Mountrath Ballyfin Online Newsletter

7th - 8th Sept. 23rd Sun. in Ord. Time.



Seán Dooley, Fr. D'Connor Cresc. Formerly Portlaoise Rd., R.I.P.

Seán was an integral part of the Hargrove family and business (on Church St.) for almost 40 years
This pic. extracted from "Laois Through the Lens" published by Portlaoise Camera Club last year.
shows Seán "manning" the counter at Hargrove's Shop. Seán was a lovely gentle presence about the
town throughout his life, having worked at Wallis' Bakery, Shannon St., Esso Filling Station on
Portlaoise Rd. and for almost 40 years with the Hargrove family on Church St.,
Pic. snapped by John Dunne. See also Page 4

May Seán now find rest after a lifetime of true service.

VISIT OF RELIC OF BLESSED CARLO ACUTIS

Wednesday 11th to Friday 13th September

Wednesday 11th 7pm:

Reception of the Relics with talk on the life of Blessed Carlow by Fr. Marco (Parish Priest of Assisi)

Thursday 12th and Friday 13th

Masses at 7.30am, 10am & 11.30am.

Bishop Denis will celebrate the 10am on Thursday.

The 11.30am Masses will be attended

by our Confirmation classes and Schools.

All are welcome.

Throughout Thursday and Friday there will be talks on the life of Blessed Carlow, streaming of a video on his life, periods of quiet prayer and blessing with the relic.

3pm Friday 13th - Farewell

Sacrament of Penance
Confessions on
Thursday 12th and Friday 13th
after the 10am and 11.30am Masses





St. Peter & Paul's Church
11th, 12th and 13th September 2024

Blessed Carlos Acutis

The relics of Carlos Acutis will visit the Church of St's Peter & Paul,
Portlaoise from 3.00 pm on Wed. 11th Sept.
to 8.00 pm Fri. 13th Sept.

Mass especially for our School children will be celebrated in Portlaoise Ch. on Thurs 12th and Fri. 13th Sept. at 11.30 am

A Prayer as our New School Year Begins

A Prayer as our New School Year Begins

Loving God, as our schools reopen
We place them in your care
Bless all who enter in and continue
to hold them in your love this year.
May our school communities
be places of welcome
- love - learning and prayer.
May we help each other to be
the very best that we can
And may we recognise you
in everyone we meet.



Niall Deegan, Shannon St., Formerly London R.I.P.

We pray for Niall who died in London on Thurs. 1st Aug. Niall's Funeral Mass was celebrated in St. Fintan's Church, Mountrath on Fri. 6th Sept. followed by burial in Mountrath Cemetery. We extend sympathy to his mother Nina, sister Lynda, brothers Denis and Gearóid, nieces Kelly, Hollie, Liadan and Senna, nephew Gavin and families. Aunt, Sr. Agnes (Deegan), extended family, relatives, neighbours and his many friends in Mountrath and London.

Seán Dooley, Fr. O'Connor Cresc. R.I.P.

We pray for Seán who died peacefully at Regional Hosp., Portlaoise on Sat. 31st Aug. Seán's Funeral Mass was celebrated in St. Fintan's Church, Mountrath on Wed. 4th Sept. followed by burial in Clonenagh Cemetery. We extend sympathy to his brothers, Gerry and Joe and sister Agnes and her husband Jim (Kennedy) and families, Fr. O'Connor Cresc. relatives, neighbours and friends. Seán was a lovely gentle presence about the town throughout his life, having worked at Wallis' Bakery, Shannon St., Esso Filling Station on Portlaoise Rd. and for almost 40 years with the Hargrove family on Church St.,

Frances Thompson (Nee Doocey) Woodbrook R.I.P.

We pray for Frances who died peacefully at Mullingar Regional Hosp., on Mon. 2nd Sept. Frances' Funeral Mass was celebrated in St. Fintan's Church, Mountrath on Wed. 4th Sept. followed by burial in Mountrath Cemetery. We extend sympathy to her son and daughter, Brian and Marie and their families, grandchildren, Muireann, Colm, Dearbhla, Izzy and Reidin, brother Jack and family, nieces, nephew, relatives, neighbours and her many dedicated friends.

May Niall, Seán and Frances rest in the peace of Christ.

Season of Creation 2024 Prayer

Triune God, Creator of all,

We praise you for your goodness,

visible in all the diversity that you have created,

making us a cosmic family living in a common home.

Through the Earth you created, we experience love and nourishment,

home and protection.

We confess that we do not relate to the Earth as a Mothering gift from you, our Creator.

Our selfishness, greed, neglect, and abuse have caused the climate crisis, loss of biodiversity, human suffering as well as the suffering of all our fellow creatures.

We confess that we have failed to listen to the groans of the Earth, the groans of all creatures, and the groans of the Spirit of hope and justice that lives within us.

May your Creator Spirit help us in our weakness, so that we may know the redeeming power of Christ and the hope found in him.

May the groans of the Spirit birth in us a willingness to serve you faithfully, so that we may hear and heal Creation, to hope and act together with her, so that the firstfruits of hope may blossom.

Loving and Creator God, we pray that you will make us sensitive to these groans and enable us to have the same compassion as that of Jesus, the redeeming Lord.

