

GLENCORRIB & SHRULE PARISH NEWSLETTER – 29th NOVEMBER 2020

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Newsletter on Web: www.shruleglencorribparish.ie & www.mayo.ie

You can listen to all Masses on the parish radio 101.4 FM and weekend

Masses will continue to be available on Radio & Facebook/Shrule Parish



FIRST SUNDAY IN ADVENT - MASS DATES, TIMES & INTENTIONS

ST. JOSEPH'S CHURCH, SHRULE - Dedicated 1832

| | | | | |
|-----|----------------------|----------|--|---|
| Sat | 28 th Nov | 8.00 pm | Fran (Frances) Minto (Livingstone, Scotland) | RIP 09/10/2020 |
| Sun | 29 th Nov | 11.00 am | Peter Golden and the deceased members of the Golden family (Kilmaine) Jimmy Kelleghan and his parents Bridie & Michael Kelleghan (Shrule) Mary, Michael & Paddy Burke (Cloonamealtogue) | Anniv & Deceased 33 rd , 28 th & 49 th Anniv 6 th , 41 st & 46 th |
| Sun | 29 th Nov | 3.00 pm | Adoration of the Blessed Sacrament in the church from 3pm- 4pm | |
| Mon | 30 th Nov | 9.30 am | Mass John and Delia McDonagh and the deceased members of McDonagh family (Carramore) Patrick Higgins and deceased members of Higgins family (St Mary's Road) | Special intention 78 th & 58 th Anniv & Deceased 32 nd Anniv & Deceased |
| Tue | 1 st Dec | 9.30 am | Martin Reilly (Shrulegrove) | 11/11/2020 |
| Wed | 2 nd Dec | 9.30 am | Mass | Special intention |
| Thu | 3 rd Dec | 9.30 am | Martin Reilly (Shrulegrove) | 11/11/2020 |
| Fri | 4 th Dec | 8.00 pm | Deceased members of the Gavin family (Longhill) | Anniv & Deceased |
| Sat | 5 th Dec | 8.00 pm | John McEvaddy (Brodella) | 2 nd Anniv |
| Sun | 6 th Dec | 11.00 am | Conor & Kathleen Bohan (Carramore) and their daughter Josephine Bohan (Mocollogan) | 17 th (A) RIP 10/9/20 & 2 nd Anniv |
| Sun | 6 th Dec | 3.00 pm | Adoration of the Blessed Sacrament in the church from 3pm- 4pm | |

CHURCH OF THE IMMACULATE CONCEPTION, GLENCORRIB - Dedicated 1876

| | | | | |
|-----|----------------------|----------|--|---|
| Sat | 28 th Nov | 6.30 pm | Deceased members of the Newell family, (Kilroe) | Anniv & Deceased |
| Sun | 29 th Nov | 9.30 am | John Moran (Glencorrib) | RIP 28/09/2020 |
| Sun | 29 th Nov | 3.00 pm | Adoration of the Blessed Sacrament in the church from 3pm- 4pm | |
| Wed | 2 nd Dec | 10.00 am | John Moran (Glencorrib) | RIP 28/09/2020 |
| Fri | 4 th Dec | 7.00 pm | John Mellett and the deceased members of the Mellett family (Mochara) | 6 th Anniv & Deceased |
| Sat | 5 th Dec | 3.00 pm | Michael Hyland (Ballisnahina) | Month's Mind Mass |
| | | 6.30 pm | John & Margaret Monaghan and their grandson Kenneth (Ballycurrin) | 41 st , 31 st & 4 th Anniv |
| Sun | 6 th Dec | 9.30 am | Kathleen Mohan (Claran) | RIP 24/05/2020 |
| Sun | 7 th Dec | 3.00 pm | Adoration of the Blessed Sacrament in the church from 3pm- 4pm | |

DECEMBER LAY READERS

| | SHRULE | GLENCORRIB |
|---------|-----------------|----------------|
| Vigil | Molly Hyland | Bridie Biggins |
| Morning | Carmel Heneghan | Mary Devins |

