Mountrath Ballyfin Online Newsletter 26th May Feast of Most Holy Trinity

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

For many Leaving Cert Students Friday (24th May) marked the final day of their time in Secondary School as students. As they gear up for their state exams we join in a prayer with Bishop Denis.

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 26th May '24

St. Fintan's Parish, Mountrath — Ballyfin Feast of Most Holy Trinity

Parish Contacts

Website www.mountrathparish.ie
Email - jmbrophy2@gmail.com
Name of Parish App.
Mountrath and Ballyfin Parishes

Ballyfin Vintage

And

Veteran Club

Field Day

Sun. 26th May

10.00 am - 6.00 pm

A Great Family Day-Out.

Kildare & Leighlin Pilgrimage Day in Knock. June 2nd.

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

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. Fleanor 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

A Note from Bishop's House Re. Baptism Team Training

A training day for baptism teams will take place in the Cathedral Parish Centre, Carlow from 10 am - 4 pm on Sat. 25th May. Tea/coffee will be provided throughout the day. Those coming are asked to bring a packed lunch. The day will explore the why of a baptism team, what happens at the celebration of baptism, what does a baptism team do and the different models of working well as a baptism team. Practical handouts will be provided to participants.

If your parish intends to send people to this training please register with Christine at fds@kandle.ie giving 1) the name of your parish 2) how many people are coming and 3) a contact name and their contact details for the group.

Extract from Brigid Bennett's Friday email (Principal, Ballyfin N.S)

We have a very exciting week coming up in Ballyfin NS, with both our boys' and girls' teams playing in the Cumann na mBunscol finals in O'Moore Park. Sarah sent out details re the buses etc. as children from 2nd upwards will be going to support the teams. We wish all involved the best of luck. Win, lose or draw it's a great achievement to get two teams to the finals, so well done again to Declan, Aisling, Clare and Anna. Thanks also to Ballyfin GAA and Daniel Butler who have been providing GAA coaching to all classes every week.

We extend our very best wishes to all our boys and girls involved in the Cumann na mBunscol finals in O'Moore Park during the week.

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

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. 25th May - Sun. 2nd June

Fri. 24th May 5.00 pm Exposition of Blessed Sacrament.

Sat. 25th May 8.00 pm John Troy and Dan Gorman, Irey.

Sun. 26th May 10.00 am Feast of The Most Holy Trinity

2.00 pm 1st Holy Communion Mass

With children of Barnashrone School

Mon. 27th May 7.00 pm Apostolate of Sanctification.

Fri 31st May 5.00 pm Exposition of Blessed Sacrament.

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

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

11th Anniv.

Mon. 3rd June 7.00 pm Apostolate of Sanctification.

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

Mountrath Parish

Mass Times Anniversaries Sat. 25th - Sun. 2nd June

Sat. 25th May 7.00 pm Peadar Rice, Forrest 3rd Anniv.

Bobby Mulhall, Portlaoise Rd., 3rd Anniv

Liam McRedmond, Forrest

Sun. 26th May 9.00 am The Hollow Church

11.30 am Feast of Most Holy Trinity

1st Holy Communion Day in Mountrath

Sarah (Sally) Osborne (Nee Loughnane)

Fr. O'Connor Cresc. Sally's 2nd Anniv.

2.00 pm (Ballyfin Church) Ist Holy Communion Mass With children of Barnashrone National School

Tues. 28th May 10.00 am

Wed. 29th May 10.00 am

Thur. 30th May 10.00 am

Fri. 31st May 10.00 am Paddy Carroll, Cappagh. 29th Anniv.

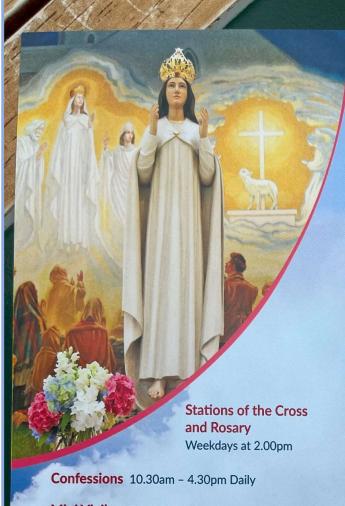
Sat. 1st June 7.00 pm

Sun 2nd Jun. 9.00 am The Hollow Church

Michael (Mick) Holland, Trumera. 14th Anniv

Declan Phelan, Clonadacasey 25th Anniv.

