

CASTLEBAR PARISH NEWSLETTER

Website: www.castlebarparish.ie

email: castlebarparish@gmail.com

Sunday Mass Times

Parish Church: 7pm (Sat), 8.30am, 10.30am, 12.30pm Ballyheane Church: 8pm (Sat.) Breaffy Church: 10am, 11.30am

PRIEST ON CALL: Tel. 094 9021844



PARISH CHURCH

view online at churchtv.ie/castlebar

Parish Radio 105.3fm

Monday 2nd August:

- 10.00am - Josie & Paddy McEveney & dec. McEveney & Conway families, Snugboro.
Martin & Bridget McGinty, sons Michael, Tom & James & dec. McGinty & Lavelle families.
Mary & John Monaghan, 17 St. Patrick's Avenue.
7.00pm - Nora Ruane, Sarnaught. (1st Anv.)
Evelyn, Patrick & Gerard Tolan, Belvedere Court.

Tuesday 3rd August:

- 8.00am - Private Intention.
10.00am - Anna Marie Gielty, Achill. (1st Anv.)
Special Intention.

Wednesday 4th August:

- 8.00am - Private Intention.
10.00am - Private Intention.

Thursday 5th August:

- 8.00am - Private Intention.
10.00am - Private Intention.

Friday 6th August:

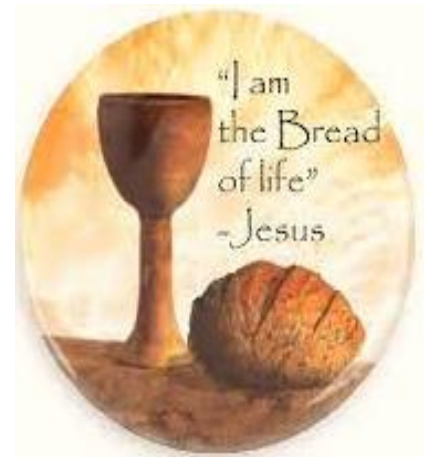
- 8.00am - Private Intention.
10.00am - Private Intention.

Saturday 7th August:

- 10.00am - Sean Maguire, Saleen.
Brendan Hopkins, Knockthomas Drive.
Jim Tolan, Liscromwell & dec. Tolan & Murray families.
Liam Kilcullen, Rathbawn Road.
Paddy Jennings, Mountain View & dec. Jennings & Cannon families.
7.00pm - Fr. Paddy Gilligan. (1st Anv.)

Sunday 8th August:

- 10.30am - Eilis Flood, Turlough Road. (M.M.)



BALLYHEANE CHURCH

view online at churchtv.ie/ballyheane

- Saturday 7th August:** 8.00pm - Private Intention.

BREAFFY CHURCH

view online at churchtv.ie/breaffy

- Saturday 7th August:** 11.00am - Joe Hamrock, Garryduff Drive. (1st Anv.)

- Sunday 8th August:** 10.00am - Mick Barrett, Breaffy.
11.30am - Billy Madigan, Lisgowel. (1st Anv.)



Rest in Peace

Michael Cleary, 102 McHale Road

Josie Moore, Riverdale Court.

Sally Costello, Rockfield, Turlough & late of 78 McHale Road.

Julia Walsh, Belmullet, mother of Ann Conway, Barney, Breaffy.

Sabina Sweeney, St. Patrick's Avenue.

Food that satisfies

Growing up, did you hear any 'old wives' tales' about food – eating carrots helps you see in the dark; bread crusts will make your hair curly; an apple a day keeps the doctor away...? These wise old sayings, passed down the generations, were employed to encourage us to eat certain foods, mainly healthy fruit and veg. Many even had an element of truth. These days we can easily establish the accuracy of such claims, but many parents still find themselves falling back on these nuggets of wisdom. Behind it all is a desire to see children grow up strong and healthy.

Recent years have seen an increased focus on health, both physical and mental. Nourishing one's body and mind and keeping them healthy are essential long-term projects, the work of a lifetime. In today's Gospel, Jesus talks about a different type of nourishment – bread that gives life, food that satisfies, food that endures. 'I am the bread of life,' says Jesus. It is Jesus who nourishes us at the very core of our being, who knows our every need and gives meaning to our lives. He tells us today: 'Do not work for food that cannot last, but work for food that endures to eternal life.' As we continue on our way, learning how to best nourish our body and mind, let us not forget to nourish our spirit with Jesus, the bread of life.

'I invite all Christians, everywhere, to a renewed personal encounter with Jesus Christ... The Lord does not disappoint those who take this risk; whenever we take a step towards Jesus, we come to realise that he is already there, waiting for us with open arms.'

(Pope Francis, Evangelii Gaudium)

Tríona Doherty, Intercom.

Church of the Holy Rosary



Holy Hour

Every Sunday from 8pm to 9pm

Lectio Divina

Every Tuesday at 7pm

Exposition

Every Friday from 11am to 7pm

First Thursday – 5 August

Exposition and Prayer for Priests from 11am to 7pm

First Saturday – 7 August

Exposition, Rosary and Devine Mercy from 12pm – 3pm

Guided nature tours for Heritage Week

Free guided nature tour of the gardens and grounds of the National Museum of Ireland at Turlough Park for National Heritage Week 2021.

These tours take place on **Saturday 14 August** at 1pm, 2pm and 3pm;

Sunday 15 August at 2pm, 3pm and 4pm;

Saturday 21 August at 1pm, 2pm and 3pm;

Sunday 22 August at 2pm, 3pm and 4pm.

Booking is required. Email educationtph@museum.ie to book your place.