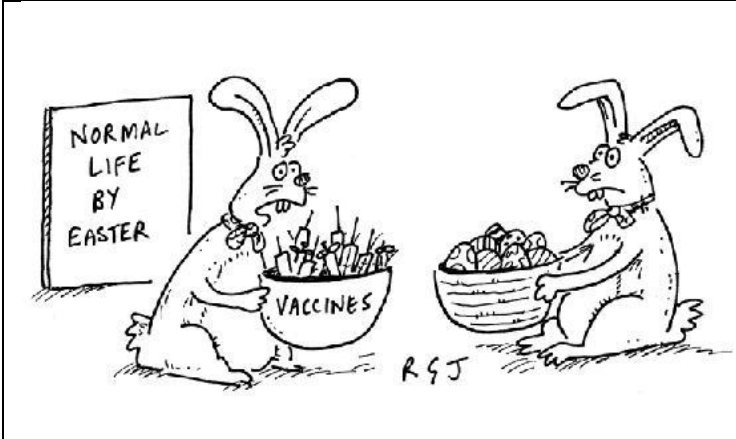
LET US HAVE CHRISTMAS: A lot of talk about Christmas these days and our need to 'have it', to celebrate, but sometimes I wonder what 'Christmas' is being longed for. Sadly, I suspect it could all too easily be the Christmas of reindeer, red-nosed and electrified on the most awful jumpers. It might be nights out, office parties, and endless drinks, 'toy shows' crackers with their dreaded and driest imaginable jokes. **I wonder is much though given to that socially distanced shed, a young couple and a new born child.** Maybe, just maybe, it's not about going all out to celebrate but staying in to give thanks and to hope, hope that the Saviour will again find welcome.

"Opportunities are like sunrises, if you wait too long you'll miss them." William A. Ward



GLENCORRIB KILROE COMMUNITY SPORTSFIELD WALKWAY is now open for use. The lights will be on at 7am every morning for the early birds and from 5pm to 11pm in the evening for the pre and after dinner walk. Please enjoy and do your best to wear out the tarmac. Absolutely no dogs or bikes allowed on this walkway except for toddlers bikes. We will have an official opening once Covid is under control. Big thanks to everyone who helped out to make this project a huge success. *The committee*

For your info: The length of the walkway is 420 metres. 4 laps = 1,680 meters. One mile = 1,620 metres



“We’ll be delivering more than just eggs next year.”

SPIRITUAL COMMUNION PRAYER:

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

DURING COVID we will continue to have Mass daily on the radio and both radio and facebook at the weekends. Please let me know your Anniversaries, Special Intentions and Occasions for our Masses and we can all pray for one another’s intentions and requests.

FIRST SUNDAY IN ADVENT - FINDING OUR FEET: It can be very hard to live with uncertainty. Back at the start of the COVID-19 pandemic, a counsellor was interviewed on radio about how people were coping with the ‘lockdown’. People were anxious and fearful, she said. Many were experiencing loneliness, as their normal routines and social life came to an abrupt halt. Another thing that people really struggled with was the inability to make decisions. They felt trapped and stuck, unable to plan ahead. They couldn’t make plans to visit family or go on holidays. They didn’t know if their jobs were secure, or if their children would return to school. When things are up in the air, it is hard to find your feet and feel grounded. Many of us are still struggling with these feelings. Today we enter a new church year, and our first Advent season since the pandemic hit. Many of us are feeling more subdued than normal as we begin our preparations for Christmas. It will be very different from the usual family and social occasion, and we are saddened and worried by this. In today’s gospel, Jesus urges his disciples to ‘stay awake’. We might feel we have no choice at the moment –the feeling of not knowing what is coming is very familiar. We are on our guard, on edge, waiting for the latest news. Yet already, there are initiatives springing up to support those who are vulnerable or in need this Christmas. In our own families, we are plotting ways to ensure no one is alone or isolated. We are ‘awake’ to the strange circumstances, and we are finding ways to cope. We pray today for the strength to guide us through the coming weeks, and for the peace and joy of Christ to lift our hearts and carry us onwards. **‘In this time of tribulation and mourning, I hope that you will be able to experience Jesus, who comes to meet you, greets you and says: ‘Rejoice.’** Pope Francis

A LITTLE BIT OF HUMOUR: During the week, I visited Ballinrobe.

