

# CATHEDRAL

Masses Monday – Friday 10am

Sunday 10am & 11.30am; Vigil Saturday 7.30pm

Sat 13<sup>th</sup> 7.30pm – Phil Fitzpatrick, Crossdoney & nephew Gerard Fitzpatrick

– William, Maureen & Terri Ambler; James & Annie McEntee & deceased family members, College St.  
– Peadar Clarke, Glenlara

Sun 14<sup>th</sup> 10am – People of the Parish

11.30am – Eddie & Kitty Quinn, Rosculligan  
– Leo Mc Donald, Farnham St.  
– Teresa O'Connor, Earlsvale Rd. & son Raymond O'Connor

1pm – Mannix MacKenna *Funeral Mass*

Mon 15<sup>th</sup> 10am – Mary Connolly, Dublin

Tues 16<sup>th</sup> 10am – Phil & Sean Plunkett

Wed 17<sup>th</sup> 10am – Margaret Smith, Creamfield

Thurs 18<sup>th</sup> 10am – Sean Vesey, Navan

Fri 19<sup>th</sup> 10am – Maura Sullivan, Glenside Rd.

Sat 20<sup>th</sup> 10am – Catriona O'Brien, Cluain Aoibhinn (*Month's Mind*)

7.30pm – Bernard Murray, Owen Roe Tce.  
– Kathleen Greenan, Earlsvale Rd.  
– Brendan Maguire, River St.  
– Jan McCormick, Elmbank

Sun 21<sup>st</sup> 10am – People of the Parish

11.30am – Kathleen Flood, Billis  
– Mary & Hughie Clarke, Tullacmongan

**ST. CLARE'S CHAPEL** Masses Sunday 9am  
Tuesday & Thursday 8am  
Monday - Friday 7.30pm

Sun 14<sup>th</sup> 9am – No Intentions

Mon 15<sup>th</sup> 7.30pm – Patrick & Nancy Ward

Tues 16<sup>th</sup> 8am – Available for intention

7.30pm – Available for intention

Wed 17<sup>th</sup> 7.30pm – Available for intention

Thurs 18<sup>th</sup> 8am – Available for intention

7.30pm – Charlie & Maureen McCaffrey, St Martin's Estate; Kathleen & Billy Sheridan

Fri 19<sup>th</sup> 7.30pm – Available for intention

Sun 21<sup>st</sup> 9am – Pat & Delia Gumley, Drumalee

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**ALATEEN & ALANON** If you or someone you care about has a problem with alcohol, advice & help are available at 01 8732699

**Cavan ICA** Wed. 17<sup>th</sup> Bring n Buy @8.30pm in Day Centre

**Cavan Parkinsons Branch** – Yoga resumes Fri. 12<sup>th</sup> Jan 2018.

**Cavan Social Services** – All activities have resumed in Day Centre, Cathedral Rd.

*Monday:* Gentle exercise 10.30am

*Tuesday:* Tai chi 11am -12noon

*Wednesday:* Beginners Whist Class 10.30am -12noon

Art & Craft Classes 3-5pm

*Thursday:* Whist 8.30pm

*Meals on Wheels drivers needed for Thursdays - Please contact Gladys 087 8228097*

**Chair Yoga** suitable for anyone who would like to try yoga but due to illness, surgery, accident, age etc may feel a yoga class is not for them. Beginning Tuesday 24<sup>th</sup> January 11am -12 midday & Wednesday 25<sup>th</sup>, 11am -12, in the Pastoral Centre. For more information and to book contact Geraldine 087 9542100.

**Church Gate Collection** January 13<sup>th</sup> & 14<sup>th</sup> for *Famine & Aids victims in Africa*. 100% of funds go to Christian Charities such as Mutomo Hospital in the diocese of Kitui, about 250km from Nairobi, capital of Kenya, which was established by the Sisters of Mercy in 1962. This hospital – the only one in the area- caters for 180,000 people. Your support for the Cavan Famine & Aids African appeal (a registered charity) is much appreciated. God will bless you for your generosity. Further info from Michael Sheridan, St. Martin's, Drumalee, 049 4361740.

