

Mountrath Ballyfin Online Newsletter

24th March 2024 Easter Sunday



Easter Sunday
He is Risen, Indeed
Alleluia, Alleluia

Bishop Denis' Easter Message

I love the refrain that carried us through these past Triduum days "*Christ was humbler yet, even to accepting death, death on a cross, but God raised him high*". There was that sense of the refrain building up as each day of the Triduum passed. Everything is there in those few words and Easter is the greatest celebration in the cycle of our Church. We make a lot of Lent, I think, sometimes to the neglect of Easter.

The Sacred Triduum allowed us to walk with Jesus in his pain and desolation. It brought us many places, from a procession where palms were waving to an upper room to a garden and then to a hill, like no other hill. Yesterday we waited at the tomb, with that feeling that God was absent.

Then comes the great Easter Vigil as we read scripture, light candles, baptise new members of the church and celebrate the Eucharist. Easter lasts much longer than a vigil night, splendid as that celebration may be.

Easter lasts for fifty days.

As we journey those days, may we hold in our prayers those who need most to hear that "*God raised him high*". God will be with us all and raise us with him; this is the hope of the new beginnings that Easter promises.

May the Risen One be with you this Easter

Collection for the support of the Priests of the Parish

Easter Collection for the support of the priests of the Parish takes place over the Easter period. Envelopes at the Church porches for people not using an Envelope Box. The Easter Collection is one of four collections that take place during the year for the support of the priests of the Parish.

Fr. P.J. and myself take this opportunity to wish you a Happy and Holy Easter.

Fr. P.J. Fr. Joe

other ways to contribute to the support of the priests of the Parish

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 -

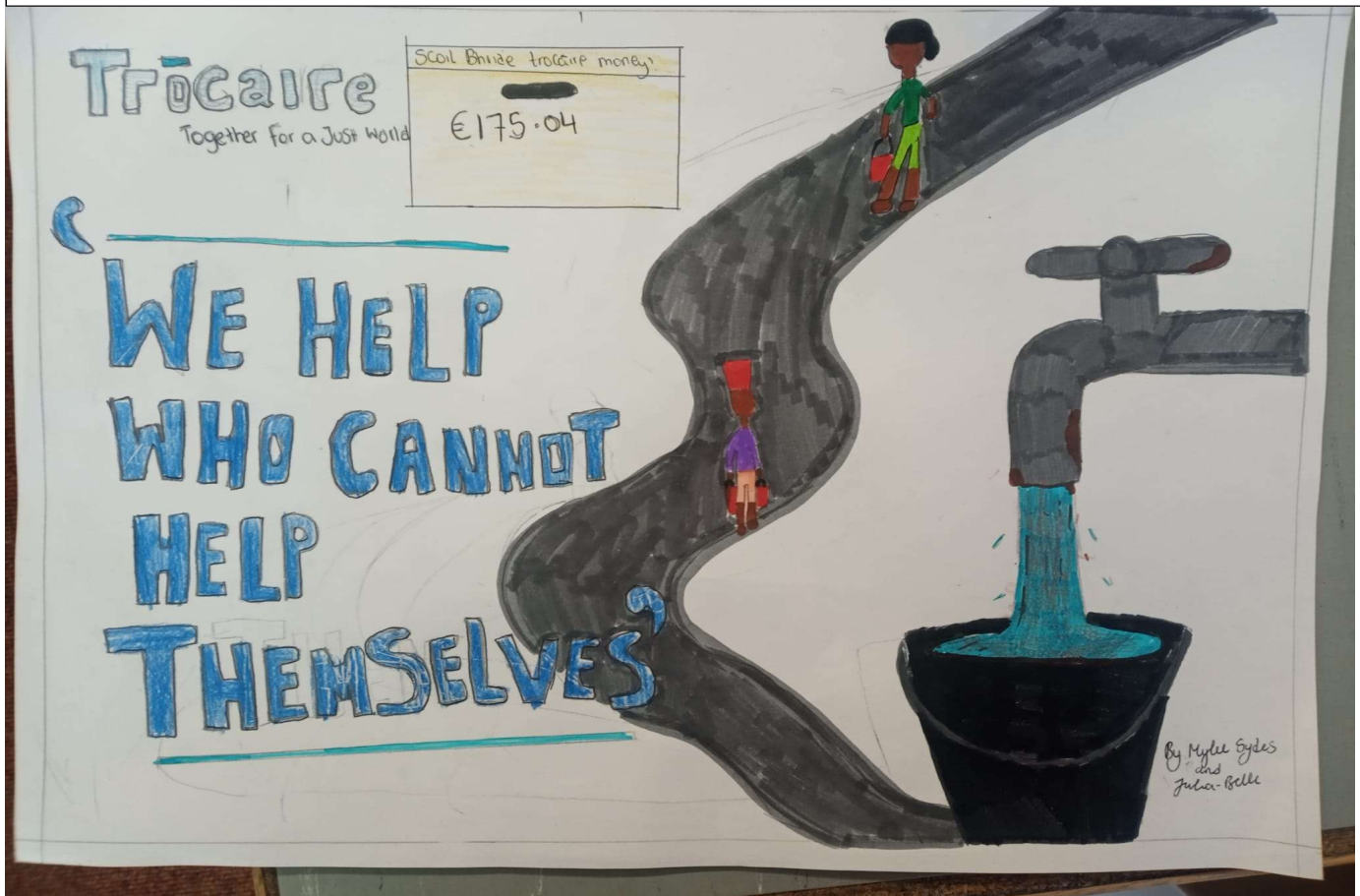
Account number - 7274 7250

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.