Grant us a fresh vision of our relationship with Earth, and with one another, as creatures that are made in your image.

In the name of the one who came to proclaim the good news to all Creation, Jesus Christ. Amen

Mountrath Ballyfin Parish News 8th Sept. '24

St. Fintan's Parish, Mountrath — Ballyfin 23rd Sunday in Ordinary Time

Parish Contacts

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

Mountrath and Ballyfin Parishes

Yoga Classes in Ballyfin Old School

'New 4-week Term of Yoga starting in September in Ballyfin Old School. Weekly classes of Beginners, Intermediate and Chair Yoga. Please contact Aisling (089 4122157) to book your spot'.



ACP Zoom Gathering

Gráinne Doherty: "Go and Tell" : The Prophetic Voice of Women ZOOM – Thu 19th Sep. 2024 – 8.00 p.m.

https://us02web.zoom.us/j/82083102910?pwd=gAlmUV4wQDF909H8aKNbstc3ukbuvx.1

Meeting ID: 820 8310 2910 Passcode: 910816

Positioned on the margins of systems of power, the prophet is identified with, on the one hand, giving voice to the pain and fragility of such systems while, on the other hand, holding out a deep hope and belief in the values of the reign of God.

If you wish to contribute directly through your Bank account to Parish funds

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

Here are our Rank Account details

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

Harvesting Gratitude

With Carol Barry



13th to 15th September 2024

At the Dominican Retreat Centre, Tallaght, D24 KA40

This weekend retreat offers us the invitation to pause, ponder, acknowledge and celebrate with gratitude the many blessings in our lives.

In light of the great Judeo-Christian tradition of **HARVEST THANKSGIVING**, a graced space is offered during these days to glean the kernels of truth and wisdom hidden in the mystery of our own daily life.

This will be a time to "ingather", ie. to reflect, remember and recognise the grace of God at work within and around us in order to cultivate a spirit of gratitude, hope and outreach - "May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit", Rom 15:13

Carol Barry will accompany and guide us on this weekend drawing on the biblical-cultural tradition and symbols of this ancient Judeo-Christian tradition of celebrating Harvest time. She will facilitate the day drawing on her experience and skills as a Theologian, Lecturer in Biblical Spirituality, Retreat Director, Anam Chara and practitioner of Bibliodrama and Deep Talk and Elder Pastoral care.

Cost: €280 Residential; € 180 non-Residential.

For bookings please call the Dominican Retreat Centre, Tallaght on 01 4048189 or email at dominican retreats@gmail.com.

BALLYFIN PARISH ACCOUNTS 2023

INCOME

Basket Collection: € 16,305

Envelope Collection: € 25,986

Shrine Income: € 876

Rental Income: € 5,800

Fundraising: € 3,140

Donations: € 1,050

Tax Refunds: € 22,807

Church Bookings: € 460

Lotto Income: € 13,898

Other Income: <u>€ 2,421</u>

<u>Total:</u> € 92,743

Thank you - for your very generous support of and continued and ongoing commitment to Ballyfin Parish Finances and Ballyfin Parish Lotto - throughout 2023Your kind and generous support is very much appreciated.

EXPENDITURE

Diocesan Levy: € 6,576

Insurance: **€** 5,775

Light and Heat: € 17,570

Repairs and Maintenance: € 21,532

Pastoral Programmes: € 1,720

Security: € 273

Cleaning: € 263

Rates, Water, Waste: € 421

Diocesan Retirement Fund: € 1,000

Missallettes: € 1,870

Altar Requisites: € 3,657

Telephone/Broadband: € 1,379

Computer Hardware: € 3,219

Youth/Community: € 640

Bank Charges: € 880

Collections: € 200

Total: € 66,975

Adult Literacy for Life (For Everyone)

Do you know that in Ireland, 1 in 6 adults struggle with reading and writing,

1 in 4 adults struggle with maths and 1 in 2 adults struggle with digital skills?

Do you or a family member need to improve your reading, writing, maths or ... digital skills?

We can help. All courses are free.

Contact: Kilkenny Adult Learning Service (KCETB) 056 776 3149 or Carlow Adult . Learning Service (KCETB) 059 913 5544 or freephone 1800 20 20 65

or email allinnovation@solas.ie

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

Visit of the Relic of St Bernadette

In September and October this year, the relics of Saint Bernadette will journey on pilgrimage to Ireland for the very first time, visiting every diocese in the country. This very special, once-in-lifetime event will provide an opportunity for people of all ages and backgrounds to experience the special gifts and charisms of Lourdes in their diocese. The relics of St Bernadette will visit Kildare and Leighlin this October, on the 7th in Carlow Cathedral and on the 8th in Portlaoise Parish. Further details relating to the visit to Kildare & Leighlin will follow shortly.



Blessed Carlos Acutis

The relics of Carlos Acutis will visit the Church of St's Peter & Paul,
Portlaoise from 3.00 pm on Wed. 11th Sept.
to 8.00 pm Fri. 13th Sept.

Mass, especially for our School children, will be celebrated in Portlaoise Ch. on Thurs 12th and Fri. 13th Sept.

at 11.30 am

Ballyfin Anniversaries

Mass Times Anniversaries

Sat. 7th to Sun. 15th Sept.

