



### YOGA CLASSES— ST COLMCILLE'S PAROCHIAL HALL

Have you every wanted to try Yoga but have been too nervous to give it a go? Local parishioner Andrea Trainor will be running a 6 week **Yoga Class for Absolute Beginners!** You do not need to have done any yoga before or be flexible! Andrea's approach is to bring yoga to everyone as we call all benefit from it. The classes are suitable for all ages and abilities. The classes will start on **Tuesday 17th January from 7-8pm** for 6 weeks in the church hall. The classes are either £40 for the 6 weeks or £8 per class. Please contact Andrea via email if you have any questions [goandrea909@gmail.com](mailto:goandrea909@gmail.com) / 07786 320554. Alternatively just turn up on the day wearing comfy clothes that you can move in as well as a yoga mat (a cheap one will do!) and a blanket. Andrea is looking forward to meeting and practicing the gift of yoga with you!

**Chair Yoga class** for those with limited mobility—classes will also run for 6 weeks from **Tuesday 17th January from 15:15pm - 16:15pm.** Prices and contact details are the same as above.



Living Church  
DOWN & CONNOR

### LIVING CHURCH—FAITH DEVELOPMENT CONFERENCE

The Living Church Office is hosting a Faith Development Conference in the Crowne Plaza Hotel, Shaw's Bridge, Belfast, on **Saturday 28th January 2023.** This course will equip you with the skills and resources to lead faith development programmes in your parish, with your prayer group or organisation. Five excellent Programmes are being showcased and there will be an opportunity to meet with the developers and presenters of the programmes in taster sessions that they will run.

Our keynote speaker will be Mr David Wells. David is an international speaker and author and has worked with Dioceses internationally encouraging and inspiring people to be leaders and sharing the Joy of the Gospel in their local parish communities.

Each delegate will receive lunch and will take home resources to support the delivery of five programmes that can be delivered in the Parish. For more information, or to book online, go to: [www.livingchurchevents.com](http://www.livingchurchevents.com). Or to request an application form, contact Claire at the Living Church Office, 02890690920 or [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org)

### PARISH OFFICE

Items for the **next bulletin** should be submitted no later than **Wednesday 18th January at 12noon.** Bulletin items will be included space permitting. In order to reduce waste the Bulletin is also available to view on line at <https://st-colmcilles.net/weekly-bulletins/past-weeks-bulletins/>. Thank you, Geraldine.



PARISH OF ST COLMCILLE  
BALLYHACKAMORE  
15th January 2023

### SECOND SUNDAY IN ORDINARY TIME

**Very Rev Conor McGrath PP, Director of Vocations**

Phone - 02890 654157

Website: [www.st-colmcilles.net](http://www.st-colmcilles.net)

Email: [stcolmcilles@downandconnor.org](mailto:stcolmcilles@downandconnor.org)

Facebook: [www.facebook.com/stcolmcilleschurch](http://www.facebook.com/stcolmcilleschurch)

### READINGS: Sunday: Cycle A, Psalter Week 2



#### Weekday Mass Times

**Tuesday: 6pm—7pm**

*Period of Adoration with Confession throughout this time. 7pm Mass*

**Wednesday—Friday 9.30am**

#### Weekend Mass Times:

**Saturday 5.30pm,**

**Sunday 9.30am & 11.30am.**

#### Confession:

**Saturday 5.00pm**



### BELMONT DISTRICT CHURCHES: SERVICE FOR CHRISTIAN UNITY WEEK (JANUARY 18TH—25TH)

Belmont District Churches are holding a **Pray Service for Christian Unity week**, hosted by St Colmcille's Church, **next Sunday 22nd January at 7pm.** Light refreshments will be available in the Parish Hall from 8.00pm. All are very welcome.



### PARISH VOLUNTEERS NEEDED

More volunteer helpers are needed to support in particular the following parish groups : **Children's Liturgy, Junior & Senior Youth Groups, Altar Servers and the parish Sacramental Preparation Classes.** A rota system operates for volunteering to ensure that volunteers' time commitment is minimised.

**Please contact Noleen if you are interested in finding out more about volunteering in one or more of the following activities, by texting to: 07879 498131 or emailing: [n.dunn@downandconnor.org](mailto:n.dunn@downandconnor.org).**



### DECEASED

We pray for the repose of the souls of all those who have died recently.

