CHURCH OF THE SACRED HEART, BELMULLET
Sunday 10.30am, Monday to Thursday 9.30a.m, Friday 11.00am, Saturday Vigil 8.00pm
CHURCH OF OUR LADY OF LOURDES, GLENCASTLE
Sunday 12.00 noon, and Saturday 10.00am
Fr. Eddie Rogan P.P. 097 81426 or 086 2329151 Fr. Tommy Doherty C.C. 087 3488742
Parish Office, Chapel Street, Belmullet, Co. Mayo 097-20777
E-mailbelmulletparish@gmail.com

A new CCTV system has been installed in the Sacred Heart Church, Belmullet and also covering the church grounds

MASS TIMES - BELMULLET

Sat	Nov	7th	8.00p.m	**Holy Souls** --Seamus & Joseph Deane, Joe Walsh & Gerry Noone -- Maureen & Eddie McAndrew -- Kathleen & James Gaughan & Bridget Cawley & Deceased Gaughan & Cawley Families
Sun	Nov	8th	10.30a.m	**Holy Souls** - Sarah & John Gaughan & Deceased Family & Fidelis & Paddy Lavelle & Deceased Family-- Chris Tallott - 3rd Anniv. & his Mother Mary 50th Anniv.
Mon	Nov	9th	9.30a.m	**Holy Souls**
Tues	Nov	10th	9.30a.m	**Holy Souls --** Padraig, Willie, Anthony, Michael & Bridget Diamond & Ellen Monaghan
Wed	Nov	11th	9.30a.m	**The Holy Souls** -- John O'Connor, Annie & Willie Fallon, Nora & Owen Doherty & John & Mary O'Connor --Mary McNamara - Birthday Remembrance
Thurs	Nov	12th	9.30a.m	**Holy Souls**
Fri	Nov	13th	11.00a.m	**Sunday Mass for Senior Citizens -- Holy Souls** - Margaret, Patsy, Paddy, Michael, Harry & John Geraghty & Pat Holahan -- Barbara, John, Denny, Rita Garvin & Darragh Lawlor
Sat	Nov	14th	8.00p.m	**Holy Souls** - Padraig Brogan - Birthday Remembrance -- Bernie Lavelle --Dieter Feldhaus
Sun	Nov	15th	10.30a.m	**Holy Souls** - Tom, Rose & Paddy Murphy, Patrick & Julia Coyle, Mary & William Barrett & Deceased Murphy Family

MASS TIMES - GLENCASTLE

Sun &	Nov	8th	12.00p.m	**Holy Souls** - Chris Lally, Shraigh West - 2nd Anniv. -- Tom, Nora P.J. McGuire & Peter & Mary McNulty --Paddy & Marcella Shevlin --Paraic Carolan, Tyrone/Shraigh West - 4th Anniv. & Deceased Carolan & Calpin Families
Sat	Nov	14th	10.00a.m	**Holy Souls** - Jack & Chris McDermott
Sun	Nov	15th	12.00p.m	**Holy Souls** - Kathleen Lally, Muings -- Month's Mind --Annie & Anthony Barrett & Deceased Family -- Peter, Mary & Tommy Donoghue -- Willie & Mary Kerrigan & Deceased Family

MINISTRIES	CHURCH	MASSES	SUNDAY Nov 15th
Readers	Belmullet	Vigil 8.00p.m	Máirín Uí Mhurchú
		10.30a.m	Sharon Reilly

Eucharistic **Ministers**	Belmullet	Vigil 8.00p.m 10.30a.m	Patricia Barrett Gerry Murphy
Eucharistic **Ministers**	Glencastle	12.00a.m	Claire O'Donoghue

Reflection

To sanctify Sunday, it is fundamental to celebrate the Eucharist. Listening to the Word and partaking of the Body of Christ entail, according to the Council Fathers, the coming together in unum (cf.SC, 1060) that is, the joyful gathering of the faithful. In this assembly, the Christian community makes visible its communion with the Lord and bears witness to its belonging to Christ and its fidelity to the Church. This assembly cannot be substituted by a solely virtual presence, nor can it be reduced to a merely passive gathering. The liturgical assembly is in fact fulfilled through the active participation of brothers and sisters, called together to 'thank God who "has begotten them again, through the resurrection of Jesus Christ from the dead, unto a living hope". In this regard, I urge everyone to seek the best possible conditions so that even those who are unable to take time off work on Sundays may take part in Holy Mass

Pope Leo X1V

Date for Confirmation
Belmullet N.S. 8th May 2027 @11.00a.m in The Church of the Sacred Heart, Belmullet.
Glencastle N.S. 8th May 2027
@2.00p.m in Our Lady's of Lourdes Church, Glencastle
Date for First Communion -
Belmullet Sat. 24th April 2027
@ 12.00p.m & Glencastle
Sat. 22nd May @ 12.00p.m

Eucharist Adorers
needed to do one hour of **Eucharist Adoration** in Glencaslte Church every Wednesday between 7.00a.m and 7.00p.m. Please give your name to Breege McDermott in Bunnahowen Post office or the Belmullet Parish Office on 0967-20777

ALTAR SOCIETIES Group 2
Edel Cuffe, Deirdre Reuland, Marie Cuffe
GLENCASTLE Bunnahowen
Brid McDermott, Catherine Barrett, Marcella Stich & Marian Gaughan

BAPTISED RECENTLY
We welcome into God's Family
Daithí James Gillespie,
Co. Galway
We wish him every Blessing

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ALTAR SERVERS for Sun 15th For Glencastle Church 12.00noon
Group A Larry McDonnell, Darragh Howard, Alex Donoghue, Lorcan Barrett

Offertory Collection

Belmullet €1145.00
Glencastle €
Many thanks for your continued support

PIONEER ASSOCIATION

If anyone is interested in restarting
the Pioneer Association please
contact Fr. Eddie Rogan on 086 2329151 or Parish Office on
097 20777

Volunteers wanted for Church Cleaning of Belmullet Church. If interested please ring 097-20777 or drop in to Parish Office.

Morning Prayer

God of my life, I welcome this new day. It is your gift to me, a new
creation, A promise of resurrection.

I thank you for the grace of being alive this morning.
I thank you for the sleep that has refreshed me.
I thank you for this chance to make a new beginning.

This day, Lord, is full of promise and opportunity: let me waste none of it.
This day is full of mystery and the unknown: help me to face it without
fear or anxiety. This day is blessed with beauty and adventure:
make me fully alive to it all.

