Mountrath Ballyfin Online Newsletter

5th May 6th Sunday of Easter



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.

Friday 26th April 2024 Confirmation Day

A very special "thank you" to everyone involved in our beautiful Confirmation ceremonies in Mountrath and Ballyfin on Friday last.

Check out pics. below.









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!

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. - ROFIJE2D

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

Mountrath Ballyfin Parish News 28th April '24

St. Fintan's Parish, Mountrath — Ballyfin

6th Sunday of Easter

Parish Visitation May

Mountrath Country Tues. 7th May Mountrath Town Wed. 8th May Ballyfin Parish Thurs. 9th May

Cemetery Masses during 2024

Ballyfin Cemetery Sun. 9th June
Mountrath Cemetery Fri. 28th June
Clonenagh Cemetery Fri. 5th July
(Cemetery on Left, Mountrath to Partlaoise)
Clondarrig Cemetery Wed. 7th Aug.
Boghlone Cemetery Wed. 4th Sept.
All Masses will commence at 7.00 pm

Kildare and Leighlin Diocesan Pilgrimage to Knock Shrine

Bishop Denis Nulty invites you to join with him and parishionersfrom across the diocese at the Shrine of Our Lady of Knock on Sun.2nd June Ceremonies begin at 2.30pm



Ballyfin Community Alert Seniors Alert Scheme

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

Arranging Anniversary Mass or Month's Mind Mass

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

However, since Covid this practice has changed.

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

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

Can 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.

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 well-being. 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 peer-support 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: <a href="www.cycleagainstsuicide.com/register-to-become-community-buddy/or email: training@cycleagainstsuicide.com/register-to-become-community-buddy/or email: training@cycleagainstsuicide.com/

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

March for Life

Bank Holiday Monday 6th May - 2.00 pm Marching in Dublin From Stephen's Green To Leinster House

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 4th - Sun. 12th May

Fri. 3rd May 5.00 pm Exposition of Blessed Sacrament.

Sat. 4th May 8.00 pm Michael Newsome, Rossmore 3rd Anniv.

Tom Greene, Ross. 8th Anniv.

Mary Ann and Matthew Coss, son Peter

Daughter Mary and her husband Pat Kelliher

Sun. 5th May 10.00 am Gerry Thompson, Ballylusk. 12th Anniv

Elizabeth and Brian O'Donnell, Clonkeen

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.

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

Mountrath Anniversaries

Mass Times Anniversaries

Sat. 4th - Sun. 12th May

Sat. 4th May 7.00 pm Thomas and Dorothy Connor, Cappagh

Sean O'Hara, Patrick St.,

Seamus Fitzpatrick, Woodbrook

and deceased family members.

Thomas and Margaret Phelan Shannon Rd.,

And deceased family members

Sun. 5th May 9.00 am - The Hollow Church

1st Holy Communion Mass with children of Gaelscoil Thromaire.

11.30 am Patrick and Ann Fitzpatrick, Clonbarrow,

Patrick's 38th Anniv. Ann's 10th Anniv.

Tues. 7th May. 10.00 am

Wed. 8th May 10.00 am

Thurs. 9th May 0.00 am

Fri. 10^{th} May 10.00 am Altar List of the Dead.

Sat. 11th May 7.00 pm Jack Killeen, Fr. O'Connor Cresc. 1st Anniv.

Tommy O'Brien, Factory St., 10th Anniv.

Sun. 12th May 9.00 am The Hollow Ch.

11.30 am Feast of Ascension.

"Do This in Memory" Programme

7. Sat. 4th May Mountrath Church 7.00 pm Sun. 5th May Ballyfin Church 10.00 am

Dates for Celebration of 1st Holy Communion

Sun. 5th May The Hollow Church 9.00 am

With Children of Gaelscoil Thromaire

Sun.26th May Mountrath Church - 11.30 am

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

Sun. 19th May Ballyfin Church 2.00 pm

With children of Ballyfin National School

Sun. 26th May Ballyfin Church. 2.00 pm

With Children of Barnashrone National School

Mountrath Parish Lotto 2nd May

Nos. Drawn 15 18 19 30

No Jackpot Winner - 4 Match 3 rec. € 250.00 ea.