- I met a friend for a coffee and when I went to pay, pictures of my family fell out of my wallet. He asked me why I had so many pictures in my wallet. I told him it was to remind me of where my money used to be.
- I then visited a large supermarket in the town when an old guy started throwing cheese and milk at me... How dairy. My friend said hopefully the milk missed you and went past your eyes.
- Visiting the library, I asked librarian if the library had any books on paranoia. She whispered; “There right behind you...” “Oh, no they’re not!” I pantomimed back. I then asked her where can I find the Arnold Schwarzenegger’s autobiography. She replied; “It’s in Aisle B, Back” 😊

SHRULE PARISH is committed to the protection of all children and young people in our Church. Please see our notice boards for contact details.

“Do the best you can till you know better, then when you know better, do better.”
Maya Angelou

**PLEASE REMEMBER WITH A PRAYER THOSE FROM SHRULE AND
GLENCORRIB PARISH WHO DIED ON THIS WEEK IN FORMER YEARS**



| Surname | Christian | Village | Date Died | Age | Cemetery |
|-------------------|------------------|----------------------|------------------|------------|-----------------|
| Walsh | Brigid | Ramolin | 28/11/1918 | 73 | Shrule |
| Cahill | Brigid | Cloonbanane | 28/11/1931 | 62 | Shrule |
| Higgins | Sara St. Leger | Shrule | 28/11/1953 | 86 | Shrule |
| Ryan | Martin | Dalغان | 28/11/1957 | 70 | Shrule |
| Greally | John | Cloonbanane | 28/11/1963 | 69 | Shrule |
| Mullen | Margaret | Shrule | 28/11/1979 | 88 | Shrule |
| Frehan | Delia | Shrule | 28/11/1982 | 84 | Shrule |
| Sullivan | John | Glasbally | 29/11/1920 | 71 | Killursa |
| Davin | Sara | Brackloon | 29/11/1921 | 59 | Shrule |
| Naughton | John | Brodella | 29/11/1963 | 85 | Shrule |
| Keleghan | James | Dalغان | 29/11/1987 | 34 | Shrule |
| Daly | Rena | Ballisnahina | 29/11/1991 | 48 | Moyne |
| Kelleghan | Bridie | Shrule | 29/11/1992 | | Shrule |
| Nolan | Nora | Rostaff | 29/11/2001 | 90 | Shrule |
| Crampton | Terence | Birmingham & Shrule | 29/11/2008 | 87 | Shrule |
| Tedders | Brigid | Shrule | 30/11/1923 | 70 | Shrule |
| Garvey | John | Shrule | 30/11/1953 | 81 | Shrule |
| Tully | Luke | Dalغان (Kilmaine) | 30/11/1953 | 88 | Kilmaine |
| Crampton | Patrick J. | Shrule | 30/11/1973 | 87 | Shrule |
| Flaherty | Michael | Brodella | 30/11/1983 | 65 | Shrule |
| O'Connor | Kathleen | Boula | 30/11/1993 | 56 | Killursa |
| Moughan | Paddy | Cahernabruck | 30/11/1995 | 76 | Shrule |
| Dooley | Michael | Ramolin | 01/12/1918 | 11 | Shrule |
| Molloy | Mary Anne | Ballycurrin | 01/12/1918 | 26 | Killursa |
| Garvey | Margaret | Gortbrack | 01/12/1924 | 60 | Killursa |
| Carey | Margaret | Shrule | 01/12/1928 | 72 | Shrule |
| Monaghan | Margaret | Ballycurrin | 01/12/1989 | 74 | Killursa |
| Bohan | Conor | Carramore | 01/12/2003 | 80 | Donaghpatrick |
| Lydon | Sarah | Parks | 02/12/1915 | 34 | Killursa |
| Nohilly | Mary | De Clifford St. | 02/12/1919 | 90 | Shrule |
| O'Rourke | Winifred | Shrule | 02/12/1921 | 76 | Shrule |
| Langan | Michael | Alacca | 02/12/1922 | 82 | Moyne |
| Corbett | John | Scardaune (Kinlough) | 02/12/1957 | 83 | Shrule |
| Keady | Michael | Dalغان/Brackloon | 02/12/1976 | 72 | Shrule |
| McDonagh | James | Ramolin | 02/12/1987 | 75 | Shrule |
| Creaven | Fr. John A. | Glencorrib. | 02/12/2008 | 91 | Cork |
| Miller | Barry | Dalغان | 02/12/2018 | | |
| Blake | Mary | Glassvalley | 03/12/1915 | 90 | Killursa |
| Hart | Thomas | Mount Henry | 03/12/1918 | 67 | Killursa |
| Morrin | Edward | Ballynalty | 03/12/1924 | 70 | Moyne |
| Mangan | Michael | Boherbee | 03/12/1926 | 72 | Shrule |
| Murphy | Martin | Gortatubber | 03/12/1979 | 61 | Cross |
| Reddington | Margaret | Gortbrack | 03/12/1989 | 84 | Killursa |
| Hogan | Mary | Rostaff | 04/12/1920 | 90 | Moyne |
| Mellet | Michael | Cloonbanane | 04/12/1989 | 78 | Shrule |
| Farragher | Padraic | Kille | 04/12/2008 | | Shrule |
| Mullin | Canon Noel | Shrule | 04/12/2009 | 71 | Shrule |
| McEvaddy | John | Brodella | 04/12/2018 | | Shrule |
| Toher | Denis | Old Ballynalty | 05/12/1918 | 22 | Moyne |
| Harte | William | Rostaff | 05/12/1936 | 76 | Moyne |
| Murphy | Michael | Ballynalty | 05/12/1938 | | Cross |
| Morris | Patrick | Brodella | 05/12/1981 | 84 | Shrule |
| O'Halloran | Canon Colman | Shrule | 05/12/1992 | 78 | Galway |
| McGath | Nina | Lakefield | 06/12/1898 | | Shrule |

