

Laragh Parish Newsletter



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Clergy & Pastoral Care

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Fr Liam Kelly	049 5553035	Mobile	087 9877739
Fr John Murphy	049 5553218	Mobile	087 2424760
Fr Paul Casey	049 5552163	Mobile	087 8171317

Emergency Numbers

Cavan Gardai	049 4368800	Doc-on-Call	1850 777911
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16th September 2018 – 24th Sunday in Ordinary Time

Taking up the Cross

In his autobiography, *Gulag Archipelago*, the Russian writer, Alexander Solzhenitsyn, described the sufferings he endured in a Siberian prison. At one point he was so physically weak and discouraged that all he could hope for was death. The hard labour, terrible conditions and inhumane treatment had taken their toll on his spirit. He knew that, if he stopped working, the guards would beat him so severely that they would probably kill him. So he decided to do just that. The next day as the prisoners were out working with their shovels, he stopped, leaned on the shovel and looked around waiting for one of the guards to notice him. Immediately, the man beside him, a fellow Christian, reached over with his shovel and quickly drew a sign of the cross at Solzhenitsyn's feet. Then, just as quickly, he erased it before the guards would see it. Solzhenitsyn suddenly felt a current of energy run through him. That little reminder of the hope and courage we find in the crucified Christ changed his life. From that moment, he determined that nothing that anyone else could inflict on his body or spirit would ever defeat him.

9. Cliffrona ICA: 6 weeks Yoga Classes commence on Tuesday 25th September in St. Michael's Centre from 7pm to 8pm. Everyone welcome.

10. Walk, Talk & Stretch Programme: on Wednesday 19th September. €10 for 3 weeks from 10am – 11.30am. A programme for active adults, walk and talk followed by a gentle stretch and a cuppa in Kilnaleck Activty Hub, Crosserlough GAA Grounds, Kilnaleck. For more information contact Blánaid on 087 195 6942.

11. Outdoor Fitness: Walk or jog every Monday & Wednesday evening from 7pm - 8pm in PJ Duke Park, Stradone. Suitable for all fitness levels as you set the pace. Cost: €5/class.

12. Laragh United GFC Lotto Results: No jackpot winner. Numbers drawn were 7, 15, 25, 27. €30 winners Martin McIntyre, Norah Curran, Alice Keogh, Pat Smith, Paddy O' Reilly. Next week's jackpot €6,600. Draw will take place in Stradone Community Centre on Monday night.

13. Sports Partnership are having training for Physical Activity Leaders in Stradone Community Centre on Wednesday September 26th from 10am to 3pm. Cost €20 for 8 weeks. Refreshments provided. To book call 049 43 78582 or email dmcelroy@cavancoco.ie. Deadline September 19th.

14. Happy Feet Walkers Indoor Chair - Based Exercise Programme with Aisling in St Michael's Hall, Cootehill: Commencing Wednesday, September 19th, at 7pm. Registration at 6:45. (€25 for 6 weeks-payable on the first night) All welcome. Cuppa and chat to finish. Come along...it will do you good!
Happy Feet Walkers are starting back on Sunday September 23rd. Walks on Wednesdays leave at 7pm sharp and Sunday at 10am sharp, from St Michael's Hall, Cootehill. Why not come along and bring a friend, for fitness and fun in friendly company. No charge!
Two levels of walk available, led by trained leaders. A shorter walk (50 minutes approximately) and a longer faster walk (1 hour 20 minutes approximately). Refreshments afterwards. Everyone welcome!

15. Cavan Jobs Club for Unemployed People: commencing on Monday 24th September at 10am in Breffini Integrated CLG, Unit 6A, Corlurgan Business Park, Ballinagh Road, Cavan, Co. Cavan and includes C.V Preparation, Cover Letters, Job Searching, Interview Techniques and Mock Interview. For further information please contact Linda or Teresa on 042-9748090 or email to jobsclub@midl.ie

16. Laragh Variety Show DVD's: are on sale €20 each. Contact Michael 086 8599767.

Your prayers are requested for the soul of the late:

- **Bridget Keating, Stradone & Kilrush, Co Clare**, whose funeral took place in Kilbaha on Tuesday last. We extend our sympathy to her son Bernard, his wife Mary and extended family.