Next Week's Jackpot € 12,000



Ballyfin Parish Lotto 1st May

Nos. Drawn 11 25 26 28 No Jackpot Winner 5 Match 3 Winners Rec. € 200 ea

Next Week's Jackpot € 17,000

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 € 17,000

Mountrath € 12,000

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)



Barnashrone NS Golf Classic

Friday 17th May Portarlington Golf Club



Are you a business owner who would like to sponsor a tee box for our Golf Classic?

Just €100 to get your business name on the golf course on the day! Super publicity for a super cause!

Contact Aileen @ (087)9896923 via Whatsapp for more details.

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Music Classes in

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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

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

















GOOD





WARM UP BEFORE CYCLING AROUND OUR SPECIAL OBSTACLE COURSE ON BIKES FROM LAOIS SPORTS PARTNERSHIP



A TALK ON BASIC BIKE REPAIRS FROM OUR BIKERS SHED BASIC FIRST AID TIPS



REFRESHMENTS & HIGH VISIBILITY GEAR



BASKETBALL & TENNIS COURTS, BLOOMHQ, PATRICK ST, MOUNTRATH, R32 DC58



FOR 6-12 YEAR OLDS SATURDAY 11TH MAY 12 AM- 2.30 PM





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

Details of the remaining dates – times – venues below.

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

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

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

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

Thursday 25th April 7.30pm - Tullow Parish Centre,

•

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







th Anniversary Donal Walsh

~ May 11th ~

10:00	Arrival in Basilica & Registration
10:30	Welcome – Fr Richard Gibbons 🕒 Elma Walsh
10:45	Explanation of Workshops and Ice Breakers
11:00	Aidan O'Mahony & Dr Lorna Gold – followed by Q&A
11:45	Choice of workshops
	 In memory of Donal – Prayer Guidance Centre

- Trócaire Care for Our Earth (St Johns)
- Music Generation The HUB
- The Prayer Cube The HUB
- Letters to God The HUB
- Story of Knock The Apparition Chapel
- Knock Museum
- Fill Holy Water Bottles

1:30	Why do we go to Mass? – Fr. John Harris
2:00	Mass – Main celebrant Fr Leo Moloney SJ
3:00	Depart

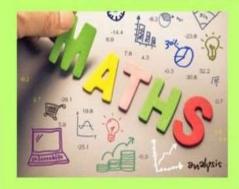
CHEMISTRY, JC MATHS AND JC SCIENCE GRINDS

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.







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+) >

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+)









Brazilian Jiu-Jitsu/BJJ in Mountrath





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

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



Wednesdays

Kids 7-8 pm Teens /Adults 8-9 pm

Saturdays

Kids 10- 11 am
Teens /Adults 11 am -12 pm
€5 per class for under 18's
€7 per class for Adults
or included in Monthly Membership

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

Bring a Friend for Free in March

contact Jamie 085 200 2497

Brigidine Convent, Patrick St, Mountrath, R32 DC58





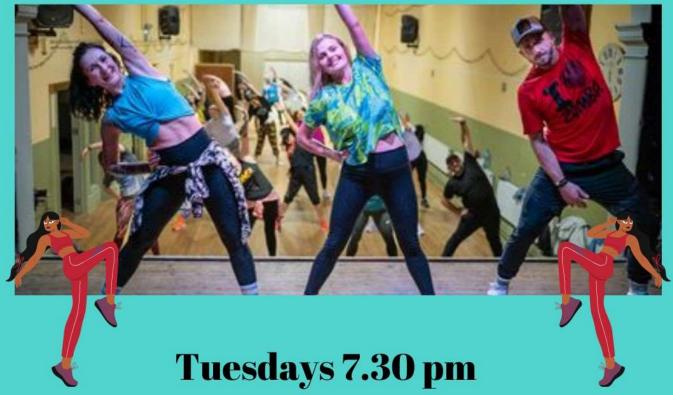






Zumba





St Philomena's Hall, Bloomhq, Mountrath R32 DC58

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



LOOKING FOR AN

BLOOM HO

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

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







PAYG

and

Members

Always

Welcome

*These

classes are

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

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7-8 pm BJJ (8-12)

Chursday

8-9 pm BJJ (13+) >

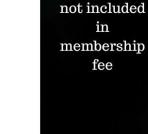
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Mature Movers





Strength
Flexibility 50 + gym classesBalance
a bit of Endurance
& Lots of Fun

6 weeks starting Wed 6th March

Mondays & Wednesdays 11 am

45 min classes in Mountrath

€60 for 6 Weeks

Contact Ruth 086 3262570









Zumba





St Philomena's Hall, Bloomhq, Mountrath R32 DC58

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

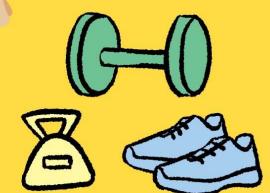
Saturday Morning **Circuit Training**



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

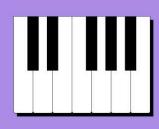
Thursdays



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

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Wednesdays
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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!