WESTERN CARE ASSOCIATION'S CHRISTMAS CARDS 2020, are now on sale in your local town and area. Pack includes 10 unique cards and envelopes for €6.00. Thank you for supporting Western Care... *Your Mayo Charity!* 📞 Teresa Ward on 087 246 7857 for further information.

PLEASE REMEMBER WITH A PRAYER THE RECENTLY DECEASED: PADRAIG DERRIG

Padraig Derrig aged 87, Gurteen, Shrulce passed away peacefully on Tuesday morning last 24th November 2020. Born in Tourmackeady in 1933. Attended the local National School. Became an apprentice blacksmith at the McDonagh forge in Shrulce village. He emigrated to England. Met Dell and married in 1962. Took to farming like it was in his blood all his life. He and Dell raised six children, Mary, Freda, Anthony, John, Breege, & Loretta. Padraig was known to be a hard worker. He enjoyed farming and too pleasure on seeing a job well done. He also loved the bog and working on the bog. Many of us with soft plots of turf in Brown's Island would welcome the Derrig lads who helped many to save and bring out their turf to the road side.



Padraig was not shy to lending a helping hand to those who needed one. As you know his favourite pastime was playing cards and "25" was played many late nights at home and later at Friar's Lodge I only met Padraig for the first time about three years ago in Friar's Lodge. I always enjoyed chatting to him and he was a great story teller too. I had hoped to record some of them but God took him home early. He got on so well with the staff at the nursing home and would have a laugh with them. He also had some good friends there too, residents like Moll, John, Bernie and Walter. I'm sorry we didn't have that other great chat, but God took his old friend back home to Him. Our condolences to Dell, their 6 children, 29 grandchildren, 2 great grandchildren and his sister Eilish in the States. Padraig's funeral Mass took place at St. Joseph's Church, Shrulce on Thursday last 26th November. RIP Padraig.

Kevin

CHRISTMAS VARIES by the late Fr. Tom Waldron

"Christmas will be very different this year" is now a common observation. Well, according to the piece below by Tom Waldron, Christmas is very different every year. Like beauty, Christmas is in the eye of the beholder! "There are lots of Christmases.

