



**6<sup>th</sup> & 7<sup>th</sup> February 2021**

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## **Anniversary Masses**

### **Knockerra Church**

#### **Saturday 6<sup>th</sup> February 6pm (Webcam)**

Tommy Griffin, Knockerra  
Bridie Madigan, Derrylough.

#### **Saturday 13<sup>th</sup> February 6pm (Webcam)**

Mary & Peadar Keating, Tullagower  
Michael & Teresa Moloney, Tonovoher  
Simon Eustace late of Kilmurry McMahon, died in England.  
Kitty and Tommie Flanagan, Coolminga

### **Killimer Church**

#### **Sunday 7<sup>th</sup> February 11am (Webcam)**

#### **Sunday 14<sup>th</sup> February 11am (Webcam)**

T.J. Crowe, Killimer  
Kevin O'Connell, Knockerra

### **Confirmation**

As a result of the current guidelines & restrictions Confirmation for the boys & girls of Knockerra N.S. & Burrane N.S. will be rescheduled for a later date. We ask you to keep the boys & girls our young people in your prayers at this time

### **The Feast of Our Lady of Lourdes**

The Feast of Our Lady of Lourdes is celebrated on 11 February. In 1858 Our Lady appeared for the first time to Bernadette Soubirous a poor girl. Many come to the Sacred Shrine each year from all over the world seeking healing and spiritual grace. We are all aware of people who are ill and we remember them especially on this feast day as we pray "**Mother Mary your love protects me in all distress. You are my physician in sickness and health. Comfort all those who suffer. Be with them always**" Amen.

### **Condolence**

We extend our sympathy to Kay and the family and friends of Paddy Gallagher who died recently in England. May he rest in peace.

### **Condolence**

We extend our sympathy to the family and friends of Pat Madigan, Clooneylissane, Killimer, who passed away on Sunday 31<sup>st</sup> January. May he rest in peace.



### **A Lenten Journey with the Question: Who is Jesus?**

An online workshop facilitated by the Diocese of Killaloe and presented by Vince Murray, former Director of Religious Education in St Angela's College, Sligo.

This explores who Jesus is by examining the work of four modern thinkers. It will be presented on one day each week in Lent (six sessions) and each will be about an hour. The format will be an online presentation and a facilitated discussion.

This programme will be attractive to all who are interested in searching for a deeper understanding of Jesus, whether you are church-going or not.

If you are interested, please contact:  
gerardmjsheeran@gmail.com

***A cheerful heart is excellent medicine, but a crushed spirit dries up the bones. – Prov 17:22***

Dear Lord, thank you for all that I have been given.  
Again I ask, teach me to count my blessings.

## **Novena to Our Lady of Lourdes**

As we prepare for the Feast of Our Lady of Lourdes on Thursday 11<sup>th</sup> February, World Day of Prayer for the Sick, The Franciscan Pilgrimage and the Killaloe Diocesan Pilgrimage will host a Novena of Prayer. The Novena will be available on the parish webcam: [www.ennisparish.com/webcam](http://www.ennisparish.com/webcam) on weekdays starting Wednesday 3<sup>rd</sup> February @ 7.30pm Saturday 11am & Sunday 11.30am. The Novena will be conducted by Bro. Damian Casey OFM Franciscan Pilgrimage Director and Fr Tom Ryan Killaloe Pilgrimage Director.

## **Mindfulness**



### **Five minute mindfulness video:**

<https://www.youtube.com/watch?v=inpok4MKVLM>

## **Trocaire Lenten Campaign**

Every year Trócaire asks for your help during Lent to fund lifesaving programmes around the world. Families like Awut and Ajak's in South Sudan need your support now more than ever. Trócaire are appealing to you to continue your support this Lent. Resources, prayers and videos are available on [www.trocaire.org](http://www.trocaire.org) and donations can be made to the Lent campaign in the following ways:

1. By collecting a Trócaire box
2. Online at [www.trocaire.org](http://www.trocaire.org)
3. By phone: 1850 408 408 (ROI)

The contents of each and every Trócaire box, no matter how small, come together to make a significant difference. This virus knows no borders, but neither does our compassion.

## **Purecamping**

Online Yoga classes every week, Tuesday and Wednesday 8-9pm. Booking on [purecamping.ie/events](http://purecamping.ie/events)



**Free Mental Health & Well-being Workshops**  
**Online Timetable**  
**February 2021**

Date	Topic	Time
Tuesday 2 <sup>nd</sup>	Let's Talk Resilience	2.00 – 4.00
Thursday 4 <sup>th</sup>	Understanding Diagnosis, Exploring My Identity.	10.00 – 12.00
Tuesday 9 <sup>th</sup>	My Mental Health – Finding Meaning, Feeling Empowered	2.00 – 4.00
Wednesday 10 <sup>th</sup>	Accessing Mental Health Services – Getting the best from Virtual Appointments	10.00 – 12.00
Thursday 11 <sup>th</sup>	Managing Well-being and Mental Health Recovery	10.00 – 12.00
Tuesday 16 <sup>th</sup>	Family Recovery in Mental Health	2.00 – 4.00
Wednesday 17 <sup>th</sup>	Part 1. Exploring Anxiety in Uncertain Times	10.00 – 12.00
Thursday 18 <sup>th</sup>	Part 2. Managing Anxiety in Uncertain Times	10.00 – 12.00
Tuesday 23 <sup>rd</sup>	Connection & Hope in Times of Isolation	2.00 – 4.00
Wednesday 24 <sup>th</sup>	Let's Talk Depression	10.00 – 12.00
Thursday 25 <sup>th</sup>	Understanding Mental Health Services	10.00 – 12.00

To book a place visit Eventbrite at <https://midwestaries.eventbrite.ie>  
Or sign up by emailing Margaret at [margaret.keane9@hse.ie](mailto:margaret.keane9@hse.ie)  
Or text 086 2873526 with the title of the workshop you want to attend.  
Attendance instructions available on sign up.

## **Activities for the Over 55s In West Clare**

Spring is in the air. West Clare Family Resource Centre have a variety of weekly and monthly on-line activities for all people, over 55 years There is Sit Fit, Singing, Tai Chi, Crafts and Social Chat groups on every week and Down Memory Lane and Book Club groups meeting once a month. If you need help getting online or have questions about computing or the internet or zoom please contact us for advice and support. We are here to help. Call us on 065 9052173 or 086 7524377

## **The Triest Community Employment Scheme**

(Sponsored by Brothers of Charity Clare Services) are currently recruiting, the following positions in the Clare Services: Support Workers, Cleaners and Art & Craft Assistant.

Please contact the local DSP Employment Services/Intreo Office to check your eligibility and to apply for this vacancy or contact -Thomas Gilligan at 065-6823123 / 086 380 9994.

## **Covid-19 Support Line For Older People**

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19. Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.