Fri. 6th Sept. 5.00 pm Exposition of Blessed Sacrament.

Sat. 7th Sept. 8.00 pm Vigil Mass - 23rd Sunday in Ord. Time

Sun.8th Sept. 10.00 am 23rd Sun. In Ordinary Time

Mon. 9th Sept. 7.00 pm Apostolate of Sanctification.

Fri. 13th Aug. 5.00 pm Exposition of Blessed Sacrament.

Sat. 14th Aug. 8.00 pm

Sun. 15th Sept. 10.00 am 24th Sun. In Ord. Time

Mon 16th Sept. 7.00 pm Apostolate of Sanctification.

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

Mountrath Anniversaries

Mass Times Anniversaries

Sat. 7th to Sun. 15th Sept.

Sat. 7th Sept 7.00 pm Edward and Mary Ann (nee Breen) Walshe Sons, Paul, Edward (Jnr) Jim, Patrick and baby John Joe Tinnakill, Camross.

Sun. 8th Sept 9.00 am The Hollow Ch. Fr. James Rissiter.

11.30 am Elizabeth (Lily) Russell, Clonad

formerly Patrick St. 6th Anniv.

Tues. 10th Sept. 10.00 am Con Moloney, "Avondale" Portlaoise Rd.,

Wed. 11th Sept. 10.00 am People who are ill in the Parish.

Thurs 12th Sept 10.00 am Seán Brophy. Fr. O'Connor Cresc. 47th Anniv.

Fri. 13th Sept. 10.00 am Altar List of the Dead.

Sat.. 14th Sept. 7.00 pm

Sun. 15th Sept.. 9.00 am The Hollow Ch. William and Mary Seale,

Jim and Molly Seale and their son, Michael, Clonadacasey.

11.30 pm 24th Sun. In Ord. Time

1st Anniv. Mass Remembrance

Sat. 21st Sept. 7.00 pm Denise Delaney (Nee Reynolds) Kiln Lane.

Lord, for your faithful people, Life is Changed, Not ended.









To learn more about PLCs, Apprenticeships and Tertiary degrees in Laois, come and talk with our staff from:

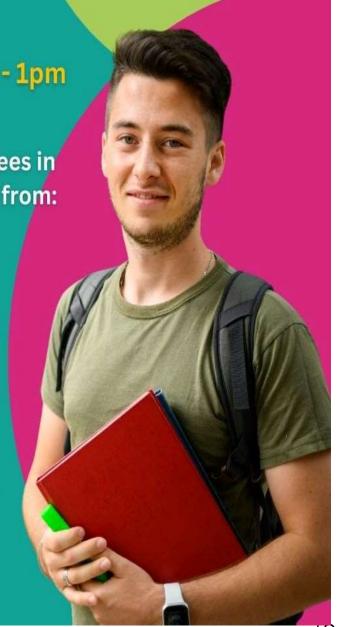
- Portlaoise Institute
- Portlaoise FETC
- ✓ Laois School of Music
- ✓ Portarlington FETC
- Apprenticeship Services

Visit the

Portlaoise LOETB Information Hub Unit 1, Lyster Square, Portlaoise Tel: 057 8630093







Fatima Pilgrimage 2025

The Diocesan Office has circulated details of the Diocesan Pilgrimage to Fatima at Easter 2025. I have included all relevant information received from the Diocesan Office on my Online Newsletter

(See below - from Page 71)

Medjugorje Pilgrimages

April – Oct 2024. 7 Nights Apartment B&B from €273 per person sharing. Airport transfer available on request. Contact us for details and book the dates that suit you. Tel. 01 4434510 or website www.med-irishcentre.com

Harvesting Gratitude – Dominican Retreat 13th - 15th Sept '24

This weekend retreat offers us the invitation to pause, ponder, acknowledge and celebrate with gratitude the many blessings in our lives.

Cost: €280.00 Residential, €180.00 Non-Residential. For bookings please contact the Dominican Retreat Centre Tallaght, call: 01 4048189

email: dominicanretreat@gmail.com





Mountrath Parish Lotto 5th Sept.

Nos. Drawn 14 17 18 32 No Jackpot Winner

3 Match 3's Won € 333.00 each

1 Local Winner - Ger Osborne

Promoter. Mick Farrell

Next Week's Lotto € 20,000

Ballyfin Parish Lotto 4th Sept.

Nos. Drawn 6 8 23 32

No Jackpot Winner

Match 3s Rec. € 112 each

Next Week's Jackpot €13,000

Thank you - for your very generous support of and continued and ongoing commitment to Ballyfin Lotto

Mountrath Ballyfin Lottos

Next Week's



Ballyfin

€ 13,000

Mountrath € 20,000

A Word from the people at Mary's Meals

I would like to say a huge thank you on behalf of Mary's Meals Ireland for your support and for posting our Walks from Kilkenny and Thurles in your weekly newsletter to help us spread the word.

Could you please place a post of our thanks for all who came out to show support, donated, helped with collections, walked, offered accommodation or provided food and refreshments and prayed for us and the children we feed.

Your kindness and generosity have touched our hearts and we thank you from the bottom of our hearts.