# KILLYGARRY

Masses Sunday 10am  
Friday 7.30pm

Sun 14<sup>th</sup> 10am – Tom, John & Andrew Galligan & deceased of Galligan family

Fri 19<sup>th</sup> 7.30pm – Tommie Brady, Killygarry; Peter & Mary McCabe, Killygarry

Sun 21<sup>st</sup> 10am – Philomena Murtagh, Poles (*Month's Mind*)  
– Brendan Reilly, Killynebber

# BUTLERSBRIDGE

Masses Sunday 8.30am, 10.30am  
Wednesday 7.30pm

Sun 14<sup>th</sup> 8.30am – No Intentions

10.30am – Peter & Mary Shannon, Annalee Park

Wed 17<sup>th</sup> 7.30am – Garry & Ena Fortune, Tullylough

Sun 21<sup>st</sup> 8.30am – Available for Intentions

10.30am – Joe & Mary Brady, Ballymacenroe  
– Tom & Bridget Martin, Drumliffe

# RESOURCE CENTRE

Mass Sunday 12noon

Sun 14<sup>th</sup> 12 Noon – Jimmy Coyle, St Martin's & James Coyle, Kilnavara

– Phyllis Conaty & deceased of family, Killymooney

Sun 21<sup>st</sup> 12 Noon – Michael, Rosie & Elizabeth McDermott, Campstown. Cootehill

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We remember in our prayers

**PAMELA WALSH, Regaskin**

**BRIDIE SMITH, Farnham St**

**MANNIX MAC KENNA, Farnham St. & Dublin**

**TOM CAWLEY, John Paul Ave.**

and all who died recently.

**Oil Painting classes** in Cavan Golf Club will restart on Monday 22<sup>nd</sup> Jan., 10.30am -12.30pm. Tel 087 0695034

**Retrouvaille – A Lifeline for Married Couples:** Do you want to improve the communication with your spouse? Do you feel lost, alone or bored in your marriage? Are you hurt, frustrated or angry with your spouse? Does talking about it only make it worse? The Retrouvaille programme can help marriages at all stages. **Next programme starts 2<sup>nd</sup> – 4<sup>th</sup> February 2018.** For information contact Tony & Anne (01) 4953536, Mike & Anne (01) 4500922, text or call 086 4135440, or email [info@retrouvaille.ie](mailto:info@retrouvaille.ie) or visit [www.retrouvaille.ie](http://www.retrouvaille.ie)

**SENIOR HELPLINE** low call number 1850 440 444, 7 days a Week, 10am - 4pm & 7pm – 10pm. All calls are confidential.

**SOSAD Cavan** For anyone having a hard time. feeling down or suicidal or going through bereavement from suicide SOSAD are there to help at 26 Bridge St, Cavan. Contact 24 hour emergency numbers: 049 4326339 or 083-4339090 or email: [cavan@sosadireland.ie](mailto:cavan@sosadireland.ie)

**Tearmann Domestic Abuse Service**, Monaghan provides a free confidential Information & Support Service to women who are or have experienced physical, emotional, sexual or financial abuse in their relationship. Contact Tearmann 047 723111, Mon – Fri 9- 4

**Used postage stamps** can be left at reception in The Farnham Arms Hotel, Main Street, Cavan in aid of the Alzheimer's Society

**Depressed? Anxious? Finding it difficult to cope?** GROW Community Mental Health hold a weekly **peer support group** in Bridge Street Centre, Bridge St, Cavan each Thursday from 10.30am to 12.30pm. Come along any Thursday to learn how to improve your mental health and get support from others in similar situations. **The GROW program encourages its members to find and develop their personal strengths and work towards improving their Mental Health in a supportive and confidential environment using the GROW programme.** Contact KATHRYN @086 0436258 for further information or visit our website at [www.grow.ie](http://www.grow.ie). "You alone can do it, but you can't do it alone."