

# KILLASSER/CALLOW PARISH NEWSLETTER

PARISH WEBSITE - [www.killasser.com](http://www.killasser.com)

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ELEVENTH SUNDAY IN ORDINARY TIME

15 JUNE 2008.

## KILLASSER/CALLOW PARISH PASTORAL COUNCIL MISSION STATEMENT

*'We seek to become a more welcoming community where God's message of faith,  
hope and love is experienced'*

### THEY WERE TROUBLED AND ABANDONED, LIKE SHEEP WITHOUT A SHEPHERD.

In the Book *'Schindler's List'*, a group of Jewish women have been released from Auschwitz, against all odds, and are travelling on a train to what they have been told is a factory where they will work for the government. The train stops at a remote, unfamiliar location with concrete buildings, and they see SS men by the gate beating gloved hands for warmth. Their hearts go to their throats as they suspect it has all been a cruel hoax. And then they see Schindler. He smiles at them and says, 'You have nothing more to worry about. You are with me now.'

Many people in our world feel 'troubled and abandoned,' with nothing to hold on to or trust in after so many of the leaders and institutions they counted on have been found wanting. They may become easy targets for money schemes, beauty schemes, or health schemes, and then find themselves betrayed again.

Jesus looks upon us with the same love and understanding today as he did on the people of the first century. He tells us, 'You have nothing more to worry about. You are with me now.'

*'In what areas of my life do I most need to trust in Jesus the Shepherd?'*

(A Year of Sundays - Gospel Reflection 2008 )

Fr. Chris Ginnelly - Foxford 094-9256401.

Fr. Michael Maloney - Charlestown 085-1510383.

Fr. Stephen O'Mahony - Kiltimagh 086-8226405.

Fr Dermot Burns - Straide 094-9031029

### ANNOUNCEMENTS FOR THE WEEK

MASSES CALLOW - Monday, Thursday, Friday, Sunday 10 a.m.

KILLASSER - Wednesday 10.00 a.m. / Saturday 5 p.m. / 8 p.m. / Sunday 11.30 a.m.

#### MINISTERS OF THE WORD NEXT WEEK:

Saturday 8.00 p.m. Claire Stenson.

Sunday 10.00 a.m. Tom Keane

Sunday 11.30 a.m. Ray Chuck

#### MINISTERS OF THE EUCHARIST NEXT WEEK:

Saturday 8.00 p.m. Francis Hegarty and Sr. Margaret.

Sunday 10.00 a.m. Angela Conlon.

Sunday 11.30 a.m. Geraldine Burke.

#### PRAYER OF THE FAITHFUL - KILLASSER:

Saturday 8.00 p.m. Claire Stenson Sunday 11.30 a.m. Ray Chuck

#### CALLOW

Sunday 10.00 a.m. Tom Keane.

#### ALTAR SERVERS FOR KILLASSER CHURCH NEXT WEEK:

Saturday 21<sup>st</sup> June 8.00 p.m. Siobhan O'Hara Niall Armstrong Lorraine Kavanagh Conor Stephens

Sunday 22<sup>nd</sup> June 11.30 a.m. Cormac Warde Kevin Rowley Siobhan Tully Liam Moran.

#### OFFERTORY PROCESSION NEXT WEEK:

Saturday 8. p.m. The Holleran Family (Dromada-Duke) Sunday 10.00 a.m. The Monaghan Family (Bokeen)

Sunday 11.30 a.m. The O'Grady Family (Carrowleambeg)

#### EXPOSITION OF THE BLESSED SACRAMENT

will be in Killasser Church on Monday from 4.00 - 7.00 p.m.

#### THE OFFERTORY COLLECTION FOR

7<sup>th</sup> / 8<sup>th</sup> June amounted to €1,366.

#### PENTECOST COLLECTION:

Sincere thanks for your contributions towards the Pentecost Collection taken up at all Masses over the last few weekends. Your support and generosity is very much appreciated.