May God continue to bless you in all that you do.

Warm regards

Josephine Donaghey Volunteer for Mary's Meals





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With Carol Barry



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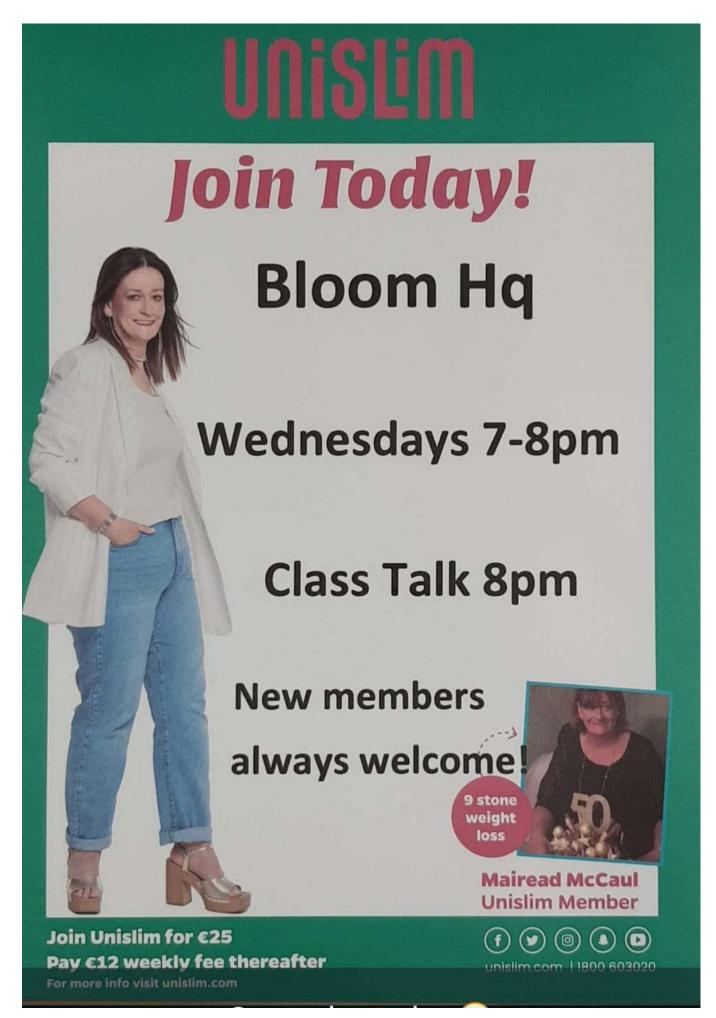
Cost: €280 Residential; € 180 non-Residential.

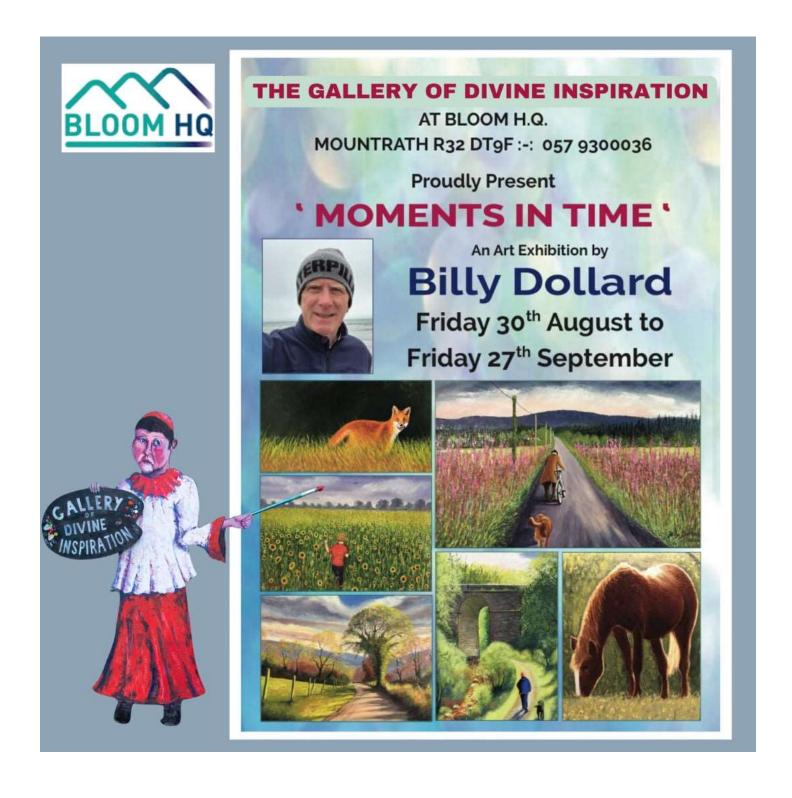
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Events In Bloom HQ

Events In Bloom HQ

Events In Bloom HQ







Pilates

Saturdays 12-1 pm 6 weeks starting 14th September



Mountrath Health & Fitness Academy, Patrick st, Mountrath R32 DC58 € 60 for 6 weeks

Sabrina 087 646 7305

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







Early Bird HITT classes



6 am Tuesday & Thursday

Starting Tuesday 17th September

8 week block x 2 classes a week € 130

Plus bonus Saturday 10 am classes for free



Come join
our new
trainer Tobi
and get
stronger,
fitter and
healthier at
our Early
Bird class!