11.30 am Mass of Feast of Corpus Christi



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 23rd May

Nos. Drawn 10 14 17 29

No Jackpot Winner

9 Match 3 Rec. € 112.00 each

3 Local Winners

Alo Heffernan .

Promoter, Bernie Tynan

Joshua Fitzpatrick Promoter, Jerry Dooley

Noel Tobin, Promoter, Rita Watkins

Next Week's Jackpot € 15,000

Ballyfin Parish Lotto Wed. 22nd May

Nos. Drawn 3 9 15 25

No Jackpot Winner

23 Match 3 Winners Rec. € 44 ea

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 € 15,000

的的的特殊的特殊的

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

いっちゃらんらんらんらんらんらんらんらんらんらん

Sunday mornings 5+ years

HI HI

€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







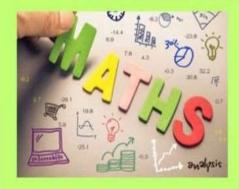
CHEMISTRY, JC MATHS AND JC SCIENCE GRINDS

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 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+)

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

в соом 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

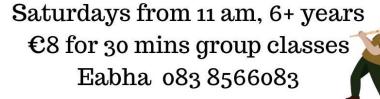
Rhiannon: 089 211 5183

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

Irene: 089 981 8065

Violin

Trad Music





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

to book talk to the relevant teacher







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)

Thursday

8-9 pm BJJ (13+) s

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+)











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



Patrick St, Mountrath, R32 DC58

The Old Convent,

contact 086 3262 570







Mountrath Music Rooms

Lessons in BloomHQ



Violin Lessons

by Irene Ramos 089 9818065

iramos.violinstudio@gmail.com

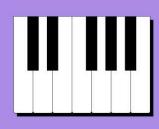
Thursdays



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

Brigidine Convent, Patrick St, Mountrath, R32 DC58











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

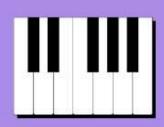
Thursdays



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



Join Unislim for €25
Pay €12 weekly fee thereafter











unislim.com | 1800 603020

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

Music Teachers wanted



for Mountrath Music School *soundproof rooms

*free parking

*waiting area for parents



contact Lucy 087 259 7895



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

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

to book talk to the relevant teacher











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





Karate

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

Kickboxing 6.30 pm 8-12 years, €7

Fridays 5.30 pm 3-7 years, €7

First trial class free

Shane: 086 339 9287



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

Irene: 089 981 8065

Violin

Trad Music

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



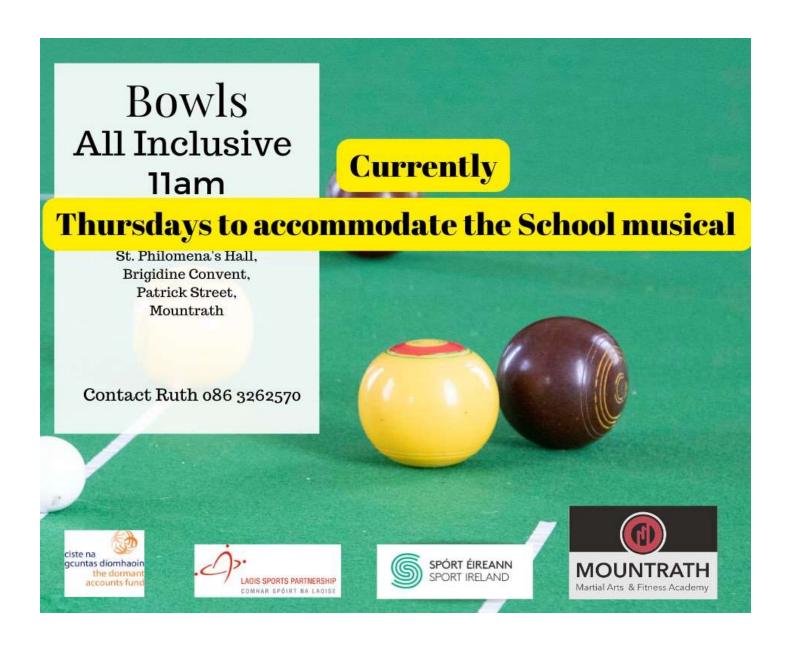
Sunday mornings €20 for 30 min individual lesson Heather 083 054 7772