We remember all those whose anniversaries occur at this time of year, especially; Grace Bowman, Seamus Donnelly, Nicola Feenan, Eileen Irvine, Marie McHugh, Molly O'Flaherty, Raymond & Colette O'Neill, Teresa Strain and John Tansey.

**BEREAVEMENT SUPPORT**- Tel: 074 5698 9458

### Mass Intentions:

**Sat 14th January 5.30pm:** Grace Bowman & Teresa Strain, and Raymond & Colette O'Neill

**Sun 15th January 9.30am:** Eileen Irvine



### PARISH YOUTH GROUPS

**Both the Junior and Senior groups are invited to participate in a residential programme during the mid-term break.** This residential will take place in the Oasis of The Braid, Koinonia John the Baptist from **Thursday 16th February to Sunday 19th February 2023.**

This year's theme is called **"Surf Your Waves"** and addresses the subject of emotions. We will learn how to recognise our emotions and how to use them for our good so as to be able to "surf" the waves of our lives. The weekend will be guided by a professional psychologist who specialises in this area and by our Youth team. They will help you to deepen your spiritual experience and growth. Clarification: Water Activities are not part of the programme!

Cost: £40 at the registration (with a £20 refund on the 16th as soon as you arrive). For enquiries please contact Noeleen: colmcilleyouth@yahoo.co.uk / 07879 498131

The **JUNIOR Parish Youth Group** for young people in Post Primary Years 8, 9 & 10, will meet in January on **Saturdays 14th, 21st & 28th from 6.15pm to 8.30pm.** All welcome.

### NEW ALTAR SERVERS

**New Altar Servers (P6 and above)** will be training on **Wednesdays at 3.05pm in Church, OR Sunday at 10.20am,** depending on their availability. Enquiries to Noeleen: colmcilleyouth@yahoo.co.uk / 07879 498131.



**MONEY MATTERS:** Many thanks to all of you who continue to contribute so generously to the collections.



### Collection Figures:

- Sunday 1<sup>st</sup> January - £785.55
- Sunday 8<sup>th</sup> January - £1046.22

The Living Youth Collection will be taken up at **all Masses this weekend.**

### ALPHA

The Alpha experience provides a space to meet new people and to freely explore life's big questions together. This free programme is a mixture of video presentations and live talks, to help prompt discussion on life, faith and meaning.



Every session begins with a meal! **ALPHA** will begin in **St Colmcille's Parish Hall this Wednesday 18<sup>th</sup> January** from **8.00pm to 9.30pm.** To register your interest, or make enquiries, please email **n.dunn@downandconnor.org** or text to **07879 498131.** *Please share.*

### CHILDREN'S LITURGY



Children's Liturgy has resumed at the **9.30am Mass** each **Sunday.** **All children attending should be registered in advance.** Please pick up a **registration form** for your child/children, in the Church porch and return to one of the Children's Liturgy leaders, or place in the Bulletin Box in the porch, or Post Box on the Parochial House gate. All children from age 3 to 11 years are welcome.

### SACRAMENTAL CLASSES



Sacramental Preparation Classes for young people, not at St Joseph's Primary School, will begin shortly:

- **Confirmation**, beginning on Wednesday 1<sup>st</sup> February, 6.00pm to 7.00pm;
- **First Communion**, beginning on Thursday 2<sup>nd</sup> March, 6.00pm to 7.00pm.

There are a small number of places available. Please contact Noeleen for enquiries: colmcilleyouth@yahoo.co.uk / 07879 498131.



### DOWN and CONNOR DIOCESAN TRUST—VACANCY 'PARISH SAFEGUARDING SUPPORT OFFICER' - SAFEGUARDING OFFICE

**Closing Date —12.00 noon on Thursday 26th January 2023**

An opportunity has arisen within the Diocesan Safeguarding Office, as above. This role will be based within the Safeguarding Office at 120 Cliftonville Road, Belfast and will work as part of the Diocesan Safeguarding Team, to ensure that the Diocesan Trust fulfils its statutory duties with regards to the Safeguarding of Children and Adults. The post holder will work 21 hours over 3 days per week. Salary: Will be considered within the range of £17,000 to £18,500 gross per annum.

**Full details relating to the vacancy can be found on the Diocesan website at: <http://www.downandconnor.org> clicking on the tab: job vacancies and on the Community NI website.**