For more info contact Ruth on 089 2647761

At Mountrath Health & Fitness Academy, Patrick St, Mountrath R32 DC58









Mum & Baby/Toddler Gym class



10 am Tuesday

€ 50 for 6 Weeks



Contact Ruth 089 264 7761

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









Lower Body Classes

Have you been injured/had a fall?



Are you attending a Physio and need extra support?

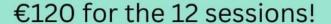


Here in Mountrath Health &
Fitness Academy we are putting
together a program to help you
progress your healing more
quickly!

Starting September Tuesdays & Thursdays 8.15-9 pm

Limited to 6 people

6 weeks twice a week, 45 min sessions Pre program Ruth will go through your current exercises and injuries then develop a program to help all heal and increase Mobility, Flexibility, Balance & Strength.





VENUE

BLOOMHQ, PATRICK ST, MOUNTRATH, R32 DC58



Contact Ruth 089 264 7761











Upper Body Classes

Have you been injured/had a fall?

Are you attending a Physio and need extra support?



BLOOMHQ, PATRICK ST, MOUNTRATH , R32 DC58



Here in Mountrath Health &
Fitness Academy we are putting
together a program to help you
progress your healing more
quickly!



Starting September 24th
Tuesdays & Thursdays 6 -6.45 pm

Limited to 6 people

6 weeks twice a week, 45 min sessions
Pre program Ruth will go through your current
exercises and injuries then develop a program to
help all heal and increase Mobility, Flexibility,
Balance & Strength.



€120 for the 12 sessions!

Contact Ruth 089 264 7761







Book on

https://mountrathgym.squarespace.com/memberships/upperbodyinjuryclass

Lower Body Classes

Have you been injured/had a fall?



Are you attending a Physio and need extra support?

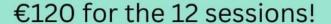


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VENUE

BLOOMHQ, PATRICK ST, MOUNTRATH, R32 DC58



Contact Ruth 089 264 7761







Music Teachers wanted



for Mountrath Music School

*soundproof rooms

*free parking

*waiting area for parents



contact Lucy 087 259 7895

LOOKING FOR AN

OFFICE TO RENT

IN LAOIS?

FULLY SERVICED
OFFICES
FREE PARKING
CANTEEN
POSTAL ADDRESS
PHOTOCOPYING

CONTACT 089 272 2885
OR

MANAGER@BLOOMHQ.IE



Bloomhq, Patrick St, Mountrath R32 DC58



Basketball in Mountrath

Now 11-12 am Saturdays





Kids 6-10 years 1 hour sessions



€2 per child per session



Outside in Bloomhq or in Philomena's hall if raining!

VENUE

Contact Ruth 089 264 7761

BLOOMHQ, PATRICK ST,

MOUNTRATH, R32 DC58







Monday

10 am Mature Movers
11 am Activator Poles Inc.
7 pm Mixed Circuit Training
(suitable for Beginners & Advance)
7 pm Karate*

Tuerday

10 am Beginner TRX 7 pm Ged Fit*

Wednesday

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

Thursday

7 pm Ged Fit*

Friday

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

Saturday

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

PAYG and Members Always Welcome

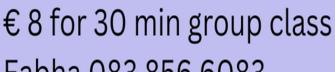
*These Classes are not included in the Membership fee