Trócaire Poster designed by Julia and Mylee of 6th Class, Scoil Bhride, Mountrath



First Solo Art Exhibition
By **Kathleen Gilligan**
At **'The Gallery of Divine Inspirations', Bloom HQ, Mountrath. R32DC58.**

The exhibition poster features four small art illustrations arranged in a 2x2 grid. The top-left illustration shows a traditional stone house with a thatched roof. The top-right illustration depicts a stone tower or castle ruin in a grassy field. The bottom-left illustration shows a close-up of a white cow and a grey goat. The bottom-right illustration shows a stone wall or ruin in a landscape under a cloudy sky.

Opening Day: 29th March 2024, 7p.m.

Light Refreshments served on the night.
All are very Welcome.

Exhibition on display for Month of April.



A Unique Opportunity

to train to Level 8 (RoI)/Level 6 (UK) as a

Specialist Couple Therapist

Accord CLG is recruiting experienced practitioners to train in the specialism of Couple Therapy.

Successful applicants will follow a 16 day Certificate programme which will provide: the clinical skills essential to couples work; in depth knowledge relating to the handling of **Infidelity, Trauma, Addiction, Neurodiversity, Physical & Mental Illness & Disability, Sex and Intimacy, Stepfamily Dynamics, Diversity, Parenting Issues, the Impacts of Family of Origin,** and **Domestic Abuse** in the couple context; self awareness exercises specific to the needs of the couple and relationship therapist

Course fees paid and placement provided by Accord CLG

Interested? Do you have:

- Level 5 (UK)/Level 7 (RoI) qualification in Counselling/ Psychotherapy?
- Substantial experience of working in the Person-Centred style?
- 100 client counselling hours post-graduation?
- A current supervised caseload?

If you can answer **yes** to **all four** questions above, please contact us for further information about this unique Couple Therapy training package.

info@accord.ie

Final date for receipt of applications 03/05/2024

Have you got your **GOLDEN TICKET?**



Limited places- Booking only with Antoinette on 0860803047
(9:15am-1:30pm & 7:00pm-9:00pm)

Cinema Night

in aid of Radio Maria.

Showing the classic film: The Song for Bernadette

Date: Tuesday 16th April (St. Bernadette's Feast Day)

Venue: Balcony Cinema Mountmellick

Eircode:R23WP68

Cost: €10

Doors open at 8:00 pm

Limited places- Booking only with Antoinette
on 0860803047

(Between 9:15am-1:30pm & 7:00pm-9:00pm)

Mountrath Ballyfin Parish News 31st March '24

St. Fintan's Parish, Mountrath – Ballyfin

Easter Sunday

Easter Carol Service

on

Friday 5th April 2024

In Dominican College Church, Newbridge. Sing-along and listen to hymns old and new, singing our belief in the Lord's conception, birth, epiphany, transfiguration, suffering, rising, and ascending, and return in glory. The Service is in aid of Lauralynn Children's Hospice.

Message from Safeguarding Office Reminder re. Inter-Parish Safeguarding Meetings (Message from Ailish Higgins)

These meetings will involve a Q&A style session where people can discuss and get support with safeguarding practices in their local parish i.e. paperwork, risk assessments, youth participation etc and last approx. one hour.

I would greatly appreciate if you could get back to me (safeguarding@kandle.ie) with confirmation of your attendance, naming which venue suits you best, so that I can confirm numbers ahead of time. If you are unable to attend a meeting in your own pastoral area, please feel free to attend another meeting from the schedule.

Details of the remaining dates – times - venues below.

Thurs. 21st March 7.30pm – Cathedral Parish Centre, (Carlow)

Wed. 10th April 7.30pm – Killeigh Parochial House, Killeigh

Thurs. 18th April 7.30pm – Portlaoise Parish Centre,

Wed. 24th April 7.30pm – Leighlinbridge Parish Centre,

Thursday 25th April 7.30pm – Tullow Parish Centre,

Laois Litter Clean Up Week

Ballyfin Community Alert have registered to take part in Clean Up Week. Contact Sheila on 086 1570145 for bags, gloves and pickers. Please note the new location for bags of litter is in the yard at the back of the Deadmans Inn.

Ballyfin Community Alert Seniors Alert Scheme

Grant aided personal 24/7 personal monitored alarms help people aged 65 and over to live securely in their homes with peace of mind. If you know a family member, friend or neighbour in Ballyfin or Laois area who may qualify please contact Sheila on 086 1570145 for information/application form.

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

Br. Kevin Leonard Treacy CBS R.I.P.