# HAPPY FATHERS' DAY

**THE ANNUAL MASS AT ONE OF OUR OLD CHURCH SITES** at Sron was celebrated on Friday evening last 13<sup>th</sup> June. It was a beautiful celebration of the Eucharist in a very special place attended by about fifty people. There was very good participation spiritually and socially. Anywhere people worship for any length of time is a very sacred place. It is something to reflect on that people worshipped here so many centuries ago in very different circumstances. It is because of the commitment of people like this that we are followers of Christ in 2008. It is very important to connect with our ancestors. For about twenty years now Mass has been celebrated bi-annually at this site and at Sron. Because of its frequency, maybe it has lost some of its appeal, has become more routine and people do not take as much notice, which probably accounts for the smaller gatherings in recent years. Of course we must always remember that even where two or three gather in God's name, He is there in their midst.

**KNOCK SUMMER YOUTH FESTIVAL 2008:** Living life to the full? Looking for something more? Tired of the same? This is what you are looking for! Time out for you ..... Knock Summer Youth Festival July 24<sup>th</sup> - 27<sup>th</sup>, Our Lady's Shrine, Knock. 18 - 35 years for more information and to book your place. Contact 094-9388100 / 087-6927850 or check our [www.knock-shrine.ie/youthministry](http://www.knock-shrine.ie/youthministry).

**MISSIONARY SISTERS OF ST. PETER CLAVER SAY A SINCERE THANK YOU:** Sr. Monica Daly, Sisters of St. Peter Claver wishes to express thanks on behalf of her Religious Order for your generosity towards the appeal made at all Masses last weekend by Mr. Willie Doyle. Willie Doyle was very appreciative of the welcome and hospitality he received. I thought he spoke excellently on the topic and it was more convincing because of him being a layperson. It is important that we continue to be conscious of the needs of our brothers and sisters living in appalling conditions in many parts of the world and respond to them as best we can. That is very much the challenge of today's Gospel - be compassionate as Christ himself was compassionate. The amount contributed at the three Masses last weekend amounted to €707.46c. Sincere thanks for your excellent response and your generosity.

**ALTAR SOCIETY FOR KILLASSER CHURCH:** There is now a rota of two people per month for the full twelve months. As well as filling the twelve months it would be good to have some substitutes in case somebody cannot be there on occasion If you would like to be involved, you can give your name to Maureen Murphy 094-9251525 or Fr. O'Mahony.

**THE KILLASSER/CALLOW PARISH CALENDAR 2008** was produced last year as a fund-raising project for the parish renovation fund. It was hugely successful. The amount of money collected for Calendars was €18,950 and the cost of printing was €4,590. This gave a profit of €14,250. Sincere thanks to everyone involved in the project and to all who purchased and sold the Calendars. There were 3,000 copies printed and almost 2,000 were sold. It cost very little to print the extra thousand. There are still some copies available which people might still like to have as a souvenir.

**THE DANA CONCERT** which was a tremendous success musically, socially and in term of community spirit was also a huge success financially. To date €7,320 has been collected and the expenses amounted to €4,080. This leaves a profit of €3,290 approx. There is still some money to come in and a final figure will be given very soon. Another €320 for tickets was handed in during the past week bringing the total profit now to €3,610 approx. Any further ticket money should be handed in as soon as possible. Again sincere thanks to all who organised, who sold and bought tickets and to everyone involved in putting on such a spectacular show.

**THE ARAS ATTRACTA ANNUAL SPONSORED CYCLE** took place Saturday 31<sup>st</sup> May, beginning on Saturday morning in brilliant sunshine from Killasser Community Centre. Sincere thanks to everyone who organised it, all who participated in it, all who sponsored the event and all who helped out in the Community Centre with refreshments and all who helped along the route. Later on Saturday Night a Cycle Function was held in the Gateway Hotel, Swinford which was a most enjoyable gathering. Music was provided by Jivan Ivan and the food was sponsored by the Gateway Hotel, for which we are most grateful. **Anybody still with sponsorship cards and money are asked to return them as soon as possible to Fr. O'Mahony, Bridie Sheerin, Danny Gill or Pat Thompson. All the proceeds of the Cycle will go towards the Parish Renovation Fund. The full amount raised will be published as soon as it is known.**

**A SPONSORED CYCLE ORGANISERS' MEETING** was held in the Parish Office on Thursday Night last and all monies collected and handed in to date was counted. The amount lodged on Friday in Swinford Credit Union was €4,725 leaving a profit to date of €4,275. If there are still any sponsorship money of ticket money to be handed in, you might do so at your earliest convenience to any of the above names.

