

ST. JOSEPH'S CHURCH MILTOWN MALBAY ST. MARY'S CHURCH MOY

CRÍOCHA CALLAN PASTORAL AREA

CHURCH OF IRELAND – CHRIST CHURCH, SPANISH POINT

First Sunday of Lent Year A 22nd February, 2026

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. Edel Lynch

12.15 p.m. Flann O'Keefe

Next Sunday is the Second Sunday of Lent Year A

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: 7 p.m. Wednesday in Quilty for Stephen Murrihy (1st Anniversary)

MASS: 10 a.m. Thursday in Miltown

MASS: 10 a.m. Friday in Miltown

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

MASS: 12.15 Sunday for Michael Moloney, Carhuduff (Months Mind)

Moy

MASS: 9.15 a.m. Sunday for James Malone, Moybeg (1st Anniversary)

REMEMBRANCE: Our Prayers are asked for the Repose of the Souls of Clare Hanrahan, UK niece of the late Paddy Hanrahan of Leagard North Miltown Malbay whose funeral will take place on the 26th of February in Staffordshire and Nancy Kirwan née McMahan, Rathfarnham, Dublin and formerly of Miltown Malbay who died during the week. Rest in Peace Clare and Nancy

SOUTH AFRICIA: Fr. Donagh will be away in Missionvale, South Africa from Friday 13th of February to Monday 23rd February. Three Students from St. Joseph's, Spanish Point Jack Talty, Emma Scullane and Ciara McGrath will travel along with Staff Member Lillian O'Connor and four other Secondary Schools from the Diocese of Killaloe. In the event of a Funeral or a Sick Call please phone Fr. Gerry Neylon 089 4686965.

REFLECTION:

During Lent, let us...

Fast from Worry; feast on trusting God.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from hostility; feast on tenderness.

Fast from unrelenting pressures;

feast from unceasing prayer.

Fast from judging others;

feast on Christ dwelling in them.

Fast from fear of illness;

feast on the healing power of God.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from bitterness; feast on forgiveness.

Fast from self-concern;

feast on compassion for others.

Fast from discouragement; feast on hope.

Fast from suspicion; feast on truth.

Fast from lethargy and apathy;

feast on enthusiasm.

Fast from facts that depress;

feast on truths that uplift.

Fast from gossip; feast on purposeful silence.

Fast from problems that overwhelm;

feast on prayer that sustains.

Fast from thoughts that weaken;

feast on promises that inspire.

Fast from apparent darkness;

feast on the reality of light. Mother Teresa

CLARECARE over 65s club is now up and running Monday to Thursday each week. Join us for fun and activities. In the interim we will be hosting this from the Vandeleur walled garden Kilrush. If interested, please contact Caroline on 0868328575.

PAINTING & DRAWING COURSE commencing on Friday 20th March 12.30-2.30pm at Further Education & Training Campus, Miltown Malbay. Course is designed to meet the needs of both beginners and improvers. To apply, go to: www.collegeoffet.ie. For further information, email antoinette.houlihan@lcteb.ie or phone 086 185 3953.

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 0872180037 or email Atlanticwavepsychotherapy@gmail.com

TRÓCAIRE: This year Trócaire is focused on Rwanda and the huge problems there because of Climate Change. This year the Trócaire Box on the table could make a huge difference. €20 could keep a family cover school fees, books and health insurance. €50 could provide a Pig giving a family manure for crops and Piglets to sell. €100 could provide a 2,500 litre water tank storing clean water through dry and wet seasons. €200 could buy land for a family to farm so they can grow food every year

FCJ Spirituality House – An Teach Spioradálta. Spanish Point. V95E0W7.

Weekdays: Midday Meditation: Tues 24th Feb and Thurs March 5th, 12th, 19th and 26th. 12 – 12:30 / Movie nights: Thurs 19, 26 Feb and 5th, 19th and 26th March (up to Holy Week) 7pm / Singing session: March 12th 7-9pm. Small donation for tea/coffee/heat appreciated, but all welcome as you are.

Saturday, March 28th: Oasis Day to prepare for Holy week. 10 – 4:30pm. €20

Weekends: Centering Prayer for those already practising Feb 20 -22nd / Poetry reflections with Jane Hirschfield March 6th - 8th / This Sacred Time – Easter Triduum, April 2-5th / Scripture and Leonard Cohen, April 16-19th / Burren Outdoor Retreat, April 24th – 26th. All residential or non res. More details at <https://fcjspiritualityhouse.ie/event/> or info@fcjspiritualityhouse.ie or 087 447 9115.

