

HELP AND SUPPORT IN THE MITCHELSTOWN AREA: Your GP is an excellent place to start if you have a worry and can work with you or refer you to other health professionals.

SOUTH DOC Out of hours 1850 33 59 99

Living Health Clinic: 025-52000

Gardaí, Mitchelstown 025 84833

St. Vincent de Paul 025-84733

MITCHELSTOWN CITIZEN'S INFORMATION CENTRE for all your information needs. Marian Hall, Convent Hill. **Opening Hours:** Monday, Tuesday, Thursday, Friday: 10am to 1 pm Monday & Thursday 1.30pm to 4.30pm. No appointment necessary. Tel: 0761 07 8030.

E-mail: mitchelstown@citinfo.ie **Website:** www.citizensinformation.ie

FÁS Office open 1st & 3rd Wednesday of every month in the Ozanam Centre from 9.30am.

Social Welfare Office, Fermoy Tel.025-49010

Open: Mon-Fri 9.30-12.00 & 2.00-4.00

Community Welfare Officer, Mitchelstown. Tel. 025-84238

Money Advice & Budgeting Service (MABS) 0761 07 2440

1 Life - 24-hour Suicide Prevention Helpline: 1800 247100

Community Drugs Project Worker: Mary Mackesy 086 – 043 9702 mary@cdys.ie

North Cork Alzheimer's Society (022) 43322 Monday to Friday 9am to 4pm

Seniors Helpline (10am-1pm & 7-10pm) 1850 440 444

North Cork Domestic Violence: 022-53915

Child line (24hr) 1800 666 666

Alcoholics Anonymous: Meetings held in Marian Hall, Convent Hill, Mitchelstown every Tuesday night @ 8.45pm & every Sunday morning 11.30am to 12.30pm.

Gamblers Anonymous (GA) meeting in Mitchelstown every Monday night at 8pm. Please contact GA on 087 2859552 for further details.

Cloyne Diocese Pilgrimage to Lourdes: 1st to 6th June: Booking contact Joe Walsh Tours, 021-4277959. Sick/Assisted Pilgrim application forms are available from the Parish Secretary, 27/28 Bank Place Mallow, Phone: 022 20276

Cloyne Pilgrimage to the Fatima 8th to 15th September 2014 from Cork. Contact Pilgrimages Abroad, Lauri Duffy Travel, Dublin 01– 6359300 or Nora Culloty, Mallow 022-42877

The Diocesan Pilgrimage to Knock is on Sunday, 11th May. Parishes to make their own travel arrangements.

Pilgrimage to the Holy Land: There will be a pilgrimage to the Holy Land November 10th – 18th. Spiritual Director Canon Michael Fitzgerald. Details from Marian Pilgrimages or contact Eileen 086 – 3044456 or Nuala 087 – 2313762.

Mitchelstown Parish & Community Newsletter

Volume: 5

Issue: 39

Date: Sunday 23rd February 2014

"All Shook Up":

Congratulations to the Mitchelstown Musical Society on a fantastic production of "All Shook Up". The acting, singing, music and dancing produced a most entertaining show and was greatly appreciated by packed audiences all week. The work and dedication that went into the production was obvious for everyone to see. It was funny and entertaining. The whole event was very well organised and the colour and sound were outstanding. Keep up the great work and may many more people in the locality have a go at exercising their talents in the society.

Spring is Here:

The storms have passed, the days are getting longer, and the darkness is receding. The pigeons tone is happier. Let us lift up our spirits to God. God is our security, God is our only security. The seasons come and go and give us much, but God is the constant source of our fruitfulness. Let us be wise and nourish our relationship with God by being faithful to daily prayer. Prayer is our need for God, expressed in faith and adoration. We make a terrible mistake by consuming ourselves in the affairs of the world and by neglecting to give time to God in prayer. Prayer is the hardest work of all, but it produces the greatest fruit in a thousand ways. As Spring begins, the best decision we can make is to give daily time to prayer a priority. A heart that is with God is a happy heart.

Prayer to Saint Michael the Archangel

Saint Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray and do thou, O Prince of the Heavenly Hosts, by the Divine Power of God, cast into hell Satan and all evil spirits who wander throughout the world seeking the ruin of souls. Amen.

E-MAIL: mitchelstownparishoffice@eircom.net **DEADLINE FOR THE NEWSLETTER IS 10AM WEDNESDAY**

Office Open: 9 am to 12 noon – Monday to Friday. **Parish Website:** www.mitchelstownparish.ie
Canon O'Leary is on Sick Call this week - Phone Number: 087 - 2524979

ST FANAHAN'S BINGO NIGHT: St Fanahan's Parent Council is holding a BINGO NIGHT on **THIS Monday 24th February at 8.30pm** in the School Canteen. All are welcome and light refreshments will be served. All funds going towards School IT.

Mitchelstown Flower & Garden Club are hosting a Floral Demo with Sandra Jackson in the Town Hall On Thursday 27th February at 8.00pm. Everyone welcome, great night assured

C.B.S. Primary Parent's Council present our 28th Annual Fashion Show. Firgrove Hotel, **Friday, 7th March** at 8pm. Models by Hilary Thompson & some "Familiar Faces". Local Stands on Display. Cheese & Wine Reception. Raffle on Door Ticket. Tickets €15 available from the School Office or any member of the Parent Council. Your support would be greatly appreciated.

