Mountrath Ballyfin Onling Newsletter 12th May Feast of Ascension



The Painting of Mountrath Church commenced in Dec. 2022 - Great to know that we completed this mammoth task just days before our Confirmation ceremony last week. The above pic. shows Mountrath Church as it looked on Friday morning last when we celebrated the Sacrament of Confirmation with our girls and boys from Scoil Bhride, St. Fintan's Boys School, Clonenagh School and Gaelscoil Thromaire.

A very special "thank you" to everyone involved in this huge task. Thank you for your continued good will, ongoing financial support and your generousity. - It is very much appreciated.

Ballyfin Vintage & Veteran Club,

Vintage Steam Threshing & Working Day Sunday 26th. May 2024, from 10:00am to 6pm. Ballyfin, County Laois, Eir-code R32AD92.

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.



Special Prize on the day – Dinner for 2 in Ballyfin House with horse and carriage tour of the grounds

Contact Aileen @ (087)9896923 via Whatsapp to book in!

Bernard (Benny) Tynan Ard Erin. R.I.P.

We pray for Brendan who died peacefully at Regional Hosp., Portlaoise on Mon. 6th May. Brendan's Funeral Mass was celebrated in St. Fintan's Church, Mountrath on Wed. 8th

May followed by burial in Mountrath Cemetery. We extend sympathy to Patrizia, mother Joan, brothers and sisters, Pauline, Noel, Patrick, Caroline, Annette, Joan and Eddie and their families, 11 nieces and nephews, mother-in-law, sister-in-law, brotherin-law, extended family, relatives, neighbours and many friends.

Tom Treacy, Woodbrook. R.I.P.

We pray for Tom who died suddenly at his home on Mon. 6th May. Tom's Funeral Mass was celebrated in St. Fintan's Church, Mountrath on Fri. 10th May, followed by burial in Mountrath Cemetery. We extend sympathy to Edwina and her family, brothers, sisters, nephews, nieces and their families, mother-in-law, sisters-in-law, brothers-in-law, extended family, relatives, neighbours and friends.

May Brendan and Tom ret in the peace of Christ.



Limited places- Booking only with Antoinette on 0860803047

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

Mountrath Ballyfin Parish News 12th May '24

St. Fintan's Parish, Mountrath – Ballyfin

Feast of Ascension.



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.

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 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

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 <u>fds@kandle.ie</u> 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.

Cycle Again Suicide Mental Health Peer Support Programme

In a drive to promote Peer-Support as a vital link in mental health awareness and suicide prevention, Cycle Against Suicide offers its training in Mental Health Peer-Support Programme *free of charge* to any community volunteer. Our training in Mental Health Peer-Support for Clubs and Communities creates a compassionate network within a club and a community. Trained peer-supporters are attuned to subtle shifts in their community's wellbeing. This heightened awareness fosters a culture of genuine care and concern. Each club or community association should have a volunteer peer-supporter on-hand who is trained in peersupport with Cycle Against Suicide. Please could you communicate the new dates for our training in Mental Health Peer-Support to all volunteers in your network.

Next scheduled dates:

Course: Cycle Against Suicide's *free* *Community Mental Health Peer Support Training Delivery: Online via Zoom from 7- 10pm on 4 evenings over 2 weeks Dates:

Option 1: May: Mon 13th, Wed 15th & Mon 20th, Wed 22nd – Spaces available Option 2: June: Mon 10th, Wed 12th & Mon 17th, Wed 19th - Open now Option 3: September: Mon 23rd, Wed 25th & Mon 30th, Wed 2nd Oct - Open now To register: <u>www.cycleagainstsuicide.com/ register-tobecome-community-buddy/</u>or email: <u>training@cycleagainstsuicide.com</u>

Training is free to over-18s, non-healthcare professionals who volunteer in a community club and association.

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

Kildare and Leighlin Diocesan Pilgrimage to Knock Shrine Bishop Denis Nulty invites you to join him and parishioners from across the Diocese at the Shrine of Our Lady of Knock on Sun. 2nd June. Ceremonies begin at 2.30pm

Dates of 1st Holy Communions 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 Primary Schools 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 NS

Ballyfin Anniversaries Mass Times Anniversaries

Sat 11th - Sun. 19th May

Fri. 10th May 5.00 pm Exposition of Blessed Sacrament. Sat. 11th May 8.00 pm Patrick, Ellen, Seán and Con Twomey and Mary Nolan. Seán and Michael O'Sullivan, Pallas Sun 12th May 10.00 am Edward and Mary Brennan, Brockera Mon. 13th May 7.00 pm Apostolate of Sanctification.

Feast of Our Lady of Fatima

Fri 17th May 5.00 pm Exposition of Blessed Sacrament.
Sat. 18th May 8.00 pm Vigil Mass for Feast of Pentecost
Sun. 19th May 10.00 am William and Julia Conroy, Barkmills.
Mon. 20th May 7.00 pm Apostolate of Sanctification.