During this day keep me thoughtful, prayerful and kind.
May I be courteous and helpful to others, and not turned in on myself.
Keep me from any word or deed that would hurt, or belittle,
or destroy; and may the thoughts of my mind be pleasing in your sight.

When night comes again, may I look back on this day with no grievance or
bitterness in my heart; and may nobody be unhappy because of anything
I have failed to do. Lord, bless this day for me and for everyone.
Make it a day in which we grow to have the mind of Christ, your Son.

Lord Jesus Christ, friend and brother; may we know you more clearly,
love you more dearly, and follow you more nearly, day by day. Amen

Prayer
Loving God, We pray for the people of Ukraine, for all those suffering or afraid,
that you will be close to them and protect them.
We pray for world leaders, for compassion, strength and wisdom to guide their choices.
We pray for the world that in this moment of crisis,
we may reach out in solidarity to our brothers and sisters in need.
May we walk in your ways so that peace and justice become a reality for the people of Ukraine,
and for all the world.
Amen

The Memorare
REMEMBER, O most gracious Virgin Mary,
that never was it known that anyone who
fled to thy protection, implored thy help,
or sought thy intercession was left unaided.
Inspired with this confidence, I fly to thee,

O Virgin of virgins, my Mother;
to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me.
Amen.

By appearing in the Grotto of Lourdes,
you were pleased to make it a privileged sanctuary,
whence you dispense your favours;
and already many sufferers have obtained
the cure of their infirmities, both spiritual and corporal.

I come, therefore, with complete confidence
to implore your maternal intercession.

Obtain, O loving Mother, the grant of my requests.
(mention your petition)
Through gratitude for your favours,
I will endeavour to imitate your virtues,
that I may one day share your glory.
Amen.

Peace Prayer of Saint Francis
Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

A PRAYER FOR EVERYDAY

Everyday I need you Lord,
But this day especially,
I need some extra strength,
To face whatever is to be.

This day more than any day,
I need to feel you near,
To fortify my courage,
And to overcome my fear.

By myself, I cannot meet,
The challenge of the hour,
There are times when humans help,
But we need a higher power.

To assist us bear what must be borne,
And so dear Lord, I pray,
Hold on to my trembling hand,
And be near me today. Amen

Helplines Available:

HSE	1850 24 1850
Alone	0818 222 024
Samaritans	116 123
Childline	1800 66 66 66
Farm & Rural Stress	1800 742 645
Pieta House (24HR)	1800 247 247
Shine	1890 621 631

Alcoholics Anonymous helpline no. 089 2109824 12noon-10pm daily

Other Services:

Mayo University Hospital	094 9021733
Community Response Team	094 9064660
Mayo Mental Health Association	094 9038148
Mindspace Mayo	094 9067001
Mayo Recovery College	086 8255441
CROÍ	091 544310

First Prayer
O Mary,
You shine continuously on our journey
as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick,
who, at the foot of the cross,
were united with Jesus' suffering,
and persevered in your faith.
"Protectress of the Roman people",
you know our needs,
and we know that you will provide,
so that, as at Cana in Galilee,
joy and celebration may return
after this time of trial.
Help us, Mother of Divine Love,
to conform ourselves to the will of the Father
and to do what Jesus tells us.
For he took upon himself our suffering,
and burdened himself with our sorrows
to bring us, through the cross,
to the joy of the Resurrection. Amen.
We fly to your protection, O Holy Mother of God;
Do not despise our petitions in our necessities, but deliver us always
from every danger, O Glorious and Blessed Virgin.

Second Prayer

"We fly to your protection, O Holy Mother of God".

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Prayer to Saint Roch
(St.Roch is patron saint of people suffering from infectious diseases)

O Blessed Saint Roch,
Patron of the sick,
Have pity on those
Who lie upon a bed of suffering.

Your power was so great
When you were in this world,
That by the sign of the Cross,
Many were healed of their diseases.

Now that you are in heaven,
Your power is not less.
Offer, then, to God
Our sighs and tears
And obtain for us that health we seek
Through Christ our Lord. Amen.

(Repeat the following 3 times)
Saint Roch, Pray for us,
That we may be preserved from all diseases of body and soul.

Extract from Saint Patrick's Breastplate
Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Opening Prayer
O Jesus Christ, my Lord, with what great love did you pass over the painful road which led you to death; and I, how often have I abandoned you! But now I love you with my whole soul, and because I love you I am sincerely sorry for having offended you. My Jesus, pardon me and permit me to accompany you in this journey. You are going to die for love of me, and it is my wish also, my dearest Redeemer, to die for love of you. My Jesus, in your love I wish to live. In your love I wish to die.

1st Station: Jesus is condemned to death
2nd Station: Jesus carries His cross
3rd Station: Jesus falls the first time
4th Station: Jesus meets His Mother
5th Station: Simon of Cyrene helps Jesus to carry his cross
6th Station: Veronica wipes the face of Jesus
7th Station: Jesus falls the second time
8th Station: Jesus meets the women of Jerusalem
9th Station: Jesus falls a third time
10th Station: Jesus clothes are taken away
11th Station: Jesus is nailed to the cross

12th Station: Jesus dies on the cross
13th Station: The body of Jesus is taken down from the cross
14th Station: Jesus is laid in the tomb

KEEPING CHILDREN SAFE - The Diocese of Killala is fully committed to keeping children safe. If you have any concerns around their safety in any circumstance please contact D.L.P. Confidential line 087 1003554.www.killaladioceseorgsafeguarding.

NOTIFICATION OF SICKNESS
Please inform the priest if a family member outside this parish is sick or has died. Thank you.

Religious Bookshop in Belmullet beside the Church Monday-Friday 10.00a.m.to 2.30p.m.
All notices for the bulletin must be handed into the bookshop or by email: belmulletparish@gmail.com before noon on Thursdays.

A Prayer

O God, who in your unfathomable providence
are pleased to send your holy Angels to guard us,
hear our supplication as we cry to you,
that we may always be defended by their protection
and rejoice eternally in their company.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.
Amen.

PARISH NOTICE

New hearing services in Swanick Family practice every Friday. We offer wax removal services, Hearing aids repairs and free hearing tests.

Christmas ShoeBox Appeal – Drop box into Belmullet Church Porch weekend 7th/8th Nov. For more information contact Tisha on 086 1735329

Family Carers Ireland Mayo's Erris Carer Support Group next takes place from 10.30am-12pm at the Talbot hotel, Belmullet, F26 HY84, on Friday November 13th. The group meets on the second Friday of the month. This is a great opportunity to meet local supports manager Michelle Moriarty and have a chat with other carers. No need to register, just turn up on the day!