ENROLLING AT MILTOWN NS:

St. Joseph's National School Miltown Malbay are now accepting enrolments for the 2026/7 school year. Applying for a place in our school couldn't be easier, simply visit www.stjosephsnn.ie, click on the enrolments tab and enter your details. We warmly invite all prospective parents to our open evening on 12th March between 6PM and 7:30PM. We are very proud of our school and we look forward to welcoming parents on the night to learn more about everything we do. Full information packs will be distributed at the open evening or from the office on request by emailing office@stjosephsnn.ie.

GAELSCOIL IOSEF NAOFA, Maigh - "Ag clárú anois"

Gaelscoil Iosef Naofa, Moy, are now accepting enrolments for the 2026/2027 school year. We would love to invite all prospective parents and children to our open evening on Tuesday 24th February 6pm to 7pm. Come and meet our school team, visit the classrooms and enjoy a cuppa and refreshments. School bus route serves Ennistymon, Lahinch, Spanish Point and Miltown Malbay. To confirm attendance please email scoiliosef@gmail.com
Enrolment application forms are available on our school website, www.gaelSCOILMAGH.ie or email the school on scoiliosef@gmail.com and we will get back to you.

LOURDES PILGRIMAGE:

Our Diocesan Pilgrimage led by Bishop Fintan will depart Shannon Airport on Wednesday 24th June for 5 days. €990pp includes full board. Our Diocesan Autumn Pilgrimage is from Monday 28th September to Saturday 3rd October. €960pp includes full board. To reserve a seat please call Joe Walsh Tours, 89 Harcourt Street, Dublin 2 D02UY88; Tel (01) 2410800 or joewalshstours.ie for more details. A limited number of assisted pilgrims will be accommodated on the June Pilgrimage. €890 is the cost for this section. A Medical Declaration form must be completed and those interested in this section are asked to apply to Ms Mary Freeman, Pilgrimage Secretary (087) 9777896 or marybfreeman@gmail.com

Sponsor a Sick Person

Each year some people sponsor a sick or assisted pilgrim to make their wish of travelling to Lourdes become a reality. The cost €890 per pilgrim. To sponsor or part sponsor a pilgrim, please contact Fr. Tom Ryan, Pilgrimage Director (087) 2349816

MULLAGH ENTIRE DRAMA GROUP

Presents the hilarious comedy Widows Paradise 3 Act Comedy by Sam Cree in Mullagh Community Hall on Friday 27th February, Sunday 1st March and Saturday 7th March... Doors open at 7pm, Curtains at 8pm. Admission Adults €10 Children €5. Come along for a night of laughs. This is an amateur production.

FREE TRADITIONAL SKILLS TRAINING DAYS

for Clare community groups. This training is fully funded through LEADER and delivered on behalf of Clare Local Development Company by Common Knowledge.
The training days are open to:

- Tidy Towns groups
- Community development organisations and CLGs
- Men's, Women's and Queer Sheds
- Residents' associations
- Environmental and heritage groups
- Social enterprises delivering community benefit

Full details and registration are available here:

<https://www.ourcommonknowledge.org/claretrainingdays>

Registration is open until 27th February.

HSE Mid-West Community Healthcare are running the 'Living Well' programme which is a free of charge group self-management programme for people with long term health conditions or their carers. The programme, which is ran in a friendly and non-intrusive manner, addresses topics such as fatigue, sleep, pain, stress, physical activity, healthy eating, difficult emotions, low mood, depression and general wellbeing. It takes place over 6 weeks, 2.5 hours per week with up to 15 people on the programme. A programme will commence on Wednesday March 4th at Ennis Primary Care Centre at 10.30am and continues for 6 weeks, finishing on Wednesday April 8th. Prior registration is necessary, numbers are limited. Call Philip at 087 1799396 or Ailish at 061 461362 to register or for more information.

BEST OF LUCK to the Clare Hurlers & Footballers on this week-end.

MILTOWN/MOY DEFIBRILLATOR 999 OR 112 SOCIETY OF ST. VINCENT de PAUL 086 2168749 BASKET COLLECTION 15/2/2026 - €1,280