Mountrath Ballyfin Online Newsletter 9th June 10th Sunday in Ord. Time

Cemetery Masses during 2024

Ballyfin Cemetery Sun. 9th June

Mountrath Cemetery Fri. 28th June

Clonenagh Cemetery Fri. 5th July

(Cemetery on Left, Mountrath to Portlaoise)

Clondarrig Cemetery Wed. 7th Aug.

Boghlone Cemetery Wed. 4th Sept.

All Masses commence at 7.00 pm

State Exams began on Wed. 5th June

Bishop' Denis' Prayer with Exam Students

Lord, as I prepare to sit my exams'

Send your Holy Spirit to guide and be with me.

Thank you for the many talents and

Gifts you have given me

And the opportunity of education

Keep me calm.

Help me to do the best I can

On the day of my exam.

Help me to remember all I have studied,

To express it clearly

And to answer the questions as best I can.

Give me peace,

Understanding and wisdom

And continue to be with me, today and always. Amen.

Mountrath Ballyfin Parish News 9th June '24

St. Fintan's Parish, Mountrath — Ballyfin 10th Sunday in Ordinary Time

Parish Contacts

Website www.mountrathparish.ie
Email - jmbrophy2@gmail.com
Name of Parish App.

Mountrath and Ballyfin Parishes

Safeguarding Training

The final training session for the
Spring/Summer 2024 schedule will take
place on Tues. 11th June in Portlaoise
Parish Centre, 7-9pm. This is an
Introduction to Safeguarding &
Refresher session. It is filling up quickly,
so if you would like to book a place on
this training, by
emailing safeguarding@kandle.ie
or Tel: 059 917 6775 or 085 807 1633

Kids Summer Camp

2nd - 3rd - 4th July

At Mountrath Health and Fitness Academy in Bloom HQ

10.00 am - 2.00 pm each day
Book by Tues. 25th June

15 Places - € 70.00 per child

For more info. 089 264 7761

Arts and Crafts

Fun Games

Activities

And A Lot More

Lourdes Pilgrimage

Mountmellick, Ballyfin, Mountrath. 30th July, for 7 nights. €995 (plus travel insurance) per person sharing. Deposits are now required. For full information contact Eleanor Duff 087 767 0915

If you wish to contribute directly through your Bank account to Parish funds Here are our Bank Account details

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

Lyster Square, Portlaoise.

Name of Account - Ballyfin Parish Pastoral Council

IBAN - IE44 AIBK 9332 7900 203030

BIC. - AIBKIE2D

Mountrath Parish - Bank Account Details

(Bank of Ireland) (Portlaoise Branch)

Name - Mountrath Parish Current Account -

Account number - 7274 7250

IBAN - IE93 BOFI 9018 2972 7472 50 -

BIC. - BOFIIE2D

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

Thank you for your generous support of Mountrath and Ballyfin Parishes

Arranging Anniversary Mass or Month's Mind Mass

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

However, since Covid this practice has changed.

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

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

Can lask 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

Margaret Fitzpatrick (née Walsh) Springfield. R.I.P.

We pray for Margaret who died peacefully at Regional Hosp., Portlaoise on Tues. 4th June.

Margaret's Funeral Mass was celebrated in St. Fintan's Church, Ballyfin on Sat. 8th June followed by burial in Ballyfin Cemetery. We extend sympathy to her husband, Paddy, son and daughter, Seán and Lisa and their families. Brother Fint, sisters Brigid and Mary and their families, brothers in law, sisters in law, nephews, nieces, relatives, neighbours and friends and her work colleagues at Portlaoise Garda Station

Timmy Delaney, Ballybrophy Road, Borris-in-Ossory R.I.P.

We pray for Timmy who died suddenly on Mon. 3rd June. We keep and hold in our thoughts and prayers all Timmy's family, neighbours and friends at this very difficult time for them.

May Margaret and Timmy rest in the peace of Christ.

