

MULLAGH - QUILTY - COORE PARISH NEWSLETTER

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Fr Anthony McMahon 065 7087012 - 085 7581025

SUNDAY 6TH SEPTEMBER 2015

DEFIBRILLATOR EMERGENCY PHONE NUMBERS:

QUILTY 086 6067010 - MULLAGH 086 6067020 - COORE 086 6067030

MASSES FOR THE COMING WEEK

MULLAGH

Sun.6th@11am. Martin Morrissey, Ballymakea
John Clancy, Mullagh & Northampton
John Joe O'Gorman & Deceased members of the O'Gorman Family
Sun.13th@11am. Special Intention

QUILTY

Sat.5th@7pm. Peggy Falsey
Sat.12th@7pm. Mary Kate Galvin Months Mind

COORE

Sun.6th@9.30am. Martin Walsh, Creevagh
Sat.12th@2pm. Harvest Mass in Coore Church
Sun.13th@9.30am. Special Intention

SUNDAY 13/09/2015

MINISTRY OF THE WORD

MULLAGH

Sun.13th@11am. Geraldine McMahon

QUILTY

Sat.12th@7pm. Noreen Kelleher

COORE

Sun.12th@9.30am. Thomas Corry

EUCARISTIC MINISTERS

MULLAGH

Sun.13th@11am. Helen McGrath & Theresa Donnellan

QUILTY

Sat.12th@7pm. Agnes Collins & Peggy Morrissey

COORE

Sun.13th@9.30am. Mary Tuttle & Breda Sexton

ALTAR SERVERS

MULLAGH

Sun.13th@11am. Group C

QUILTY

Sat.12th@7pm. Group B

COORE

Sun.13th@9.30am. Group B

ROSARY ROTA

SAT.12TH SEPT IN QUILTY AT 7PM: ANTHONY MURPHY

SAT.19TH SEPT IN QUILTY AT 7PM: MARY MCCARTHY

SAT.26TH SEPT IN QUILTY AT 7PM: EDDIE DONNELLAN

SAT.3RD OCT IN QUILTY AT 7PM: ANNE O'KELLY

FR. ANTHONY NEW NUMBER IS 085 7581025

AMONG THE 17 STUDENTS COMMENCING THEIR STUDIES FOR THE PRIESTHOOD IN MAYNOOTH THIS YEAR THERE ARE TWO FROM THE DIOCESE OF KILLALOE: MARTIN FROM THE PARISH OF MULLAGH AND ANTUN FROM ROSCREA. PLEASE KEEP THEM IN YOUR PRAYERS AND CONTINUE TO PRAY FOR THOSE WHO ARE DISCERNING A VOCATION TO PRIESTHOOD AT THIS TIME.

SEWING- AND DRESSMAKING LESSONS for Beginners and Advanced will start Monday, 14th September, 7-9 pm, in Family Resource Center Ennistymon, for 6 weeks. For more information please contact Susanna 085 1243416.

MILTOWN MALBAY COMMUNITY CHOIR starts Tuesday September 15th 7-9pm in The Malbay Pub, Main St Miltown Malbay. €50 per 12 week term and €10 annual membership (to cover insurance and group expenses). Unwaged and family rates also. All Welcome. Contact Becky for further details: 0879160175

COMMUNITY COACHING IN SPORT: Clare Local Development Company is delighted to commence a course in Quin Community Centre on the 15th of September. The programme Community Coaching in Sport is offered to individuals who are Long Term Unemployed. If you are interested in finding out more information call CLDC on 065 6866800.

NORTH CLARE CF CYCLE, RUN WALK FOR TLC4CF – Cystic Fibrosis: on Saturday 12th Sept. Online Registration www.tlc4cf.com

KILRUSH CLARE LOCAL DEVELOPMENT COMPANY is delighted to commence a course in Kilrush on the 28th September. The programme Pathways to Employment is offered to individuals who are Long Term Unemployed. If you are interested in finding out more information call CLDC on 065 6866800.