We pray for Br. Kevin who died peacefully at St. Patrick's Care Centre, Baldoyle on Mon. 18th March. formerly of Chicago, Ballinrobe and Zambia. Br. Kevin's Funeral Mass was celebrated in St. Peter and Paul Church, Baldoyle on Sat. 23rd March followed by burial in Mountrath Cemetery. We extend sympathy to his sister Detta Reynolds and family, Patrick St., nieces Anne, Lorraine and Helen, nephew David and their families, nieces and nephews in the United States, grand nieces and nephews, great grand nieces and nephews, extended family, friends, fellow residents at St. Patrick's Care Centre, Baldoyle, and Brothers in Religion.

May Br. Kevin find rest from his long life of labours.

Ballyfin Vintage and Veteran Club, Auto-Jumble

Sunday 14th. April 2024, from 8:00am.

Community Hall, Ballyfin, County Laois.

Strictly vintage, veteran & artisanal related stalls & traders.

Pre-registration and approval for stalls required.

Proceeds in support of local charities

For queries or information on the Ballyfin Vintage & Veteran Club,
please message, text or call 0863101822.

Accord

Accord CLG are seeking applications for the post of Specialist Couple Therapist. Closing date is 3rd May 2024. See our online Newsletter for more details

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

Ceremony of Confirmation Fri. 26h April

Ceremony in Mountrath Church 11.00 am

Ceremony in Ballyfin Church 2.30 pm

Bishop Denis will lead us in both Ceremonies

1st Holy Communion Days

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

25th National Pioneer Ball

Calling Pioneers and Friends to the 25th Pioneer National Ball. An evening of celebration and fun on Saturday April 6th 2024. Mass at 6pm in the Cathedral of Christ the King, Mullingar, followed by special guest speaker, dinner, music and dancing at the Annebrook House Hotel, Mullingar. Extra activities on Friday night and Saturday and Sunday afternoons.

For details/ tickets contact Dermot Fagan 085-7201646

or Daisy Carey 087-6544626

We Hold and Keep in our Thoughts and Prayers

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

We wish them a speedy recovery

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

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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

A Day for Choirs, Musicians & Cantors

A Day for Choirs, Musicians and Cantors at the Dominican College

Newbridge Saturday 16th April 2024, 10.00 am to 7.00 pm.

The day is presented by a Dominican Friar from Ireland and

Poland, an Australian soprano and liturgical music expert.

Content: New liturgical music from Poland, good liturgical practice, filling gaps in your repertoire, launch of a new hymnal, record music for Irish Dominican's 800 years in Ireland.

Cost is €32.00 including a three-course lunch.

Ballyfin Anniversaries

Mass Times Anniversaries

30th Mch - Sun. 7th Apr

Holy Saturday

Sat. 30th March 8.00 pm Vigil of Easter

Sun. 31st March Easter Sunday

10.00 am Mass of the Resurrection

Bernadette Coyne, (Nee Lalor) Boghlone 9th Anniv.

Mon. 1st April 7.00 pm Apostolate of Sanctification.

Fri. 5th April 5.00 pm Exposition of Blessed Sacrament.

Sat. 6th April 8.00 pm Noel Walsh, Pallas. 9th Anniv.

and deceased family members

Sun. 7th April 10.00 am

Maura Dunne (Nee Dunne) Month's Mind Mass

Patrick and Úna Brennan, Barnashrone

Austin O'Flynn, Deerpark 10th Anniv.

Mon. 8th April 7.00 pm Apostolate of Sanctification.

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

Mountrath Anniversaries

Mass Times Anniversaries Sat. 30th Mch - Sun. 7th Apr

Sat. 30th March Holy Saturday

8.00 pm Easter Vigil Thomas, Josephine and Fr. John Fitzpatrick
and deceased members of Fitzpatrick Family, Deerpark.

Renewal of Baptismal Promises during Mass

Sun. 31st March Easter Sunday

9.00 am [The Hollow Ch.](#) Morning Mass of Easter Sunday

11.30 am Mass of Easter Sunday of the Lord's Resurrection

Ned Tynan, Kilbricken. Month's Mind

Niall Phelan, Cluainín. 5th Anniv.

Jack Sinnott, New Line Close 10th Anniv

Paddy Sinnott, New Line Close 12th Anniv.

Renewal of Baptismal Promises during both Masses

Tues. 2nd April 10.00 am Altar List of the Dead.

Wed. 3rd April 10.00 am

Thurs 4th April 10.00 am Tim Keenan, Church St., 7th Anniv.

Fri. 5th April 10.00 am Noel Russell, Patrick St.,

Sat. 6th April 7.00 pm Phil Ryan (Nee Connolly) Patrick St., Month's Mind

Peg Maguire (Nee Patterson) New Line Rd., 1st Anniv.

Sun. 7th April 9.00 am - [The Hollow Ch.](#)

11.30 am MacCarthy Family, Portlaoise Road.

Month's Mind Masses

Sat. 13th Apr. 7.00 pm Michael Dunne, Clonard. (And Stradbally)

Sun. 21st April 11.30 am Josephine (Mary Jo) Grehan
(Nee Higginbotham) Derrylusk.