**ACCORD CHARLESTOWN** All Marriage Preparation courses can be booked online at [www.accord.ie](http://www.accord.ie) or by telephoning 094-9254944. Accord Counselling service for people experiencing difficulties within their marriage or relationship. Safe, professional and confidential. To make an appointment telephone 094-9254944.

**A KILLASSER/CALLOW PARISH PASTORAL COUNCIL MEETING** was held in Callow Church on Wednesday Night 28<sup>th</sup> May There was a very full agenda for the meeting. The Dana Concert was reviewed as a parish event as was the Youth Mass/Service. The possibility of organising a number of station Masses for Autumn was also discussed. Some of these and other issues will be taken up and brought a stage further at the next meeting during this week. This will be the final meeting before the Summer break until we resume again in September.

**A CLUSTER STEERING COMMITTEE MEETING** took place in the Fr. Peyton Centre, Attymass on Thursday evening 29<sup>th</sup> May. Maureen Murphy and Joe McNulty are the Killasser/Callow representatives. The Marriage Preparation Booklet is ready for printing and will be available shortly. The possibility of having a Cluster Mass Card was also discussed. More details later.

**THE NEXT CLUSTER STEERING COMMITTEE MEETING** will take place in the Fr. Peyton Centre, Attymass on Thursday week 26<sup>th</sup> June at 8.30 p.m.

**OPPORTUNITY TO VOLUNTEER:** Patient , Understanding and Considerate individual with mature attitude **WANTED** in small town in East Mayo to assist young children with basic reading, writing and arithmetic. If you feel that you could commit to one or two hours each week to this worthwhile project then contact Teresa or Breda at 094-9381494 or call in person to Volunteer point at INFO WEB Aiden Street, Kiltimagh for more information.

**'IN THE FOOTSTEPS OF ST. PAUL'** 11-day Pilgrimage & Cruise to Greece, Rhodes, Patmos, Ephessos. Sun. 29 June to Wed. 9 July. Celebration Travel with Aer Lingus ex Dublin costing €1,625 p.p.s, including. half-board & all taxes. Contact Marian Maloney 087-2112555 for brochure.

**REMAINDER OF PERIMETER WALL AT KILLASSER CHURCH DEMOLISHED** The remainder of the perimeter wall at Killasser Church grounds at the corner on the Community Centre side of the Church has been demolished recently. It will be rebuilt and faced with stone - a continuation of the wall that is being newly built at present. Further grant aid has become available from Leader through Kiltimagh IRD. It will be built by the workers on the Rural Social Scheme and will look very well when finished.

**COSGALLEN NEWS - HOME CARERS:** Cosgallen CDP are interested in hearing from people who live in the Swinford or Charlestown area who are providing care on a voluntary basis to a person who is in need of care (of any age) due to illness or disability. Cosgallen CDP are at present investigating the necessity of providing supports to assist home carers under the Dormant Accounts Fund 2007/2008 in the area of training programme.

**COSGALLEN NEWS - RESPITE CARE GRANT SCHEME AND NATIONAL LOTTERY GRANT SCHEME:** The Health Service Executive has been allocated National Lottery funding for distribution to community based groups and voluntary organisations under the following terms: Respite Grant Scheme and National Lottery Grant Scheme. Applications are invited from groups and organisations involved in the provision of health and personal social services for once off funding for viable projects which can be completed within a reasonable period of time. Application forms are available from Primary Community and Continuing Care, HSE West, Castlebar by phoning 094-9042233 or from Cosgallen, on 094-9255070.

**COSGALLEN NEWS - HOUSING AID FOR OLDER PEOPLE SCHEME:** The housing aid for older people scheme is for improving living conditions of older people by carrying out minor repairs to the main areas of an older person's home. The type of work which will be grant aided includes structural repairs or improvements, rewiring, repair or replacement of windows and doors, the provision of water, sanitary services, heating, cleaning and painting. For more information or application form contact Cosgallen on 094-9255070

**COSGALLEN NEWS - THIRD LEVEL GRANT APPLICATION FORMS:** The Application Forms for the Mayo VEC Third Level Grants are available from Cosgallen CDP, Charlestown. Phone 094-9255070.