TOMMY FLEMING IN CONCERT On the 3rd of October TOMMY FLEMING will be performing in KNOCKERRA HALL. This is a great opportunity to see one of IRELAND'S GREATEST PERFORMERS. To book please call 089 2412943. BOOKING ESSENTIAL.

EUGENE DONNELLAN SCHOOL OF SET DANCING: For anyone who missed registration Classes will begin Tuesday 8th Sept from 6pm in Spanish Point Golf Club. We look forward to seeing you, Contact Eugene 0879402216

MILFORD CARE CENTRE AND ANAM CARA are holding a Bereavement Information Evening on Thursday 17th of September 2015 from 19:00 to 21:00 in Milford Care Centre, Co. Limerick. The guest speaker for the evening is Brid Carroll and the topic is "Coping with loss when a child dies". All Anam Cara Services are available free of charge to bereaved parents. Anam Cara will need to confirm numbers for room set up, we would appreciate if you could RSVP to info@anamcara.ie before Wednesday, 16th September 2015 or call us 01 4045378.

LOCAL WILD FLOWER HONEY for sale. Contact Joe on 087 9255946.

KILRUSH RFC are holding A Clothes Collection Fundraiser for the Club until Collection Date @Sat 27th September. All Unused Clothes /Boots/Shoes/Curtains/Duvets /Blankets can be Dropped off at the Kilrush Rugby Clubhouse @Monmore - [On Doonbeg Road] from 10am till 12 noon on Sundays @Training or Contact Jack Kelly or Dave Smith for Further Details. Thank You For your support to Kilrush RFC

From next week, there will be Sympathy Cards, Mass Bouquet Cards & Get well cards featuring images of Coore available at the Parish Office €5 a card. Proceeds will go towards Coore 150 Celebrations

COORE 150: The editors of the Coore 150 Book to be published for Christmas would like to extend the deadline for articles to be submitted to Parish Office for a further week until 14th September. We would like to receive other articles on Coore Church area.

MULLAGH ENTIRE DRAMA GROUP are holding a one day workshop in Mullagh hall on Saturday Sept 12th at 11 am, the group invite all members and anyone interested in joining to come along on the day, the first session will be from 11 - 1.30, followed by another session after lunch, for enquiries contact Breda Sexton on 065 7087115, or Ann Lynch on 087 9742791, next drama meeting is Tuesday night Sept 8th at 8.30 pm

"YEAR OF CONSECRATED LIFE": We extend a warm welcome to join with our Criocha Callan Cluster to celebrate this special occasion on Thursday 24th September Mass at 7.30 p.m. in Miltown Malbay Church. We ask that any families who have members in Religious Life be as Sisters, Brothers, Priests to contact the Parish Office with their names & addresses as soon as possible. We hope to send a personal Invitation to each one concerned.

BUS TO KNOCK: For National Grandparents Pilgrimage on 13th September. Bus via Inch 7am, Kilmaley 7.15am, Connolly 7.30am, Mullagh 8am, Quilty 8.15am, Miltown Malbay 8.30am and Inagh 9am. Contact Fr. Pat Larkin 087 2300627 or Mary O'Loughlin 7084000 or 087 2482528. Closing date for names for bus Friday 11th September.

HOLY YEAR PILGRIMAGE TO ROME: Pope Francis has announced a Holy Year dedicated to Mercy from 8 December 2015 to 20 November 2016. The Diocese is organising a Holy Year pilgrimage to Rome from Sunday, 31 July to Friday, 5 August, 2016. Air-conditioned accommodation at the Irish College. Cost - €849. Contact 057 9355050 (mornings only) info@culturalconnections.eu or Albert McDonnell.

