

CLERGY:

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DEADLINE FOR THE NEWSLETTER IS 10AM WEDNESDAY

Office Open: 9 am to 12 noon – Monday to Friday.

Parish Website: www.mitchelstownparish.ie

Fr. Burke is on Sick Call this week - Phone Number: 087 - 2524979

Parenting - a stress-free zone

Mitchelstown CBS Secondary will host a talk titled "Parenting - a stress free zone" on **Tuesday March 10th at 7.30pm, in the School Hall.** Liam Doocey (Youth Services Ireland) will be the main speaker, and his talk will cover topics such as:

- What causes stress between parents/guardians and their teenagers
- How to be an effective communicator
- The main issue that present for teenagers living in the 21st century
- What to do if there is a problem

Admission is free and all are welcome to attend.

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Pilgrimage to Fatima & Garabandal:

10th – 18th June inclusive. Contact 087-2313762 for more details.

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Would you like to Quit Smoking?

A 6 week HSE 'Stop Smoking' support group will start in

Mitchelstown Living Health Centre

HSE 2nd Floor

Wednesday 4th March 2015

12md-1pm

The course, which is Free of Charge, will be facilitated by Joan O'Sullivan, Smoking Cessation Officer, HSE, for one hour a week for six weeks. The course offers smokers support and practical advice and highlights different approaches and techniques that encourage people to reduce and quit smoking.

Further information is available from:
The Health Promotion Department,
HSE South, MPH
Telephone 022 - 58634

Mitchelstown Parish & Community Newsletter

Volume: 6 Issue: 36 Date: Sunday 1st March 2015

FR. STEPHEN CUMMINS: Fr. Stephen was a priest in the Diocese of Cloyne for a number of years, before he joined the Dominican Community in Cork. He will be the main speaker during our three evenings of reflection and prayer, on the formation of a Parish Pastoral Council. He has vast experience of working in a parish and has constructive insights into the value of a Parish Pastoral Council. **The Parish Gathering on Monday, Tuesday & Wednesday, March 9th, 10th & 11th** will be very helpful to understand better what a Parish Pastoral Council is and an opportunity to pray to the Holy Spirit for guidance for the Parish. We encourage you all to make a special effort to attend. The **first two evenings March 9th & 10th** will be held in the Presentation Primary Hall at **8pm**. The concluding Mass will be held in the **Parish Church on Wednesday March 11th at 7.30pm.**

March – Month of St. Joseph: March is the month of the year that is traditionally dedicated to St. Joseph in the Catholic Church. The Feast of St. Joseph, husband of the Blessed Virgin Mary, takes place on Thursday, March 19th. Pope Francis was inaugurated as the successor of St. Peter on March 19th 2013. Pope Francis has a special personal devotion to St. Joseph. Shortly after his inauguration, he asked that St. Joseph be included in all Eucharistic Prayers. St. Joseph was above all a man of faith, he accepted in faith Mary as his wife and her virginal conception and birth of the Christ Child. He was most humble before God and never sought the lime light in the sight of the world, quite happy to do his work and carry out his mission, without drawing attention to himself. The Irish people were honoured with his presence when he appeared with Our Lady, during the apparition at Knock on August 21st, 1879. He is Patron Saint of all families, he is a model for all men, especially for husbands and fathers. As a carpenter, he is Patron Saint of all workers. It is traditionally believed that he died in the arms of Jesus and Mary and so became the Patron Saint of a happy death. The Church also recognises him as the protector of the work of the whole Church.

May, St. Joseph who was so faithful, intercede for us all and for our Parish.

Congratulations to the Musical Society and all involved in the recent production of the Musical "Oliver". It was enjoyed by all who saw it and it was a fantastic to see people sharing their talents, especially the children. Thanks for all the hard work and great show.

C.B.S. Primary Parent Council present our 29th Annual Fashion Show. Firgrove Hotel, **Friday, 13th March** at 8pm. Models by Hilary Thompson & some "Familiar Faces". Local Stands on Display. Cheese & Wine Reception. Raffle on Door Ticket. Tickets €15 available from the School Office or any member of the Parent Council. Your support would be greatly appreciated.

TOTAL TONE CLASSES in Glenahulla National School, every Wednesday night at 7pm to 8pm. All levels of ability welcome. Contact Noreen on 086 0706382 to pre book.

Active Retirement Summer Break to Athlone 15th – 19th June 2015.

