilates\*



# Music Classes in Mountrath



## Trad Music

Saturdays from 11 am 6 + years

€ 8 for 30 min group class

Eabha 083 856 6083



## Piano

Sunday mornings 5+ years

€20 per 30 min lesson

Heather 083 054 7772





# Mature Movers

## 50 + Gym Classes

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



**6 week block starting Monday 19th August**

**Mondays 10 am & Wednesdays 11 am**

*45 mins in Mountrath*

**€ 60 for 6 weeks**

Contact Ruth 089 264 7761





# Pilates

**Saturdays 12-1 pm**  
**6 weeks starting 14th**  
**September**



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

**€ 60 for 6 weeks**

Sabrina 087 646 7305

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



# Seated Exercise Adult Inc Class



## 11 am Thursdays

**€4 per class**

Contact Ruth 089 264 7761

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

# Power Surge 360



**7.30 pm  
Tuesdays &  
Fridays and 10  
am Saturdays**

**DO YOU  
HAVE  
WHAT  
IT  
TAKES?**

**€ 130 FOR 6 WEEKS (18 CLASSES!)**

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

Contact Ruth 089 264 7761



# Early Bird HITT classes



**6 am Tuesday  
& Thursday**

Starting Tuesday 17th September

**8 week block x 2 classes a week**

**€ 130**

Plus bonus Saturday 10 am classes for free



*Come join  
our new  
trainer Tobi  
and get  
stronger,  
fitter and  
healthier at  
our Early  
Bird class!*



For more info contact  
Ruth on 089 2647761

At Mountrath Health & Fitness Academy, Patrick St, Mountrath R32 DC58

# Mum & Baby/Toddler Gym class



## 10 am Tuesday

starting 24th September

€ 50 for 6 Weeks



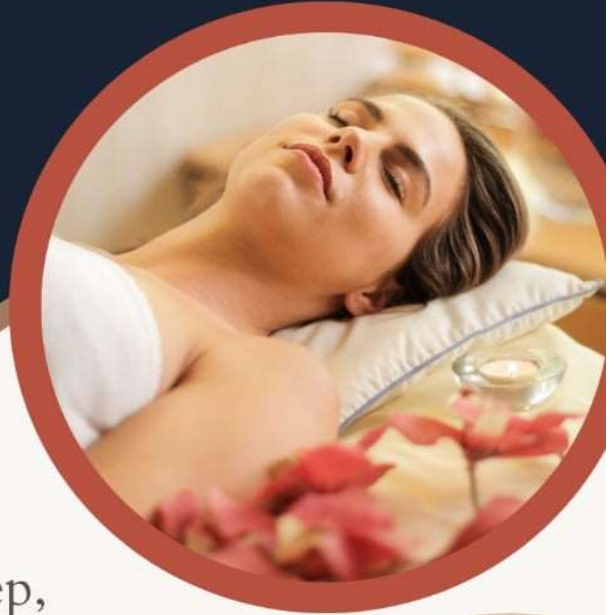
Contact Ruth 089 264 7761

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



# Revive Swedish Massage

REVIVE SWEDISH MASSAGE  
RELAX AND REVIVE TODAY



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

## Our Services

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

 085 200 2497

 Bloomhq, Mountrath, R32 DC58

[Book Your Appointment](#)





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

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

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



*Bloomhq, Patrick St, Mountrath R32 DC58*



## SeniorLine

Would you like someone to talk to? SeniorLine is Ireland's national telephone service for older people, open every day of the year 10.00 am to 10.00 pm, they can be contacted on Freephone 1800 80 45 91.

Callers may feel isolated, alone, wish to discuss a problem in confidence, or for company during their day. SeniorLine's volunteers are trained to listen, to support, to discuss options and refer the caller to other helpful services available if necessary.