Leading Prayer Training Session

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

The prayer ritual will be modelled, and the skill of leading prayer will be explored at 7:30 pm Tues. 18th June in Portlaoise Parish Church.

Yoga Class

'New 6-week Term of Yoga starting in June in Ballyfin Old School.

Weekly classes of Beginners, Intermediate and Chair Yoga.

Please contact Aisling (089 412 2157) to book your spot'.

Page

Leading Prayer Training Session

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

People, their families and carers, who are ill or unwell – at home, in hospital or Nursing Home or undergoing any surgical or medical procedures.
We wish them a speedy recovery

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

See our Parish App. Mountrath Ballyfin Parishes

Safeguarding Children Parish Reps.

Ballyfin Parish Triona O'Rourke and Peter Byrne
Mountrath Parish Caroline Moore and Pachelli Walsh
Diocesan Designated Liaison Person: Ms. Ailish Higgins.

Deputy Diocesan Liaison Person: Ms Michelle Hughes,

c/o Bishop's House, Dublin Rd, Carlow Ph: 085 802 163

Safeguarding Training

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



Ballyfin Anniversaries

Mass Times Anniversaries

Sat. 8th Sun. 16th June

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

Sat. 8^{th} June 8.00 pm John, Brigid and Michael Ryan,

Barnashrone . John's 11th Anniv.

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

Jason Gilligan, Brockera. 18th Anniv.

7.00 pm Cemetery Mass in Ballyfin Cemetery.

Mon. 10^{th} June 7.00 pm Apostolate of Sanctification.

Fri 14th June 5.00 pm Exposition of Blessed Sacrament.

Sat. 15th June 8.00 pm Martin Phelan. Cavansheath and Dublin.

Month's Mind.

Fint, Jack, Seán and Elizabeth Horan, Pallas

Sun.16th June 10.00 am Tony and Laura Kilkenny, Pallas

Mon. 17th June 7.00 pm Apostolate of Sanctification.

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

Mountrath Anniversaries

Mountrath Parish

Mass Times Anniversaries

Sat. 8th - Sun. 16th June

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

her husband, Seamus. Margaret's 5th Anniv. Seamus' 19th Anniv.

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

Rebecca Fitzpatrick (Nee Fallon) Derrough 9th Anniv

Patrick Wall, Woodbrook.

Jim Tobin, 20 Fr. O'Connor Cresc.

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

11.30 am Tom Treacy, Woodbrook. Month's Mind

Brendan Tynan, Ard Erin. Month's Mind

Patrick (Paddy) Parkinson, Trumera 2nd Anniv.

Thomas Byrne, Derrough, 3rd Anniv.

and deceased members of Byrne family. Babs and Peggie, recently deceased.

Fintan and Mary Dooley, Clonadacasey.

Tues. 11th June 10.00 am

Wed. 12th June 10.00 am

Thur. 13th June 10.00 am

Fri. 14th June 10.00 am

Sat. 15th June 7.00 pm Bill and Mai Thompson, Fr. O'Connor Cresc. Bill's 5th Anniv - Mai's 16th Anniv.

Mary Byrne, Redcastle. 18th Anniv.

Tommy and Teresa Watkins, St. Fintan's Tce.,

Sun. 16th June. 9.00 am The Hollow Church

11.30 am Sarah Dunne, Trumera. 3rd Anniv.

Patrick and Elizabeth Winters and deceased members of Winters Family, Woodbrook

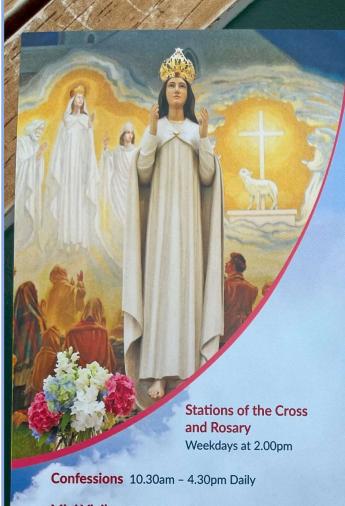
John Loughnane, Clonadacasev. 20th Anniv.

