

CATHEDRAL

Masses Monday – Saturday 10am

Sunday 10am & 11.30am; Vigil Saturday 7.30pm

Sat 27th 7.30pm – Terry & Philip Sexton
– Tommy McCuchean, Annaglough, Jim McCabe, Drumbo, Jack, Maryann & Tony Kerrigan, Annaglough
– Eugene Greenan, Cavan

Sun 28th 10am – People of the Parish

11.30am – Special Intention
1pm – Maureen Smith, River St. *Funeral Mass*

Mon 29th 10am – Special Intention

Tues 30th 10am – Philip, Ellen & David Lee, Wolfe Tone St.

Wed 31st 10am – Bridget Lee

Thurs 1st Feb 10am – Mary & John O'Reilly & deceased of family

Fri 2nd 10am – Liam & Annette Connolly, Drumelis, son Joseph & deceased of family

Sat 3rd 10am – Edmund Palomares

7.30pm – Margaret Smith, Creamfield
– Paddy Gaffney, Cathedral Rd.

Sun 4th 10am – People of the Parish

11.30am – John & Maisie Maguire, Bridge St. & Farnham Rd.
– Maurice & Kay Brady & son Sean, Main St.

ST. CLARE'S CHAPEL

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

Sun 28th 9am – Special Intention

Mon 29th 7.30pm – Rhodie Murray, John Paul Ave.

Tues 30th 8am – Available for Intention

7.30pm – Margaret Brady, Urney

Wed 31st 7.30pm – Mary McPhillips, Ardlougher

Thurs 1st Feb 8am – Available for Intention

7.30pm – Deceased of Brady family, Main St. & Farrelly family, Lisgrey, Virginia

Fri 2nd 7.30pm – Ann Clarke, Drummurray, Crossdoney

8.30pm – Charlie Cronin, Lismore, Crossdoney (*Month's Mind*)

Sun 4th 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 Alzheimer Support Group next meeting on Thursday 1st Feb at 8pm in the Bridge Street Centre, Bridge street, Cavan.

All families & family members that have someone suffering with Alzheimer's or are concerned someone in the family may have the disease are welcome. Contact Claire 0879002603 or Carole 0872240963.

Cavan ICA Guild: Wed. 31st Jan – Craft night at 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 22nd 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 24th January 11am -12 midday & Wednesday 25th, 11am -12, in the Pastoral Centre.

For more information and to book contact Geraldine 087 9542100.

Sleep out Cavan is a non profit organization collecting clothes for the homeless. We are holding an information day and clothes collection on the 24th 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

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

KILLYGARRY

Masses Sunday 10am
Thursday & Friday 7.30pm

Sun 28th 10am – Betty & Jimmy Quinn, Mary Ann & Edward Tully, Joan & John Tully

Thurs 1st Feb 7.30pm – Margaret & Edward McGovern & deceased of Mc Govern family

Fri 2nd 7.30pm – Available for Intention

Sun 4th 10am – Derek Manning
– Mick Conaty

BUTLERSBRIDGE

Masses Sunday 8.30am, 10.30am
Wednesday 7.30pm

Sun 28th 8.30am – No Intentions

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

Wed 31st 7.30am – Available for Intention

Sun 4th Feb 8.30am – Available for Intentions

10.30am – Ann & Brian McDonald, Carrickane
– Patrick Reilly, Pine View, Lisdarn & deceased family members

RESOURCE CENTRE

Mass Sunday 12noon

Sun 28th 12 Noon – Margaret, Eddie, Jimmy & Eric Maher

Sun 4th Feb 12 Noon – Available for Intentions



We remember in our prayers

SEAN MURRAY, Cluain Aoibhinn

ROSE JOHNSTON, Tullacmongan

BENNY SMITH, Keadue, Ballyhaise, father of

Maureen Cosgrove, Butlersbridge

and all who died recently.

Sosad volunteers Doris Fitzpatrick MA ,BA ,HDip (counselling) and Mary Elliott BA(hons) in Counselling & Psychotherapy; Dip. Counselling; SRN are facilitating a 4 week support group for individuals and families bereaved by suicide from 5th Feb from 8 to 9pm at 26 Bridge Street.

People can talk, listen sensitively or just be there in companionship. Coping with the loss of a loved one to suicide is one of the most challenging and distressing of all grief experiences. Doris and Mary will answer any questions as far as possible. This group is free. If anyone would like any further details contact the office on 049 4326339

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.

The Cuan Cavan Cancer Support Centre is now open Mon, Wed and Fri, 10-1 & 2-4 at 2 Keadue, Cavan (near the Cathedral).

The service is available to all Cancer patients and their family members, where they can avail of our free and confidential Counselling service (by appointment) and free Complementary therapies (also by appointment). Pop in for a cup of tea and a chat and see the benefits of Cuan for yourself. For further information please see our Facebook page [Cuan Cancer Social Support Group](#) or phone [086-4556632](tel:086-4556632).

The Irish Cancer Society operates a free transport service for patients attending hospital for chemotherapy treatment. Volunteer Drivers pick the patient up at the door of their home, drop them at the hospital door, then when finished treatment, will pick them up and drop them home. Volunteer expenses are paid. Patients wishing to avail of this free service should contact their healthcare professional, visit the Society's website at irishcancer.ie or contact the Irish Cancer Society for more information on 01 2310 522.