SEAI Home Energy Grants Information Event: Wednesday November 11th @ 7pm. Erris Sustainable Energy Community (SEC) is hosting an SEAI Grants Information Event. Wednesday November 11th 7-9pm, Broadhaven Bay Hotel, Belmullet. F26 D8N7. Agenda: Introduction from Erris SEC. SEAI home energy grants: Dr Orla Nic Suibhne, SEAI SEC mentor. SEAI One Stop Shop, Pat Coyle, Churchfield Home Services. Home Energy Upgrade Loan Scheme (HUELS): Helen Daly, PTSB. Home energy loans: Olivia Munnelly, Erris Credit Union. Solar PV: Brian Barrett, Solar West. Free energy audit worth €2k for SMEs. All are welcome, enquiries to Orla 086-3625057

Workshop for choirs with Ephrem Feeley and Knock Shrine Music Department takes place on Saturday, November 14th in the Blessed Sacrament Chapel from 10am to 4pm. Cost per person €20, including resource pack. For bookings, email music@knockshrine.ie and see www.knockshrine.ie for more details

Glencastle cemeteries committee will hold their A.G.M on Wednesday 11th November at 8pm in the Castle Inn.
A full discussion on the past year and plans for the coming year will take place. The committee are encouraging new people to join and invite anyone who feels they can offer anything to attend the meeting. Voluntary work is always rewarding and you will be doing something good for the community.

Bangor Hall Bingo Thursday 12th November at 8pm. Jackpot €1,100 in 46 calls or less F26 AE80.

Are you Recovering from a Cardiac Event? You're Not Alone. Join the Croí Heart & Stroke Charity, Mayo Cardiac Peer Support Group, for heart recovery and support. Location: The Ellison Hotel, Castlebar, Mayo. Date: Wednesday

18th November from 6.30pm - 8.30pm. Meeting Topic: Well-being and Stress Management. Connect with others who understand, share experiences & learn together. This initiative is a collaboration between Croí and the HSE in Mayo.

Mayo Cancer Support - Annual Mass of Remembrance. Mayo Cancer Support will celebrate their annual mass of remembrance & thanksgiving in Rock Rose House, P23 P659. Thursday 12th December @7.00pm. Light Refreshments Served afterwards
All Welcome

CALLING ALL THIRD LEVEL STUDENTS, APPRENTICES & YOUNG FARMERS
Erris Credit Union's Community Educational Fund is NOW OPEN for applicants; Once again , 10 lucky students will win €1,000 towards education expenses. Providing equal opportunity to win, with 2 applicants selected from each of the five parishes. TO ENTER: Simply fill out an entry form online or in the office & provide proof of course attendance, it couldn't be easier! You must be a member of Erris CU to apply, but if you aren't already, don't worry joining Erris CU is easy.
Terms & Conditions apply, for more info call our office on 097 82388.

Erris Workability – Support at Your Own Pace Erris Workability supports people with challenges to build confidence, develop skills and explore employment opportunities. We tailor the support to your needs and at a pace that suits you. Everyone's journey is different, and we're here to help you take the next step towards your goals. Is féidir linn tacú leat chun do spriocanna a bhaint amach – ar do luas féin. For more information, contact Siobhan on 087 499 6605. Eligibility criteria applies.

Erris Family and Community Support Centre supported by Mayo, Sligo Leitrim ETB are delighted to introduce Erris Skills Share Community Education Programme, an exciting six-week programme bringing people together to share practical skills and learn from one another! Led by members of our own community, taster workshops will include: Sewing Skills and Pin Cushion Making Workshop with Atty Gaughan. Baking with Nessa from Butty's Kitchen Woodturning with the Erris Men's Shed. The Basics of Mending and Repairing clothes with John from JP Sewing Spring Bulb Planting Workshop with Baile Slachtmhar Bhéal an Mhuirthead/ Belmullet Tidy Towns. Come along to try something new, discover useful skills for everyday life, and get to know others in your community! Starting Monday, 2nd November and running every Monday until 7th December. Time: 6pm - 8.30pm. Light refreshments provided
All materials will be provided. Venue varies week to week. Places are limited; booking is essential! To register or express an interest in sharing a skill, please contact Brandon: 087 457 9658

Farmers Information Night - On Monday night 9th November in Kiltane GAA Complex at 7.30 an information night. This is very important night for all farmers in the area. On the night Colm O' Donnell with speak on CAP payments. CAP payments is where farmers payments come from so it's Important that all farmers attend and find out about your payments going forward. Also on the night James Golden on wild Species. Speaker on Acres and speaker from No Fence Collars and many more This is very Important night for all farmers. Please attend. Erris I.N.H.F.A Group.
Losing a loved one is one of life's most challenging experiences. To help all who know this pain there will be a series of 4 Tuesday evening talks on 'How best to cope after a Bereavement' held in the Newman Centre, Ballina on November 3rd, 10th, 17th and 24th from 8-10pm. The course will be presented by Monica Morley, Bereavement Counsellor at Knock Shrine. Places are limited and can be booked on 096-72066.

We have secured a date to hold our safeTALK training here in Erris. This is Suicide Alertness training that prepares participants to identify and engage with persons who may be having thoughts of suicide. We think it's important to have as many people as possible from local organisations, GAA and sports clubs, and the wider local community involved and trained in safeTALK, so we encourage everyone to take part. The training date is set for: Thursday – 26 November 2026 6pm-9.30pm (registration 5.45pm) Location: Irish Wheelchair Association, Logmore, Belmullet,
Co. Mayo, F26 VY42. Make sure to register at the link below to book in for the session or you will not be confirmed to take part in this training. Please click on the link to register here:
https://bookwhen.com/srotraininggmr/e/ev-sirk2-20261126180000

Mindfulness Café Erris Family & Community Support Centre will be running a Mindfulness Café at Café Ceantar, Geesala (F26X4H5) for 4 Mondays in November. Café will run the 9th, 16th, 23rd, 30th from 6.30-8.00pm. Mindful Mondays will include a mix of guided meditation practices, calming activities, social connection and a cuppa. This is a space to pause, destress, and support your wellbeing. Facilitated by Dan Keegan, experienced Yoga & Meditation Teacher, supported by Mental Health Ireland. Places are limited; to book contact Leanne on 0870670989/ coordinator@errisfcsc.ie.