1st Anniversary Mass Remembrance

Sat. 23rd June 7.00 pm Seamie Dunne,

Fr. O'Connor Cresc.

(Also Seamie's wife, Phyllis (18th Anniv)



Mini Vigils Mini Vigils take place on the first Friday

of each month during the pilgrimage season, 9.00pm to Midnight in the

Parish Church

NOVENA 14 - 22 August 2024.

> Daily ceremonies at 3pm & 8pm. See www.knockshrine.ie for further details of guest speakers.

Creation Walk

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

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



Knock Prayer Centre

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

KNOCK

SUMMER PROGRAMME 2024

Mass times: SUNDAYS AND HOLY DAYS

Parish Church 10.30am & 12noon Basilica 3.00pm Basilica

Adoration

11.30am-6.30pm Blessed Sacrament Chapel

7.00pm - 9.00pm Apparition Chapel (Evening Prayer 8.30pm)

Sundays: Pilgrimage Ceremonies

2.00pm Rosarv

2.30pm Anointing of the Sick

3.00pm Concelebrated Mass followed by

Eucharistic Blessing.

Benediction of the Blessed Sacrament. Outdoor Rosary Procession (weather permitting)

Mass times: WEEKDAYS AND SATURDAYS

9.00am Parish Church 12noon Basilica

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

Adoration

9am - 6.30pm **Blessed Sacrament Chapel**

7.00pm - 9.00pm Apparition Chapel (Evening Prayer 8.30pm)

Knock Museum

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

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



Knock Counselling Centre

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



Mountrath Parish Lotto 6th June

Nos. Drawn 6 10 13 24

No Jackpot Winner 16 Match 3 Rec. € 63.00

3 Local Winners

Una Richardson. Promoter, Vera Richardson

Uta Herwelling, Promoter Pacellt Walsh

Caoimhe Fitzpatrick, Promoter Pam Killeen

Next Week's Jackpot € 17,000

Ballyfin Parish Lotto Wed. 5th June

Nos. Drawn 22 28 29 31

No Jackpot Winner

4 Match 3 Winners Rec. € 250 each

Next Week's Jackpot € 20,000

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

Mountrath Ballyfin Lottos

Next Week's



Ballyfin € 20,000

Mountrath € 17,000

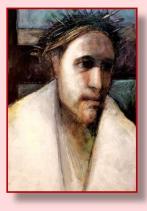


HEART SPEAKS TO HEART

JOHN HARRIS OP JULY 20—26

ST JOHN HENRY NEWMAN speaks to us of the call to the Christian life. In this retreat we will look at some of his insights for our following of Christ today.

ENQUIRIES: dominicanretreats@gmail.com



A LOOK OF LOVE

Jim Deeds

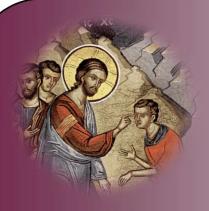
AUGUST 26-29

Using Scripture, meditation, body and breath work, music and story, Jim will lead us to an awareness of the God whose love is infinite and unconditional, a creative path on which we can find God in the mess of our everyday lives, and reconnect to our inherent goodness.

Jim Deeds, from Belfast, worked for the Diocese of Down and Connor as Assistant Director of the Living Church Office, working extensively in the parishes across his diocese, forming Pastoral Councils, Ministry of Welcome teams and other leadership groups. Jim now works as an author, poet, retreat giver and pastoral worker across Ireland and beyond, often called upon as a public speaker/guest preacher at Novenas, missions etc. He is a regular contributor to BBC Radio Ulster on their Thought for the Day segment and Sunday Sequence programme, discussing all things religious and spiritual. Jim is passionate about creating sacred space where people can pray, relax and come to know the great love God has for all God's creation.

Cost: €320 residential; €215 non-residential

ENQUIRIES: Dominicanretreats@gmail.com





DONAGH O'SHEA OP August 3—9

'Saviour' also means 'Healer'. Jesus is our Healer; he does not promise to cure all of our ills, but he heals us in every way that we can be healed. We in turn, by his grace, have the power to help with our tormented world.