1st Anniversary Mass

Sat. 27th April 7.00 pm Liam Doyle, Shannon Rd.,

(Also) His father Tom and his brother, Liam

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

"Do This in Memory" Programme

6. Sat. 13th Apr. Mountrath Church 7.00 pm

Sun. 14th Apr. . Ballyfin Church 10.00 am

7. Sat. 4th May Mountrath Church 7.00 pm

Sun. 5th May Ballyfin Church 10.00 am

Dates for Celebration of 1st Holy Communion

Sun. 5th May The Hollow Church 9.00 am

With Children of Gaelscoil Thromaire

Sun. 26th May Mountrath Church - 11.30 am

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

Sun. 19th May Ballyfin Church 2.00 pm

With children of Ballyfin National School

Sun. 26th May Ballyfin Church 2.00 pm *With Children of Barnashrone National School*

Mountrath Parish Lotto

28th Mch

New Jackpot €11,000



Nos. Drawn 10 12 24 27 No Jackpot Winner

13 Match 3 Winners Rec. € 77 each 2 Local Winners

Fitzgerald Family. Promoter, Ann Lanham

Michael Heffernan. Promoter, Frances Byrne.

Ballyfin Parish Lotto 27th Mch.

Nos. Drawn 11 15 28 29 No Jackpot Winner

10 Match 3 Winners Rec. € 100 ea.

2 Local Winners, Lily and Sean O'Neill

Promoter, Paul Dunne

Lorna Quigley. Promoter, Mary Finn.

Next Week's Jackpot € 12,000

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



Next Week's



Ballyfin € 12,000

Mountrath € 11,000

Ballyfin Community Alert Seniors Alert Scheme

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

Message from Safeguarding Office Reminder re. Inter-Parish Safeguarding Meetings (Message from Ailish Higgins)

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Wed. 24th April 7.30pm – Leighlinbridge Parish Centre,

Thursday 25th April 7.30pm – Tullow Parish Centre,

A Note from Edel Moloney, Supervisor, Mountrath CE Scheme

We have the following upcoming vacancies :

Caretaker - MYT - Mountrath CES 2308848

Caretaker - GAA - CES 2301698

Env Worker - Mountrath Town - CES 2254234

Env Worker - Castletown Village - CES 2268516

Shop Assistant - Vincents Mountrath - CES 2315874

Hours 19.5 hours per week.

Application Details:

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

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

You can also call into our office on Patrick St, Mountrath or

email mrtacpecoltd@gmail.com

. Brigidine Past Pupils Lunch

Past Pupils of the Brigidine Convents of Abbeyleix, Mountrath, Tullow & Goresbridge are invited to the Brigidine Past Pupils Lunch which takes place on Sunday 21st April in the Keadeen Hotel, Newbridge at 12.45pm.

Cost €40 and booking to be made before Thursday 5th April.

Contact Sheila Kinane 087 224 944 or 045 867

124. Email: sheilakinane@gmail.com

Please copy and like and share on Social Media to spread the word.

Mater Dei Education Spring Conference 2024

The Mater Dei Education Spring Conference 2024 takes place in the De La Salle Retreat Centre in Castletown, Co Laois on 28th April 2024. Registration takes place at 10.30 am. The day will begin with Holy Mass at 11.00 am celebrated by Bishop Connell.

The conference is an opportunity for parents and teachers to hear inspiring speakers, listen and learn from other parents, and explore options in independent education, hybrid learning or home-schooling.

The afternoon will include a keynote talk from Fr. Conor McDonough O.P. on Catholic education in Penal Ireland and will conclude with a panel discussion at 3.00 pm.

The conference is an opportunity for parents and teachers to hear inspiring speakers, listen and learn from other parents, and explore options in independent education, hybrid learning or home-schooling.

Cost is €10.00, lunch provided on the day. Registration is online at: <https://materdeieducation.ie/>.

. SeniorLine

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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.



DOMINICAN DAY

FOR CHOIRS, CANTORS & MUSICIANS

Dominican College, Newbridge, Saturday 13 April 2024, 10.00am-7.00pm

€32 includes three-course lunch. Sing at Sunday Mass at 7.30pm

Book through DominicanDayChoirs2024.eventbrite.com

10% discount for bookings before 17 March. Promo code 'Newbridge'

also: fergus.ryan@dominicans.ie | 086.35.85.407



Contemporary liturgical music from Poland for choirs and congregations

Filling gaps in your liturgical year repertoire with music, old and new

Congregational singing & building rapport with other ministers

In-depth review of music in the liturgy: practice and theory

*Launch of a new hymnal & *Record music for Irish Dominicans Jubilee 800



Fr Lukasz Miśko, OP
Director of the Dominican Centre for
Liturgy, Kraków.

www.dlc.foundation



Ms Grace Felton
Australian-Maltese Soprano, founder
of the Musica Sacra Project.

