

CLERGY:

V. Rev. Canon Fitzgerald P.P., V.F. Phone: 025-84090.
V. Rev. Canon O'Leary P.E., C.C. Phone: 025-84088.
Rev. Fr. Burke C.C. Phone: 025-84077. 086-8168588
Parish Office: Phone: 025-84062.

E-MAIL: mitchelstownparishoffice@eircom.net

DEADLINE FOR THE NEWSLETTER IS 10AM WEDNESDAY

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

Parish Website: www.mitchelstownparish.ie

Canon O'Leary is on Sick Call this week - Phone Number: 087 - 2524979

Mitchelstown Community Council Ltd in association with the **HSE and Ballyhoura Development Ltd** are offering a short course on **“Caring for our well-being course”** Which will commence Wednesday 26th November 7.30pm-10pm once a week for 6 weeks (with a break for Christmas). The course will be delivered in a group setting and facilitated by trained experienced tutors. The course is open to anyone to attend and will cover topics like

- Communication skills (especially listening)
- Self-esteem
- Affirmation
- Looking at how our thoughts help or hinder
- Feelings
- Networks of support – linking in and practising
- Wellness tools
- Individual support needs & plans

As a community we all care for each other but we make little time to focus on ourselves and our own well being. This course will give you an opportunity to care for you and learn some life skills while making new friend. The course will be done in a way that is enjoyable, supportive and interactive. The atmosphere is informal and the job of the facilitator is to help participants to learn for themselves, as well as giving a few inputs on key topics. Through reflection, conversation, and fun participants will have opportunities to deepening their understanding of topics related to health & wellness

The course will take place in the Town Hall, Mitchelstown and the course is free, but a €5 registration fee will apply. To book a place or for further information, please contact Ballyhoura Development, Baldwin Street 025-85213. Booking is essential to secure a place.

Mitchelstown Parish & Community Newsletter

Volume: 6 Issue: 24 Date: Sunday 23rd November 2014

Feastday of St. Fanahan: Although we have a limited historical sketch of St. Fanahan, The Parish of Mitchelstown is profoundly connected with our Patron Saint. A number of records present him as a strong seventh century warrior type of figure, who was not afraid to face the challenges of the world. He was a leader and protector of the monastery he founded and developed at Brigown. He inspired those of his time to follow Christian faith through prayer, work and community living. We have inherited that faith and continue to witness to Jesus Christ in our time and hopefully pass it on to future generations. St. Fanahan is the protector Saint of our community. During this time of the Novena to him, we ask his intercession for our personal intentions and for the intentions of our community of Mitchelstown, Ballygiblin and Killacluig. Many have been praying during the week at St. Fanahan's well. **Tuesday next, November 25th is the Feastday. Public Rosary at the Well; Sunday at 3.00pm and Tuesday 25th 3.00pm (Feastday).** Concelebrated Mass in the Parish Church on Tuesday evening at 7.30pm. The main celebrant will be Fr Cuthbert, one of the monks from Glenstall Monastery. A newly commissioned statue of St. Fanahan will be unveiled and blessed at the end of the Mass. We encourage all families to participate in the Feastday devotions and may St. Fanahan guide and protect us and our Parish. Our thanks to all members and supporters of the St. Fanahan's Well committee and to Paddy for his care of the Well and its

Church Year comes to an end. This Sunday is the Feast of Christ the King and marks the end of the Church's Liturgical year. The following Sunday is the 1st Sunday of Advent and so begins a new liturgical year. As we come to the end of the year the Church's Liturgy reminds us once again, that while everything in this world is temporary and for a limited time, the believer looks forward to the Lord's promise of the new and eternal life of Heaven. Let us set our hearts once again on that Kingdom and not allow all the good things of life to mislead us.

The Irish Blood Transfusion Service will hold a Blood Donor clinic in **The Firgrove Hotel, Mitchelstown. On Monday 24th November 2014, from 5pm - 8.30pm and on Tuesday 25th November 2014, from 3pm - 5pm & 7pm - 9pm.** Blood Donation is essential to ensure Hospital Patients get the treatment they need. One Donation can save up to 3 Lives. Full details of all clinics and on Giving Blood can be found on www.giveblood.ie or by telephoning 021-4807400 or 1850 731 137.

SALE OF WORK (To maintain Mitchelstown Cope Sensory Garden) in Mitchelstown Town Hall, Thomas Street, on **Saturday, 29th November, 2pm to 5pm**. All saleable goods – Kitchen items, Glass, Toys, Good designer clothes, Footwear, Gifts, Unusual Bric a Brac, Books and much more. Christmas Hampers Raffle. Any donations to this event would be most welcome. Contact Mary 087-2295839

SANTA comes to T.O. PARK from 1.30pm onwards, **Sunday, November 30th**. Free parcels for all the girls and boys. ♦ Children's Party – Face Painting etc, ♦ Kids Disco, ♦ Fancy Dress – come dressed as your favourite character, ♦ Spin the Wheel, ♦ Raffle, ♦ Tea & Refreshments. All welcome.