Cost: €550 residential; €350 non residential.

ENQUIRIES: dominicanretreats@gmail.com



Wood You Believe

FR JIM COGLEY

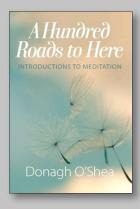
APRIL 13 and **MAY 4** 10 am—4 pm

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

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

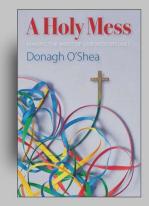
Cost: €65 including lunch.

ENQUIRIES: dominicanretreats@gmail.com



T HOLY Mess

A HOLY MESS:
MAKING THE MOST
OF OUR MISFORTUNES



DONAGH O'SHEA OP

June 22-28

A six-day retreat based on the insights in Fr Donagh's new books, A Hundred Roads to Here: Introductions to Meditation, and A Holy Mess: Making the Most of Our Misfortunes. These books are the fruit of the long standstill that was Covid-19. In this retreat he will share our the many layers of significance of that long period of inaction and isolation.

Cost: €550 residential; €350 non-residential.

ENQUIRIES: dominicanretreats@gmail.com



COME HEALING OF THE SPIRIT

A five-day retreat based on the work of Leonard Cohen

JOHN MACKENNA JUNE 9-14, 2024

John MacKenna is a broadcaster and writer, and was a close friend of Leonard Cohen for more than thirty years. Drawing on Cohen's songs and writings, this retreat is a journey through Cohen's approach to life, love, spirituality, loss, belief and death.

Cost: €530 residential; €300 non-residential.

ENQIRIES: dominicanretreats@gmail.com



"THERE'S TO CRACK
IN EVERYTHING:
THAT'S HOW
THE LIGHT
GETS IN."

Sean Goan Aug. 31—Sept. 5

LEONARD COHEN

To help us counter the God of the Scriptures we will use the songs of Leonard Cohen, who has inspired millions as they face the paradox of believing in a loving God while living in a broken world. During this retreat his lyrics will help us to explore prayerfully how the word of God can speak to us today offering hope and meaning in difficult times.

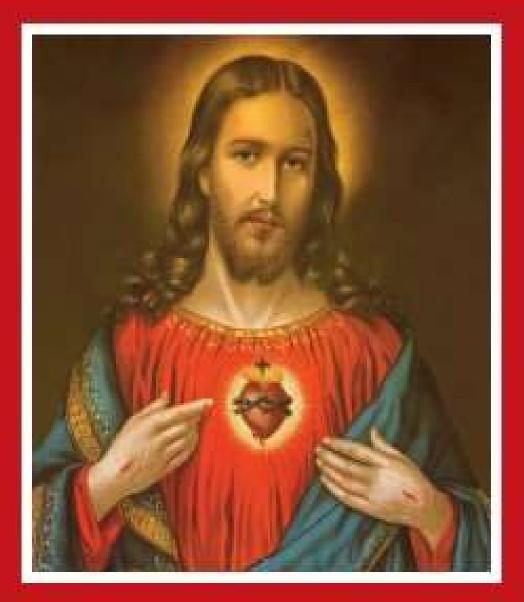
Sean Goan is a teacher and Scripture scholar. He has lectured in Biblical topics in the Marino Institute, the Priory Institute and the Milltown Institute, and has published books on the Sunday Lectionary and the Gospel of John. He is a founder member of the Tarsus Scripture School (www.tarsusscriptureschool.ie). He is married, with three children and lives in Dublin.

