

ST. JOSEPH'S CHURCH MILTOWN MALBAY ST. MARY'S CHURCH MOY
CRÍOCHA CALLAN PASTORAL AREA

CHURCH OF IRELAND – CHRIST CHURCH, SPANISH POINT

Feast of Christ the King Year B 24th November, 2024

Priests' Phone Nos: Father Donagh O'Meara 087 2322140 /065 7087012

Father John McGovern 065 6839735

Father Martin Shanahan 087 7486935

Church of Ireland: Contact: Rev. Victoria Lynch 086 8292073

Ministry of Pastoral Care: Rita O'Dwyer 086 3838500

Parish Office: (10.30a.m.-12.30) Monday - Friday

Tel/Fax: 7079829 Email: malbayparish@gmail.com

In Miltown Malbay Church

Readers for Next Sunday: 6 p.m. Martina Murphy

12.15 p.m. Flann O'Keefe

Next Sunday is the First Sunday of Advent Year C

LITURGIES FOR THIS WEEK:

Miltown: (www.miltownmalbayparish.ie webcam)

Monday: 10 a.m. Liturgy of the Word with
Holy Communion

MASS: 10 a.m. Tuesday in Mullagh

MASS: 10 a.m. Wednesday in Mullagh

MASS: 10 a.m. Thursday in Miltown

MASS: 5 p.m. Friday in Miltown for Tony Fay
(Months Mind)

Please note no 10 a.m. Mass on Friday

6 p.m. Saturday – Liturgy of the Word
with Holy Communion

MASS: 12.15 p.m. Sunday for Mary Curtin
Caherogan (1st Anniversary)

MOY:

MASS: 9.15 a.m. Sunday

SYMPATHY:

We remember Bill Gray, formerly of Bank of Ireland,
Miltown Malbay who was buried during the week.

We also remember Fr. Seán Sexton, Inagh/Kilnamona
Parish who was also buried during the week.

Rest in Peace Bill and Fr. Seán Sexton

BLESSING OF GRAVES:

Saturday 23rd of November

1.30 p.m. Kildimo

2.30 p.m. Kilbridget

3.30 p.m. Killernan

Please Note Change of Date

REFLECTION: For Grief

When you lose someone you love,
Your life becomes strange,
The ground beneath you becomes fragile,
Your thoughts make your eyes unsure;
And some dead echo drags your voice down
Where words have no confidence.

Your heart has grown heavy with loss;
And though this loss has wounded others too,
No one knows what has been taken from you
When the silence of absence deepens.

Flickers of guilt kindle regret
For all that was left unsaid or undone.

There are days when you wake up happy;
Again inside the fullness of life,
Until the moment breaks and you are
thrown back onto the black tide of loss.

Days when you have your heart back,
You are able to function well
Until in the middle of work or encounter,
Suddenly with no warning, you are ambushed
by grief. It becomes hard to trust yourself.
All you can depend on now is that
Sorrow will remain faithful to itself.

More than you, it knows its way
And will find the right time
To pull and pull the rope of grief
Until that coiled hill of tears
Has reduced to its last drop.

Gradually, you will learn acquaintance
With the invisible form of your departed;
And when the work of grief is done,
The wound of loss will heal
And you will have learned to wean your eyes
From the gap in the air and be able to enter
The hearth in your soul where your loved one
Has awaited your return all the time.

BEREAVEMENT INFORMATION TALK:

Bereavement Support Information Talk will take place in Milford Care Centre Education Department on Tuesday 26th November 7-8.30p.m

NOVEMBER REMEMBRANCE: November is the month we remember our beloved dead, if you would like to write the names of your loved ones on the remembrance page in your box of envelopes and drop it back to us in the church, we will remember all our beloved dead during November.

MILTOWN PASTORAL COUNCIL MEETING

On Tuesday 26th of November of 8 p.m. in the Parish office, Miltown.