**COSGALLEN NEWS - MAYO IN MOTION WALKING INIATIVE:** A very successful walking month in conjunction with Mayo Sports Partnership continues during June. The next walk will be held in Charlestown on Tuesday 17<sup>th</sup> June at 11 a.m. The meeting place is Cosgallen CDP. This will be a shorter walk than previous walks ( more of a stroll). All are welcome to join in!

**ITALIAN PILGRIMAGE TOUR TO ST. PIO PIETRELCINA:** It is a 7 Night Pilgrimage beginning on 23<sup>rd</sup> May. Special Group Price is €29 PP. Group Leader is Michael Garret. For itinerary contact Michael Garret on 071-9162714 or Joe Walsh Tours on 01-2410816.

**FATIMA 2008 WEST OF IRELAND PILGRIMAGE** will take place from 7<sup>th</sup> October, leaving from Knock. It will be 7 Nights in Hotel Avenida. The cost is €35 plus €25 Insurance. Spiritual Director is Fr. John Maloney. For details contact Nancy Surlis on 071-9185640 or 086-8185153.

**WEST OF IRELAND 10-DAY PILGRIMAGE TO THE HOLY LAND DIRECT FROM KNOCK** from 22<sup>nd</sup> September - 1<sup>st</sup> October. Spiritual Director is Fr. Tomas Surlis. The cost is €1,190 fully inclusive of taxes and half board. For further information contact Nancy Surlis on 071-9185640.

**SPANISH STUDENT PLACEMENT:** Interested in having a Spanish Student come to your home for the month of July? You must have a child/children between 12 - 17 years of age and be a friendly family. The child will take part in all your family activities for that month. An allowance is given to participating families. For more information, contact Marie on 087-6563527.

**WOULD YOU LIKE TO HOST A SPANISH STUDENT?** Host families required for Spanish Students. Families are being sought to host boys between the ages of 11 years - 16 years. Irish families must have a boy of the same age bracket. Boys will come as a companion to a boy in the family. Students will come for the month of July. A Teacher travels with the students and is a great support during the students' stay. Generous terms and a rewarding experience. Contact Geraldine on 094-9255985 after 3.00 p.m.

**KILLASSER COMMUNITY CARE ANNUAL CHURCH-GATE COLLECTION** was taken up before each of the Masses last weekend, 7<sup>th</sup> / 8<sup>th</sup> June, in Killasser and Callow Churches. Your support was very much appreciated and it will enable this group to continue the good work they have been doing over several years.

**MASS ON MID-WEST RADIO:** It is planned to broadcast the 10.00 a.m. Mass from Callow Church on Mid-West Radio on this Sunday 15<sup>th</sup> June. The Callow Church Choir have been practising for several weeks now in preparation for this celebration. It will also be possible to tune in on the Internet anywhere in the world. You might like to inform your relatives in other parts of the world.

**THE MAYO COMMUNITY GAMES FINALS OF TRACK AND FIELD ATHLETICS** take place on Saturday 28<sup>th</sup> June. There will be a meeting and training session for all those who have qualified for the finals, at Killasser Community Centre on Monday evening next 16<sup>th</sup> June at 7.30 p.m. Further information from Martin Peyton and Michael Howley.

**CSKA KILLASSER IS HOSTING A MULTI-SPORT SUMMER CAMP** at Killasser Community Centre and Sports field from 7<sup>th</sup> to 11<sup>th</sup> July inclusive. The Children and young people will have the opportunity to learn the rules, laws and skills and play a wide range of sports including Gaelic Football, Rugby, Soccer, Athletics, Basketball, Cricket, Rounders and Tennis with Head Coach Emmet B.A. Physical Education QTS. The theme of the camp is Fun and Learning and will cater for children aged 7 - 16 inclusive. The cost of the Camp is €40 per child, €75 for two children from the same household and €80 for three or more children from the same household. Each participant will receive a generous 'goodie bag' and certificate. Further information can be had from Martin Peyton Peyton on 087-9377644 or Michael Howley on 087-9144910.