ENQUIRIES

dominicanretreats@gmail.com

Deacons Annual Retreat Day Knock Shrine June 22nd, 2024

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



JUNE IS DEDICATED TO THE SACRED HEART OF JESUS

Events In Bloom HQ

Internal Beauty

MARY RYAN - SOLO EXHIBITION



OPENING AT 19:00 | 31.05.2024

Exhibiting at the Gallery of Divine Inspiration in BloomHQ, Mountrath

MORE INFORMATION:



MARYBREATHINGTHROUGHART@GMAIL.COM



@MARYBREATHINGTHROUGHART

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

September 21/22, 2024 09.00 - 17.00 both days

Cost €345

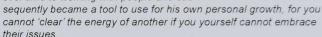
Early Bird (deposit €50 paid before June 21st) €295.00 Bring your lunch or order in on site





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

Inspired from an early age by 'memories' of the teachings of the Buddha, Eric's path eventually led him to working 'clearing' environmental energies. The work evolved over time to working with people and sub-



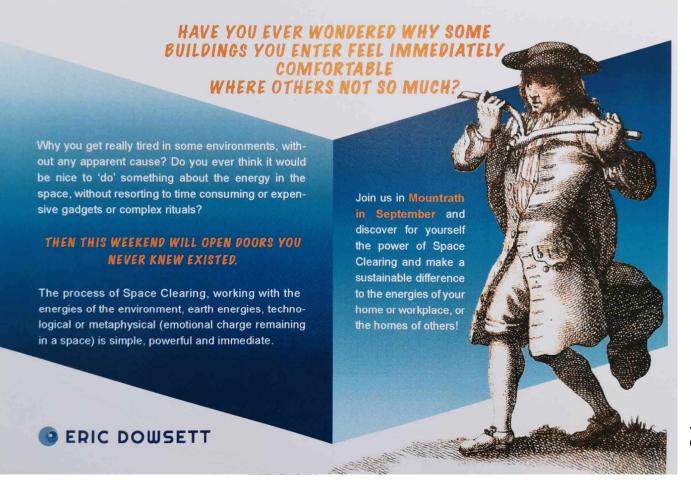
By following this path he was able to move through a lot of his own past conditioning.

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

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

www.ericdowsett.com

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









KIDS 7-12 YEARS SUMMER CAMP



BOOK BY TUE 25TH JUNE

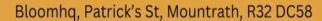




Arts & Crafts | Fun Games | Activities

And a Lot More...
€70 PER CHILD

15 PLACES





FOR MORE INFO: 089 264 7761





Music Classes in

Mountrath

Violin

Thursdays 3-30 pm on from 3 years -adult

€ 20 for 30 min individual lesson

Irene 089 981 8065

Trad Music

Saturdays from 11 am 6 + years

€ 8 for 30 min group class

Eabha 083 856 6083

Piano

Sunday mornings 5+ years

당당당당당당당당당당당당당당

€20 per 30 min lesson

Heather 083 054 7772







Monday 11 am Mature Movers 7 pm Mixed Circuit Training (suitable for Beginners & Advance) 7 pm Yoga* 7 pm Karate* Tuesday 10 am Beginner TRX 11 am Bowls Inc. 1.15 pm Lunchtime HITT Wednesday 11 am Mature Movers 7 pm Mixed Circuit Training 7-8 pm BJJ (8-12) 8-9 pm BJJ (13+) **Thursday** 10 am Beginner TRX 11 am Activator Poles Inc. 1.15 pm Lunchtime HITT 7 pm Karate* 8 pm Bowls* **PAYG Friday** and 5.30 pm Kickboxing (3-7)* **Members** 6.30 pm Kickboxing (8-12)* **Always** 7.30 Kickboxing (13+)* Welcome 9 am Circuit Training *These Classes 10 am BJJ (8-12) are not included 11 am BJJ (13+) in the 12 am Pilates* Membership fee









Brigidine Convent, Patrick st, Mountrath, R32 DC58

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





SeniorLine

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

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

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





Saturdays 12-1 pm 6 weeks starting 25th May



€ 60 for 6 weeks

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



Sabrina 087 646 7305

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







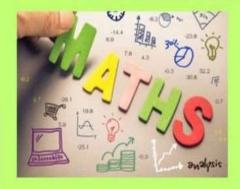
CHEMISTRY, JC MATHS AND JC SCIENCE GRINDS

LOCATION: BLOOM HQ MOUNTRATH (R32 DT9F)

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

CONTACT: AISLING ON 087 7917268
TO BOOK YOUR PLACE.