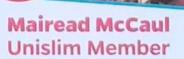


Wednesdays 7-8pm

Class Talk 8pm

New members always welcome

9 stone weight loss



Join Unislim for €25

Pay €12 weekly fee thereafter

For more info visit unislim.com









Arts & Craft Classes



Second block of

6 week program starting 28th February

at the later time of
Wednesdays 6-7 pm



7-12 year olds

*life drawing

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

contact Rhiannon 089 211 5183

6 weeks € 30 only 12 places



Brigidine Convent, Patrick St, Mountrath R32 DT9F





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





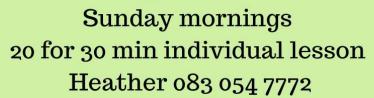
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to book talk to the relevant teacher











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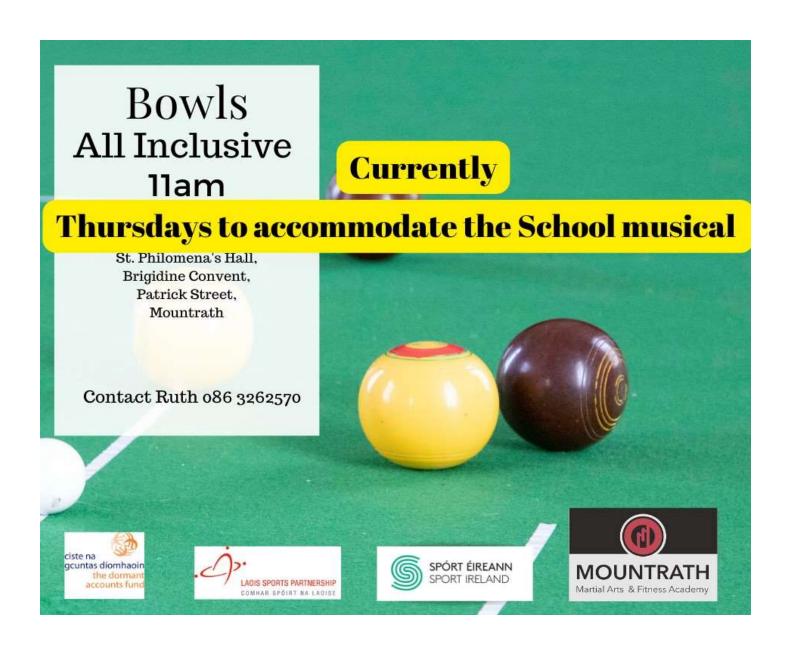
Sunday mornings €20 for 30 min individual lesson Heather 083 054 7772

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

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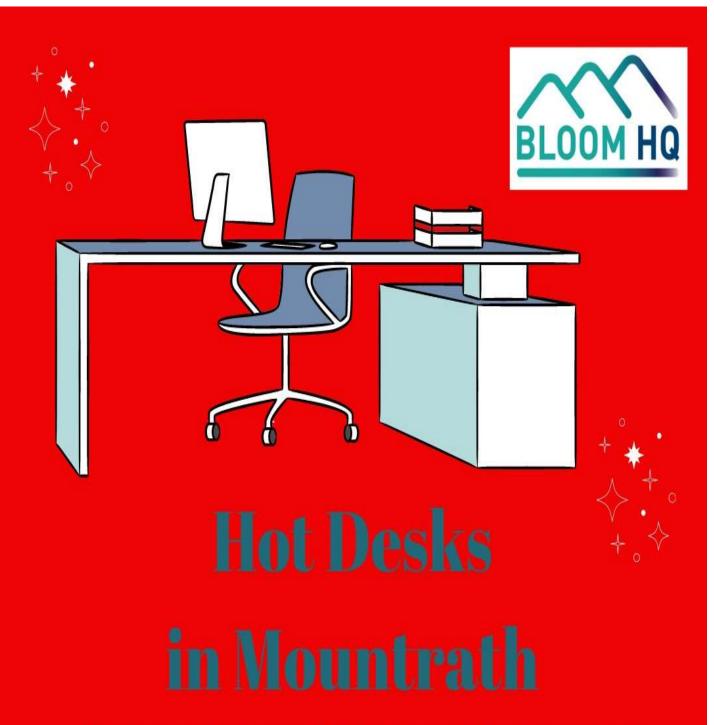
FOR RATES AND/OR MORE INFO PLEASE CONTACT ME

