

MINISTERING TO THE SICK AND HOUSEBOUND

We are seeking volunteers to bring Holy Communion to our sick and housebound parishioners on a regular basis. Training will be given and ongoing support will be available. So if you feel that you might like to be part of this ministry and would like more information, please contact:

Patricia Kernaghan, mobile number 07876395480 or
Claire Dowds, mobile number 07766934246.

ST COLMCILLE'S PARENT & TODDLER GROUP provides an opportunity for anyone caring for a child from 0 to 4 years to come along with the child and enjoy company, snacks and play. We meet on **Wednesdays at 10am**.

If you haven't been before, it's a great way to make new friends. All mums, dads, grandparents, childminders and carers welcome, with their children.

CHILDREN'S LITURGY takes place in the parish hall on **Sundays at 9.30am** Mass, for children from age 3 to 11 years. **Please consider offering to help** with this ministry, even on a rota basis. Please contact Noeleen : 07879 498131

The **Children's Choir** will sing at 9.30am Mass next Sunday, the 22nd of October. To enrol your child, please speak to Meghan or Bruce (the musicians) after Mass any Sunday.

YOGA

Have you ever wanted to try Yoga but have been too nervous to give it a go? Local parishioner Andrea Trainor is running classes **every Tuesday from 7pm—8pm** for £9 per class. Andrea's approach is to bring yoga to everyone as we can all benefit from it. Yoga really works to help improve and maintain physical and mental wellbeing. You do not need to have done any yoga before nor do you need to be flexible!! Please contact Andrea for more details and to book you place 07786 320554 /

PARISH RECORDS

Please help us to keep the parish records current by registering your details as a parishioner and / or updating us when you have a change of address or contact number. You may do this by— emailing the parish: stcolmcilles@downandconnor.org or dropping a note into the bulletin box in the church foyer. Many thanks!

BULLETIN: Please submit notes for the parish bulletin **NO LATER than Wednesday 18th October** by dropping a note into the Bulletin Box in church or sending an email: stcolmcilles@downandconnor.org



PARISH OF ST COLMCILLE

BALLYHACKAMORE

15th October 2023

Twenty Eighth Sunday in Ordinary Time

Very Rev Conor McGrath PP, Director of Vocations

Phone - 02890 654157

Website: www.st-colmcilles.net

Email: stcolmcilles@downandconnor.org

Facebook: www.facebook.com/stcolmcilleschurch

READINGS: Sunday Cycle A; Weekday Cycle 1; Psalter Week 4

ADORATION

Tuesday: 6.00pm—7.00pm

MASS

Saturday : 5.30pm,

Sunday : 9.30am & 11.30am.

Tuesday : 7.00pm,

Wednesday, Thursday & Friday: 9.30am

CONFESSION

Tuesday : 6.00pm to 6.45pm

Saturday : 5.00pm

**Morning and Evening
PRAYER OF THE CHURCH**

Monday & Friday 9.15am

Wednesday 7.00pm

*There is nothing I
cannot master with
the help of the One
who gives me
strength.'*

Philippians 4:13

Missal Page No: 668

Response to the Psalm: In the Lord's own house shall I dwell for ever and ever.

40th ANNIVERSARY OF THE ST. COLMCILLES PARISH CHOIR

Congratulations and Thank You to the fantastic Choir for a wonderful evening — A special thanks to St Joseph's Primary School, Contact Singers and Fr. Martin O'Hagan. The night was thoroughly enjoyed by all!

Keep Singing!

DECEASED: We pray for the repose of the soul of all those who have died recently, especially **Laurence Fay, Tomas Breky** and **Paul Fisher**.

We also remember all those whose anniversaries occur at this time of year, especially: Liam Hughes, Geraldine McCormick, Maria Rodgers,

BEREAVEMENT SUPPORT– Tel: 074 5698 9458

LYNERGY - Flexibility with Lynne

My name is Lynne and for 14 years I have been a Personal Trainer and Fitness Instructor. I teach class for people **over 55** in mobility and flexibility. Marvellous things happen when you consistently train your body to stay active and mobile. There are less falls, injuries and weakness in joints, and a much greater chance of a better quality of life as we get older! My class runs for **40 minutes** and is accompanied by the kind of music you grew up with. Tunes from the 60s, 70s, and 80s. The class caters for all abilities and may be done sitting on a chair in class, or standing. We have fun, a laugh, fitness, and enjoy the company of friends as well as making new friends.

It's a win-win !!

There is a **light lunch provided** in the Iona Room for all after each session. Class will begin on **next Wednesday 18th October at 12.00noon**. This is the **Taster Class** and is **Free**, followed by a **light lunch !**

Following this free Taster Session there is a charge of **£5** per person on subsequent Wednesdays—this includes the exercise activity and lunch.

We look forward to meeting everyone— just turn up on the day.

BOWLS CLUB

The Parish has an excellent Indoor bowling club and enjoy great facilities. We meet **every Thursday evening at 7.15 pm** for a game of bowls and supper. New members are very welcome! If you would like to join, come along and see if bowls are for you. No gear is needed as the club has spare bowls to start you off. For further information call Peter on 07582 851946 or Deirdre on 07479 329938

Join in praying for **VOCATIONS** in our Parish and Diocese at the **ADORATION HOLY HOUR** on **THIS TUESDAY** at **6.00pm**

Mission Sunday Celebrations

During October every year we celebrate Mission Sunday. For 2023, Pope Francis has chosen the theme inspired by the story of the disciples on the road to Emmaus in the Gospel of St Luke 24:13-35 **Hearts on Fire, Feet on the Move**". **Mission Sunday celebrates the Church throughout the world**, across every country and continent. This year in our parish, we would like to create a display of the rich diversity of culture, tradition, food etc that is in St Colmcilles during the coffee morning on **Sunday 22nd October**. We would love as many cultures and countries to be involved so that as a parish family we can share the full beauty of God's family, the Church. Please speak to Fr Conor or Noleen after Masses or email the parish office this week or next to make arrangements.

Knock Pilgrimage for All Souls

Day Pilgrimage to Knock on the **2nd of November** for the **Feast of All Souls**, departing from St Agnes at 7.30am, returning approximately at 10pm. The price is £22 and advised to bring a packed lunch. To confirm your place or for more information, please contact Pat on 07946917354 or Sonia on 07877537969.

MONEY MATTERS

Weekly collection : **£1079.56**. The collection for **World Mission Sunday** will be taken up at all masses *next* weekend.