PLACES ARE LIMITED.







March-April 2023 TIMETABLE

Monday

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

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+)

Phursday

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+)

PAYG and Members Always Welcome

*These classes are not included in membership fee











Zumba





St Philomena's Hall, Bloomhq, Mountrath R32 DC58

Bookings <u>www.fitandjoy.ie</u> for more information contact Joanna on 0894653938



LOOKING FOR AN

вьоом на

OFFICE TO RENT

IN LAOIS?

RENT FOR AN HOUR/A
DAY/WEEKLY
CONTACT 089 272 2885 OR
MANAGER@BLOOMHQ.IE



Music Classes in

Mountrath

Violin

Thursdays 3-30 pm on from 3 years -adult

€ 20 for 30 min individual lesson

Irene 089 981 8065

Trad Music

Saturdays from 11 am 6 + years

€ 8 for 30 min group class

Eabha 083 856 6083

Piano

Sunday mornings 5+ years

机机机机机机机机机机机机机

€20 per 30 min lesson

Heather 083 054 7772





-GED FIT-COACHING

FITNESS CLASSES

TUESDAY &
THURSDAY
CLASS STARTS AT 7 PM

WEIGHTS & CARDIO TRAINING

ADDRESS:

MOUNTRATH CO.LAOIS EIR CODE: R32 DT9F

NO MEMBERSHIP NEEDED PAY ONCE YOU BOOK A CLASS





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

LIMITED SPACES AVAILABLE



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





Karate

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

Fridays 5.30 pm 3-7 years, €7 Kickboxing 6.30 pm 8-12 years, €7

Shane: 086 339 9287

First trial class free



8-12 years,

Brazilian Wednesdays 7-8 pm & Saturdays 10-11 am

Jiu-jitsu* € 35 per month or €5 per class

Jamie; 085 200 2497



Art & Craft

Wednesdays 5-6 pm, 7-12 years € 30 for block of 6 classes

Rhiannon: 089 211 5183

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

Irene: 089 981 8065

Trad Music





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

to book talk to the relevant teacher







March-April 2023 TIMETABLE

Monday

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7 pm Yoga*

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8-9 pm BJJ (13+)

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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+)

PAYG and Members Always Welcome *These classes are

not included in membership fee











Zumba





St Philomena's Hall, Bloomhq, Mountrath R32 DC58

Bookings <u>www.fitandjoy.ie</u> 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

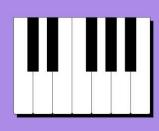
Thursdays



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

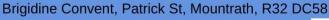
€5 per class for under 18's €7 per class for Adults or included in Monthly Membership

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





Piano Classes Available

Starting Sunday April 7th BloomHQ Mountrath Contact Heather 083 054 7772





Mountrath Music Rooms

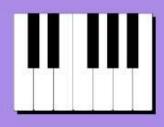
Lessons in BloomHQ



Violin Lessons
by Irene Ramos
089 9818065
iramos.violinstudio@gmail.com
Thursdays



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



Saturdays

Piano Lessons by Heather Gavigan 083 054 7772 Sundays



Contact the relevant teacher for times, prices etc



Mountrath Music Rooms



Contact 089 272 2885 or 057 930 0036

- *Soundproof rooms
- *From € 15 per hour
- *Perfect for music lessons, counselling or grinds
- *free easy car park
- *Waiting space

Brigidine Convent, Patrick St, Mountrath R32 DT9F



Unislim

Join Today!



