

**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](http://www.mitchelstownparish.ie)**

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

A Church Gate Collection will take place on the 12<sup>th</sup> & 13<sup>th</sup> of September in the Churches of Mitchelstown Parish to support the establishment of a weekly **ALZHEIMERS DAY CARE SERVICE IN JAMES ST.** It is hoped to begin this vital service after Christmas. If anyone is available to assist with this collection please contact Delia Tobin on 087 092 7878. All support is greatly appreciated.

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The **Cork Mini Marathon** takes place on **Sunday September 27<sup>th</sup>** in Blackrock and **The Cork Association for Autism** are looking for ladies to join their team. The Cork Association for Autism provides supports to 250 adults on the autistic spectrum. All funds raised in the Cork Mini Marathon will go towards the building of their new Day Service Centre in Mogeely. Building work began in March and the centre is due to be open in September. The new centre will allow the CAA to provide additional skill development opportunities and multidisciplinary therapies to their clients as well as helping to alleviate an ever growing waiting list. It is costing €300,000 to build which is why they need your support.

Email [fundraising@corkautism.ie](mailto:fundraising@corkautism.ie) or call Carol on 021 453 3642 to get your fundraising pack. Log onto [www.corkautism.ie](http://www.corkautism.ie) for more information.

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**BRIGHT SPARKS - TODDLERS AGE 12 MONTHS AND UPWARDS.** 2 OR 3 hour sessions for fun. Great interaction for your toddlers and lots of play. Snack included. Prices start from €7. PHONE OR TEXT 025 86799 / 0862653839

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On behalf of **The Irish Blood Transfusion Service**, **SINCERE THANKS** to all who contributed to the running of this Clinic. **288** Donors attended our **MITCHELSTOWN** Blood Donor Clinic. Their generosity and commitment to helping others is very much appreciated. This precious gift brings life & hope to the patients and to their families & friends.

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**MITCHELSTOWN CAMELITE LOURDES GROUP** will hold their Annual Lourdes Mass in the Parish Church next Saturday, 12<sup>th</sup> September at 7.30pm. A Sovereign Shop will be at all Masses the weekend of 19<sup>th</sup> & 20<sup>th</sup> September in the porch of

# Mitchelstown Parish & Community Newsletter

*Volume: 7 Issue: 11 Date: Sunday 6<sup>th</sup> September 2015*

**Do Not Despair:** When the turmoil comes do not despair. We must always remember that God is with us and that He loves us and He loves us always. We must also remember that in His great love, God has given us a Heavenly mother, in Our Lady, to comfort us in the greatest darkness. So, there is no need, whatever, for us to be afraid of the future. Sure, when we feel helpless, we can also feel guilty, but remember the Mercy of God is great and He understands how foolish we can be. This can be the opportunity to turn to God anew and open our hearts to one another and to one another's needs. The Evil one is causing great suffering in the world at the moment. For centuries he has increased the pain and suffering for humanity. But we have a weapon that can defeat him and that weapon is faith and prayer. Now is the time to take up these weapons anew, and to look to the future with the greatest confidence.

**Life In The Spirit Seminar:** The members of the Wednesday night adult Prayer Group invite you to a renewal seminar called **Life in the Spirit**. It will take place on **seven Wednesday nights**, beginning on **Wednesday September 23<sup>rd</sup>**. It will be held in St. Fanahan's College, Mitchelstown. There will be a guest speaker each evening and these are the themes: ♦ Love of God, ♦ Salvation, ♦ New Life, ♦ Receiving God's Gift, ♦ Baptism in the Spirit, ♦ Growth and transformation. It is open to everybody, of all ages, be your faith strong or weak. A lot of people in the last forty years have experienced great blessings through participating in the Seminar. The seminar will begin each evening at 8.00pm and there will be prayers, music and singing also. If you wish to book your place, contact the Parish Office.

Just to remind everybody of the special day of prayer on **Saturday September 19<sup>th</sup>, 10.00am – 5.00pm in the Town Hall**. The day will be led by Vincentian Father, Pat Collins, who inspires many by his teachings and reflections. There will be music and prayer throughout the day. Bring a packed lunch, coffee and tea provided. Participating in this day would be a good introduction for the Life In The Spirit Seminar, but not necessary. All are welcome.

**Station Masses:** The Autumn Station Masses will commence on Friday September 25<sup>th</sup>. In the coming weeks the Station list and the Autumn offering envelope will be delivered to all the Station areas. The Station Masses have brought enormous blessings to us over the years, for which we thank God. We encourage you again to participate this Autumn.

**The Carmelite Sisters**, Delgany, Co. Wicklow, invite women who wish to explore a monastic vocation, to join them for a monastic weekend from 18<sup>th</sup> - 20<sup>th</sup> September and share in their life of prayer, liturgy and work for a few days. For more information e-mail: [contact@carmelitemonastervdelganv.ie](mailto:contact@carmelitemonastervdelganv.ie)

## Monday Morning Club

The Ballindangan Monday Morning Club is back after their summer break on Monday next September 7th at 10.30am. Open invitation to all who'd like a relaxing morning in great company, followed by a cuppa and a chat. The 1st guest is Philomena Kiely of Radiance Health & Beauty, Lower Cork St., Mitchelstown. I'm sure all in attendance next Monday will be pampered!!