<https://www.gloria-del-musica-sacra-project.com/>



Fr Fergus Ryan, OP
Lecturer at the Pontifical Liturgical
Institute, Rome.

www.ferguaryan.ie



**Palestinian
children and
their families
are starving.**

**They need our
help right now.**



10th Anniversary of Donal Walsh



~ May 11th ~

- 10:00 Arrival in Basilica & Registration
- 10:30 Welcome – Fr Richard Gibbons - Elma Walsh
- 10:45 Explanation of Workshops and Ice Breakers
- 11:00 Aidan O'Mahony & Dr Lorna Gold – followed by Q&A
- 11:45 Choice of workshops
- In memory of Donal – Prayer Guidance Centre
 - Trócaire – Care for Our Earth (St Johns)
 - Music Generation – The HUB
 - The Prayer Cube – The HUB
 - Letters to God – The HUB
 - Story of Knock - The Apparition Chapel
 - Knock Museum
 - Fill Holy Water Bottles
- 1:30 Why do we go to Mass? – Fr. John Harris
- 2:00 Mass – Main celebrant Fr Leo Moloney SJ
- 3:00 Depart

*Students are asked to bring a packed lunch and rain jackets/umbrellas

CHEMISTRY, JC MATHS AND JC SCIENCE GRINDS

LOCATION: BLOOM HQ MOUNTRATH
(R32 DT9F)

DATES: EVERY SATURDAY MORNING
STARTING THE 13TH OF APRIL 2024

CONTACT: AISLING ON 087 7917268
TO BOOK YOUR PLACE.

PLACES ARE LIMITED.



March-April 2023

TIMETABLE

PAYG
and
Members
Always
Welcome

*These
classes are
not included
in
membership
fee

Monday

11 am Mature Movers
7 pm Mixed Circuit Training
7 pm Karate*
7 pm Yoga*

Tuesday

10 am Beginner TRX
11 am Bowls Inc.
1.15 pm Lunchtime Hitt
7.30 pm Zumba *

Wednesday

11 am Mature Movers
5 pm Art & Craft *
7 pm Mixed Circuit Training
7-8 pm BJJ (8-12)
8-9 pm BJJ (13+)

Thursday

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

Friday

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

Saturday

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



MOUNTRATH
Martial Arts & Fitness Academy



SPÓRT ÉIREANN
SPORT IRELAND



LAOIS SPORTS PARTNERSHIP
COMHAR SPÓIRT NA LAOISE



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the dormant
accounts fund

Brazilian Jiu-Jitsu/BJJ in Mountrath



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

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

Wednesdays

Kids 7-8 pm

Teens /Adults 8-9 pm

Saturdays

Kids 10- 11 am

Teens /Adults 11 am -12 pm

€5 per class for under 18's

€7 per class for Adults

or included in Monthly Membership

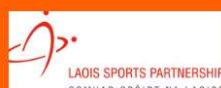
8 yrs- 18 €35 per month

Adults €45 per month



Bring a Friend for Free in March

contact Jamie 085 200 2497





Zumba



Tuesdays 7.30 pm

St Philomena's Hall, Bloomhq, Mountrath R32 DC58

Bookings www.fitandjoy.ie

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



Karate

Mondays & Thursdays 7 pm

€6 per class

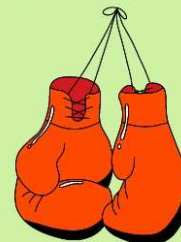
Sensei Donal: 087 760 7063

Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



Brazilian

Jiu-jitsu*

Wednesdays 8-9 pm & Saturdays 11-12 am

€ 35 per month or €5 per class

Jamie; 085 200 2497

Violin



Thursdays 3.30 pm on.

€20 for 30 min individual lesson

Irene: 089 981 8065



Trad Music

Saturdays from 11 am,

€8 for 30 mins group classes

Eabha 083 8566083



Piano

Sunday mornings

20 for 30 min individual lesson

Heather 083 054 7772

to book talk to the relevant teacher



Karate

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

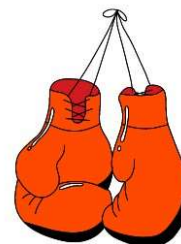
Fridays 5.30 pm 3-7 years, €7

Kickboxing

6.30 pm 8-12 years, €7

First trial class free

Shane: 086 339 9287



Brazilian 8-12 years,
Wednesdays 7-8 pm & Saturdays 10-11 am
Jiu-jitsu* € 35 per month or €5 per class
Jamie; 085 200 2497



Art & Craft

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

Violin

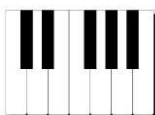


Thursdays 3.30 pm on. From 3 years - adult
€20 for 30 min individual lesson
Irene: 089 981 8065



Trad Music

Saturdays from 11 am, 6+ years
€8 for 30 mins group classes
Eabha 083 8566083



Piano

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

to book talk to the relevant teacher

March-April 2023

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Martial Arts & Fitness Academy