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











Piano Classes Available
Starting Sunday April 7th
Bloom HQ, Mountrath
Contact Heather,
0830547772

Music Teachers wanted



for Mountrath Music School
*soundproof rooms
*free parking

*waiting area for parents



contact Lucy 087 259 7895



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





Karate

Mondays & Thursdays 7 pm €6 per class

Sensei Donal: 087 760 7063

Kickboxing

First trial class free

Fridays 7.30-8.30 pm €7

Shane: 086 339 9287



Brazilian Jiu-jitsu*

Wednesdays 8-9 pm & Saturdays 11-12 am € 35 per month or €5 per class
Jamie; 085 200 2497





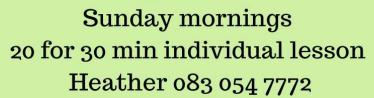
Thursdays 3.30 pm on. €20 for 30 min individual lesson Irene: 089 981 8065



Trad Music



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



to book talk to the relevant teacher











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





Karate

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

Kickboxing 6.30 pm 8-12 years, €7

Fridays 5.30 pm 3-7 years, €7

Shane: 086 339 9287

First trial class free



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

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

Irene: 089 981 8065

Trad Music

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



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

to book talk to the relevant teacher









Roadcraft Motorcycle Training

Mick Smith is teaching the new

RSA approved Motorcycle Initial Basic Training (IBT)

here in BloomHQ, the old Convent Mountrath.

For more details and to book see:

www.roadcraft.ie

www.facebook.com/roadcraft.ie



Music Teachers wanted



for Mountrath Music School

*soundproof rooms

*free parking

*waiting area for parents



contact Lucy 087 259 7895

Activities suitable for Senior Citizens in Mountrath

Mature Movers 50 + Mondays & Wednesdays 11 am





Bowls inclusive 11 am Tuesdays Bowls 8 pm Thursdays

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





Activator Poles Inclusive Thursdays 11 am

contact Ruth 086 3262 570













The Class of 1990 Restoration Project

TABLE QUIZ

St. Philomena's Hall Mountrath

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

TABLE OF FOUR €40

TROPHIES AND CASH PRIZES TO BE WON!!

MONSTER RAFFLE!!

PRIZES GALORE!!

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

)) age

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

Ages

MUSIC PERFORMANCE

MUSIC PERFORMANCE

MUSIC PERFORMANCE

MUSIC PERFORMANCE

MUSIC PERFORMANCE

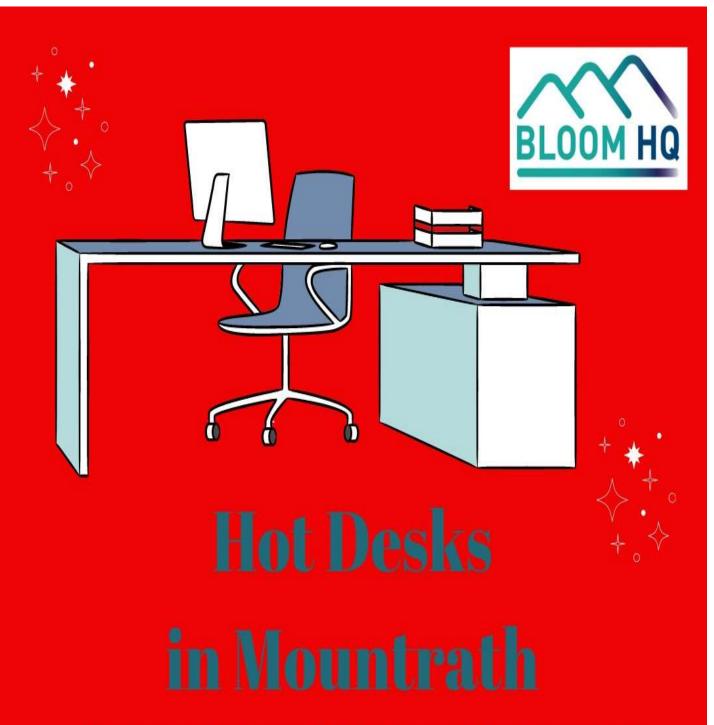
FOR RATES AND/OR MORE INFO PLEASE CONTACT ME

Phone: 0773222323

Email: iramos.violinstudio@gmail.com



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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