CLARE LOCAL DEVELOPMENT COMPANY

is delighted to invite you to Clare's first Social Enterprise Expo. This FREE event takes place on Thursday 28th November at the Inn at Dromoland from 3 – 5pm. All welcome

ATLANTIC WAVE HOLISTIC & INTEGRATED COUNSELLING AND PSYCHOTHERAPY

As a Parish Community we are hoping to offer Counselling to people around:

- (1) Anxiety Stress, Depression Support
- (2) Personal Relationship Challenges
- (3) Grief and Loss Therapy
- (4) Mindfulness Practices
- (5) Life Transition Counselling
- (6) Cultivating Compassion and Self care

The Counselling Service is Free and open to all. Please contact Anne at 087 2180037 or email atlanticwavepsychotherapy@gmail.com more information also available from Fr. Donagh 087 2322140

ART CLASSES: Kids (8-12 yrs) Paint and Sketch, Saturday mornings from 10-11am.

Adult Beginner still life painting classes, Saturdays from 11.30am-1pm.

New 4 week term, commencing on Saturday 9th November in Mullagh Community Hall. All materials provided. Limited spaces available. Contact Caroline 085-1456796

FLU & COVID VACCINE now available at Kelly's Pharmacy, Miltown Malbay. Call 065 7084440 to book appointment or drop instore.

TEA AND COFFEE MORNING in Miltown Malbay Community Centre every Friday from 10.30 to 11.30 am €2 donation. All welcome!

MISSIONVALE MASS BOUQUETS are now available in the parish office. €5 each. All proceeds to Missionvale.

RHYTHMS OF HOPE FOR MISSIONVALE:

St. Joseph's Secondary School, Spanish Point hope to send three Students to Missionvale on the 14th of February next year. A concert to support the young people will take place in Miltown Community Centre on Saturday

23rd November 2024 at 7.30pm. €10 at the door. Featuring David O'Donoghue, Andrew Kinsella, Mick Kinsella, Josephine Marsh, Aoife Lynch & Friends, Therese McInerney & The Shannon Sisters. Refreshments, tea/coffee, snacks available free of charge at the break. Great prizes on the night! Enjoy a night of music and song!

PERFORMANCE PSYCHOLOGIST: Join renowned performance psychologist Nollaig O'Sullivan for a practical session on improving your daily well-being. Learn simple strategies to boost resilience, balance, and positivity in your life. Mullagh Sports Field, Thursday 28th from 7.30pm to 9pm. €10 per person. Aged 13+. Pre-registration only. Ph 087 6471671.

MINDFULNESS COURSE: Join Fergus Barrett for a half-day mindfulness course on Saturday, 7th December from 9.30am to 2pm, at Mullagh Sports Field. This practical session will help you cultivate calm and focus in your daily life. €10 per person. Aged 13+. Pre-registration only. Ph 087 6471671.

KEEP 'ER LIT' TRACTOR RUN on Friday 20th December 2024 in Aid of Mullagh Sports field playground & Mullagh N.S. Prizes for best lit up Vehicles. Tractors, Lorries, Vans, Cars, Motor Bikes, Vintage Cars, Rally Cars all welcome! Registration from 5pm on Friday 20th December at meeting room in Mullagh Sportsfield - 'KEEP 'ER LIT' TRACTOR RUN starting at 6.30pm. €20 registration per vehicle! Raffle, Carol singing, activities for kids, face painting and lots more entertainment and surprises on the night! Tea and coffee and goodies for all!

REGINA NATHAN – CHRISTMAS SPIRIT ANNUAL CHRISTMAS CONCERT Ennis 2024

Regina Nathan Soprano | Michael Hennessy Piano
Saturday 7th December 2024 at 8.00pm St. Columba's Church of Ireland, Bindon Street, Ennis, V95 D261 – Tickets €30 Tel: 087 918 8222

THIS MONTHS ALZHEIMER INFORMATION CAFÉ

is being held on the 27th November in our Ennis centre, Cuan and Chláir, Cahercalla from 11.30-13.30. This month's topic is Keeping Well over the festive season, Hints and Tips on how to stay physically, emotionally and mentally well. Yoga, Music, Activity Resources, Advice and Support. Joining us is Antoinette Butler, Yoga Instructor. Contact Linda Murphy 087 9152151.

LIGHT UP MOY:

Come and join us for our annual community event on Sunday 1st December at the Moy GAA Field from 4pm. Tea, Refreshments, music and Special Guest arriving prior to lighting up our tree at 5pm.

MILTOWN/MOY DEFIBRILLATOR 999 OR 112 SOCIETY OF ST. VINCENT de PAUL 086 2168749 BASKET COLLECTION – 17/11/2024 - €1,805