SPÓRT ÉIREANN
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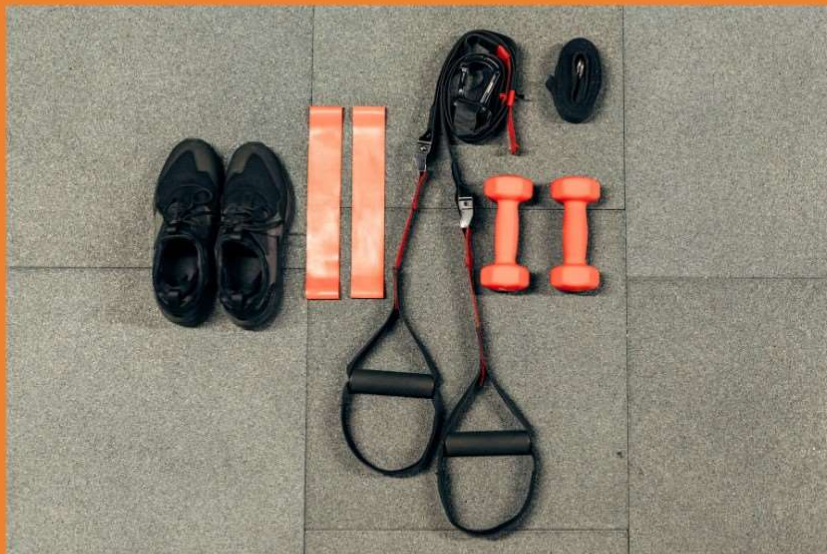


LAOIS SPORTS PARTNERSHIP
COMHAR SPÓIRT NA LAOISE



ciste na
gcuntas díomhaoin
the dormant
accounts fund

Mature Movers



Strength
Flexibility **50 + gym classes**
Balance

a bit of Endurance
& Lots of Fun

6 weeks starting Wed 6th March

Mondays & Wednesdays 11 am

45 min classes in Mountrath

€60 for 6 Weeks

Contact Ruth 086 3262570





Zumba



Tuesdays 7.30 pm

St Philomena's Hall, Bloomhq, Mountrath R32 DC58

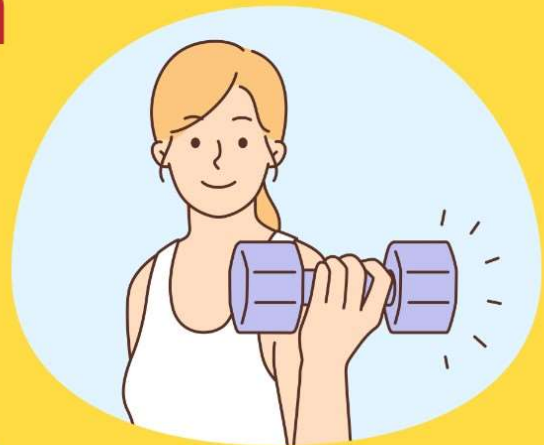
Bookings www.fitandjoy.ie

for more information contact Joanna on 0894653938

Saturday Morning Circuit Training



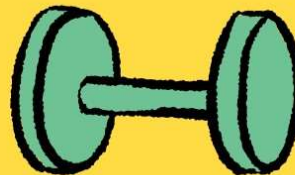
9-10 am



€ 7 PAYG

or

part of your monthly
membership



contact 086 3262 570

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



Mountrath Music Rooms

Lessons in BloomHQ



Violin Lessons

by Irene Ramos

089 9818065

iramos.violinstudio@gmail.com

Thursdays

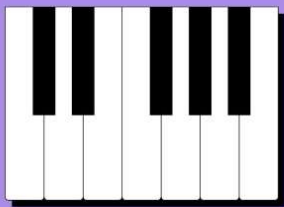


Irish Traditional Music, Whistle,
Flute, Concertina, Accordion, Fiddle,
Banjo and Mandolin

Cliona & Eabha Dowling McDonald

083 8566083

Saturdays



Piano Lessons

by Heather Gavigan 083 054 7772

Sundays



Contact the relevant teacher
for times, prices etc

Brazilian Jiu-Jitsu/BJJ in Mountrath



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

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

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

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

Wednesdays

Kids 7-8 pm

Teens /Adults 8-9 pm

Saturdays

Kids 10- 11 am

Teens /Adults 11 am -12 pm

contact Jamie 085 200 2497





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



Contact 0892722885 manager@bloomhq.ie

Arts & Craft Classes



Second block of

6 week program

starting 28th February

at the later time of

Wednesdays 6-7 pm



7-12 year olds

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

6 weeks € 30 only 12 places



contact Rhiannon 089 211 5183

Brigidine Convent,
Patrick St,
Mountrath R32 DT9F



Piano Classes Available

Starting **Sunday April 7th**

BloomHQ Mountrath

Contact Heather

083 054 7772



Mountrath Music Rooms

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Thursdays



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083 8566083

Saturdays



Piano Lessons

by Heather Gavigan 083 054 7772

Sundays



Contact the relevant teacher
for times, prices etc



Mountrath Music Rooms



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

***Soundproof rooms**

***From € 15 per hour**

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

***free easy car park**

***Waiting space**

Brigidine Convent,
Patrick St,
Mountrath R32 DT9F



UNISLIM

Join Today!