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

Mountrath Anniversaries Mass Times Anniversaries Sat. 11th - Sun. 19th May Sat. 11th May 7.00 pm Jack Killeen, Fr. O'Connor Cresc. 1st Anniv. Tommy O'Brien, Factory St., 10th Anniv. Kathleen Dollard, Forrest Christina Nelson (Nee Dollard) West Yorkshire Ann Dollard, Halifax, West Yorkshire John Dollard, Hallifax, West Yorkshire John's Month's Mind Mass was on Wed. 8th May Sun. 12th May 9.00 am The Hollow Ch. 11.30 am Feast of Ascension. Tues. 14th May 10.00 am Wed. 15th May 10.00 am Ellen and Tom Berry James and Ann Brennan Thur. 16th May 10.00 am Altar List of the Dead. Fri. 17th May 10.00 am Elizabeth Wall, Woodbrook. Sat. 18th May 7.00 pm Kitty Byrne, Ringstown. 21st Anniv. Sun 19th May 9.00 am - The Hollow Church John and Julia O'Connor, Coolnareen Andy and Sheila O'Connor, Coolnareen Sheila's 12th Anniv. Pentecost Sunday 11.30 am

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



Mass times: SUNDAYS AND HOLY DAYS

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

Adoration

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

Sundays: Pilgrimage Ceremonies

2.00pm 2.30pm 3.00pm

Rosarv Anointing of the Sick Concelebrated Mass followed by Eucharistic Blessing. Benediction of the Blessed Sacrament. Outdoor Rosary Procession (weather permitting)

Mass times: WEEKDAYS AND SATURDAYS

9.00am 12noon 3.00pm 7.30pm Parish Church Basilica Basilica with Anointing of the Sick 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.

NOVENA

Mini Vigils

14 - 22 August 2024. Daily ceremonies at 3pm & 8pm. See www.knockshrine.ie for further details of guest speakers.

Stations of the Cross

Weekdays at 2.00pm

Mini Vigils take place on the first Friday

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

and Rosary

Creation Walk

(

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

Confessions 10.30am - 4.30pm Daily

Parish Church



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.



Page.

Radio Maria Ireland presents...

MIRACLE OF OUR LAD OF FATIMA

The Story that Touched the Hearts of Untold Millions.

Date: Fri, 17th May

Join us for a chance to win fantastic prizes!

Package to

Medjugorje for one person enue: Balcony Cinema Mountmellick, Laois, R23 WP68

Time: 7:30pm

 Event Cost: €10 pp
 (suggested donation) paid at the door!
 (Price includes raffle draw)



· LIMITED PLACES ~ BOOK

TODAY

Fundraiser in aid of Radio Maria Ireland. Can donate through QR code or via website down below (Reference: Fatima Cinema Fundraiser)

> Antoinette: 086 080 3047 Email: promoter@radiomaria.ie Website: https://www.radiomaria.ie/donations/

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

 9^{th} May

Nos. Drawn 12 18 22 27 No Jackpot Winner – 11 Match 3 rec. & 91 I Local Winner Kevin Goss. Promoter, Declan Fitzpatrick Next Week's Jackpot & 13,000



Ballyfin Parish Lotto 8th May

Nos. Drawn 3 5 10 29 No Jackpot Winner 21 Match 3 Winners Rec. €48 ea <u>3 Local Winners</u> Gerry Brown. Promoter, Mary H Joan Bergin. Promoter, Mary H. Shirley Houlihan, Promoter, Harry Allen Next Week's Jackpot € 18,000

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 €18,000 Mountrath €13,000

Barnashrone NS Golf Classic - Portarlington Golf Club Friday 17th May - Tee times from 9am Team of 4 players -€300 (Includes golf, lunch and a chance to win some lovely golfing gear) Special Prize on the design of Dinner for 2 in Ballyfin House &

Horse and Carriage Tour of the grounds



PAYG and Members Always Welcome

*These Classes are not included in the Membership fee

Monday

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

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

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

Thursday

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

Friday

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

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







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Brigidine Convent, Patrick st, Mountrath, R32 DC58

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





St. Canice's Kilkenny Credit Union Ltd. is regulated by the Central Bank of Ireland.

Ballyfin Community Alert Seniors Alert Scheme

As darker evenings are upon us please be aware that grant aided personal24/7 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)

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 (<u>safeguarding@kandle.ie</u>) 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,

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

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+)

hursday

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+)





SPÓRT ÉIREANN SPORT IRELAND





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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

contact Jamie 085 200 2497

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

Bring a Friend for Free in March





SPÓRT ÉIREANN SPORT IRELAND









Zumba



Tuesdays 7.30 pm St Philomena's Hall, Bloomhq, Mountrath R32 DC58

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



Meeting Room

"Rachel's Room"

Brigidine Convent, Patrick Street, Mountrath

- Broadband Wifi
- Ample free parking ma
 Canteen
 - Contact manager@bloomhq.ie 089 2722885

BLOOM HQ

LOOKING FOR AN OFFICE TO RENT IN LAOIS?