So don't be alone if sharing a problem would help, phone  
SeniorLine

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

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

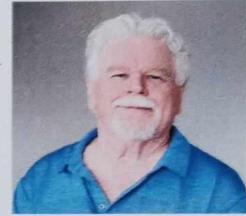
**Cost €345**

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



 **ERIC DOWSETT**

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



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

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

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

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

**[www.ericdowsett.com](http://www.ericdowsett.com)**

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

The Class of 1990 presents

**CELEBRITY CHEF**

*Paul Flynn*

**Christmas**  
**COOKERY DEMONSTRATION**

**WED 13TH**  
**NOVEMBER**

St. Philomena's Hall  
Brigidine Convent  
Mountrath, Co. Laois

**Doors 7pm • Demo @8pm**

**Christmas Stalls and Monster Raffle on the night!**

Fundraiser for Class of 1990 Restoration Project

Book your Tickets now through [Eventbrite.ie](https://www.eventbrite.ie)

Centra Mountrath & Telfords Mountrath



**Tickets**  
**€27.50**



# Music Classes in Mountrath

## Violin

Thursdays 3-30 pm on from 3 years -adult  
 € 20 for 30 min individual lesson  
 Irene 089 981 8065



## Trad Music

Saturdays from 11 am 6 + years  
 € 8 for 30 min group class  
 Eabha 083 856 6083



## Piano

Sunday mornings 5+ years  
 €20 per 30 min lesson  
 Heather 083 054 7772



# April - May 2024

# TIMETABLE

**PAYG  
and  
Members  
Always  
Welcome**

\*These Classes  
are not included  
in the  
Membership fee

## Monday

11 am Mature Movers  
7 pm Mixed Circuit Training  
(suitable for Beginners & Advance)  
7 pm Yoga\*  
7 pm Karate\*

## Tuesday

10 am Beginner TRX  
11 am Bowls Inc.  
1.15 pm Lunchtime HITT

## Wednesday

11 am Mature Movers  
7 pm Mixed Circuit Training  
7-8 pm BJJ (8-12)  
8-9 pm BJJ (13+)

## Thursday

10 am Beginner TRX  
11 am Activator Poles Inc.  
1.15 pm Lunchtime HITT  
7 pm Karate\*  
8 pm Bowls\*

## Friday

5.30 pm Kickboxing (3-7)\*  
6.30 pm Kickboxing (8-12)\*  
7.30 Kickboxing (13+)\*

## Saturday

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



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

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





# Zumba



**Tuesdays 7.30 pm**

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

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

**for more information contact Joanna on 0894653938**





## Meeting Room

"Rachel's Room"

Brigidine Convent,  
Patrick Street,  
Mountrath

- Broadband Wifi
- Ample free parking
- Canteen

Contact  
manager@bloomhq.ie  
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



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 Eabha 083 856 6083



## Piano

Sunday mornings 5+ years  
 €20 per 30 min lesson  
 Heather 083 054 7772



-GED FIT-  
COACHING

# FITNESS CLASSES

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

WEIGHTS &  
CARDIO TRAINING

ADDRESS:  
MOUNTRATH CO. LAOIS  
EIR CODE: R32 DT9F

NO MEMBERSHIP NEEDED PAY  
ONCE YOU BOOK A CLASS



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

LIMITED SPACES  
AVAILABLE





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



### Karate

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

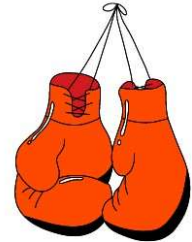
Fridays 5.30 pm 3-7 years, €7

### Kickboxing

6.30 pm 8-12 years, €7

First trial class free

Shane: 086 339 9287



8-12 years,

### Brazilian

Wednesdays 7-8 pm & Saturdays 10-11 am

### Jiu-jitsu\*

€ 35 per month or €5 per class

Jamie; 085 200 2497



### Art & Craft

Wednesdays 5-6 pm, 7-12 years

€ 30 for block of 6 classes

Rhiannon: 089 211 5183

Thursdays 3.30 pm on. From 3 years - adult

### Violin

€20 for 30 min individual lesson

Irene: 089 981 8065



### Trad Music

Saturdays from 11 am, 6+ years

€8 for 30 mins group classes

Eabha 083 8566083



### Piano

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

to book talk to the relevant teacher



# Zumba



**Tuesdays 7.30 pm**

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

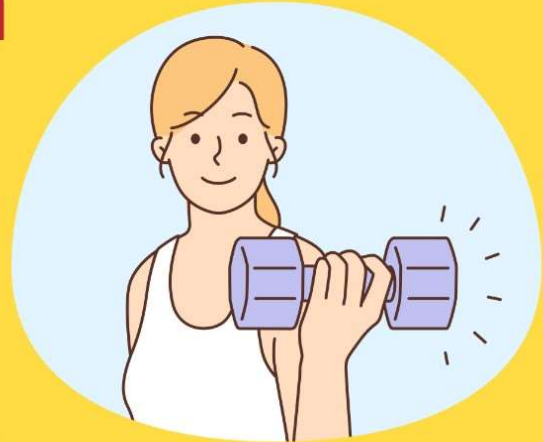
**Bookings [www.fitandjoy.ie](http://www.fitandjoy.ie)**