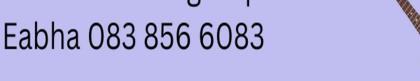
Music Classes in Mountrath



Trad Music

Saturdays from 11 am 6 + years





Piano

Sunday mornings 5+ years €20 per 30 min lesson Heather 083 054 7772







Mature Movers

50 + Gym Classes

Strength
Flexibility
Balance
a bit of Endurance
& a lot of Fun





6 week block starting Monday 19th August

Mondays 10 am & Wednesdays 11 am

45 mins in Mountrath

€ 60 for 6 weeks

Contact Ruth 089 264 7761









Pilates

Saturdays 12-1 pm 6 weeks starting 14th September



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

€ 60 for 6 weeks

Sabrina 087 646 7305

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







Seated Exercise Adult Inc Class



11 am Thursdays

€4 per class

Contact Ruth 089 264 7761

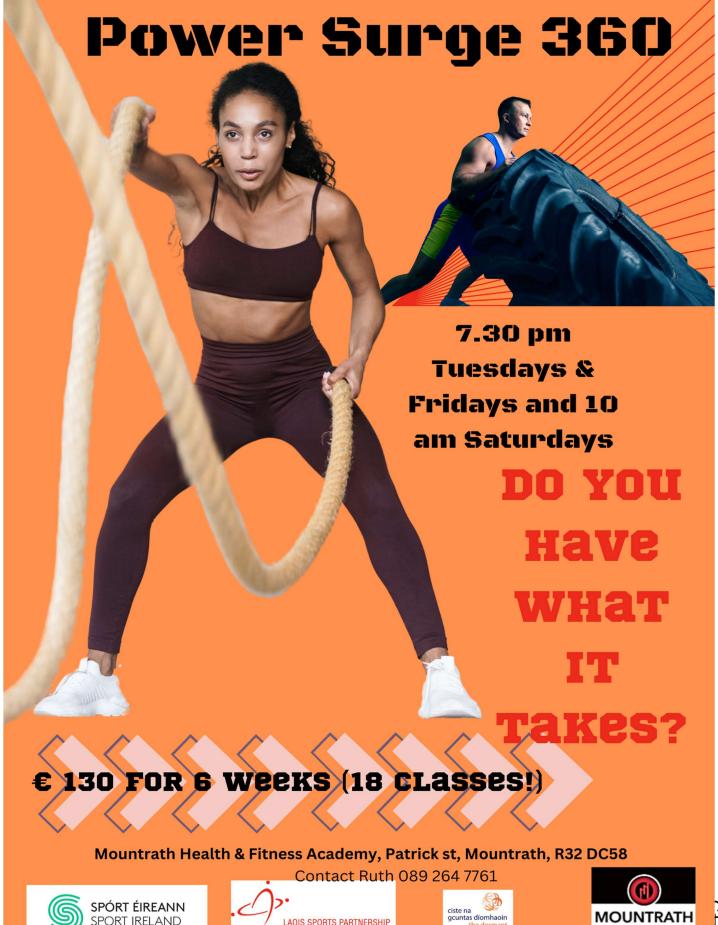
Mountrath Health & Fitness Academy, Patrick st, Mountrath, R32 DC58









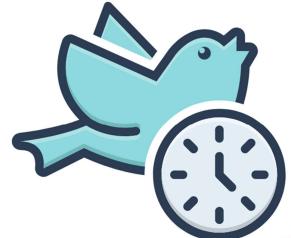


LAOIS SPORTS PARTNERSHIP COMHAR SPÓIRT NA LAOISE

SPORT IRELAND

MOUNTRATH

Early Bird HITT classes



6 am Tuesday & Thursday

Starting Tuesday 17th September

8 week block x 2 classes a week € 130

Plus bonus Saturday 10 am classes for free



Come join
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Bird class!



For more info contact Ruth on 089 2647761

At Mountrath Health & Fitness Academy, Patrick St, Mountrath R32 DC58









Mum & Baby/Toddler Gym class



10 am Tuesday

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







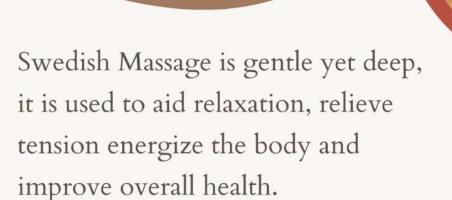


Revive Swedish Massage

4

Revive Swedish Massage

RELAX AND REVIVE TODAY





- Full Body Massage 1 hour €50
- Upper Body Massage 45 minutes €35
- Lower Body Massage 45 minutes €35





Bloomhq, Mountrath, R32 DC58

Book Your Appointment





LOOKING FOR AN

OFFICE TO RENT

IN LAOIS?

FULLY SERVICED
OFFICES
FREE PARKING
CANTEEN
POSTAL ADDRESS
PHOTOCOPYING

CONTACT 089 272 2885
OR
MANAGER@BLOOMHQ.IE



Bloomhq, Patrick St, Mountrath R32 DC58



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

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

September 21/22, 2024 09.00 – 17.00 both days

Cost €345

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





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

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



sequently became a tool to use for his own personal growth, for you cannot 'clear' the energy of another if you yourself cannot embrace their issues.

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

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

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

www.ericdowsett.com

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



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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

Fr Fr

€20 per 30 min lesson

Heather 083 054 7772

















Brigidine Convent, Patrick st, Mountrath, R32 DC58

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





Zumba





St Philomena's Hall, Bloomhq, Mountrath R32 DC58

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



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



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-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

First trial class free

Shane: 086 339 9287



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

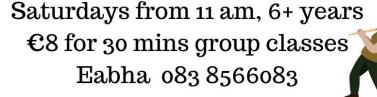
Wednesdays 5-6 pm, 7-12 years € 30 for block of 6 classes Rhiannon: 089 211 5183

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

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Violin

Trad Music





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

to book talk to the relevant teacher









Zumba





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Saturday Morning **Circuit Training**



9-10 am



€ 7 PAYG or part of your monthly membership



The Old Convent, Patrick St, Mountrath, R32 DC58

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



Saturdays

083 8566083

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





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





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





Pay €12 weekly fee thereafter

For more info visit unislim.com

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unislim.com | 1800 603020



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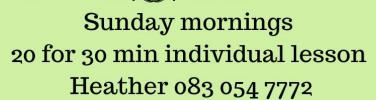
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Trad Music