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







FITNESS GLASSES

TUESDAY & THURSDAY & 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



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





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

Wednesdays 5-6 pm , 7-12 years Art & Craft € 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

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



Trad Music

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

to book talk to the relevant teacher





SPÓRT ÉIREANN SPORT IRELAND



March-April 2023

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+)

hursday

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+)





SPÓRT ÉIREANN SPORT IRELAND





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Zumba



Tuesdays 7.30 pm 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





The Old Convent, Patrick St, Mountrath, R32 DC58

MOUNTRATH

Martial Arts & Fitness Academy

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

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Brazilian Jiu-Jitsu/BJJ in Mountrath



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*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

MOUNTRATH Martial Arts & Fitness Academy



SPORT ÉIREANN SPORT IRELAND



Brigidine Convent, Patrick St, Mountrath, R32 DC58

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





Contact 0892722885 manager@bloomhq.ie

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





Mountrath Music Rooms Lessons in BloomHQ

Violin Lessons

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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



UNISUM Join Today! Bloom Hq

Wednesdays 7-8pm

Class Talk 8pm

New members

always welcome

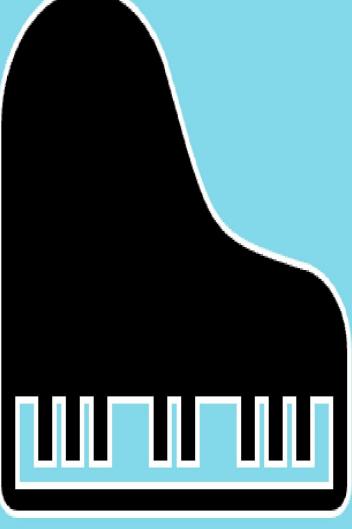
9 stone weight loss



Mairead McCaul Unislim Member

 Page4

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





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





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



Piano

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





SPÓRT ÉIREANN SPORT IRELAND





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





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

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AOIS SPORTS PARTNERSHIP OMHAR SPOIRT NA LAOISE

Trad Music



SPÓRT ÉIREANN SPORT IRELAND









Music Teachers wanted



for Mountrath Music School *soundproof rooms *free parking *waiting area for parents



contact Lucy 087 259 7895

Activities suitable for Senior Citizens in Mountrath

Mature Movers 50 + Mondays & Wednesdays 11 am





Bowls inclusive 11 am Tuesdays Bowls 8 pm Thursdays

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





Activator Poles Inclusive Thursdays 11 am

contact Ruth 086 3262 570















VIOLIN LESSONS

by Irene Ramos

- rges • 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

FOR RATES AND/OR MORE INFO PLEASE CONTACT ME

Phone: 0773222323 Email: iramos.violinstudio@gmail.com



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









Mondays & Thursdays 7 - 8 pm

Karate Classes





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

ARIS SPRITE PARTNERSHI











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





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Brazilian Jiu-jitsu*

*starting 14th & 17th Feb with free trial

rt & Craft

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

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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

