

### 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)**

**Canon Fitzgerald is on Sick Call this week - Phone Number: 087 - 2524979**

**Want to get an insight into Traveller Culture?** TCAT is a two hour Traveller led workshop. The workshop is generic and is open to anyone with an interest in learning more about the uniqueness of Travellers and their culture. It aims to promote a better understanding of Traveller culture among the wider community in Cork.

**DATE:** Tuesday 10<sup>th</sup> March. **TIME:** 10.30am. **VENUE:** Mercy Centre, Mallow.

To book a place or find out more please contact: Bec Fahy, (Travellers of North Cork) on 022 71035 e-mail: [travellersnorthcork@live.com](mailto:travellersnorthcork@live.com) or Bridget Horgan, on 087 1114 6585 email [corktcat@gmail.com](mailto:corktcat@gmail.com)

**Closing date for applications is Thursday 5<sup>th</sup> March 2015.**

Places are limited so please book early to ensure a place. There is a cost of €30 to participate and CPD points are available to nurses/ health professionals taking part.

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**Cloyne Diocesan Pilgrimage to Lourdes 1<sup>st</sup> – 6<sup>th</sup> June 2015.** Booking for pilgrimage is now open with Joe Walsh Tours, 117 Patrick Street, Cork, Telephone: (021) 4277979. Sick / Assisted Pilgrim application forms are available from The Parish Secretary, 27/28 Bank Place, Mallow, Tel: (022) 20276.

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**Diocesan Pilgrimage to Fatima 9<sup>th</sup> to 16<sup>th</sup> September 2015.** Contact Pilgrimages Abroad Lauri Duffy Travel, Dublin, Telephone: (01) 6359300

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**The Diocesan Pilgrimage to Knock is on Sunday 10<sup>th</sup> May.** Parishes to make their own travel arrangements.

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**Pilgrimage to Fatima & Garabandal:**

10<sup>th</sup> – 18<sup>th</sup> June inclusive. Contact 087-2313762 for more details.

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**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.

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**TABLE QUIZ** in aid of Galtee Runners in the **Hunters Rest at 8:30pm** on the **Friday, 27<sup>th</sup> February**, table of 4 €40. Your support would be greatly appreciated.

## Mitchelstown Parish & Community Newsletter

**Volume: 6 Issue: 35 Date: Sunday 22<sup>nd</sup> February 2015**

**LENT – Pray, Fast, Give:** Jesus exhorts us to conversion: “*Be converted for the Kingdom of God is at hand,*” (Mk. 1:15). The Church offers us a season of grace which has as its purpose conversion every year. The Israelites spent forty days in the desert; Moses fasted forty days on the Mountain; Jesus spent forty days in the desert fasting. This conversion can become a reality by undertaking three traditional practices: **prayer, almsgiving, and fasting.** (Mt. 6: 1-18) In **prayer** we lift our minds to God; in **almsgiving** we go out to meet the needs of our suffering brothers and sisters; in **fasting** we dig deep into our hearts and beg the Lord for the grace to relinquish our attachment to sin!

**Ways We Can Fast:** 1. **Eat less and receive the most Holy Eucharist more.** Jesus said: “Do not work for food that perishes, but for food that endures for eternal life,” (Jn. 6:27)

2. **Control your tongue.** Saint James says, “We should be slow to speak and quick to listen.” 3. **Control those wandering eyes.** The eyes are the mirror to the soul. “Blessed are the pure of heart, they will see God.” (Mt. 5: 8) 4. **Punctuality and obedience.** Jesus says, “He who is faithful in the small will be faithful in the larger things.” (Mt. 25:23) 5. **Put others first. Listen to Others.** Listen with your eyes and heart. 6. **Be Thankful** “Give thanks to the Lord for He is good,” (Psalm 118:1). 7. **Smile, even if you don’t necessarily want to.** This indeed could be a great penance even when you are tired. This is heroic virtue. A smile is something small, but it is contagious. 8. **Pray, even when you do not feel like it.** Our best example is of course Our Lord and Saviour Jesus Christ in the Garden of Gethsemane (Luke. 22:39-46). Pray the Rosary as a family to end this time of terror.