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

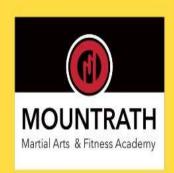


Okinawan Karate



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

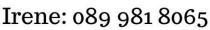
€ 35 per month

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







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

Saturdays

Kids 10- 11 am Teens /Adults 11 am -12 pm

contact Jamie 085 200 2497

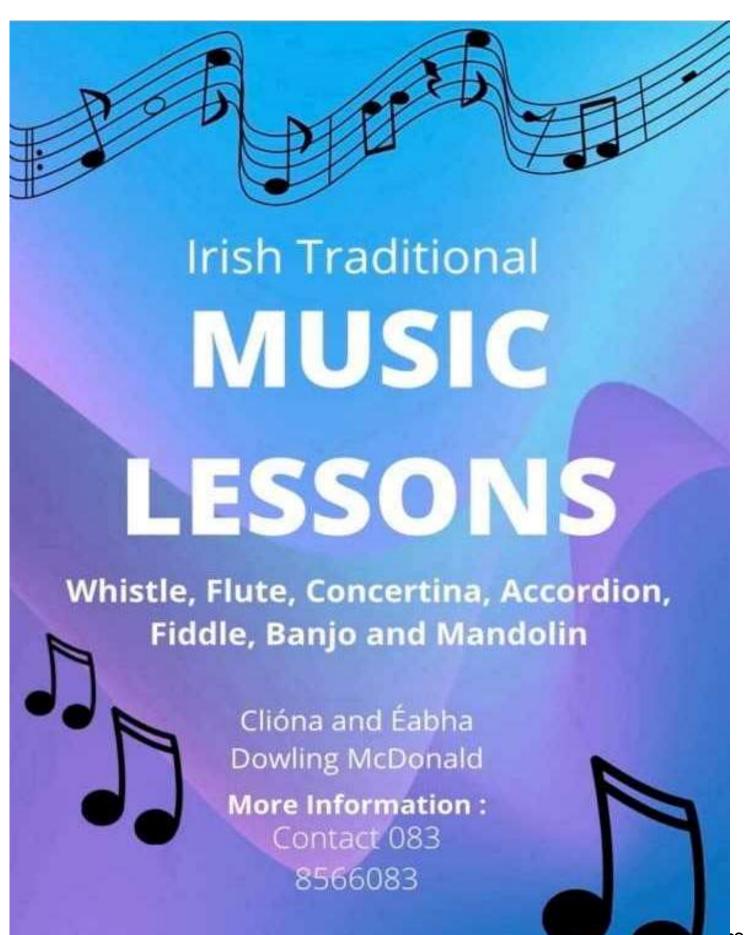






Brigidine Convent, Patrick St, Mountrath, R32 DC58





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.



,_{age}65

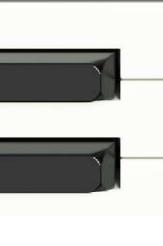
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For our new Music Rooms Contact Lucy 087 259 7895

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



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 well-being. This heightened awareness fosters a culture of genuine care and concern. No funding is necessary to do the training. It is offered free to volunteers in a community club, association or who are associated with any part of their community's safety, health and wellbeing in a drive to encourage people to take on this vital role for their own community and help bring Peer-Support to the heart of communities as a critical part of mental health awareness and suicide prevention.

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

Details: www.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



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.

10th Anniversary of Donal Walsh



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

1:30	Why do we go to Mass? – Fr. John Harris
2:00	Mass – Main celebrant Fr Leo Moloney SJ
3:00	Depart

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

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 4^{th} May 2024 to Monday 6^{th} May 2024. Information: Mary 087 970 1130. Booking: Nairin 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: 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.

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!