**for more information contact Joanna on 0894653938**

# Saturday Morning Circuit Training



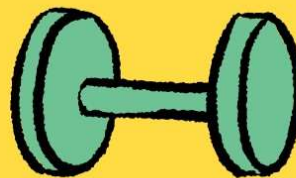
## 9-10 am



€ 7 PAYG

or

part of your monthly  
membership



contact 086 3262 570

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

# Mountrath Music Rooms

Lessons in BloomHQ



Violin Lessons

by Irene Ramos

089 9818065

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

Thursdays



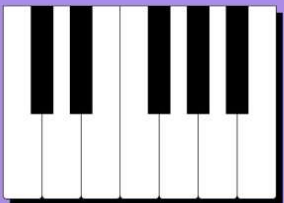
Irish Traditional Music, Whistle,  
Flute, Concertina, Accordion, Fiddle,

Banjo and Mandolin

Cliona & Eabha Dowling McDonald

083 8566083

Saturdays



Piano Lessons

by Heather Gavigan 083 054 7772

Sundays



Contact the relevant teacher  
for times, prices etc

# Brazilian Jiu-Jitsu/BJJ in Mountrath



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

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

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

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

**Wednesdays**  
Kids 7-8 pm  
Teens /Adults 8-9 pm

**Saturdays**  
Kids 10- 11 am  
Teens /Adults 11 am -12 pm

contact Jamie 085 200 2497







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



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

# Mountrath Music Rooms

Lessons in BloomHQ



Violin Lessons

by Irene Ramos

089 9818065

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

Thursdays



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

Cliona & Eabha Dowling McDonald

083 8566083

Saturdays



Piano Lessons

by Heather Gavigan 083 054 7772

Sundays



Contact the relevant teacher  
for times, prices etc



# Mountrath Music Rooms



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

**\*Soundproof rooms**

**\*From € 15 per hour**

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

**\*free easy car park**

**\*Waiting space**

Brigidine Convent,  
Patrick St,  
Mountrath R32 DT9F



# UNISLIM

## *Join Today!*

### Bloom Hq

### Wednesdays 7-8pm

### Class Talk 8pm

New members  
always welcome!



9 stone  
weight  
loss



**Mairead McCaul**  
Unislim Member

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



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



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



### Karate

Mondays & Thursdays 7 pm

€6 per class

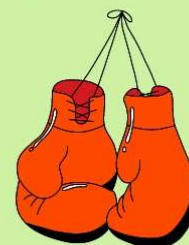
Sensei Donal: 087 760 7063

### Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



### Brazilian

Wednesdays 8-9 pm & Saturdays 11-12 am

€ 35 per month or €5 per class

### Jiu-jitsu\*

Jamie; 085 200 2497

### Violin



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

Irene: 089 981 8065



### Trad Music

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

Eabha 083 8566083



### Piano

Sunday mornings  
20 for 30 min individual lesson

Heather 083 054 7772

to book talk to the relevant teacher





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



### Karate

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

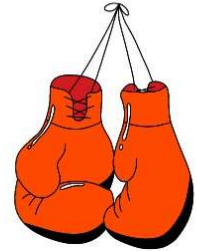
Fridays 5.30 pm 3-7 years, €7

### Kickboxing

6.30 pm 8-12 years, €7

First trial class free

Shane: 086 339 9287



### Brazilian

8-12 years,

Wednesdays 7-8 pm & Saturdays 10-11 am

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€ 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

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### Violin



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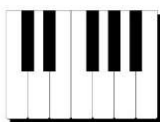


### Trad Music

Saturdays from 11 am, 6+ years

€8 for 30 mins group classes

Eabha 083 8566083



### Piano

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

to book talk to the relevant teacher

# Roadcraft Motorcycle Training

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

For more details and to book see:

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

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



# Music Teachers wanted



for Mountrath Music School

\*soundproof rooms

\*free parking

\*waiting area for parents



contact Lucy 087 259 7895



# Activities suitable for Senior Citizens in Mountrath

Mature Movers 50 +  
Mondays & Wednesdays 11 am



Bowls inclusive 11 am Tuesdays  
Bowls 8 pm Thursdays

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



Activator Poles Inclusive  
Thursdays 11 am

contact Ruth 086 3262 570



# VIOLIN LESSONS

by Irene Ramos

- Discover the joy of music and unlock your creativity
- Weekly individual and ensemble classes for all ages
- From 3-year-olds to adults
- Studio based Mountrath

FULLY QUALIFIED SUZUKI TEACHER & ABRSM DIPLOMA IN MUSIC PERFORMANCE



FOR RATES AND/OR MORE  
INFO PLEASE CONTACT ME

Phone: 0773222323

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

 Irene Ramos  
VIOLIN STUDIO



# Hot Desks in Mountrath

Need somewhere to work for a day with fast broadband?

Free parking, canteen onsite.

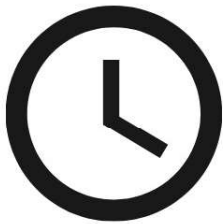
Desks from 10 euro per day

Book on <https://connectedhubs.ie>

# Mountrath Men's Shed



**Old School on  
Patrick Street**



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

**Contact 0857053855**



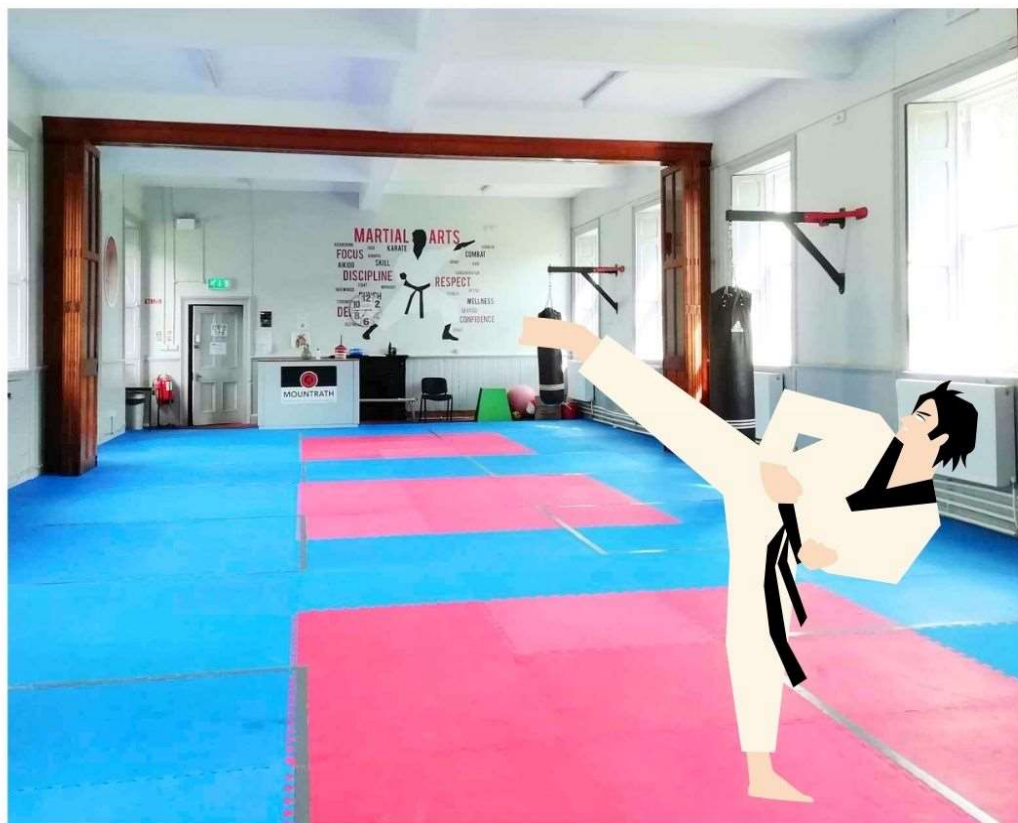
**Kindling for sale.  
Call in to purchase  
on times above**