A History of the Medieval Diocese of Cloyne by Paul MacCotter and published by Columba Press is now available. This study deals with the early ecclesiastical history of the diocese of Cloyne down to the early 1600's. The work includes an appendix where core material for parish history is given under the headings of the 133 medieval parishes found in the diocese. ***A History of the Medieval Diocese of Cloyne*** is for sale at €25 per copy.

What: Certified HSE safeTALK Suicide Awareness Training

When: Thursday 27th February between 7pm and 10pm

Where: The Firgrove Hotel, Mitchelstown

Who: Anyone over 18 who has not been bereaved over the past 12 months

Why: To develop practical skills that will assist you to address the issue of suicide This training, which has been organised by the young members of LUKES TEAM (Let Us Keep Everybody Safe Through Every Anxious Moment) is being provided free of charge for the Mitchelstown area. To book a place on this training, please contact local organiser Ailbe Coleman on 086 7814849 or at mitchelstownyouthcafe@hotmail.com. Please note that a maximum of 30 participants will be catered for in this workshop.

BE PART OF HEALTHY TOWN ACTIVITIES

1. MITCHELSTOWN COMMUNITY GAMES: Why not enter Choir, Culture Corner, Draughts, Debating U16, Pitch & Putt, Mini Rugby U11, Hybrid U16 Girls Rugby, Basketball U11/13, Camogie U14, Set Dancing U14, Hip Hop U14, Gymnastics, project. Choice of 47 cultural & sporting activities on www.communitygames.ie. Facebook; Mitchelstown area community games. Ages 6-15

2. SENIORS (OVER 50'S) SHAPE UP: Keep fit for seniors at Tesco on Wednesdays 7-8pm. "Mobility Toning Flexibility, Fall Prevention "

3.PARENT AEROBICS: Fun Aerobics Tuesdays at 9.30am in St. Fanahan's hall.

4. HEALTHY WALKING: Tuesdays 7pm from John Mandeville statue 3k-5km guided walks

5. JUVENILE ATHLETIC TRAINING: Fun Track & Field training age 7-17 at St. Fanahan's College 12noon Saturdays with Fanahan McSweeney Athletic Club. For more info on above contact 087.3589734

Baby and Toddler Group in Ballygiblin Old School,

Monday mornings 10.30am to 12 noon. For more details contact Stephen 087-8158902

NET YOUTH GROUP this Sunday and Monday. If you're in 1st - 3rd year, then this Sunday, 8:30pm – 9:30pm is for you; 4th - 6th year students are welcome to come on Monday, 7:30pm – 9:00pm, and it will be held at the Town Hall. We're looking forward to seeing you there!

Person wanted for Mini Bus Driving and Caretaking position on the Community Employment Scheme in Mitchelstown .Must hold full Mini Bus Driving License and fit DSP criteria. Please contact Aileen on 025 86956 for further information.

COFFEE MORNING IN AID OF MALIN TO MIZEN HEAD CYCLE – Please spread the word to friends and families.

COFFEE MORNING will take place at KEVIN & DIERDRE O'GORMAN'S, GLENATLUCKY MITCHELSTOWN –Mile and half outside Mitchelstown. Pass Tesco and continue on up towards the Range, will have BALLOONS OUTSIDE THE HOUSE!! On **Tuesday 25th February between 9.30am & 2.30pm**. Cakes / Raffle Prizes are greatly appreciated and can be dropped to BRIGHT SPARKS or to DIERDRE/CLAIRE at any time. CONTACT DIERDRE at 087-7849070 or CLAIRE at 086-2653839

BALLINDANGAN COMMUNITY COUNCIL AGM: Due to unforeseen circumstances the AGM for last Saturday night did not go ahead. The AGM will now take place on Tuesday night February 25th at 8pm. Looking for your help! As the current Community Council members will not be seeking re-election we are looking for people to come forward. This meeting is important for all who live in the Ballindangan area. If new officers can't be appointed at the AGM the Community Centre/Hall will have to close until such time as new officers are appointed. We would very much wish to avoid this situation. Your community support is greatly sought.

The Monday Morning Club - Ballindangan Hall: At the last meeting we decided that we would start a walking club on the Mondays that the Club itself is not on. Unfortunately, due to the awful weather over the last couple of months, the route that is normally done has quite a lot of surface water for now. I will give people plenty of notice before we set off on our 1st walk.

Recent Weather: Due to the terrible storm that hit on Wednesday 12th, a lot of homes were without electricity and / or phone for a number of days. Please check on your neighbours and friends whether they are young or old to see how they are coping. Even if the services are back, there may be problems around their property resulting from the recent storms and unprecedented rainfall.

Mitchelstown Heritage Society are pleased to host a lecture by local Mr Noel Scannell based on his in-depth knowledge and interest in Michael Collins on March 6th in the Town Hall at 8pm. All welcome.

Glenahulla National School **Fundraising BINGO Friday, 28th February** in the Firgrove Hotel at 8.30pm. Your support would be greatly appreciated.