Bloom Hq

Wednesdays 7-8pm

Class Talk 8pm

New members
always welcome!



9 stone
weight
loss



Mairead McCaul
Unislim Member

Join Unislim for €25
Pay €12 weekly fee thereafter
For more info visit unislim.com



unislim.com | 1800 603020

Arts & Craft Classes



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- *life drawing**
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Brigidine Convent,
Patrick St,
Mountrath R32 DT9F



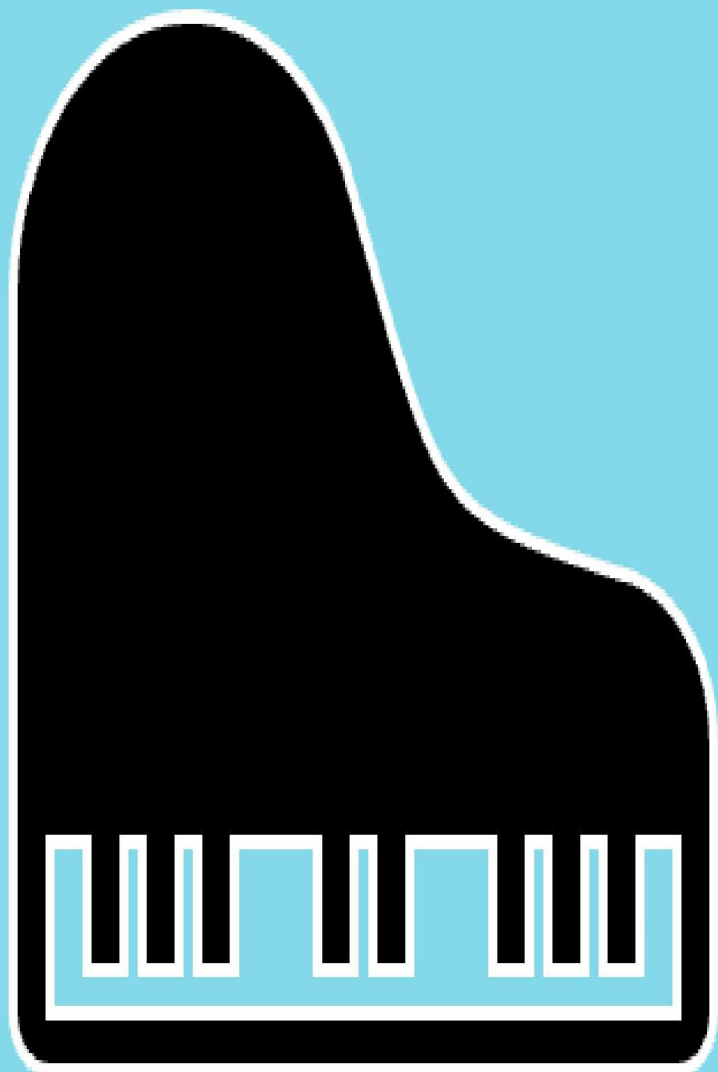
Piano Classes Available

Starting Sunday April 7th

Bloom HQ, Mountrath

Contact Heather,

0830547772



Arts & Craft Classes



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starting 28th February**



Wednesdays 5-6 pm

7-12 year olds

***life drawing**

***painting**

***clay**

***print making**

***textile art**

**6 weeks € 30
only 12 places**



contact Rhiannon 089 211 5183

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

Brigidine Convent,
Patrick St,
Mountrath R32 DT9F



Music Teachers wanted



for Mountrath Music School

*soundproof rooms

*free parking

*waiting area for parents



contact Lucy 087 259 7895



Karate

Mondays & Thursdays 7 pm

€6 per class

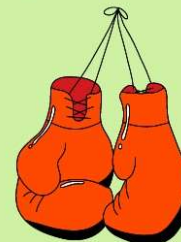
Sensei Donal: 087 760 7063

Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



Brazilian

Jiu-jitsu*

Wednesdays 8-9 pm & Saturdays 11-12 am

€ 35 per month or €5 per class

Jamie; 085 200 2497

Violin



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

Irene: 089 981 8065



Trad Music

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

Eabha 083 8566083



Piano

Sunday mornings
20 for 30 min individual lesson

Heather 083 054 7772

to book talk to the relevant teacher

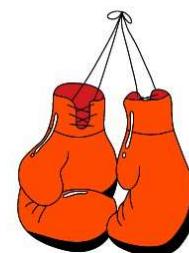


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Mondays & Thursdays 7 pm
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Kickboxing

Fridays 5.30 pm 3-7 years, €7
6.30 pm 8-12 years, €7
Shane: 086 339 9287



First trial class free

Brazilian

8-12 years,

Wednesdays 7-8 pm & Saturdays 10-11 am

Jiu-jitsu*

€ 35 per month or €5 per class

Jamie; 085 200 2497



Art & Craft

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

Violin



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

Irene: 089 981 8065

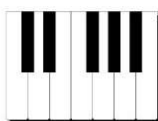


Trad Music

Saturdays from 11 am, 6+ years

€8 for 30 mins group classes

Eabha 083 8566083



Piano

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

to book talk to the relevant teacher

Bowls All Inclusive 11am

Currently

Thursdays to accommodate the School musical

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

Contact Ruth 086 3262570



Roadcraft Motorcycle Training

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

For more details and to book see:

www.roadcraft.ie

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



“MY WORLD”