- There's the quiet one, which seems to occur for most people every year, and yet always seems to be spoken of as if it arrived as a mighty surprise: 'Wasn't it a very quite Christmas this year?', 'Oh indeed sure it's over before you know it, after all the preparation.'
- Then of course there's the child's Christmas, and not quiet at all, but a Christmas of glistening eyes, and lit faces, and hopes, and excitement that turns to tiredness and crying, and overeating that satiates or sickens children of all ages.
- There's the drinking Christmas too, excuse for some, tiring round for others, 'habitually cited as exhausting and rarely as satisfying,' as an American writer put it.
- There's the homecoming Christmas too which touches in its way the Christmas that God began. At this time above all, Christ achieves some sign of his promise to the world."

JUST A THOUGHT: Franz Kafka, the story goes, encountered a little girl in the park where he went walking daily. She was crying. She had lost her doll and was desolate. Kafka offered to help her look for the doll and arranged to meet her the next day at the same spot. Unable to find the doll he composed a letter from the doll and read it to her when they met. 'Please do not mourn me; I have gone on a trip to see the world. I will write you of my adventures.' This was the beginning of many letters. When he and the little girl met he read her from these carefully composed letters the imagined adventures of the beloved doll. The little girl was comforted. When the meetings came to an end Kafka presented her with a doll. She obviously looked different from the original doll.

An attached letter explained 'My travels have changed me.' Many years later, the now grown girl found a letter stuffed into an unnoticed crevice in the cherished replacement doll. In summary it said: 'Everything that you love, you will eventually lose, but in the end, love will return in a different form.' - Kafka and the Doll, The Pervasiveness of Loss

KINDNESS: "I think kindness is my number one attribute in a human being. I'll put it before any of the things like courage or bravery or generosity or anything else... Kindness - that simple word. To be kind - it covers everything, to my mind, If you're kind that's it." *Roald Dahl.*



This is not the year to get everything you want. This is the year to appreciate everything you have.

"PRE-CHRISTMAS QUOTES..."

- "Santa Claus has the right idea, visit people only once a year." -Victor Borge.
- "It is one of the blessings of old friends that you can afford to be stupid with them." -Ralph Waldo Emerson.
- "We must let go of the life we have planned, so as to accept the one that is waiting for us." -Joseph Campbell.
- "He who has not Christmas in his heart will never find it under a tree." -Roy L. Smith.
- "What I don't like about office Christmas parties is looking for a job the next day." -Phyllis Diller.
- "I once bought my kids a set of batteries for Christmas with a note on it saying, toys not included." -Bernard Manning.

"Did you know that Christmas Day is absolutely the best day to fly? It is. No crowded airports and crowded planes. I always flew to Australia. That's what Christmas was for me - a plane journey to the next tournament." -Monica Seles.

ONLINE ADVENT CALENDAR, 2020

During the week Archbishop Eamon Martin launched the 2020 online Advent Calendar, which is now live went live on www.catholicbishops.ie/adventcalendar for this weekend, the first Sunday of Advent. Now in its seventh year, the unique online Advent Calendar offers resources for the parish, school and for families which can be accessed behind a virtual door each day during the season of Advent. The content is aimed at assisting people of all ages to pray and reflect on how best we can keep Christ at the centre of our Christmas preparations during this special liturgical season. You can also follow updates on Facebook [Advent 2020] and on Twitter and Instagram using the hashtags SharingHope and #LivingAdvent



ENCOUNTERING GOD: "One day, the Lord will show his hand and reveal his plan for this astonishing and wonderful world. This does not mean that we have to wait until the end of time to encounter God. There is a certain sense in which we meet the Lord on a daily basis in the family we live with and in the loving kindness we show to people who are our constant companions at work. In similar fashion, the loss of God can be glimpsed in selfish and sinful tendencies like the cold lack of feeling we have for some of our brothers and in the hatred displayed towards particular neighbours. As we work continually at being ready for the arrival of God's kingdom, it is good to remember that the cause of our undoing on the Day of Judgement may not be the sins we have committed. What may come against us are the sins of omission, the opportunities for caring, sharing and doing good in our relationship with others that we have squandered. In the evening of life and at the end of time, all that will remain is the kindness we have shown one another and the good acts that we have performed out of love."

Source:

Extract from "Preaching God's Word on Sunday" by Fr. Desmond Knowles.