Booking: Wednesday 4th March at the Town Hall between 2-4pm
Booking Fee €100 (non-refundable) Enquiries to Ozanam Centre 025 / 84733

Mitchelstown Parish Gathering: You are invited to gather in the Presentation Primary Hall on **Monday & Tuesday, March 9th & 10th from 8pm – 9pm.** The Dominican Community, Ennismore, Cork will lead the Gathering (Fr. Cummins & Fr. Hegarty). On **Wednesday evening the 11th March,** we will have **Mass in the Parish Church at 7.30pm** and we hope some of the Secondary School pupils will participate.

SAFE PASS COURSE in Kilbehenny Community Centre 14th March - contact Eileen on 087 9270020 for more details

Spring Courses at Ozanam Centre 025 84733 www.ozanamcomputers.com

Introduction to Facebook: Tuesday Morning 3rd March

Introduction to Twitter: Tuesday Morning 10th March

Payroll Fetac Level 5: Wednesday Night 1st April

Business Admin: Thursday Night 16th April

BEGINNING EXPERIENCE is a worldwide specially designed support programme for men and women who have suffered the loss of a spouse by death, separation or divorce to work through the grief process, and to discover for themselves that merely "existing" in life can be transformed into "living" a new life, though a different one. The next weekend is being held at the Ennismore Retreat Centre, Cork from **Friday 10th April to Sunday 12th April, 2015.** For further details please contact 087-9886480 or email beginningexperiencecork@gmail.com

Ballylanders Macra hold their **Annual Irish Night** on **Friday the 13th March** in Gallahues Hall, Ballylanders, Co. Limerick, at 8.30pm. A night of music, dance and fun is ensured with band Pacific Blue. Proceeds from raffle on the night go to Irish Cancer Society. Entry is €10 (concession with valid Macra card €8) with door prize and finger food on the night. For more info contact us on 087 3433639

Glenahulla NS Fundraiser, Bingo Night, Friday 6th March, 8.30pm at the Firgrove Hotel, Mitchelstown. Your support would be greatly appreciated.

RUN FOR FUN! Mitchelstown CBS invites you to take part in our 5km family fun run/walk on **Thursday March 5th**. Registrations will be taken from 6pm at the school. Walkers will leave at 7pm. runners leave at 7.30pm. Entry €5 per person or €10 for family. Refreshments will be served after the fun run/walk. Prizes will be presented for various categories. All are welcome.

Mitchelstown Badminton Club -

TABLE QUIZ in aid of Mitchelstown Badminton Club in **The Hunters Rest at 9pm on Friday, 6th March.** Table of 4 - €40. Your support would be greatly appreciated. Also, Raffle and Spot Prizes. All are welcome.

With Kilbehenny Cycling Club its cycling as it should be. We are cycling every Sunday at 10:00am, from Kilbehenny Community Centre. Our recent spins are getting a great response and with new members joining weekly, it's going to be a great year of cycling ahead. Wednesday evening cycling will commence when the evenings get brighter. Its access to all areas of great cycling with Kilbehenny Cycling Club, from the beginner, right up to the professional. Great fun, leisure and improved fitness are a guarantee. Our cycling routes are the best available, thanks to our excellent location, exposing us to easy level and also more challenging routes as one wants to progress. We constantly monitor the feedback from cyclist so that all efforts are made to enhance the club for everyone's benefit. Registration for the Better Life Cycle Bay to Bay Challenge on Saturday May 30th 2015 is available on www.betterlifecycle.ie. Spinning classes continue on Tuesday evenings in B2A. Make Kilbehenny Cycling Club your cycling club for the year. We have an amazing year of cycling events planned! For further details contact: Mary 086 6033239, Eileen 068 3180962, Tom 087 2683587. New members most welcome

Junior Tennis Coaching in Mitchelstown: Junior Tennis Coaching with Sinéad Dunne, renowned Munster Tennis Coach, **will start on Thursday, 5th March** for 4 Thursdays. First group will start at 3pm and will run hourly, depending on age. Coaching is suitable for children aged 5 years upwards. Cost is €20.

Text name and child's age to Club phone 089 – 2293818.

BALLINDANGAN COMMUNITY COUNCIL: Progressive 45 Card Game: The next card game will be held on Saturday night **March 14th** €10 game. Beginning at 8.30pm sharp. All Welcome. **Monday Morning Club:** The next meeting will be on **March 9th** at 10.30am and we are doing flower arranging. If you haven't done before as there will be plenty of help on the day. You can recycle your Christmas ring and swag holders. Oasis will be available on the day. If you would like to attend or want further information please contact Martina or Norma.

Mitchelstown Allotments: Anyone who would be interested in leasing one of our newly open allotments can contact Ballyhoura office on 025-85213 for more details.

The Diocesan Pilgrimage to Knock is on Sunday 10th May. Parishes to make their own travel arrangements.