POLAND PILGRIMAGE: Divine Mercy Pilgrimage to Poland takes place on October 5th 2015 for 9 nights. The Pilgrimage takes in Warsaw, Czestochowa, Zakopane, Krakow and Wadowice the birthplace of St. John Paul 2nd. The Spiritual Director is Fr. John Walsh and the group leader is Kathleen Hayes. Cost is €1169.00. For further details contact Kathleen Hayes on 061 368549 / 085 1996440.

KILMURRY IBRICKANE GAA SENIOR & LADIES CLUB BINGO: on Every Monday in Cooneys Quilty Tavern @8.30pm. All pages €100. All Welcome.

K.I.B. LOTTO / WWW.LOCALLOTTO.IE: Lucky numbers for 31st August 2015 were 05,09,10,23. €5,400 No Jackpot winner. €100 winner: Ger Mescall, Clonadrum €20 each to: Eve Crowe, Knockliscrane. Brendan Moloney, Seaview Park. Kayla O'Connor, Quilty. J & R Hanrahan, Clounlaheen. Joe Conlon, Clounlaheen. Next draw O'Kellys 07/09/15. Next weeks jackpot is €5,400.

6KM RUN/WALK in aid of Coore National School Sunday 20th of September. Registration from Coore School at 10.30am and starting 12.30 sharp. All are welcome. €5 per child €10 per Adult €20 per family. Please Contact Yvonne 0861013936 for further information.

KILMURRY IBRICKANE/NORTH CLARE ATHLETIC CLUB training starting on MONDAY 7th September at Mullagh Community Sports Field 7-8pm and Every Monday and Wednesday 7-8pm. New Members most Welcome. Contact James Sexton 087-2472623

AUTUMN FITNESS AND WELBEING CLASSES.

Kettlelats Tuesdays 6.30pm Yogalates Tuesdays 7.30pm Commencing Tuesday 8th of September at Lahinch Seaworld. Mindfulness workshop Saturday 12th of September at the Falls Hotel. Contact Deirdre 087-2093006. More information Better My Body

Eucharistic Adoration Every Wednesday from 10.30am to 10pm in Mullagh Church

Care for the Carer

Be gentle with yourself!

Remind yourself that you are an enabler not a magician. We cannot change anyone else - we can only change how we relate to them.

Find a hermit spot. Use it daily.

Give support, encouragement and praise to peers and to management. Learn to accept it in return.

Remember that in the light of all the pain we see, we are bound to feel helpless at times. Admit it without shame. Caring and being there are sometimes more important than doing.

Change your routine and tasks when you can.

Learn to recognise the difference between complaining that relieves and complaining that reinforces negative stress.

On the way home, focus on a good thing that occurred during the day.

Be a resource to yourself! Get creative - try new approaches. Be an artist as well as a technician.

Use supervision or the buddy system regularly as a source of support, assurance and redirection.

Avoid "shop talk" during breaks and when socialising with colleagues.

Schedule "withdrawal" periods during the week - limit interruptions.

Say "I chose" rather than "I should, I ought to or I have to". Say "I wont rather than I cant"

If you ever say no - what is your "yes" worth?

Aloofness and indifference are far more harmful than admitting inability to do more.

Laugh and play!

DATES FOR DIARY

HARVEST MASS IN COORE CHURCH on Saturday 12th September at 2pm. There will be a thrashing in full operation. Butter being made, lawn will be cut with a scythe, beehive and honey making display and face painting Food available after Mass on the day. All welcome to this fantastic event in Coore church. This will be the Parish Harvest Thanksgiving Mass this year and we hope people throughout the parish will become involved in every way. As parking will be limited, a bus has been organised from Quilty at 1.30pm, on to Mullagh at 1.45pm and will arrive in Coore for Mass at 2pm. Anyone interested in bus collection, please give name into Parish Office. Meeting of Coore 150 Committee next Sunday after 9.30 Mass.

Parish Pastoral Council

The next meeting of the Parish Pastoral Council is next Tuesday evening September 8th at 8.30pm in the sacristy of Mullagh Hall.