Karate Classes



Mondays & Thursdays 7 - 8 pm





Juniors and Adults

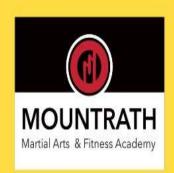


Okinawan Karate



Black Belt Instructors

contact Sensei Donal, 5th dan 087 760 7063 Martial Arts Centre, Old Convent, Mountrath, R32 DC58



HIIT Lunchtime class

High-Intensity Interval Training

Tuesdays & Thursdays

1.15 pm for 40 mins
5 euro a class
or
or

part of your monthly gym package

Book with Ruth 086 3262 570











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





Karate

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

Kickboxing 6.30 pm 8-12 years, €7

Shane: 086 339 9287

Fridays 5.30 pm 3-7 years, €7

First trial class free



Brazilian Jiu-jitsu*

*starting 14th & 17th Feb with free trial

8-12 years,

Wednesdays 7-8 pm &

Saturdays 10-11 am

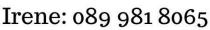
€ 35 per month

Jamie; 085 200 2497



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

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





Trad Music

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

to book talk to the relevant teacher





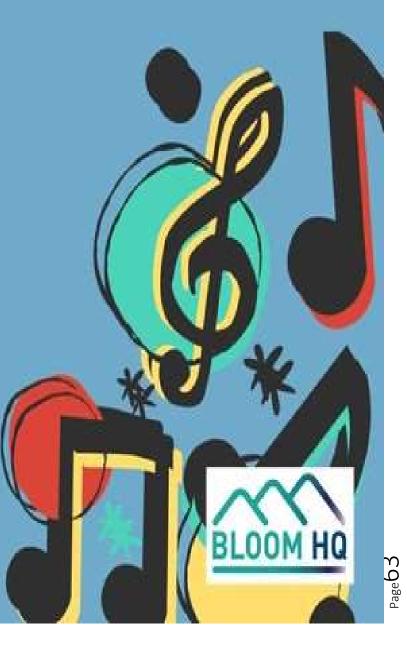




Music Classes in Mountrath

- Lessons in BloomHQ
- Violin Lessons by Irene Ramos
 0773222323
 iramos.violinstudio@
 gmail.com
- Irish Traditional
 Music, Whistle, Flute,
 Concertina,
 Accordion, Fiddle,
 Banjo and Mandolin
 Cliona & Eabha
 Dowling McDonald
 083 8566083

Contact the relevant teacher to arrange days/times/prices



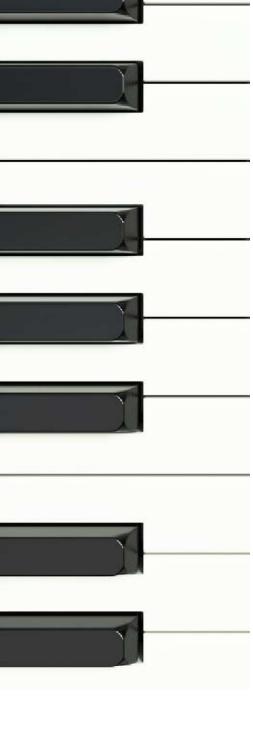
DIANO



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!

Friday nights

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

7:00 till 8:30

€5 pp

or

€4 per sibling

Scouts is a way to

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



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

- Tia Walker



GRAIGUECULLEN / KILLESHIN



Our Lady Perpetual Help

in St. Clare's Church, Graiguecullen

9 MONDAY NIGHTS

8th April - 3rd June 2024

Time: 7.30 pm. (Rosary at 7.10pm)

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

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

People are invited to place their petitions in the boxes provided in St. Clare's Church.

We will pray for these intentions during our Novena.

Message from Safeguarding Office

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

Remaining dates/times/venues below.

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

Please book in by emailing safeguarding@kandle.ie

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

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

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

Graiguecullen/Killeshin Parish Novena To Our Lady Of Perpetual Help

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

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

Join Arthritis Ireland for the VHI Women's Mini Marathon

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