Erris Workability – Support at Your Own Pace. Erris Workability supports people with challenges to build confidence, develop skills and explore employment opportunities. We tailor the support to your needs and at a pace that suits you.

Everyone's journey is different, and we're here to help you take the next step towards your goals. Is féidir linn tacú leat chun do spriocanna a bhaint amach – ar do luas féin. For more information, contact Siobhan on 087 499 6605. Eligibility criteria applies.

Local Link Mayo Once off Transport - The Sláintecare Healthy Communities Programme, in partnership with TFI Local Link Mayo offer a Once-Off Transport Grant Scheme to help people access health, wellbeing and social inclusion activities. The scheme provides funding for once off trips for communities in Erris, Achill and Ballycastle. Funding is available for eligible trips up to the end of October 2026. For more information contact Angela on 094 9005150 or email mail@locallinkmayo.ie

Bereavement Support Group in Ballina A Bereavement Support Group meeting will be held at the Newman Institute, Ballina on the second Wednesday of each month (October-May), starting on 14th October at 8pm. Trained facilitators conduct the meetings, which provide guidance and support to all who find loss difficult. All are welcome. Further information from Monica Morley, Knock Shrine on 094-9375320
Notice for Parish Newsletter from Knock Shrine

Studio to Stall with Erris Workability Studio to Stall is a wonderful initiative with Erris Workability, supporting people to develop their creativity, skills and confidence. Participants turn their ideas and creations from the studio into finished products, learning along the way about teamwork, communication, presentation and selling. The journey from studio to stall provides a valuable opportunity to share their talents with the wider community. The programme takes place in both Ballina and Belmullet, offering a welcoming space to get creative, learn new skills and connect with others. Eligibility criteria apply. If you would like to take part, contact Siobhan on 087 499 6605 to book your place. Come along and be part of the journey from studio to stall!

Journeying Through Grief from Loss to Hope A place to find solace and support through sharing with others who are on the same journey. You are welcome to: Share your story, if you wish. Listen to others who understand. Find comfort and support. Explore ways to carry your loss with hope and renewed strength. Every second Wednesday of each month at 8.00pm in The Newman Institute – 14th Oct. 11th Nov. 9th Dec. 13th Jan. 10th Feb. 10th Mar. 14th April and 12th May.

Money, Advice and Budgeting Service (MABS) will hold a free drop-in clinic at Belmullet Civic Offices (Áras Inis Gluaire) from 11am–1pm on: 30th September, 28th October, 25th November, 16th December. Drop in for free, impartial advice and support with budgeting, bills or debt. For more information, contact 0818 07 2660 or ballina@mabs.ie.

Erris Workability is offering a Weekly WorkSPACE Initiative, providing participants with opportunities to try different roles, develop skills and confidence, meet new people and gain valuable community experience. New opportunities are available each week, with eligibility criteria applying. For further information, contact Siobhan on 087 499 6605.

Looking for a fresh start, new opportunities, or support on your journey towards work? Erris Workability offers a range of supports tailored to you, including Weekly Workspace, Life Lab, Studio to Stall and one-to-one support to help build confidence, develop skills, explore employment or self-employment, and achieve your goals. The programme is available to people who meet the eligibility criteria, and if you're unsure whether you qualify, we're happy to have a chat and talk you through it. Take the first step and find out what's possible with Erris Workability. Contact Siobhan on 087 499 6605.

Family Carers Ireland's Ballina Carer Support Group is meeting on Friday September 11th in the Talbot Hotel from 10-11.30am and will take place on the second Friday of each month going forward. We would be very grateful if you could share this in your parish newsletters, bulletins, or community notes. Family Carers Ireland's Erris Carer Support Group meets Friday September 11th from 10-11.30am in the Talbot Hotel, Belmullet, F26 HY84.The meeting takes place on the second Friday of every month. This is a great opportunity to sit and have a cuppa and chat with other carers and also meet Supports Manager for Mayo, Michelle Moriarty. No need to register, just turn up on the morning!

'**Would you be willing** to provide companionship to an older person locally? ALONE are seeking volunteers in your area. Full training and support provided. If interested, please apply via the ALONE website at www.alone.ie or for further information please contact us on volunteer@alone.ie or call 0818 222 024.

If you are over 60 and would like to know more about the services ALONE can offer you, please call 0818 222 024.'

Your support will be much appreciated. If you would like to chat things through a little more, please feel free to contact me, on 086 0135043.

Knock Shrine Is your anger hurting you or others? Knock Counselling Centre will run an Anger Management Programme on Fri 9th & Sat 10th October. Contact: Peter Devers, 094 93 75032 or log onto www.knockshrine.ie/counselling

Knock Shrine Come away to a quiet place'. This 4-day directed residential retreat takes place in the retreat village at Knock Shrine from 14th to 18th September. For more information, visit www.knockshrine.ie or contact John Farrelly, by email at retreatvillage@knockshrine.ie or phone (086) 0108623.

Faith Through Film with Brendan O'Regan takes place in the Prayer Centre on Saturday 19th September from 10am to 3pm. This reflective, practical day is designed for RE teachers who want to bring faith to life in the classroom, while also taking time to nourish their own spiritual journey. See www.knockshrine.ie for contact Nicola Mitchell at faithrenewal@knockshrine.ie or telephone (094) 93 88100.

Women's Health Seminar Wednesday, 23rd Sept 2026, Healy's Hall, Glenamoy 7 - 9.30pm
Speakers: Paul Gillen, Dr Carol Duffy, Ogechi Nsoedo, Dee Ruddy & Beata Cierzniewska.
Topics covered include osteoporosis, perimenopause, menopause, gynaecological issues, life coaching and combatting stress. All welcome. Book your free place by texting 087 - 432 5909

Coffee Morning for Hospice Mayo Roscommon Hospice are looking for community groups, individuals, schools or workplace etc to host a coffee morning/evening on National Coffee morning for Hospice Thursday 24th September or any date that suits. Coffee & posters will be provided. Contact 0949388666 or email info@hospice.ie. or register online at https://www.hospice.ie/fundraising/coffee-morning/

Traditional Irish music classes for adults Due to the unprecedented demand for traditional Irish music classes for adults, the Moy Valley branch of "Comhaltas Ceoltóirí Eireann" have commenced a new term in the "Merry Monk" Killala Road, Ballina every Tuesday night. Classes are offered in almost all instruments including accordion, fiddle, banjo, tin whistle, Flute, bodhrán, keyboards and guitar. Limited places are still available. Classes for beginners take place from 7pm – 8pm and advanced classes from 8pm – 9pm. For further information please contact 087-2775317