Bishop William Crean invites enquiries from married and single men, who are interested in exploring becoming a **Deacon in the Diocese of Cloyne**. Deacons form the third section of the ordained clergy of the Church and are ordained to assist Bishops and Priests, in the Pastoral Care of the Church. The Deacon’s ministry is primarily a ministry of charity and also a ministry of the Word and of the Altar. Deacons assist in the pastoral work of parishes and other institutions. The ministry of charity includes outreach to the materially and spiritually poor and marginalised people – youth, the sick, the elderly, homeless people and people far from home. They assist in the provision of the Church’s service to all in need. The ministry of the Word involves assisting with sacramental preparation, faith formation, religious education, catechesis, promoting the ministries of lay people, proclaiming the Gospel and preaching. Deacons were active in the early centuries of the Church and while closely associated with the ministry of Bishops and Priests, they had their own distinctive ministry, as outlined above. The 2<sup>nd</sup> Vatican Council called for the restoration of the ministry of ordained Deacons and Blessed Paul VI, fulfilled that call. The Bishops of Ireland applied to introduce the permanent Diaconate and in recent years Deacons have been ordained in many Dioceses. At present there are 6 candidates in preparation for ordination in the Diocese of Cloyne and 3 aspirants in the year of discernment. The diaconate is open to married men aged between 30 & 60 years and to unmarried men aged between 35 & 60 years of age. Please contact the Diocesan Director for the Permanent Diaconate, Rev. William Bermingham, P.P. Blarney – Tel: 021-4385105; 087-6561048; email: [williambermingham@eircom.net](mailto:williambermingham@eircom.net). [www.catholicbishops.ie/diaconate](http://www.catholicbishops.ie/diaconate) for further information and discussion.

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

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**Mitchelstown Flower & Garden Club** are hosting an evening with Tim and Margaret Mulchinock of Blackwater accessories on **Thursday 26<sup>th</sup> February in the Town Hall at 8.00pm.** Everyone welcome, new members always welcome. A great night is expected and refreshments will be served.

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**SAFE PASS COURSE** in Kilbehenny Community Centre 14<sup>th</sup> March - contact Eileen on 087 9270020 for more details

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**Bernadette Bohan, twice cancer survivor & Author will deliver a 3-day Wellness Programme - February 27<sup>th</sup> – March 1<sup>st</sup>.** @ Grove Health Spa, Shanballymore. This unique and inspirational programme is the only one of its kind in Europe, offering nutritional tools to transform your health, lose weight, defeat heart disease, relieve arthritis, ease depression and overcome cancer. Bernadette, now 15 years cancer free, will inspire, motivate and teach how to fight and prevent cancer and disease by following her simple lifestyle & dietary changes. Please call Jacqueline O Farrell. 022 25518 / 086 8135805 for a free consultation. [www.grovehealthspa.com](http://www.grovehealthspa.com)

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**Physiotherapy-led Pilates** classes in the **Ozanam Centre commencing Wednesday 25<sup>th</sup> February for 6 weeks.** Classes at 6.30pm and 7.30pm, all levels catered for. Please contact Catherine on 085-7076585 to pre book.

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**Spring Courses at Ozanam Centre 025 84733 [www.ozanamcomputers.com](http://www.ozanamcomputers.com)**

**E-Bay & Pay Pal/Internet Security:** Tuesday Morning 24<sup>th</sup> February

**Introduction to Facebook:** Tuesday Morning 3<sup>rd</sup> March

**Introduction to Twitter:** Tuesday Morning 10<sup>th</sup> March

**Payroll Fetac Level 5:** Wednesday Night 1<sup>st</sup> April

**Business Admin:** Thursday Night 16<sup>th</sup> April

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### **KIDS EDUCATIONAL COMPUTER LESSONS:**