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

Page 10

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

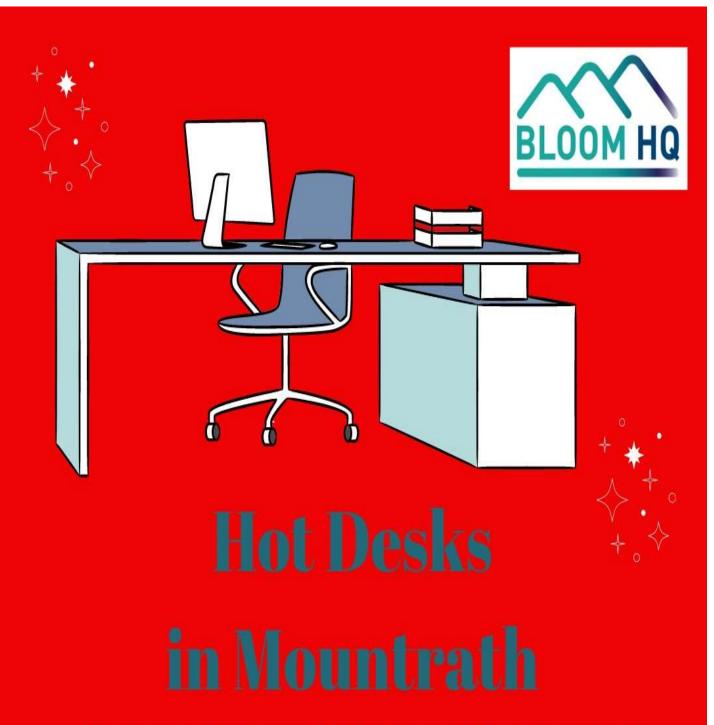
MUSIC PERFORMANCE

FOR RATES AND/OR MORE INFO PLEASE CONTACT ME

Phone: 0773222323

Email: iramos.violinstudio@gmail.com





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
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

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

Shane: 086 339 9287 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

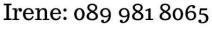
€ 35 per month

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

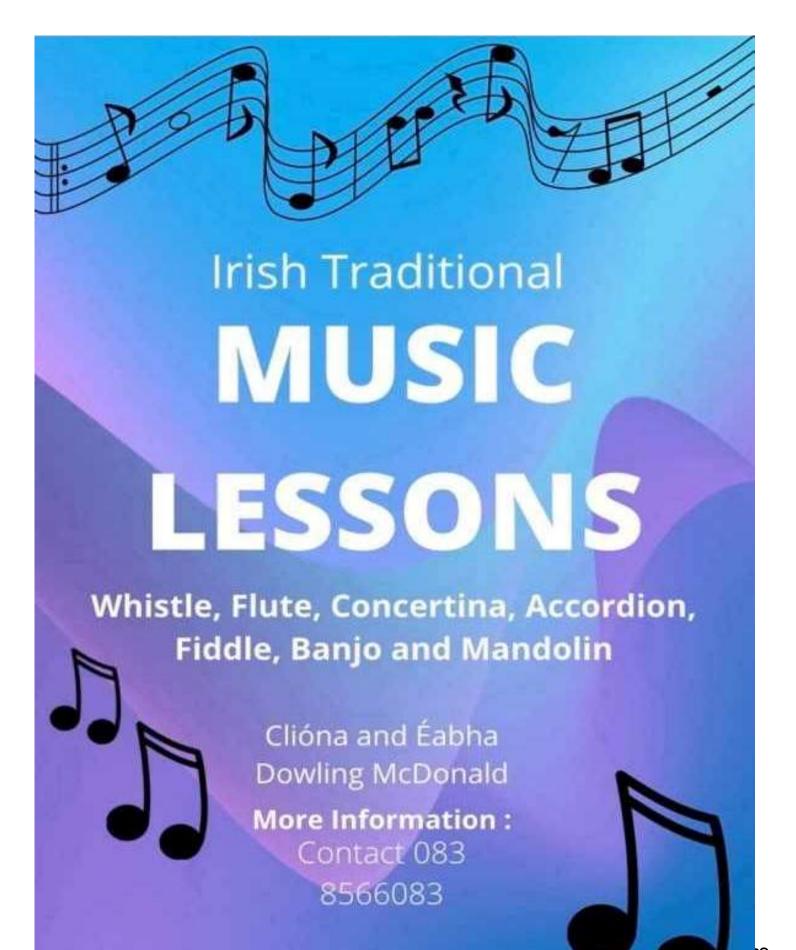
Saturdays from 11 am, 6+ years €8 for 30 min group classes Eabha 083 8566083

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



ONAI



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.



 $^{\mathsf{Page}}56$

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.