You may not understand why you are going through difficult times, but don't try to figure it out.

Keep trusting in God.

He knows how to bless you in unexpected ways.

FB Page: Alberto Caring

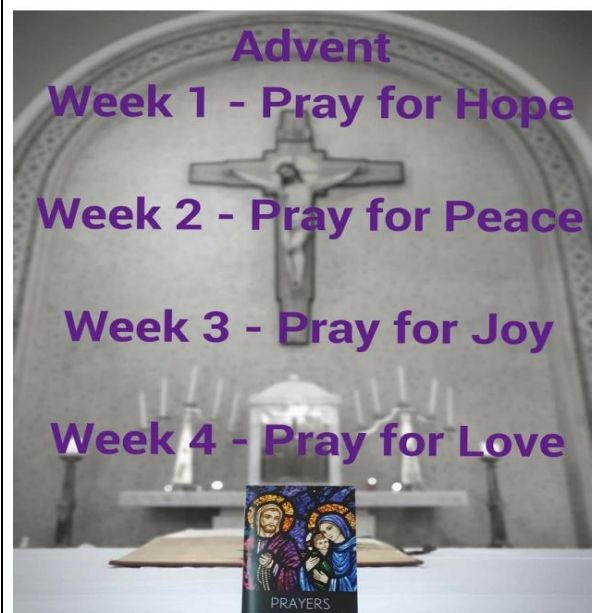
FREE ONLINE LIVING WELL PROGRAMME!

If you or someone you know is living with any long-term health condition (mental or physical) then this Programme could be of great benefit. It is a six-week programme delivered in 2.5 hour weekly sessions where you will learn new tools & skills to manage your wellbeing, on a day to day basis, while living with the condition. You must register in advance as places are limited to 10/12 participants. Please note you do *not* have to disclose your health condition on the programme and plenty of support is available for navigating the online aspect of the course. Please contact Bonnie King, on 0879176354 or email bonnie.king@mayocil.ie. You can also find out more information on the programme on our website: www.hse.ie/LivingWell Please note there is now the addition of an evening programme (on Wed. 20th Jan.)

Dates: The next 4 programmes are due to commence on

1. Thursday 7th Jan.
2. Tuesday 12th Jan.
3. Monday 18th Jan.
4. Wednesday 20th Jan.

As the sun 🌅 sets this evening at 4.22pm a new church year begins, Happy Advent everyone 😊



ARE YOU LIVING WITH A LONG-TERM HEALTH CONDITION?

Examples include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain, and depression. **What is the Living Well programme?** Living Well is a free group programme, delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with long-term health conditions. Living Well can help you to develop the skills & confidence to manage your health condition(s). Online Programmes available: 2021 programmes

Thursdays 10.30am-1pm on 7th 14th 21st & 28th January 7th, 14th 21st & 28 and 4th & 11th February

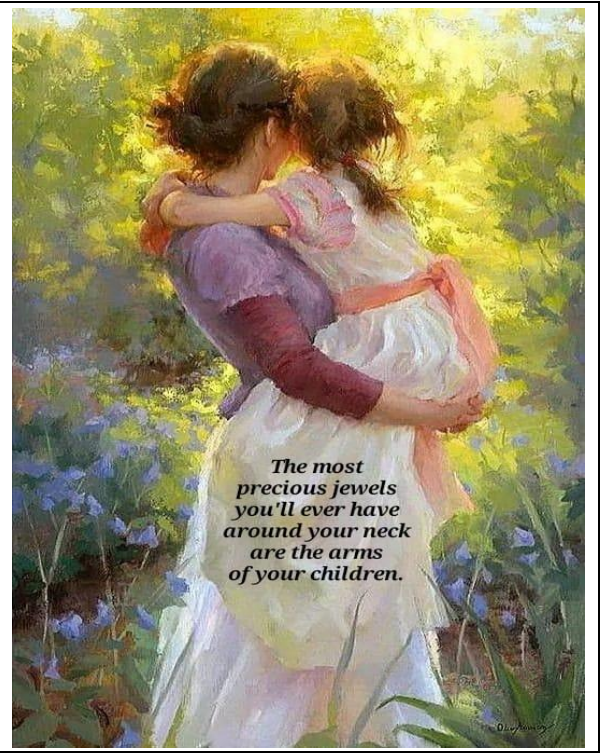
Tuesdays 10.30am to 1pm: 12th 19th 26th January & 2nd, 9th & 16th February