Ante - natal Classes Autumn 2026 - Wednesday 23rd September – 11.30a.m – 1.30p.m. Wednesday 30th September – 11.30 -1.30p.m . Wednesday 7th October – 11.30a.m – 1.30p.m Wednesday 14th October – 11.30a.m – 1.30p.m. Classes will be held in the Broadhaven Bay Hotel. To register contact Alannah @ 097-27418

Travel Independence Workshops Erris Workability (Mayo North East) are excited to join forces with TFI Local Link Mayo and Sláintecare Healthy Communities to deliver new weekly workshops on travel independence and transport empowerment, starting Mon 14 Sept. Eligibility criteria applies. Booking is essential. Ní mór áirithint a dhéanamh roimh ré! Please email siobhanscanlon@mayonortheastldc.com or call / text 087 499 6605 to find out more!

Erris Rainbows Groups Erris Family & Community Support Centre will be setting up Rainbows peer support groups this autumn/ winter. The groups are for children and young people 7 years and up who have experienced loss or separation. Groups are free, confidential, and provide a safe and compassionate space to help cope with difficult feelings and connect with others who have had similar experiences. Expressions of Interest are now open; groups will be formed based on demand. Registering your interest places you under no obligation. To request an Expression of Interest form or for more information please contact Leanne on 0870670989 or email coordinator@errisfcsc.ie.

FLU VACCINE NOW AVAILABLE AT DR RUANE'S - Walk in clinics every Monday and Tuesday starting the 28th of September and for the month of October from 2.30 - 3.30 or during normal surgery hours. Recommended for all over 65 and those with underlying medical conditions.

Western Alzheimers urgently need Volunteer Befrienders in your area. Do you have one to two hours per week to spare ? Contact Lucy at 094-9364900 or 087-3694477.

A Bereavement Support Group meets at the Family Centre, Knock Shrine each Wednesday morning at 11am. Trained facilitators conduct the meetings, which provide guidance and support to all who find loss difficult. All are welcome. Further information from Monica Morley on 094-9375320.

Mayo Recovery College begin their Autumn Winter 2026 suite of mental health & wellbeing education modules on the following dates throughout September in the Atlantic Technological University in Castlebar (online option also). Everyone welcome. Tuesdays 15th & 22rd at 10am 'Recovery, Let's talk'. Thursdays 17th & 24th 'All about Stress' at 5pm. Call/Text Karen McHale 0860294901 or email karen@mentalhealthireland.ie to register. New participants are warmly invited to begin at any time throughout the semester.

Family Carers Ireland's Erris Carer Support Group meets Friday September 11th from 10-11.30am in the Talbot Hotel, Belmullet, F26 HY84. The meeting takes place on the second Friday of every month. This is a great opportunity to sit and have a cuppa and chat with other carers and also meet Supports Manager for Mayo, Michelle Moriarty. No need to register, just turn up on the morning!

Atlantic Care Is Hiring! Looking for a rewarding place to work? Atlantic Care is a fantastic company to work for! Consider joining a team that values people, compassion, and making a difference in our community. Check out their current job opportunities today! 0949014028 or email nollag.mchale@atlanticcare.ie

Samaritans are currently recruiting Volunteers from all over Mayo to support the work of the Castlebar Branch of Samaritans. Information sessions take place at the Branch, 21 Thomas St, Castlebar on Sat. August 29, 11–3pm and on Thur. Sep 3, 5-7pm. For more information please call 086 2468203."

Free Training: Wondering what to do next? Interested in expanding your skills? National Learning Network Castlebar can help you gain QQI Certification and assist with finding employment. Your Social Welfare payment will remain protected. Ring/Message Sharon on 087 290 9064 to discuss

Call for Nominations - Be Your Community Voice! Nominations are now being sought from Mayo Public Participation Network (PPN) member groups for Representatives to the Mayo PPN Secretariat Committee, Mayo County Council Strategic Policy Committees, and the Western Region Drug & Alcohol Task Force (WRDATF) Committee. The closing date for receipt of completed nomination forms is Friday 4th of September 2026 at 4pm. Follow the link for more information and to download nomination forms: https://mayoppn.ie/be-your-community-voice/

Specsavers Hearing centre are now in Swanick Family practice every Friday from 11am until 5pm. Providing Hearing tests, ear examinations, wax removal and hearing aid fittings. To book contact (096) 75446.

Sláintecare -Please find below link to our Q2 Sláintecare Healthy Communities Newsletter https://publuu.com/flip-book/708759/2529387

Arts and Crafts Club. At Sports Complex on Wednesdays at 5p.m – 6.30p.m Aimed at children aged 6 -10years. For bookings and info. to CREATORCLUB.IE The age range is intended as a guide, message Jo on WhatsApp on 0830295813 if you would like more information about the activities and see if they might be enjoyed by your child.

No Name Club are looking for volunteers interested in helping create a safe social space for young people, 15 – 18 years of age. You can find out more detail about No Name Club on our website, www.nonameclub.ie, or feel free to contact Ethan at ejordan@nonameclub.ie or 087 217 2490.

Free Training Wondering what to do next? Interested in expanding your skills? Looking to retrain or gain employment? Would you like to obtain QQI Training and Certification? Please contact us to talk about what choices we can offer you on 087 2909064 or 086 7701996

Home Sharers Required Would you be interested in sharing your home and supporting an individual with a disability for a few hours per day or a couple of hours/days per month, or longer term? Western Care Home Share Service are looking for people, single/couples/families, to provide short respite breaks to children and adults across County Mayo, in your own home. Training and support is provided and a non-taxable allowance is payable for each home share arrangement.
If you are interested and/or would like further information about Home Sharing, please contact Ruth Kneafsey, Home share Co-ordinator, 0949029148 or 0876811261.

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The Killala and Tuam Diocesan Pilgrimages to Lourdes led by Archbishop Francis Duffy, will take place from 28th August to 3rd September, 2026. Cost 1049euro. Enquiries and Booking 01-2410800. Applications to the Invalid Section, please apply to Eileen O'Brien (086-4013897) and Ciara Deane (083-8383310)

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Job opportunities available at TFI Local Link Mayo. All information about the available positions, including job descriptions, can be found here: https://locallinkmayo.ie/exciting-career-opportunities-with-local-link-mayo/
(Sarah Togher, Manager Tel 094 9005150, Mobile 085 7174471) www.locallinkmayo.ie

Alone Would you be willing to provide companionship to an older person locally? ALONE are seeking volunteers in your area. Full training and support provided. If interested, please apply via the ALONE website at www.alone.ie or for further information please contact us on volunteer@alone.ie or call 0818 222 024. If you are over 60 and would like to learn more about the services ALONE can offer, please call 0818 222 024."