PHOTOGRAPHIC EXHIBITION

by Mountrath & District Camera Club

Opening 7pm Friday 2nd February
in the

Gallery of Divine Inspiration

Bloomhq, Mountrath

All Welcome

Photos will be on display for the month



VIOLIN LESSONS

by Irene Ramos

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

FULLY QUALIFIED SUZUKI TEACHER & ABRSM DIPLOMA IN MUSIC PERFORMANCE



**FOR RATES AND/OR MORE
INFO PLEASE CONTACT ME**

Phone: 0773222323

Email: iramos.violinstudio@gmail.com

 Irene Ramos
VIOLIN STUDIO



Hot Desks in Mountrath

Need somewhere to work for a day with fast broadband?

Free parking, canteen onsite.

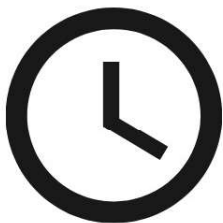
Desks from 10 euro per day

Book on <https://connectedhubs.ie>

Mountrath Men's Shed



**Old School on
Patrick Street**



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

Contact 0857053855



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

Mondays & Thursdays 7 - 8 pm



Juniors and Adults



Okinawan Karate



Black Belt Instructors

contact Sensei Donal, 5th dan
087 760 7063

Martial Arts Centre, Old
Convent, Mountrath,
R32 DC58



HIIT LUNCHTIME CLASS

High-Intensity Interval Training

Tuesdays & Thursdays

1.15 pm for 40 mins

5 euro a class

OR

part of your monthly
gym package

Book with Ruth 086 3262 570





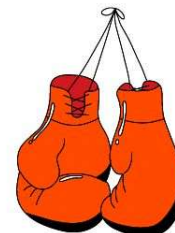
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First trial class free

Fridays 5.30 pm 3-7 years, €7
6.30 pm 8-12 years , €7
Shane: 086 339 9287



Brazilian Jiu-jitsu*

*starting 14th & 17th Feb
with free trial

8-12 years,
Wednesdays 7-8 pm &
Saturdays 10-11 am
€ 35 per month
Jamie; 085 200 2497



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Wednesdays 5-6 pm , 7-12 years
€ 30 for block of 6 classes
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- *mobility improvement
- *improve full body strength
- *better cardio
- *helps weight loss
- *improves flexibility

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

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

Wednesdays

Kids 7-8 pm

Teens /Adults 8-9 pm

contact Jamie 085 200 2497

Saturdays

Kids 10- 11 am

Teens /Adults 11 am -12 pm



Brigidine Convent, Patrick St, Mountrath, R32 DC58



Bowls All Inclusive 11am Tuesdays

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

Contact Ruth 086 3262570





Irish Traditional
MUSIC
LESSONS

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



Clióna and Éabha
Dowling McDonald

More Information :
Contact 083
8566083



Music Classes in Mountrath

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

Contact the relevant teacher to arrange days/times/prices

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



School of Music - Mountrath



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



PIANO TEACHER WANTED



For our new Music Rooms
Contact Lucy 087 259 7895



The Old Convent,
Patrick St,
Mountrath,
R32 DC58



Mountrath Scouts



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

For all ages from beavers to ventures and into leaders !



Scouts is a way to

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

Friday nights

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

7:00 till 8:30

€5 pp

or

€4 per sibling



Date for the Diary

The Sacrament of Confirmation will be celebrated in

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

The Ceremony in Ballyfin Parish Church will Commence

at 2.30 pm

Bishop Denis will lead us in both our celebrations

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

– Tia Walker



Ballyfin Community Alert Seniors Alert Scheme

Grant aided personal 24/7 personal monitored alarms

help people aged 65 and over to live securely in

their homes with peace of mind. If you know a

family member, friend or neighbour in Ballyfin

or Laois area who may qualify please contact

Sheila on 086 1570145 for

information/application form.

Newsletter Items: - From around the Diocese

- **Mental Health Peer-Support:**

Cycle Against Suicide is offering the opportunity to avail of online training in Mental Health Peer-Support. The training provided transcends traditional boundaries, breaks down the stigma associated with mental health discussions. The benefits are profound and far-reaching. Trained Peer-Supporters are attuned to subtle shifts in their community's well-being. This heightened awareness fosters a culture of genuine care and concern. No funding is necessary to do the training. It is offered free to volunteers in a community club, association or who are associated with any part of their community's safety, health and wellbeing in a drive to encourage people to take on this vital role for their own community and help bring Peer-Support to the heart of communities as a critical part of mental health awareness and suicide prevention.

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

Details: www.cycleagainstsucide.com/register-to-become-community-buddy/

Delivery: Online via Zoom

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

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

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

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

To Register: training@cycleagainstsucide.com or online

at www.cycleagainstsucide.com/register-to-become-community-buddy/