Mondays 10.30am to 1pm: 18th & 25th and 1st, 8th 15th & 22nd February

Wednesdays: 7.00pm to 9.30pm: 20th & 27th January 3rd 10th 17th & 24 February

Administrator: Liam Gildea Mobile: ☎ 87-3490393

Email: liam.gildea@mayocil.ie www.hse.ie/LivingWell

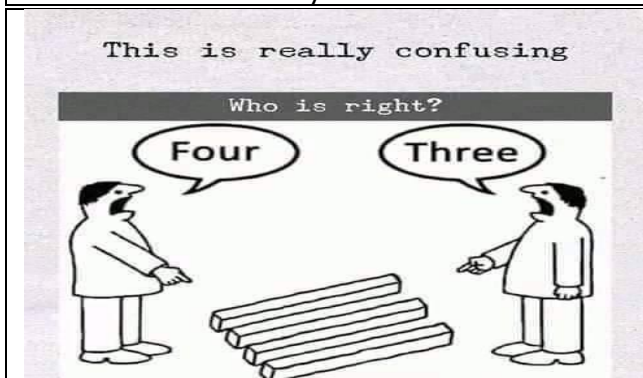
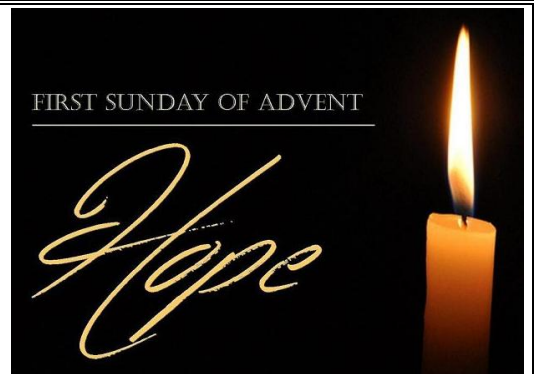


FIRST SUNDAY OF ADVENT: This weekend we begin the formal preparation for Christmas with what is known as "Season of Advent". The word "Advent" literally means "coming" or "arrival", and has become the word used among Christians to refer to the "Coming of Christ". Various customs and symbols have over time attached themselves to the concept of Advent.

The History: Like many of our Church traditions, the use of the Advent Wreath with its evergreens and its lighted candles finds its origins in pagan tradition and ritual. Pre-Germanic peoples used wreaths with lit candles during the dark and cold of winter as Signs of Hope in the future warmth and lengthening sunlit days of spring. Similarly, Scandinavians lit candles which were placed around a wheel, and prayers were offered to the god of light to turn the wheel of the earth back toward the sun to lengthen the days and restore warmth.

In the middle ages, Germanic peoples began incorporating a lighted wreath into the Christian season of Advent. It didn't gain widespread popularity until the 1800s The Symbols: The evergreens used for the wreath itself are reminders of life. Shaping them into a circle reinforces that meaning. The circle is also a sign of everlasting life as well as the eternity of God.

The four candles used, three purple and one rose, mark the Sundays of Advent. The purple candles are reminders that this should be a time of prayer & sacrifice to prepare us for the second coming of Christ. On the third Sunday, the rose candle is lit to announce 'Gaudete Sunday' (Gaudete means rejoice) a Sunday of rejoicing for Christ's coming is near. With the lighting of that third candle, brightness is growing and the darkness is being overcome. A fifth and larger white candle in the centre represents Christ. It is lit on Christmas Eve as a declaration that Christ has come into the world and the darkness is vanquished utterly. The Advent Wreath serves as a powerful visual reminder of the holiness of the season. The lights of the candles on the Advent Wreath break through the darkness, reminding us of the Light of Christ that we anticipate during this holy season of Advent. It provides an invitation to wait and pray in hopeful anticipation for the coming of Christ. We are called to welcome the light of Christ into our lives. The Galway Diocesan Website has a lovely series of Reflections for this Advent



A LITTLE BIT OF HUMOUR:

Grandma phones and announces that she will be coming by for a visit in about half an hour. When she comes she is surprised to see her grandchild running to her as if possessed and hugging her with all his tiny might. "What is it, Eric??" She asks. "Now that you're here, grandma, we have everything!" "Whatever do you mean?" Inquired the surprised granny. "When you phoned, mom said: 'That's all we need right now.' So now that you're here, we have all we need!"

