

# CATHEDRAL

Masses Monday – Saturday 10am

Sunday 10am & 11.30am; Vigil Saturday 7.30pm

Sat 20<sup>th</sup> 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

Mon 22<sup>nd</sup> 10am – Andy, Tom & Peter Leonard

Tues 23<sup>rd</sup> 10am – Special Intention

Wed 24<sup>th</sup> 10am – Special Intention

Thurs 25<sup>th</sup> 10am – Available for Intention

Fri 26<sup>th</sup> 10am – Special Intention

Sat 27<sup>th</sup> 10am – Frances, Fergus & Adrian Leonard

7.30pm – Terry & Philip Sexton  
– Tommy McCucheon, Annaglough, Jim Mc Cabe  
Drumbo, Jack, Maryann & Tony Kerrigan, Annaglough  
– Eugene Greenan, Cavan

Sun 28<sup>th</sup> 10am – People of the Parish

11.30am – Available for Intentions

## ST. CLARE'S CHAPEL

Masses Sunday 9am  
Tuesday & Thursday 8am  
Monday - Friday 7.30pm

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

Mon 22<sup>nd</sup> 7.30pm – James Smith, St Martin's Estate

Tues 23<sup>rd</sup> 8am – Available for Intention  
7.30pm – Pat & Madeline Mc Hugh

Wed 24<sup>th</sup> 7.30pm – Eva & Eugene Blake

Thurs 25<sup>th</sup> 8am – Available for Intention  
7.30pm – Special Intention

Fri 26<sup>th</sup> 7.30pm – Shane Donnelly

Sun 28<sup>th</sup> 9am – Available for Intentions

**Age Action** is running beginner computer classes for over 55's in Breifne College, Cavan. Further details from 01 4756989

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

**Cavan ICA** Wed. 24<sup>th</sup> Jan. Demonstration on Glass Painting @ 8.30pm

**Cavan Parkinsons Branch** – Yoga has resumed on Friday mornings.

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

*Monday:* Gentle exercise 10.30am

Painting 2pm - 4pm (commencing Mon 22<sup>nd</sup> Jan.)

*Tuesday:* Tai chi 11am -12noon

*Wednesday:* Beginners Whist Class 10.30am -12noon  
Art & Craft Classes 3-5pm

*Thursday:* Whist 8.30pm

**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.

**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)

**Sleep out Cavan** is a non profit organization collecting clothes for the homeless. We are holding an information day and clothes collection on the 24<sup>th</sup> Feb at the Post Office, Cavan at 1pm. We thank you for your support in helping others that have nothing but the clothes they walk around in. For further details phone 085 7742027

# KILLYGARRY

Masses Sunday 10am  
Friday 7.30pm

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

Fri 26<sup>th</sup> 7.30pm – James Higgins & deceased members of Lee family, Drumalee  
8pm – Frank Farrell, Drumnavanagh (*Month's Mind*)

Sun 28<sup>th</sup> 10am – Available for Intentions

## BUTLERSBRIDGE

Masses Sunday 8.30am, 10.30am  
Wednesday 7.30pm

Sun 21<sup>st</sup> 8.30am – No Intentions

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

Wed 24<sup>th</sup> 7.30am – Tommy Browne, Annalee Park, Butlersbridge & deceased members of Browne family

Sun 28<sup>th</sup> 8.30am – Available for Intentions

10.30am – Mary Comiskey, Coolboyogue, Kathleen & Billy Phair, James & Roseann Comiskey  
– Jeff Tidy, Butlersbridge

## RESOURCE CENTRE

Mass Sunday 12noon

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

Sun 28<sup>th</sup> 12 Noon – Margaret, Eddie, Jimmy & Eric Maher

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We remember in our prayers

**SARAH FITZGERALD, CALLAN, CO KILKENNY**

*mother of Pamela Young, Drumelis*

**BRIAN MAGUIRE, Ballyconnell**

and all who died recently.

**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)

Do you want to re-train to re-enter the workforce? Are you out of work due to illness, disability or personal setback? ICT Skills is a Level 4 programme designed to support people who have faced a long-term barrier to employment to re-train and re-enter the workforce. Participants on this programme may qualify for a training allowance (depending on eligibility criteria). Benefits to this programme include a work placement, training plan, personalised support and OOI certification. Please telephone Mary on 049 4377038 for more information.

### CUAN CANCER SUPPORT CENTRE

**Cuan Cancer Support Centre** are happy to announce our relocation to **2 Keadue Cavan** (behind the John Sullivan Centre, near the Cathedral). We are now open **Mon, Wed and Fri 10am-1pm and 2pm-4pm**. We have grown over the years and now are very happy to be able to offer a drop in facility where cancer patients and their families can come to have a cup of tea and a chat and pick up some information on the services of CUAN which include a **free and confidential counselling service and free complimentary therapies** ie reflexology and massage (by appointment only). We also have information books from the Irish Cancer Society who we are affiliated to.

During the year we will be offering various free courses eg mindfulness, healthy eating, yoga, thai chi, art therapy and flower arranging to name but a few.

For more information please contact **086 4556632**. **CHY 2014 2810**

Come and see for yourself the benefits of our group.