Dovida PA We are looking for Caregivers across Mayo. Help us provide care to those most in need. Competitive Pay Mileage Payment. Full Training provided. Full Support from the office. No experience required as we provide full training Check out our website: www.dovida.ie or Email:hr.mayo@dovida.ie

Shine has recently started up two groups for the Ballina area; (1) A Relatives and Supporters group for those supporting a loved one living with mental health difficulties and (2) A Peer Support group for individuals with lived experience of mental health difficulties. If you are interested in joining either of these groups, please contact Shine by phone at 01 860 1610 or 086 040 7701, or by email at support@shine.ie.

Targeting areas such as Erris, the Sláintecare Healthy Communities Programme is delighted to announce the launch of the Once-Off Transport Grant Scheme for 2026, in partnership with TFI Local Link Mayo. This unique funding scheme of €25,000 is designed to break down transport barriers and improve access to vital health and wellbeing services for communities experiencing higher levels of deprivation and social isolation across Mayo.For Information and an application form: Sláintecare & LLM once off grant scheme guidelines and Sláintecare & LLM once off grant application form Le meas, Sarah Togher (Mobile 085 7174471).

Erris Workability Create a more inclusive environment by attending a Disability Awareness Training workshop delivered by expert facilitators. This practical and engaging training is designed for anyone who wants to better understand disability, break down barriers, and create an accessible work or community environment. Whether you're an employer, employee or community volunteer, this training offers valuable insights you can apply every day. Previous attendees have said the workshops "exceeded my expectations" and it was "an eye-opener". Oiliúint fheabhas do gach duine is ea é! Erris Workability will be running a number of these workshops in various locations between May and November 2026. Please contact us NOW to register your interest.
Email siobhanscanlon@mayonortheastldc.com or text / call 087 499 6605.

TRIP TO MEDJUGORJE Fully Escorted Trip to Medjugorje with Marian Pilgrimages-Led by Sharon O Leary
Direct flights from Knock to Mostar. October 21st- 28th. Spiritual Director Fr Séan Sheehy (native of Listowel) and accompanied by Fr Nelson Joseph (Louisburgh, Co Mayo) Contact Sharon 086 0523014.

Leaving Rubbish at Graveyards We have been requested to ask everyone to please do not leave any rubbish, either along the walls or anywhere else, in any of our graveyards. Everyone is kindly requested to please bring all rubbish home with them and dispose of it responsibly. Thank you.

Would you like more confidence using Irish with your children? Join us every Tuesday at 5.30pm in Áras Inis Gluaire for Comhrá Teaghlaigh – a relaxed, welcoming space to practise conversational Irish for beginners and learners. The whole family is welcome – parents, grandparents, guardians and children. For further information and to register, contact Siobhán at Tuismitheoirí na Gaeltachta on 085 833 9491.

For Sale in the Parish Office - New Book by Fr. Brendan Hoban, titled "For The Record: Killala Diocese 1111a.d. -2026a.d." has just been published. This book traces nine centuries of history and tradition, marking the installation of Archbishop Francis Duffy as Bishop of Killala and anticipating the impending merger of the Diocese of Killala with the Archdiocese of Tuam

Would you be willing to provide companionship to an older person locally? ALONE are seeking volunteers in your area. Full training and support provided. If interested, please apply via the ALONE website at www.alone.ie or for further information please contact us on volunteer@alone.ie or call 0818 222 024.
If you are over 60 and would like to know more about the services ALONE can offer you, please call 0818 222 024.'

The Year Ahead Do you have a medical condition, difficulty or disability? Are you looking for work, or wanting to improve your employment prospects? Do you want to make plans for the rest of 2026? Not sure where to start? Contact the Mayo North East Workability programme now to find out how we can assist you. Email rosemariemangan@mayonortheastldc.com or call Siobhán 087 499 6605 for more info. Labhair linn i módh ruin. All confidential.

The North Mayo Heritage Centre has been helping people research their family history for over 40 years. The service has helped thousands of local people to learn more about their ancestors. You will be very welcome to contact us with your enquiries.
Phone 096 31809 or email northmayo@gmail.com.

HSE North West Office for Suicide Prevention and The Mayo Suicide Bereavement Liaison Service. This event is a space for the Erris community to gather together and support one another following a period of great loss in the area. This event may not be suitable for everyone, and we encourage people to protect themselves and their wellbeing. We hold all who are grieving in our thoughts and prayers. We encourage community groups, services, schools, clergy, sports clubs, health care professionals, frontline workers and community members to engage and ensure they are represented at this important briefing. This is an open event, everyone is welcome. We ask that you please arrive a few minutes early to sign-in, get a cuppa and be ready to begin at 6.30pm SHARP. We hope this meeting will be a first step in looking at a coordinated suicide intervention plan for the Erris community.

Strengthen your skills for gaining employment. Join our Computer & Office Skills course. QQI Level 4/5. If you or someone you know has an additional support need and are registered with the Department of Social Protection you are entitled to free upskilling. Contact: Centre Manager Mary Hanlon (087 361 1096) or Castlebar@nln.ie. NLN, Breaffy Road, Castlebar.

The Year Ahead Do you have a medical condition, difficulty or disability? Are you looking for work, or wanting to improve your employment prospects? Do you want to make plans for the rest of 2026? Not sure where to start? Contact the Mayo North East Workability programme now to find out how we can assist you. Email rosemariemangan@mayonortheastldc.com or call Siobhán 087 499 6605 for more info. Labhair linn i módh ruin. All confidential.

My name is Bernie Heneghan. I am a Gambling Therapist supporting both the problem Gambler and their families . I am based in Tacu Family Resource Centre in Ballinrobe but I cover all of Mayo. It's a free support Service and open to anyone in need.
Bernie Heneghan.Psychotherapist. Email: gawarenesstacufrc@gmail.com Phone:0877005811

Details of the Cathaoirleach Awards, including the Information Booklet and Nomination Form, are available at https://www.mayo.ie/cathaoirleachsawards2025
Monthly Bereavement Support Meeting. Every second Wednesday of each month at 8.00p.m in The Newman Institute, Ballina. Dates October 8th, November 12th, December 10th, January 14th, 2026, February 11th, 2026, March 11th 2026, April 8th 2026, May 13th 2026. A place to find solace and support through sharing with others who are on the same journey.