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



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











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

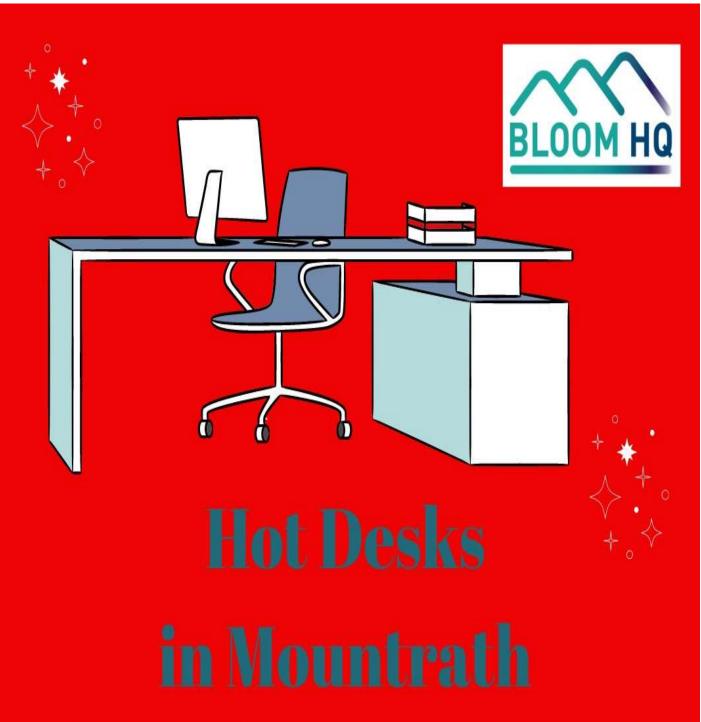
FOR RATES AND/OR MORE INFO PLEASE CONTACT ME

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



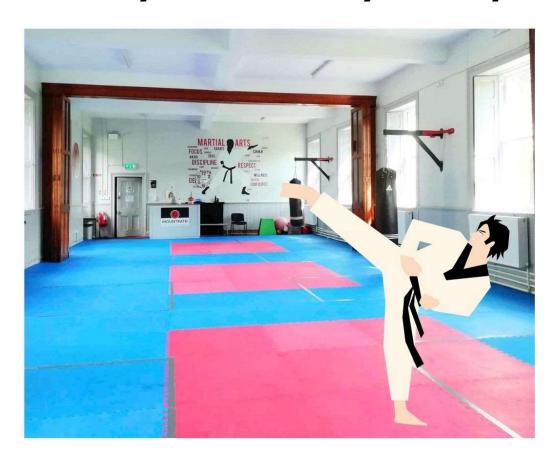




Karate Classes



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

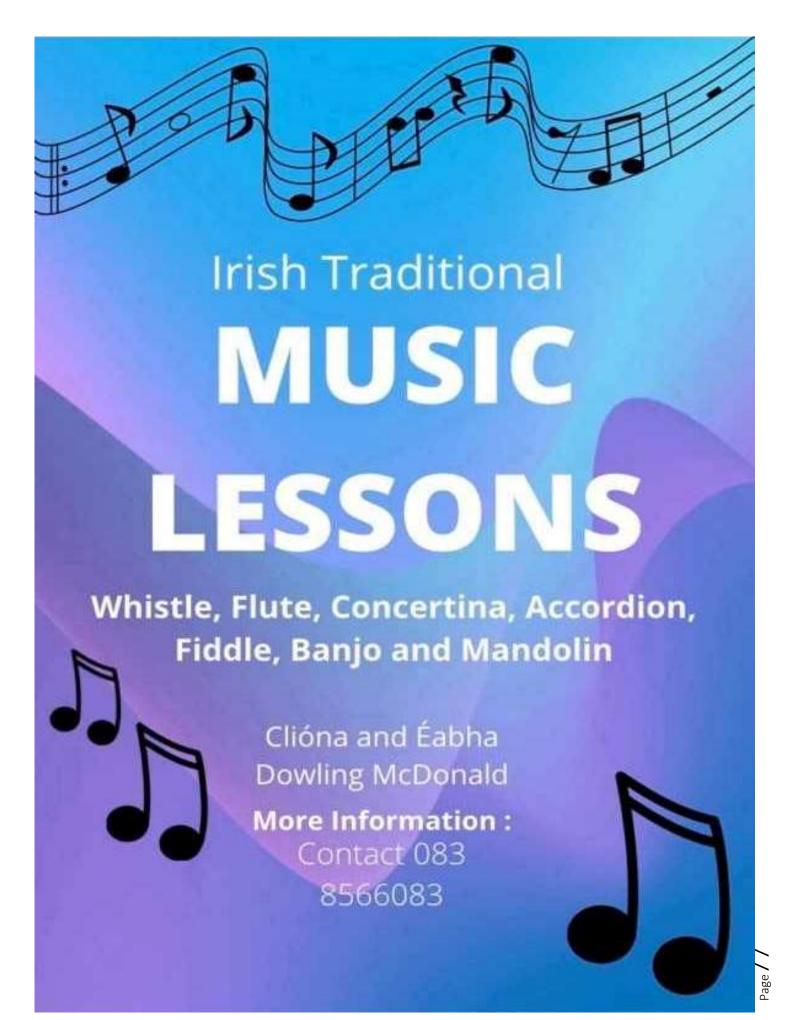
Book with Ruth 086 3262 570











Music Classes in Mountrath

- Lessons in BloomHQ
- Violin Lessons by Irene Ramos

 0773222323
 iramos.violinstudio@gmail.com
- Irish Traditional
 Music, Whistle, Elute.
 Concertina.
 Accordion, Fiddle,
 Banjo and Mandolin
 Cliona & Eabha
 Dowling McDonald
 083 8566083

