

Show Dinner Dance: The committee of Swinford Agricultural Show would welcome your support at their annual dinner dance in Julian's of Midfield on Friday next, Oct 16th. Music is by the very popular 'Irish Knights'. Tickets cost €30 each and are available from Bernie Scully or Maureen Murphy or any committee member. Tel 0877716028 or 087 9863634. This will be a very enjoyable evening with good food, music, dance and entertainment guaranteed.

Swimming Lessons: Mayo County Council in cooperation with the H.S.E. are pleased to announce that public Swimming Lessons for children and adults will be commencing on **Monday 2nd November 2009** in Aras Attracta Pool.

Enrolment Date: Monday 19th October 2009 at 5.00 p.m. in Aras Attracta gym.

Tuition Fees: Children: €50.00 per child for 8 weeks of lessons.
Adults: €60.00 per adult for 6 weeks of lessons.

Lesson Schedule.	
6.00 p.m. to 6.40 p.m.	Childrens lessons
6.45 p.m. to 7.25 p.m.	
7.30 p.m. to 8.10 p.m.	
8.15 p.m. to 9.00 p.m.	Adult Lesson

This is a community project and requires local support.

COSGALLEN NEWS - COSGALLEN WEBSITE: For information about upcoming events organised by Cosgallen CDP log on to www.cosgallen.com /

Course for One Parent Families: A Course for people who are parenting alone will be held in Cosgallen CDP starting in October. This course will be held one morning per week for approximately 10 weeks. The course is free and has been funded by Mayo VEC. If you are interested in taking part please contact us on 094 -9255070.

Intensive Tuition Adult Basic Education Course: An Intensive Tuition Adult Basic Education course for people who have not acquired a junior certificate standard of education and who wish to train to get back into the workplace will be held (subject to numbers) in Cosgallen CDP, Charlestown. The course is free and will cover the following subjects: Communications, Personal Development, Maths and Computers. The course will be held in Cosgallen CDP three hours a day twice a week for fourteen weeks. The course is funded by Mayo VEC. For more information phone the Cosgallen office on 094-9255070.

Sean Nos Dancing Classes for Children: Cosgallen CDP are taking names of children who are interested in participating in Sean Nos Dancing classes. For more information contact the office on 094 9255070.

Citizens Information Centre: Mayo Citizens Information Service will hold an outreach on **Wednesday October 14th 2009** at The Cosgallen Office, The Enterprise Centre, Airport Road, Charlestown from 9.45am to 11.30am. The service is free and confidential and a wide range of areas are covered including Consumer Rights, Employment Rights, Social Welfare, Taxation and Disability Information. For further information contact Cosgallen CDP Charlestown on 094-9255070.

Sean Nos Dancing Classes for Adults: Sean Nos Dancing Classes for Adults continue every Wednesday night in the Pastoral Centre, Charlestown at 9pm. All are welcome.

Parish Finance Council: There will be a meeting of the Parish Finance Council after 8p.m. mass on Saturday 24th October.

Tickets for Audience with the Pope: If any one going to Rome wishes to attend an audience with the Pope, I can arrange for you to get tickets. In special cases, it is possible even to meet the Holy Father in person. Please give me plenty of notice, otherwise it will not work out. Fr. John.

Prayer Leaflet: Copies of the Prayer leaflet for the Parish are available in the Newsletter. Please take a look at the leaflet and if you have any ideas/prayers to be included, please let any member of the Parish Council know.

MASS ON MIDWEST RADIO will be broadcast from Killasser Church on Sunday 1st November - Feast of All Saints.

The Mass in Killasser will be at 10a.m. that day, and the Mass in Callow will be at 11.30a.m.

CHILDREN'S FRENCH CLASSES: French language classes for 5-11 year olds are commencing after the Halloween break in Foxford and Swinford National School (subject to numbers). Enrolments are as follows:

Foxford National School: Thursday 15th October between 2pm and 4pm.

Swinford National School: Monday 19th October between 2pm and 4 pm.

For full enrolment details call Helen on 085 828 2000.

Community Alert: The scheme is open for 1 week for phones, pendants and smoke alarms. Contact: Thomas Marren on (094) 92 51327 or (087) 2344338, or any member.

25 Card Drive: 25 Card Drive commences in Meelick Community Centre on next Tuesday night October 13th at 9p.m. and every Tuesday night for the winter season. All are welcome.

INFORMATION TECHNOLOGY AND TOURISM STUDIES COURSE FOR UNEMPLOYED ADULTS: If you are interested in returning to Education, improving your employment prospects, why not enrol on the above course at the Further Education Centre, Swinford which is due to commence in September. The course is free. Eligible participants are paid a full allowance equivalent to a full Social Welfare payment plus meal and travel allowances. Childcare support is also available. For more information, contact Emer in Swinford at 094-9251928.

COUNSELLING AND PSYCHOTHERAPY: In the current climate families may experience stress which can cause relationship difficulties. It is important to know that taking over a problem with a counsellor can help. The Family Counselling and Therapy Centre, Ballaghaderreen offers a professional and confidential service to individuals, couples and families. Issues include: relationships, difficulties, bereavement, separation, depression, loss, abuse etc. For appointments you can contact the centre on 094-9861000.

KILLASSER/CALLOW PARISH PASTORAL COUNCIL NEWS: Four people are required now from the Killasser area of the parish as new members of the council. You can volunteer yourself or nominate someone (please ask his/her permission first) and then give name(s) to Fr. John Durkan on 094-9251431 or Michael Fox on 094-9253603. Former members of the Council might like to become involved again.

ANGER MANAGEMENT: Everyone knows what anger is. But how do you express it without hurting others or hurting yourself? Uncontrolled anger can cost you your marriage, your job, your relationships, your health and the respect of your loved ones. The **Irish Association of Anger Management** is running a two day intensive programme '**Temper your Anger**', on **Saturday 1st November** at the Carlton Hotel, Galway (formerly Days Hotel). Places are limited so early booking is essential. For further information, contact Peter Devers, Regional Consultant at **087-7989253** or **log onto www.difficultemotions.com**

PRAY FOR Delma Barry-Monaghan, Sat. 10th October 8p.m
 Lena Deacy, Callow, Sunday 11th October 10a.m.
 Michael McNulty, Carrownedan, his aunt Mary O'Reilly (30th Anniv), & his Uncle Michael (35th Anniv), and his grandparents. Sunday 11th Oct. 11.30a.m.
 Tom Kavanagh & Deceased members of the Kavanagh and Kilbride families, Sat. 17th October, 8p.m.
 Peter Meehan, Carrabeg, 4th Anniv., Saturday 17th October, 8p.m.
 James & Teresa Howley, Dunmaynor, Saturday 17th October, 8p.m.
 Mary & Thomas Conlon, Cullen, Sunday 18th October, 10a.m.
 Mary & John Ruane, Doontas, Sunday 18th October, 11.30a.m.

MAY THEY REST IN PEACE.