English/Maths projects suitable for 4-8 years. A new group starting 24<sup>th</sup>/25<sup>th</sup> February afternoons. We aim to bring your child to a higher level at Maths and English. Classes €8 for 45 minutes. For more info and bookings call Kids Computer Lab at Bright Sparks Mitchelstown, 025/86799 or 086/2653839

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**Mitchelstown Macra** are hosting a **Mental Health Awareness Talk on Monday, February 23<sup>rd</sup> at 8pm in the Firgrove Hotel Mitchelstown.** Guest speakers on the night, the talk is free and open to everyone. Our aim is to promote Positive Mental Health, so come along and help us stamp out the stigma!!!

For more details contact Mairead – 0877501033

**Prayer in the Christian Life – A Series of Lent Reflections:** Bishop William Crean is delighted to announce the Diocese of Cloyne 2015 Series on Prayer. You are invited to come, inform and deepen your spiritual life during the season of Lent.

**Dates and Venues:** *The reflections will take place during the season of Lent 2015 in Central Locations in the Diocese – Youghal, Blarney and Charleville. They will last for one hour with time afterwards for refreshments and chat. The concluding night will take place in Mallow on March 25<sup>th</sup>.*

**YOUGHAL: Holy Family Hall 8pm** (Directions: Coming from Cork take R634 to Youghal town: pass Perks on left, then pass Amber Petrol Station on right and shortly after take a left, up Golf Links Road: keep on this road passing St. Raphael's Centre on left and then come to Holy Family Church/Hall) ♦ **Monday February 23<sup>rd</sup>** ♦ **Monday March 2<sup>nd</sup>** ♦ **Monday March 9<sup>th</sup>**

**BLARNEY: 8pm** Scoil Mhuire Gan Smál Secondary School (near Blarney Filling Station)

♦ **Wednesday February 25<sup>th</sup>** ♦ **Wednesday March 4<sup>th</sup>,** ♦ **Wednesday March 11<sup>th</sup>**

**CHARLEVILLE: Charleville Park Hotel 8pm** ♦ **Thursday February 26<sup>th</sup>** ♦ **Thursday March 5<sup>th</sup>** ♦ **Thursday March 12<sup>th</sup>**

Over the course of three evenings in each venue we will reflect on:

● Introduction to Christian Prayer ● Praying through Storms and Calm ● The Greatest Prayer

**MALLOW: Church of the Resurrection 8pm – 9:30pm Wednesday March 25<sup>th</sup>.** Evening Prayer for the Solemnity of the Annunciation and Talk with the Papal Nuncio, **Archbishop**

**Charles Brown: Prayer in the Christian Life – Bringing the Catechism of the Catholic Church into Focus.** Looking forward to seeing you.

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**Ballindangan Community Council: Progressive 45 Card Game.** The weekly card game continues in Ballindangan Hall, Saturday nights February 21st. €10 game. Beginning at 8.30pm sharp. All Welcome.

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**Active Retirement Summer Break to Athlone 15<sup>th</sup> – 19<sup>th</sup> June 2015.**

Booking: Wednesday 4<sup>th</sup> March at the Town Hall between 2-4pm

Booking Fee €100 (non-refundable) Enquiries to Ozanam Centre 025 / 84733

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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 10<sup>th</sup> April to Sunday 12<sup>th</sup> April, 2015.** For further details please contact 087-9886480 or email [beginningexperiencecork@gmail.com](mailto:beginningexperiencecork@gmail.com)

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**Looking for a career in Freight Transport, Warehousing, Distribution, or Logistics?? Then Ballyhoura Development in conjunction with Cork Education and Training Board has the ideal course for you!** The Logistics and Distribution Training Course FETAC Level 5 offers participants the experience and skills needed for a career in the area. The course offers work experience, as well as modules in Warehousing, Safety and Health at Work, Purchasing and many more! The highly successful full time course will commence in Mitchelstown this September over 9 months. If you are interested in applying or are looking for further information, please contact Coote Hall on 063 20517.