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











Irish Traditional MUSIC

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

> Clióna and Éabha Dowling McDonald More Information : Contact 083 8566083



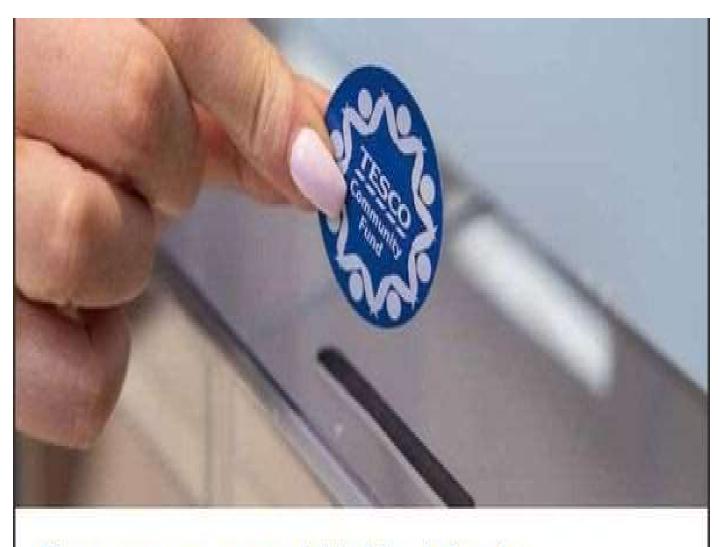
Music Classes in Mountrath

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



School of Music - Mountrath



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

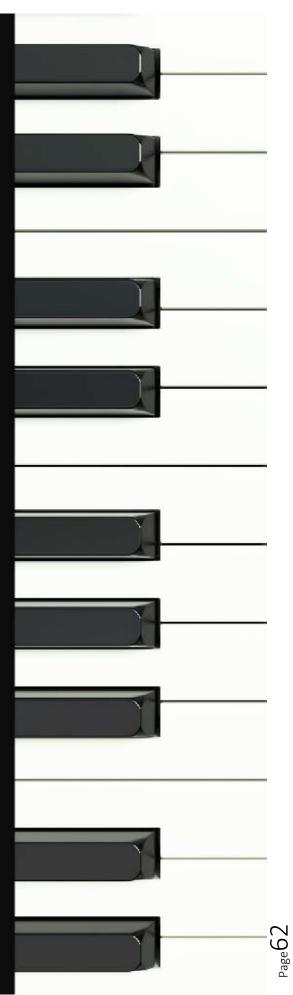
TEACHER Π ZAN DIANO



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 !

Scouts is a way to

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

Friday nights

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

7:00 till 8:30

€5 pp or €4 per sibling



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



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

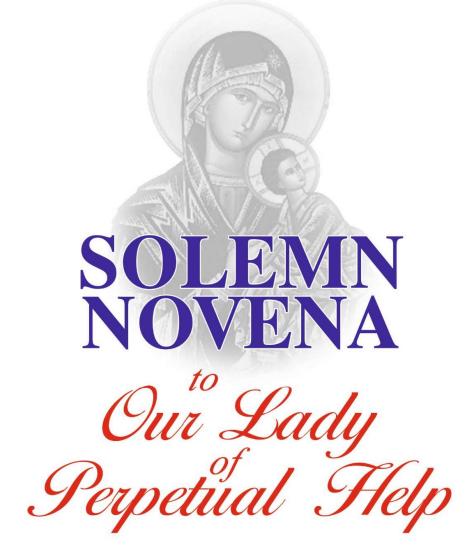
• Mental Health Peer-Support:

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 farreaching. Trained Peer-Supporters are attuned to subtle shifts in their community's wellbeing. 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.cycleagainstsuicide.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@cycleagainstsuicide.com or online

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

GRAIGUECULLEN / KILLESHIN



in St. Clare's Church, Graiguecullen 9 MONDAY NIGHTS 8th April - 3rd June 2024

> Time: 7.30 pm. (Rosary at 7.10pm)

PLEASE JOIN US IN PRAYER

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.		

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10th Anniversary of Donal Walsh

~ May 11th ~





10:00 10:30 10:45 11:00	Arrival in Basilica & Registration Welcome – Fr Richard Gibbons Elma Walsh Explanation of Workshops and Ice Breakers 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 2:00 3:00	Why do we go to Mass? – Fr. John Harris Mass – Main celebrant Fr Leo Moloney SJ Depart

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

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.

March For Life Ireland 2024

Shining A Spotlight On Ireland's Abortion Law And Calling For Positive Supports For Mothers

Our Next March: Save The Date

Bank Holiday Monday, 6th May, 2:00pm, 2024

Marching In Dublin From St. Stephen's Green To Leinster House.

Join Us In Advocating For Change, Unity, And Empowerment For Mothers And Their Babies. Be A Part Of Something Bigger – Let's Make A Difference Together. Takes place at 2pm on Monday 6th May in Dublin, marching from St Stephens Green to Leinster House

Burren Outdoor Retreat

Would you like to come on a guided journey through the Burren with its limestone pavements, rare flora, and ancient sacred sites? Let the beauty of the amazing Burren landscape renew you in body and soul. This retreat takes place Saturday 4th May 2024 to Monday 6th May 2024. Information: Mary 087 970 1130. Booking: Noirin 087 447 911

. Donal Walsh LIVElife Foundation

On the 10th anniversary of Donal Walsh's death, the Donal Walsh LIVElife Foundation are holding Workshops & Mass in the Hub, Knock, Co Mayo on the 11th May 2024. The day starts at 10.00 am and finishes at 3.00 pm. There will be a choice of Workshops available on the day. Students are asked to bring a packed lunch and rain jackets/umbrellas.

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: <u>https://www.arthritisireland.ie/vhiwomens-mini-marathon-2024</u> Contact the fundraising team on <u>fundraising@arthritisireland.ie</u> or 016618188 if you have any guestions.

Barnashrone NS Golf Classic Friday 17th May Portarlington Golf Club Tee times from 9am



Team of 4 - €300

-Includes golf, lunch and a chance to win some lovely golfing gear Special Prize on the day - Dinner for 2 in Ballyfin House with horse and carriage tour of the grounds Contact Aileen @ (087)9896923 via Whatsapp to book in!