Contact the relevant teacher to arrange days/times/prices

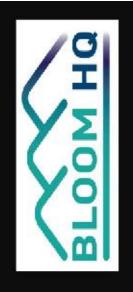


ONV



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



Special Kildare/Carlow Pilgrimage (Limited availability) to Fatima EX Dublin Easter 2025

Flying with TAP Airlines

Also 13th June 2025 for Feast of Saint Anthony,

13th October 2025 for Miracle of Sun

Contact James Treacy 061921470

jamestreacyphotography@gmail.com

Payment can be made by instalments

Daily Itinerary



Day 1 - Holy Thursday (Apr 17th)

- Depart Dublin Airport at 05.35 a.m. and arrive into Lisbon Airport at 08.35a.m.
- On arrival transfer to Fatima where we will check into our hotel.
- · Lunch will be provided at the hotel.
- · Free time for optional activities.
- · Dinner at Hotel.
- · This evening we will attend Holy Thursday Mass.

Day 2 - Good Friday (Apr 18th)

- Following breakfast at our hotel we will walk the Way of the Cross.
- Lunch in Hotel.
- This afternoon, we will have a guided tour of the Sanctuary area visiting, the Capelhina, Rosary Basilica, the graves of the three children.

Day 3 - Holy Saturday (Apr 19th)

- This morning after breakfast we will visit the Parish Church, Valinhos and Aljustrel.
- · Lunch in hotel
- Following dinner we will attend the Vigil Mass in the Sanctuary.

Day 4 - Easter Sunday (Apr 20th)

- Following breakfast, we will attend the Rosary and international Mass in the Sanctuary on this Easter Sunday morning.
- · Lunch in hotel.
- Afternoon is free for optional activities.
- Dinner in Hotel.

Day 5 - Easter Monday (Apr 21st)

- After breakfast, we will depart Fatima on our optional tour of Nazare & Bathala.
- A packed lunch will be provided.
- For those staying in Fatima, lunch will be provided in the hotel.
- Dinner and overnight.

Day 6 - Tuesday (Apr 22nd)

- We bid farewell to Fatima and make our way to Lisbon Airport.
- Enroute, we will have a short visit to Santarem and visit the Church of The Holy Miracle. We will
 have time for private prayer in this special place.
- · We will then continue onto Lisbon Airport.
- Our flight departs Lisbon at 3.20pm and arrives into Dublin Airport at 6.10pm.







Д



FATIMA PILGRIMAGE



17th - 22nd APR '25

Group Leader: James Treacy
Escorted Tour

FATIMA where the Blessed Virgin appeared to the three children, Lucia, Francisco, and Jacinta in 1917 is now one of the greatest Marian Shrines in the world.

VISITING: Chapel of the Apparitions - The Church of the Holy Trinity - Guided tour of the Sanctuary - Hungarian Stations of the Cross - Aljustrel - Partake in the Easter Celebrations

INCLUDES:

- Return flights ex Dublin to Lisbon
- 23kg checked in luggage per person
- Coaching as per the itinerary
- 5 nights full board basis staying at 3* Santo Amaro Hotel
- Religious itinerary with a guided tour of the Sanctuary area and excursion to Aljustrel
- Taxes and Charges

EXTRAS:

- Single room supplement: €200.00 for duration (first come first served basis)
- Travel Insurance*: €50 per person up to 79years of age and €75 per person between 80 & 94 years of age
- Items of personal nature.
- · Additional meals not listed.
- · Valid Passports are required.
- Optional Day Trip prices will be given locally by our guide.

*Any person taking our travel insurance must get a form signed by their GP at time of booking and this form must be taken to Fatima with you.

HOTEL SANTA AMARO:

Located a 5-minute walk from the Sanctuary of Our Lady of Fatima, Hotel Santo Amaro is the place where comfort and well-being are privileged. Hotel Santo Amaro offers you services of the highest quality so that you can enjoy your stay to the fullest. Our two excellent restaurants, where you can taste the typical cuisine of the region, are worthy of special mention. The hotel also has a chapel, two bars, and a souvenir shop. All guests have access to free wifi.

Cost Per Person €859pp sharing

Non-refundable €300 deposit plus insurance premium required at time of booking to secure place







For further information please contact:

Group Leader James Treacy: Tel 061-921470 or Mob 086-0572216 Barter's Travelnet: 021 485 1700 or kcallaghan@travelnet.ie

Catholic Marriage Encounter

Catholic Marriage Encounter in Ireland is a Weekend experience is for married couples who want something more in their marriage - more fun, spontaneity, excitement, communication, understanding, romance, intimacy, passion, joy.

Our next Marriage Enrichment Weekend is Friday 8 - 10 November 2024

Venue: Focolare Centre, Prosperous, Co. Kildare

Online booking only: www.marriageencounter.ie

Medjugorje Pilgrimages April – Oct 2024

Medjugorje Pilgrimages April – Oct 2024.

7 Nights Apartment B&B from €273 per person sharing. Airport transfer available on request. Contact us for details and book the dates that suit you.

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Email: reservations@med-irishcentre.com