**CLUSTER CHOIR TO SING IN RAMADA HOTEL BALLINA:** You can next catch up with the Cluster Choir in the Ramada Hotel, Ballina on Saturday evening 12<sup>th</sup> July. More details of that event later but just to remind you to keep that date free.

**CLUSTER CHOIR FOR THE UNITED STATES IN 2009?:** Next year 2009 is the centenary of the birth of Fr. Peyton. To mark this special year, celebrations will be held in Attymass and in the United States. Many people will be travelling over in September 2009 and the possibility of the Cluster Choir travelling is very real.

**CARRAMORE SCHOOL TWINNING:** The School from Whitney Bay, near Newcastle, England where Carramore National School visited just a few of weeks ago visited Ireland during the past week. They visited Carramore School on Tuesday last 10<sup>th</sup> June for a few hours. They were taken on a tour of the school, there were some ice-breaking games to help the children to mingle and get to know each other better. Following that everyone was treated to some lovely refreshments and finally all participated in basketball and soccer on the court and pitch at the school. Following this very special visit they went on to Petersburg, Education and Adventure Centre, near Clonbur where they were staying for two days and nights. Twinning with another school like this is a brilliant idea and forms great friendships. Well done to the Teachers and Parents who organised everything so well.

**THE SACRED HEART NATIONAL SCHOOL BELFAST** also visited Carramore on Tuesday and travelled to Petersburg as well where they stayed for two nights. They are also part of the twinning. It is an all-boys primary school.

**SCHOOL TOUR:** Members of Second and Third Classes in Carramore had their School Tour on Wednesday last. They travelled to Petersburg where they met up again with the children from Whitley Bay, Newcastle and the children from Belfast. It was a most enjoyable experience even if it rained for most of the day.

**A BOARD OF MANAGEMENT MEETING OF KILLASSER NATIONAL SCHOOL** was held on Friday night last to discuss possible developments and improvements in the grounds of the school. This was a very constructive meeting.

**A MEETING OF ALL PARENTS OF CHILDREN IN KILLASSER NATIONAL SCHOOL** will be held in Killasser School on Tuesday Night next at 9.00 p.m. The purpose of this meeting is to inform all parents on the possible developments that are necessary in the grounds of the school. Various approaches and proposals will be discussed, information will be available and decisions will have to be made as soon as possible. You will also be receiving a letter from the school to remind you of this important meeting.

**A BOARD OF MANAGEMENT MEETING OF CARRAMORE NATIONAL SCHOOL** due to be held on Monday Night next 16<sup>th</sup> June has had to be postponed until a later date, possibly the week after this before the school closes for the Summer Holiday.

**A GRADUATION MASS AND CELEBRATION FOR SIXTH CLASSES IN CARRAMORE AND KILLASSER NATIONAL SCHOOLS** will take place in Callow Church on Wednesday evening 18<sup>th</sup> June at 8.00 p.m. This will be attended by all members of Sixth Classes in Carramore and Killasser National Schools. Also present will be members of Fifth Classes who will be involved in Choir for the Mass. All Parents of Sixth Class Children are invited and encouraged to attend. It has been a very special gathering each year for the past few years. We acknowledge each child's contribution to school life over the past eight years and wish them well on the next stage of their education journey in Secondary School.

**THE 2008 DISCOVER PRIMARY SCIENCE AWARD OF SCIENCE EXCELLENCE:** Congratulations to the Children in Second, Third and Fourth Classes in Carramore National School who received this award recently and were presented with their Plaque at a special ceremony in Sligo on Tuesday morning last 10<sup>th</sup> June. This award ceremony took place in the Clarion Hotel. The Children's Teacher is Mrs. Sharkey. Well done to all concerned. It was a most interesting project.