Exciting role to become a Family support worker/PA for Children with a disability.
Enable Ireland Mayo Services require Family support workers/PA in all areas of County Mayo to work with Children with a disability. Our staff usually work one-to-one with a child within their home but also within their community or at centres throughout Mayo. Hours required are usually afternoon/evenings and Saturdays. Training is also provided. If you are interested please email shehir@enableireland.ie for further information. This is a very rewarding role and our Staff are very positive about their experience.

The Adoration Chapel at St. Muredach's Cathedral, Ballina is open. Mon - Fri 2 - 8 pm. Sat - Sun 2 - 7pm
All welcome. Come to me, all you who labour and are overburdened, and I will give you rest.

ALONE Would you be willing to provide companionship to an older person locally? ALONE are seeking volunteers in your area. Full training and support provided. If interested, please apply via the ALONE website at www.alone.ie or for further information please contact Oliwia on 086-013 5043 or via email oliwia.kolska@alone.ie
If you are over 60 and would like to know more about the services ALONE can offer you, please call 0818 222 024.'

Atlantic Care are urgently recruiting compassionate Caregivers to provide quality support, companionship, and assistance for seniors, ensuring comfort within their own homes. Competitive rates of pay and support network. If you are interested contact Nollag 0949014028
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Community Inclusion Spotlight - Welcoming New Communities Into Your Organisations
Would your organisation like to be featured on the Mayo PPN website and across our social media platforms?
Mayo PPN are running a new series called Community Inclusion Spotlight. It's a weekly feature on a Community Group highlighting how the group is welcoming New Communities into their area. All we need is a short brief about your group and how you have welcomed 'New Communities' on board. Send us a short description of your group –150/250 words by email to : mayoppn@mayococo.ie. Include 3-4 photographs.

Irish Wheelchair Association volunteers drivers needed. If interested contact Rosaleen 087 057 1393

Are you caring for a loved one at home with additional needs? A spouse, partner, child, close relative or neighbour? Then you are a family carer! Become a member of Family Carers Ireland, the national charity supporting Ireland's 500,000+ family carers nationwide. Contact 057 93 70221 and hear how we can support you or for more info visit www.familycarers.ie.

Family Carers Ireland Are you caring for a loved one at home with additional needs? A spouse, partner, child, close relative or neighbour? Then you are a family carer! Become a member of Family Carers Ireland, the national charity supporting Ireland's 500,000+ family carers nationwide. Contact 057 93 70221 and hear how we can support you or for more info visit www.familycarers.ie.

Advice and support for male victims of domestic abuse. If you or someone you know is experiencing any form of domestic abuse, confidential support is available. The Male Advice Line provides a safe space to talk about this difficult subject and receive guidance. Call the freephone number 1800 816 588 or visit mensnetwork.ie/mal.

The Alzheimer's Society of Ireland is seeking volunteers to support our Dementia social group in Mulranny. They need compassionate individuals to help run the group, it will be for 3 hours weekly/alternate weeks. Your time and kindness can make a significant difference in the lives of those affected by dementia. For further details please email marie.philbin@alzheimer.ie or phone 087 170 8706.

Narcotics Anonymous meeting in Irish Wheelchair Association, F26 VY42 every Friday night at 8pm. This is a closed meeting.

Home Instead Mayo We are urgently looking for Care Assistants across all areas of Co. Mayo. Help us provide Care to someone in need, in a town near you today! Training and Support provided. Cal 094 9044785
siobhan.brennan@homeinstead.ie

Don't know where to start?
Are you over 16 years of age? Do you have physical, mental or emotional challenges? Would you like to further your education, or find work? Erris Workability is an innovative and inclusive pathways to employment programme. Our team can help you to get started! Má tá ceist ar bith agat, déan teagmháil linn go luath! To find out more, call Carolyn 087 398 0575 or Siobhán 087 499 6605 or email rosemariemangan@mayonortheastldc.com

Clár I.C.H. Ballyhaunis Rd, Claremorris, Co Mayo delivers the Free Energy Scheme funded by The Sustainable Energy Authority of Ireland (SEAI) provides free home energy upgrades to homeowners who get certain social welfare payments.

These upgrades help improve the energy efficiency and warmth of your home and are also known as the Warmer Homes Scheme. Contact us on 094-9371830 for more information or an application form.

Defective Concrete Blocks Facilitator: Mayo North East Partnership hold clinics in North Mayo, Castlebar and Westport by appointment to assist homeowners with the DCB Grant scheme and application. All enquiries/appointment please contact : Caroline on 087 482 8261 / email: carolinewilson@mayonortheast.com

MyMind Brings its Not-for-Profit Counselling Services to Ballina MyMind provide professional, affordable, and accessible therapy without waiting lists or need for referral, with free appointments for homeowners affected by Defective Concrete Blocks and €30 appointments for full-time third level students, the unemployed, retirees, and anyone earning under €25,000 per year. New location in Mayo North East Office, Kevin St, Ballina opening January 6th. Register and book at www.mymind.org or call 0818 500 800.

The Complete Guide to Belmullet now includes Inishkea Island. Great gift idea only €10. Inexpensive and invaluable. Available locally in Careys, Solas & Tourist Office or at AlchemyTours.ie/shop

RHS Home Care are recruiting for care staff to provide Home Care in clients house in your area If you are interested or require more details, please email jobs@rhshomecare.ie or phone our Head office on 090 6625988m

Home Instead Mayo Change career. Change lives. Take the path to your new caring career with Home Instead Mayo. We are urgently looking for Care Assistants across all areas of Co. Mayo. Help Training and Support provided. Cal 094 9044785. Email siobhan.brennan@homeinstead.ie

Interested in having the Spotlight on your Community Organisation?
Mayo PPN are currently running a series called 'Community Spotlight'. It involves a weekly feature highlighting PPN groups' events and activities and is showcased on the PPN website and social media platforms for one week.
Send us a short description of your group –150/250 words. 3-4 photographs. By email to : mayoppn@mayococo.ie If you would like to find out more about this project have a look at some of the groups that have featured so far, go to: Community Spotlight - Mayo PPN

Seeking Adult Mentors for Young People in the Belmullet Area Do you have an hour to spare in the week? Adult Mentors required for Foróige's Big Brother Big Sister Programme in the Belmullet Area. If you are interested in supporting a young person, this is an enjoyable way to spend your time and have a positive impact in a young person's life! We have many young people waiting to be matched to a Big Brother/Sister and would be delighted to hear from you! Call 086 047 1420 for more information or use this link https://foroige.tfaforms.net/f/bbbsvoleoi?tfa_459=a0T5J000000cOmS to express your interest in volunteering.