HELP LINES TO HELP YOU THIS CHRISTMAS

It's been a difficult year for many, with a global pandemic shaking the world and changing everyday life for all of us. Some people are now looking forward to Christmas, but for others this too can be a tough time of year. Always remember though, there is support out there if you need it.

Samaritans

Whatever you are going through, Samaritans can help

Free phone: 116 123

24 hours a day, 365 days a year

www.samaritans.org

ALONE

If you or an older person you know needs support
0818 222 024

8am-8pm

www.alone.ie

Childline

Talking makes us stronger

Free phone: 1800 66 66 66

Free text: 50101

www.childline.ie/

Jigsaw

Mental health support and advice for young people aged 12 to 25

Free phone: 1800 544729

1pm to 5pm Monday to Friday

Text CALL ME to 086 180 3880

with your preferred day and time for a call

www.jigsaw.ie

Irish Hospice Foundation

Bereavement support line

1800 807 077

Monday to Friday from 10am to 1pm

www.hospicefoundation.ie

Aware

Support for people affected by depression

Free phone: 1800 80 48 48

Monday to Sunday 10am-10pm

www.aware.ie

Pieta House

For people at risk of suicide and self-harm

Free phone: 1800 247 247

Text HELP to 51444

www.pieta.ie

Dublin Rape Crisis Centre

Support for anyone affected by sexual violence, at any time

Free phone: 1800 77 88 88

24 hours a day, 7 days a week

www.drcc.ie

Women's Aid

Listening. Believing. Supporting

Free phone: 1800 341 900

24 hours a day, 7 days a week

www.womensaid.ie

Men's Aid Ireland

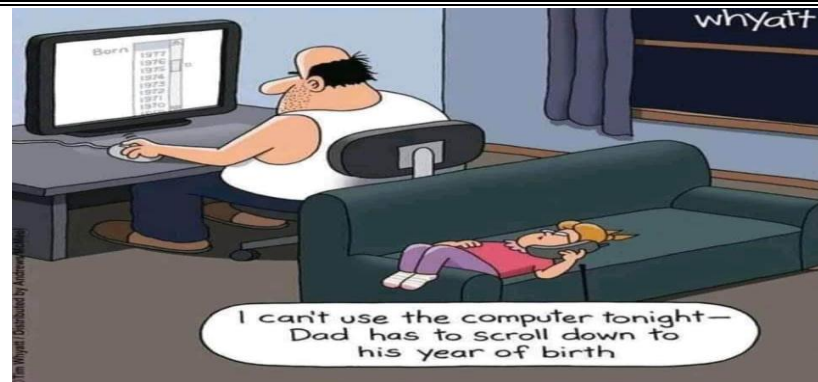
Supporting men experiencing domestic violence

01 554 3811

www.mensaid.ie

Mental health support services

The HSE's full [list of support services](#)



YOU CAN BE

You can be vulnerable and still be powerful.

You can have a gentle heart, but still be rock solid to the core

You can be as calm as a breeze, But as fierce as a tiger.

The best people embody both sides.

The road marked later leads directly to a road called never...

ALTERNATIVE SANTA: A CHRISTMAS POEM

'I'm fed up looking like Father Christmas,'
Muttered Father Christmas one year
'I need a new outfit, I must move with the times
So for a start, it's goodbye reindeer'
He googled Alternative Santas
And was amazed at the stuff that appeared
He got rid of the holly-red costume
Had a haircut, and shaved off his beard
Spent his days in front of a computer
In a cave hollowed out of the ice
Wearing a tee shirt emblazoned Merry Xmas
And jeans (Amazon, Armani, half price). -
Roger McGough.



GLENCORRIB KILROE COMMUNITY SPORTSFIELD NEW WALKWAY 2020