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## Towards Occupation Programme- Free, Confidential community based service supporting you to take the next steps will commence in Mitchelstown 6<sup>th</sup> October 2015

The Towards Occupation Programme is designed to assist people who are in receipt of a social welfare payment to develop the skills and confidence to move into education, training, voluntary work, employment or other directions. Participants are supported to explore a range of new skills and set achievable goals whilst also focusing on confidence building, communication skills and increasing self belief. Provide a combination of flexible one-to-one support, guidance and training to people who are experiencing mental ill health. We facilitate participants to identify their own personal occupation requirements and the pathway to achieving them. We assist with Identifying suitable progression routes Ballyhoura Development Ltd.'s Towards Occupation Programme is a modular and flexible part time programme including training opportunities in: Life Skills/Personal Development, Skills Development e.g. Computers, Crafts, Horticulture, Cookery, Art Therapy, Confidential Career Guidance and Support e.g. CV writing and progression planning. WRAP-wellness and recovery action planning.

**Contact: Kate Lennon Ballyhoura Development: 087 7811177 or come along to Ballyhoura Coffee morning Wednesday 9<sup>th</sup> Sept, Town Hall 10am to find out more**

Ballyhoura Development in partnership with Cork ETB will host an adult education event on Wednesday 9<sup>th</sup> September in the Town Hall at 10am highlighting the courses that will be offered locally in Mitchelstown. Come along on the day to find out more about these courses which include **Beginner Computers, Communications QQI Level2, Home Repair and Maintenance QQI Level 5, Care Skills Level 5, Explore You Options – Job seeking skills course, Health & Beauty, Beyond You- Personal Development, Talking to Teens Communication Parenting Course, Digital Photography QQI Level 3, Childcare QQI 3, Computer literacy QQI3, English Language classes. All these course are free**

You will meet staff from Ballyhoura Development & Cork Education and Training Board who can discuss the best course option for you. All are welcome, event is free of charge.

Contact Ballyhoura 025-85213

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**A path from unemployment to employment through the course:** Ballyhoura Development ran its first Logistics & Distribution Course in Mitchelstown from August 2014 to July 2015 operating from Kingston Arms. We started our first year with 16 young unemployed learners and finished with 12 students that achieved their Major award in Logistics & Distribution. The course was a huge success with many learners gaining employment immediately in the Warehousing, Retail, Distribution and Transport sectors. The course had 8 modules – Word processing, Excel, Warehousing, Inventory Control, Purchasing, Freight Forwarding, Customer Service and Work Experience with placements locally. We are now recruiting students for our second year beginning September the 7<sup>th</sup> 2015. Please contact us on 025 854 50 Mon-Fri 9am-5pm

**LANTERN OF HOPE ART PIECE** will be on display in Fermoy Library during World Suicide Awareness Week (7 - 13<sup>th</sup> September). An open invitation is being extended to all members of our community to call into Fermoy Library during World Suicide Awareness week to view the piece which was created by a team of dedicated local artists. Balloons will be placed beside the **Lantern of Hope** & members of the public are invited to leave message(s) to loved ones that have passed. These balloons will be released by the community health worker at the end of world suicide awareness week.

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Our September drop in for **PEOPLE BEREAVED BY SUICIDE** will be held on **Monday 7<sup>th</sup> September in the Cahill Room of Fermoy Community Resource Centre, 42 McCurtain Street, Fermoy (7.30 - 9.30pm)**. For September we will also have a remembrance event to mark world suicide awareness day. The monthly drop in welcome anyone who has ever lost a loved one through suicide, whether your loss is recent or occurred several years ago. The support comes from within the group, all of whom are similarly bereaved. This monthly gathering is quite simply about being in a safe and friendly environment sharing your thoughts and experiences with people who understand your grief.

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**Interested in going to a new Parent and Toddler group?** Kids & Coffee is a new Parent and Toddler group that will meet from 10.30am to 12 o'clock on Thursdays in Ballindangan Community Centre. The first meeting will take place on Thursday 17<sup>th</sup> September. If interested, come along on Thursdays or contact Annette (087 6438430), Tara (087 2404849) or Michelle (085 1787983) for further information. Toys: If you have good quality toys that you would like to donate to the new Parent and Toddler Group, they would be really appreciated. Please contact one of the above to arrange same

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**Kilshanna Award Winning Music, Art & Drama Studio**, 9 King Street, Mitchelstown.

Tuition is available for both children and adults in the following;

1. Irish/French/German/Spanish Grinds & Conversation Classes
2. Leaving/Junior Cert Music, Practical & Theory
3. Leaving/Junior Cert Art, Practical & Theory
4. Saturday Junior/Senior Drama & Musical Munchkins
5. Voice/Singing, Classical & Musical Theatre
6. Design & Animation
7. Speech & Drama
8. Junior Choir / Recorder / Clarinet / Guitar / Piano / Violin

Contact: Pearl 086-8548331 or 025-85429

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**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 2<sup>nd</sup> October to Sunday 4<sup>th</sup> October, 2015. For further details please contact 0879886480 or email [beginningexperiencecork@gmail.com](mailto:beginningexperiencecork@gmail.com)