Mindspace Outreach service in Belmullet Mindspace Mayo offers a support service to young people (12-25yrs) in Co. Mayo, presenting with anything from common concerns (e.g. dealing with break-up, exam stress, bullying) to emerging mental health difficulties like mild depression and anxiety. Mindspace is located in Market Square, Castlebar and an outreach service runs on Tuesdays in the Irish Wheelchair Association office in Belmullet. Anyone can make a referral.
Visit www.mindspacemayo.ie or call 094-9067001.

Family Support Drop-in Erris Community Based Family Support Service will have an open door, drop-in every Wednesday morning @ 9.30am - 1pm. The Family Support Service is a project of Erris Family & Community Support Centre funded by Tusla, and located at I.W.A centre, Logmore Email: l.owens@mayofamilysupport.ie. Tel: 0877059705.

Family Carers Ireland Are you caring for a loved one at home with additional needs? A spouse, partner, child, close relative or neighbour? Then you are a family carer! Become a member of Family Carers Ireland, the national charity supporting Ireland's 500,000+ family carers nationwide. Contact 057 93 70221 and hear how we can support you or for more info visit www.familycarers.ie.

Enable Ireland Mayo Services require Volunteers in all areas of County Mayo to work with Children with a disability. Our Volunteers usually work one-to-one with a child within their home but also within their community. No more than three hours are required per week. We work around your availability to make this exciting opportunity suit your lifestyle. Training is also provided. Separately there are also some paid roles available as Family support workers. If you are interested please email Fiona: fscully@enableireland.ie for further information. This is a very rewarding role and our Volunteers are very positive about their experience.

Are you caring for a loved one at home with additional needs? A spouse, partner, child, close relative or neighbour? Then you are a family carer! Become a member of Family Carers Ireland, the national charity supporting Ireland's 500,000+ family carers nationwide. Contact 057 93 70221 and hear how we can support you or for more info visit www.familycarers.ie.

Information and Support for Birth Mothers - whose babies were placed for adoption may be found at www.birthinfo.ie or by calling the relevant section of TUSLA at +353 818 445 500

TFI Local Link Mayo - 803 Ballyglass to Belmullet, operated by Malachy Gaughan (on behalf of Local Link Mayo) has extended its route taking in Shore Rd, Seaside Rd, and Church St. (Friday Weekly)
802 Blacksod to Belmullet, operated by Kevin Gaughan (on behalf of Local Link Mayo) has extended its route taking in Church St, Logmore, Toorglass, Attycunnane, and Barrack St. (Thursday Weekly)
Check out our website www.locallinkmayo.ie call our main office 094 9005150 or drop in to our local office in Belmullet Civic Centre for more information.

Citizens Information Opening Hours The Citizens Information Office on Main Street, Belmullet is open every Monday for general queries from 10am to 1pm and 2pm to 4.45pm an additional Information Officer from our Ballina office attends every
Wednesday. On Friday the office provides a phone service from 10am to 1pm. The office is contactable on 0818 07 6030 while the National citizens Information Phone Service is available on 081807 4000. Alternatively you can access Citizens Information online at www.citizensinformation.ie

Affordable Live-in Homecare provides live-in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Eileen or Tom today on 087 991 6791 or 087 744 0729. Our website is www.alhomecare.ie

Mayo Cancer Support - Mayo Cancer Support provides FREE support services to those affected by cancer. Call (094) 9038407.

Pieta House
Pieta House provides counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide or feeling suicidal. Pieta House operate an outreach service from the Ballina Family Resource Centre on Tuesdays from 1pm to 5pm & on Wednesdays 9.00am to 1.00pm by apt only Contact: 09325586 to make an Appointment

Employabilty Service (Belmullet Office) & Local Employment Service (Belmullet Office)
We wish to advise that whilst our doors remain closed to the public, we are working in the offices and continue to offer the same service via phone, text, zoom or messenger. If you need information on Employment or Courses, or need a CV done to apply for a position, please call :-
Colette Corless : Employability Service : 0863418643
Marie O'Donnell : Local Employment Service: 09781722
Ann Conroy : Local Employment Service: 0872156660
Remember the service continues to be free and confidential. Instructions will be given over the phone re: collecting CV, etc.

MAYO COUNTY COUNCIL BELMULLET AREA OFFICE WISHES TO ADVISE THAT THE NEW CONTACT NUMBER DIRECT TO THE OFFICE is 094-9064900 and the old 097 number is no longer operational.

Supporting parents drop in service, offering one to one informal support, information and advice for any parenting concerns, free and confidential service for parents of children of all ages. Irish Wheelchair Association Belmullet, every Friday 9am-3pm, contact Elaine 087-7214511.

Tune on your television to the ‘EWTN’ catholic station on (sky channel 588 or on Saorview free to air) where you will be able to view daily Masses, the rosary, the divine mercy chaplet; also news and interesting talks about the catholic faith.

DO YOU REQUIRE FIRST AID COVER FOR AN EVENT? DO YOU WANT FIRST AID TRAINING? CONTACT THE ORDER OF MALTA ON (087) 7011 540. First aid saves lives.

GETTING MARRIED? BOOK YOUR APPOINTMENT WITH THE LOCAL REGISTRAR online at www.crsappoint0

PREGNANT? NEED TO TALK?If you are concerned about an unplanned pregnancy and would you like to talk to someone in confidence contact CURA Lo-Call 1850 622626. See www.cura.ie for local Centre details. All Cura services are free and confidential. Our support service is available to women, men and all family members.

ST. VINCENT DE PAULTel. Helpline St. Vincent de Paul Helpline 096 72905
You are not alone in your need for help.

Signed Mass cards. All Mass Cards Signed in our parish office are sent regularly to the missions, to Fr. Innocent Abonyi, Fr. Keveny, Brazil, Missionaries of Africa & Aid to the Church in Need. All names are recorded by our staff and Masses individually celebrated according to the intention of the donor. This provides a major support and basic need to the priests working in the foreign missions.