**TEACHER LEAVING KILLASSER NATIONAL SCHOOL:** Mrs. Josephine Hall, who has been a Special Needs Assistant Teacher in Killasser National School for the past Nine Years will be leaving the school when it closes for the Summer Holidays on Friday next 20<sup>th</sup> June. She is not leaving by choice but because that position is no longer available in the School. On behalf of the Board of Management of the School, the Parents of Children presently in the school and those who have moved on, present and past pupils, present and past teachers, I wish to express our deep and sincere appreciation of all she has contributed to the school - to children, parents and teachers - over the past nine years. Her pleasant personality, her calm presence, her dedication, commitment and good example have been a vital part of life in Killasser School for those nine years. We regret that the position is no longer open and that Mrs. Hall has to move on. We say a big thank you and wish her every blessing and happiness for the future.

**A CLUSTER CHOIR PRACTICE** will be held in Foxford Church on Thursday evening at 8.30 p.m. to prepare for the event in the Ramada Hotel, Ballina.

**THE NEXT KILLASSER/CALLOW PARISH PASTORAL COUNCIL MEETING** is due to be held on Wednesday Night next 18<sup>th</sup> June at 8.30 p.m. All members are encouraged to attend what is the final meeting before the summer break. The council does not meet during July or August.

**AN OPEN EVENING** will be held in the Innovation in Business Centre at the Galway-Mayo Institute of Technology (GMIT) Castlebar on Thursday next 19<sup>th</sup> June from 5.30 p.m. to 8.00 p.m. for individuals with an innovative business idea who are interested in starting their own business. The Centre is located on the grounds of the GMIT Castlebar Campus, behind the Mayo Education Centre. For more information you can phone 094-9043198.

**THE IRISH CANCER SOCIETY ANNUAL CHURCH-GATE COLLECTION** taken up at Callow Church on Sunday 11<sup>th</sup> May amounted to €152.80. The organisation would like to thank sincerely all who collected and contributed.

**THE KILLASSER COMMUNITY CENTRE ANNUAL GENERAL MEETING** will be held in the Community Centre on Tuesday week 24<sup>th</sup> June at 8.30 p.m. As many people as possible are welcome and encouraged to attend. Great improvements have been carried out on the Community Centre recently. It has been painted inside and outside and looks beautiful at present. The room on the right-hand side of the stage has been beautifully renovated and is fully equipped with computers and the latest technology. Of course the new roof was put on last autumn and should leave it secure for many years to come. Then there is the Gym that has been installed on the balcony over the stage - no excuse for being unfit! Of course there is the all weather Basketball and Tennis Court which can also be used for Soccer. This is completely floodlit. Well done to all concerned in making this happen. Let it now be used to its full potential. No need for anyone to be **BORED** Summer of Winter, Night or Day.

**THE ANNUAL CHURCH OF IRELAND SUMMER SOCIAL** will take place on Friday Night next 20<sup>th</sup> June in the Browne Memorial Hall, Foxford. Music will be provided by the Irish Knights and Dancing will be from 10.00 p.m. to 1.00 a.m. There will be a Raffle and Many Spot Prizes on offer. Refreshments will be served and Everyone is welcome. Your support will be very much appreciated.

**ACHONRY AND ITS CHURCHES:** This is a beautiful Book containing photographs of every Church in our Diocese as well as other place of worship and pilgrimage. There is also a list of all the bishops of the Diocese and other useful information. These books are available after each Mass in Killasser and Callow and they cost just €20. A lovely Book for oneself and a lovely present for somebody else maybe away from home.

**ACHONRY PIONEER SPORTS:** Boys and Girls from Killasser Pioneer Centre participated in the U-12 Gaelic and Soccer Finals recently in Cloonacool. The Boys were unsuccessful in qualifying but the Girls Soccer Team have qualified for the Connacht Finals which will be held in Shiven Rovers, Newbridge, Co. Galway on Saturday 12<sup>th</sup> July. The members of the teams were Jonathan Burke, Rian Stephens, Pierce Rowley, Finnian Leonard, Shane Leonard, Jonathan Leonard, Sinead Timlin, Siofran Frain, Melissa Cronnelly, Chloe Meehan and Rosie Hynes.