GENERAL NOTICES

ST. BRIGID'S CHURCH LARAGH

Masses this week:

Sun 16 th Sept	11.00 am	Patrick Smith, Aughagoldrick A/V
Mon 17 th	9.30 am	As Requested
Tue 18 th	7.45 pm	Fr Felim McGovern A/V
Wed 19 th	10.30 am	For the People of the Parish
Thur 20 th	10.30 am	As Requested
Fri 21 st	7.45 pm	Fr Michael McManus & Canon Michael O' Reilly
Sun 23 rd	11.00 am	Michael Rudden, Chicago M/M

Eucharistic Adoration: On Tuesday from 5pm – 7.45pm

Servers for Next Week

Sunday 23rd September: Eoin, Emily, Grace, Ned, Shane, Orla W

ST. PATRICK'S CHURCH CARRICKALLEN

Masses this week:

Sun 16 th Sept	9.30 am	Peter & Matt Higgins, Tievenanass A/V
Sun 23 rd	9.30 am	No Mass

ST. MICHAEL'S CHURCH CLIFFERNA

Masses this week:

Sat 15 th Sept	7.30 pm	Lily O' Reilly, Knockateggart A/V
Thur 20 th	7.00 pm	Maureen Maguire, Kilnacreeva A/V
Fri 21 st	8.30 pm	Pat O' Connell & Deceased family mbrs, Clifferna A/V
Sat 22 nd	7.30 pm	Larry McCabe, Corfad A/V
		Joe Casey, Tierlahood, Alphonsus & Mary Moran and Deceased family members A/V

Eucharistic Adoration: On Wednesday from 2pm – 3pm

1. **Diocesan Youth Day:** Calling all 12 - 18 Year Olds to join us on our Youth Day on Sunday 23rd September which will be facilitated by Elation Ministries, from 1.30pm – 8pm. A fun faith filled afternoon. Mass will take place in The Pastoral Centre at 6pm. Fr. Robert Mc Cabe will speak at the Mass. At 7pm we will have a Pizza Party!! FREE EVENT, Booking Essential, Contact 049 4375004 (ext 108 Pastoral Services), youthministry@kilmorediocese.ie
2. **Baptism:** The Christian Community welcomes with joy Baby Shay Tommy Kelly, Kilnagarbet, who was baptised in St. Brigid's Church Laragh on Sunday last.
3. **Wedding Bells:** Congratulations to Aidan Brady, Drumnagar and Donna Treanor, Smithboro who were married in St. Mary's Church, Magherarney, Smithboro on Friday.
4. **MS Church Gate Collection:** Recent Collection taken up at Laragh Chapel amounted to €174. Our thanks to all who contributed and to those who took up the collection.
5. **September on Lough Derg:** Season continues for One Day Retreats on September 22nd, 23rd & 30th. Two additional days: Finding God in the Mess, 20th September - This special day offers insight into how people find God in the everyday of life. Living with Suicide Day Retreat, 29th September. Advance booking is essential. Tel +353 (0) 71 9861518 or email info@loughderg.org
6. **Ag Seinm Music Classes Laragh:** Music lessons start back tomorrow Monday 17th September in Laragh Hall for tin whistle, fiddle, mandolin, banjo and bodhran. Usual times: Beginners 6.30pm - 7.15pm, Improvers from 7.15pm - 8pm and Senior Group from 8pm - 8.30 pm. For further information contact Andrea on 086 8067514.
7. **Cuan Cancer Support Centre:** based at 2 Keadue Lane, Cavan is open to anyone who has had a cancer diagnosis and their family members. Cuan offers a range of services including counselling, complimentary therapies, gently exercises and other supports. Cuan Drop-In service is open on Monday, Wednesday and Friday from 10am – 1pm and from 2pm – 4pm. All services are free and confidential. For more information contact 086 4556632 or 049 8511021 or check out our facebook page.
8. **A Train the Trainer Course:** for the Backpack Program will run in Cavan Institute from the second week in October on Tuesday evenings for 2 hours over 8 weeks. This is an excellent opportunity for anyone interested in working in youth ministry to become proficient in running a parish group. For more information, please call 083 487 7325 or email the backpackprogram.life@gmail.com