# Karate Classes



**Mondays & Thursdays 7 - 8 pm**



**Juniors and Adults**



**Okinawan Karate**



**Black Belt Instructors**

contact Sensei Donal, 5th dan  
087 760 7063

Martial Arts Centre, Old  
Convent, Mountrath,  
R32 DC58



# HIIT LUNCHTIME CLASS

## High-Intensity Interval Training

Tuesdays & Thursdays

1.15 pm for 40 mins

5 euro a class

OR

part of your monthly  
gym package

Book with Ruth 086 3262 570





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

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



Clióna and Éabha  
Dowling McDonald

**More Information :**

Contact 083  
8566083



# Music Classes in Mountrath

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

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

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





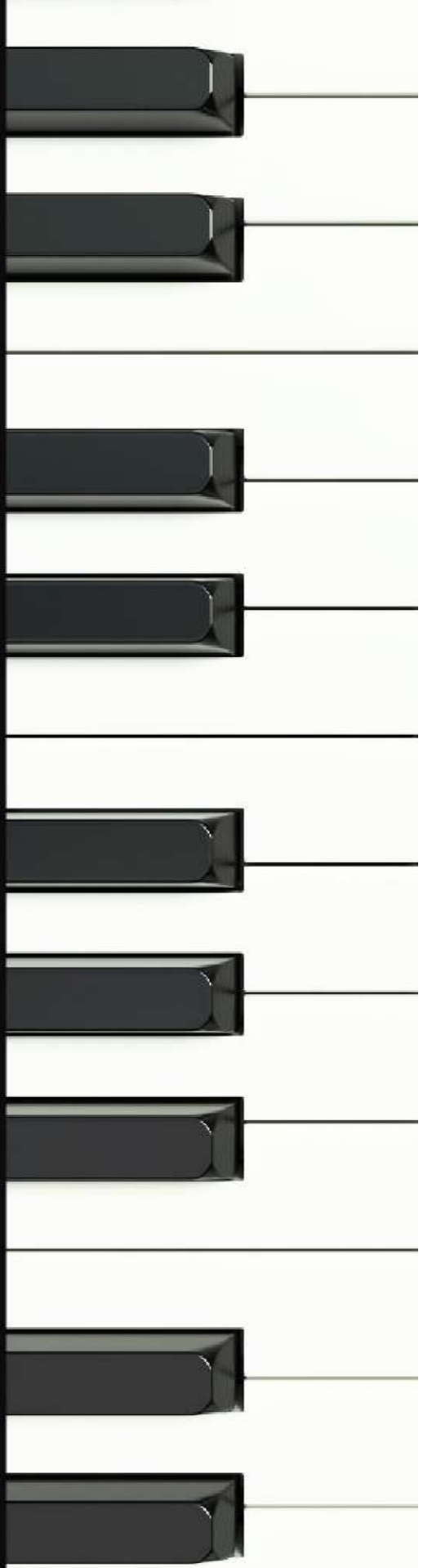
# PIANO TEACHER WANTED



For our new Music Rooms  
Contact Lucy 087 259 7895



The Old Convent,  
Patrick St,  
Mountrath,  
R32 DC58



# Mountrath Scouts



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

**For all ages from beavers to ventures and into leaders !**



## Scouts is a way to

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

## Friday nights

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

7:00 till 8:30

€5 pp

or

€4 per sibling



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

– Tia Walker



Lessons  
LEARNED  
Life

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

Flying with TAP Airlines

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

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

Contact James Treacy 061921470

[jamestreacyphotography@gmail.com](mailto:jamestreacyphotography@gmail.com)

Payment can be made by instalments

# Daily Itinerary

## Day 1 - Holy Thursday (Apr 17th)

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

## Day 2 - Good Friday (Apr 18th)

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

## Day 3 - Holy Saturday (Apr 19th)

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

## Day 4 - Easter Sunday (Apr 20th)

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

## Day 5 - Easter Monday (Apr 21st)

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

## Day 6 - Tuesday (Apr 22nd)

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





# FATIMA PILGRIMAGE

17th - 22nd APR '25

Group Leader: James Treacy  
Escorted Tour

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

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

## INCLUDES:

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

## EXTRAS:

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

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

## HOTEL SANTA AMARO:

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

## Cost Per Person

# €859pp sharing

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



For further information please contact:

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

## Catholic Marriage Encounter

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

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

Venue: Focolare Centre, Prosperous, Co. Kildare

Online booking only: [www.marriageencounter.ie](http://www.marriageencounter.ie)

## Medjugorje Pilgrimages April – Oct 2024

Medjugorje Pilgrimages April – Oct 2024.

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

Tel. 01 4434510 or website [www.med-irishcentre.com](http://www.med-irishcentre.com)

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