Set Dance Classes: Céilí and Set dance classes every Wednesday from 8.30-10.30pm in the Rathcormac Inn. Beginners welcome. Enquiries to Fionán Cogan on 021 601 0759 or email ceilifit@gmail.com

SENIOR KEEP FIT: Festive tone up class for seniors at Tesco, Mitchelstown on Wednesday's 7-8pm. Improve mobility, toning, flexibility, balance, prevent ailments. To book contact 087.3589734

BRIGHT SPARKS - BEST IN CLASS Educational Computer Training Classes. Fun Computer Lessons incorporating MATHS /ENGLISH /LANGUAGE /PHONICS suitable for 4, 5 & 6 years old. Starting January 2015. Bookings now taken for classes. Class sizes limited. We aim to improve your child's level of technology and advance to higher levels in school. Price €8 per class, 45 minutes class Afternoons / weekends. Call 025 86799 for booking form.

Society of St. Vincent de Paul Annual Christmas Collection will take place **NEXT WEEKEND Saturday 29th & Sunday 30th November 2014** at all Churches in the Parish. Your much needed support would be greatly appreciated.

The Sue Ryder foundation: We have started selling tickets for our annual Christmas raffle. The first prize is a dolls house. There will be a host of other prizes kindly donated by local businesses. One strip is €2 and 3 strips for €5. Please support. We are especially appealing for donations of bed linen and curtains along with all the other items we continually need such as Bric a Brac, books, clothes and shoes. We also accept good quality furniture. Collection can be arranged. We also have a brand new wedding dress in stock at the moment. Photos can be seen on Facebook on the Sue Ryder Mitchelstown page. Thank you for your continued support.

Ballyhoura Macra: Ballyhoura Macra Na Feirme Anyone between the ages of 17 and 35 looking to get involved in Macra we take part in a wide variety of activities Sports, Debating, Music, Drama, Charity, Volunteering, Agriculture, Community events. Contacts us Maria: 086-3653484 or Dan 086-8420560

Mitchelstown CBS Secondary School will hold their annual **Open Night on Wednesday December 3rd**; from 6.30pm to 9pm. Principal's address is at 7pm. This is an ideal opportunity for prospective students and their parents/guardians to view the facilities, see what the school has to offer and meet with the staff and school management. All are welcome.

THANK YOU: St. Fanahan's College Parents Council would like to thank all those who helped and supported their recent Cookery Demonstration Fundraiser, which was held in the Firgrove Hotel. All monies raised will be used for the benefit of the students.

Mitchelstown Branch Concern wish to thank all who supported the Annual Flag Day on Friday November 14th in Mitchelstown. To the many people who gave of their time. A total of €3,905.00 was raised. Sincere thanks to all involved. The Annual Church Gate collection for Concern will take place in Mitchelstown, Ballygiblin, Kilacluig and Kilbehenny the week end December 20th / 21st.

Mitchelstown Flower & Garden Club Christmas Floral Gala Night with Geraldine McCarthy at the Firgrove Hotel on Thursday 27th of November at 8.00pm sharp everyone welcome supporting A.O.I.F.A charity. Great night assured.

Thank You: Mitchelstown Community Council and Cork County Federation Muintir na Tire wish to thank everyone who attended the Mental Health Seminar which was held in St. Fanahan's College on Thursday, 13th November. Guest speakers on the night were John Arnold and Conor Cusack. The huge crowd were kept entertained in the start by the witty banter of Historian and Raconteur, John Arnold. Then our guest speaker, Cork Hurler, Conor Cusack, moved many in the audience to tears, with his open hearted, sincere, insight into his journey through his trials and turbulence of mental health.

The Community Council wish to thank Denis Kelly of Muintir na Tire, for all his help and guidance to get this event off the ground, Ballyhoura Development Ltd and HSE National Office for Suicide Prevention for supporting the event. Also very special thanks must be given to our Chairperson, Seán Finn, who put so much time, work and effort into bringing this much needed seminar to Mitchelstown. We want to thank Tadgh Long, Principal of St. Fanahan's College, staff, pupils and Parents Council for facilitating this event in their premises and for their help in setting up the room and providing refreshments. Thanks also to all the exhibitors, those who sponsored prizes for the raffle, the MC for the night Finbarr Motherway, Oliver and Tony for the music and anyone else that helped to make this event such a success. Go raibh míle maith agaibh go léir.

"Get into the Festive Spirit. Join Mitchelstown Heritage Society for our Annual Christmas Table Quiz on December 5th in The Hunters Rest at 9pm. This fun event, is a great social night out, with lots of interesting questions for all abilities, excellent spot prizes and the highlight for many; our delicious Mince Pies. Cost €28 per table."