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**ANNUAL PIONEER MASS AND PRIZEGIVING:** The following new members received Pioneer Pins at a Mass celebrated in Killasser Church on Wednesday 4<sup>th</sup> June : Brenda Carr, Melissa Cronnolly, Chloe Meehan, Shane Fallon, Siofra Frain, Finnian Leonard, Oissine O'Callaghan-Broe, David Cronnolly, Liam McSharry, Cormac Warde, Jamie Connolly and Rian Stephens.

Winners of the Pioneer Essay Competition were presented with their Prizes in Killasser Community Centre after the Mass:

**KILLASSER SCHOOL WINNERS:** 1<sup>st</sup> Pierce Rowley 2<sup>nd</sup> Lorraine Kavanagh 3<sup>rd</sup> (Joint) Lorna Kavanagh  
Paul Quinn.

**CARRAMORE SCHOOL WINNERS:** 1<sup>st</sup> David Cronnolly 2<sup>nd</sup> Sinead Timlin 3<sup>rd</sup> (Joint) Shane Fallon  
Jonathan Leonard.

Pierce Rowley also received 3<sup>rd</sup> Prize at Diocesan level.

Well done to all winners and to all who participated. Complements to the Killasser Pioneer Council for all their good work and for the opportunities they give to so many young people to express their talent.

**CHOLESTEROL AND HIGH BLOOD PRESSURE:** Do you have Cholesterol or High Blood Pressure? Do you wish to prevent or reverse these dangerous health conditions, have a better quality of life, drug-free and side-effect free? You can do this! You can control your own health and well-being. To receive simple and practical suggestions to do this, **book a seat** for a Talk being hosted by Eibhlin O'Callaghan, Naturopath and Herbalist, in the new General Purposes Hall at St. John's National School, Carramore. This Talk is being held on **Tuesday Evening next 17<sup>th</sup> June from 7.30 p.m. - 9.30 p.m.** Light refreshments will be served. **Cost is €15 per person. €10 for OAP's and the unemployed.** All are welcome

**A LITTLE ABOUT EIBHLIN O'CALLAGHAN:** Eibhlin has spent over five years training in Griffith College in Dublin. Her studies covered Naturopathy ( the study of holistic healing through natural means, diet, detoxification, supplementation), Celloid Mineral Therapy, Medicine (Anatomy and Physiology) and the Pathophysiology of Disease, Herbalism ( Western and Chinese Herbs), the interaction between pharmaceuticals and herbs, Chinese Diagnostics (Tongue and Pulse diagnosis), Back Flower Remedies, Ear Coning (Hopi Candles). A crucial part of her training covered - Case Studies (Supervised) and Clinical Practice. Since qualifying, Eibhlin has treated many people, from the very young to the elderly, with many different conditions, from asthma to arthritis and so on through the alphabet of ill-health many people suffer with today. Her own personal and professional code is to *'Heal not Harm'*. *Health is much more than the 'absence of infirmity'. It should be abundant vitality.*

**PRAY FOR** Mollie, Jim, J.P. and Pat Heaney, Derreen, Saturday 8 p.m.  
 Jim Hughes, Corley, Luke O'Hara, Ballycastle, Saturday 8 p.m.  
 John and Eileen Armstrong, Carramore, Daughter Helena and Baby Helena, Saturday 8 p.m.  
 Michael and Sarah Durkin, Culduff, Sunday 10 a.m.  
 Anthony Deacy, Callow, Sunday 10 a.m.  
 People of the Parish, Sunday 11.30 a.m.  
 John and Ellen Howley, Cartron, Son Eddie and Michael James Hegarty, Saturday 8 p.m.  
 Patrick Stenson, Knocks, Saturday 8 p.m.  
 Mary and Jim Lalor, Bokeen and Dublin, and Deceased Family, Sunday 22<sup>nd</sup> 10 a.m.  
 Martin and May KIELTY, Cullenaughton and Son Murt, Sunday 22<sup>nd</sup> 10 a.m.  
 John Sheerin, Tiernanny and His Sister Bea, who died recently in Helmshore, England, Sunday 22<sup>nd</sup> June 10 a.m.  
 Brian and Catherine Groarke, Carrowleambeg, Sunday 22<sup>nd</sup> June 11.30 a.m.

***MAY THEY REST IN PEACE.***