

CATHEDRAL Masses Monday – Saturday 10am

Sunday 9.30am & 11.30am; Vigil Saturday 7.30pm

Sat 19th 7.30pm – Terezia Mulcahy, Drumard [Month's Mind]

– Sean Murray, Cluain Aoibhinn, Swellan

– Peadar Clarke, Glenlara

– Reidy & Cassidy families

Sun 20th 9.30am – James Martin, Kill & Derrycramp [Month's Mind]

11.30am – Kathleen Greenan, Earlsvale Rd.

– Maura Sullivan, Glenside Rd.

– Jan & Tommy Mc Cormick, Elmbank

Mon 21st 10am – Thomas Mongan, London

Tues 22nd 10am – Bernard Murray, Owen Roe Tce.

Wed 23rd 10am – Andy, Tom & Peter Leonard

Thurs 24th 10am – Special Intention

Fri 25th 10am – Frances, Fergus & Adrian Leonard

Sat 26th 10am – Patrick, Kathleen & Claire Reilly, Killynebber

7.30pm – Maureen Smith, River Smith & her mother Margaret Redden

– Terry, Philip & Brigid Sexton

– Rose Johnston, Tullacmongan

Sun 27th 9.30am – Alec Dempsey, Highfield Road

11.30am – Eugene Greenan, Swellan

– Nuala Clarke & deceased family members

ST. CLARE'S CHAPEL

Masses Sunday 9am

Tuesday & Thursday 8am

Wednesday - Thursday 7.30pm

Friday 8pm

Sun 20th 9am – Pat & Delia Gumley, Drumalee

Mon 21st 7.30pm – Pat & Madelene Mc Hugh, Latt

Tues 22nd 8am – Available for Intention

7.30pm – Mary & Hughie Clarke, Tullacmongan

Wed 23rd 7.30pm – James Smith, St Martin's Est.

Thurs 24th 8am – Available for Intention

7.30pm – Phil, Kate & Mary O'Reilly, Urney, Ballinagh

Fri 25th 8pm – Rhodie Murray, John Paul Ave.

Sun 27th 9am – Available for Intentions

KILLYGARRY

Masses Sunday 10am

Friday 7.30pm

Sun 20th 10am – Brendan Reilly, Killynebber

– Joan Cusack, Shankill

Fri 25th 7.30pm – James Higgins, Drumalee & deceased members of Lee family

Sun 27th 10am – Margaret & Edward McGovern, Shankill & deceased family members

BUTLERSBRIDGE

Masses Sunday 8.30am, 10.30am

Wednesday 7.30pm

Sun 20th 8.30am – People of the Parish

10.30am – No Intentions

Wed. 23rd 7.30pm – Lizzie Shiels, Josie & Tommy Connolly & deceased of Shiels & Connolly families

Sun 27th 8.30am – Available for Intentions

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

RESOURCE CENTRE

Mass Sunday 12noon

Sun 20th 12 Noon – Margaret, Edward, Jimmy & Eric Maher – Michael, Rose & Elizabeth Mc Dermott, Cavan & Cootehill

Sun 27th 12 Noon – People of the Parish

Cuan Cancer Support Centre based at 2 Keadue Lane, Cavan is open to anyone who has had a cancer diagnosis & their family members. Cuan offers a range of services including counselling, complimentary therapies, gentle exercises & other supports. Cuan Drop-In service is open on Monday, Wednesday & Friday from 10-1 & 2-4. All services are free & confidential. For more information contact 086 4556632 or 049 8511021 or check out our Facebook page Cuan Cancer Social Support Group.



We remember in our prayers

PETER MC CAFFREY, St Martin's Est.
ANDY MC MANUS, Glasnevin & Lavey, father
of Mary Brady, Carrickane

KATHLEEN KIELY (nee O'Reilly) Cork & Drumscriidan, Crosslough
EDDIE BRADY, Urney, Ballinagh

& all who died recently.

Al Anon: If your home is unhappy because someone drinks too much – we can help you. Phone 087 9236462 for further details.

Weekly meetings in the Pastoral Centre every Wednesday, 8.30pm

Cavan ICA Wednesday 23rd January at 8.30pm in Social Services Centre, Cathedral Rd.

Cavan Parkinsons Branch - Chair Yoga on Friday mornings **at 11am** in Community Centre beside Castlemanor Nursing Home. For more info contact 087 2944805

Cavan Social Services - All activities have resumed in the Day Centre, Cathedral Road

Mon : Gentle exercises 10.30-11; Relaxation Classes 11 -12noon
Painting 2-4pm

Tues : Tai Chi 11-12; Nordic Pole walking 1.30-2.30pm

Wed : Beginners whist 10.30-12noon; Arts & Crafts 3-5pm

Irish Cancer Society's Volunteer Driver Service is available to patients attending Cavan General Hospital for chemotherapy treatment and is completely free to the patient – a driver will pick you up at the door of your home and bring you to the hospital and then after treatment bring you home. Please speak to the oncology team.

Learn to meditate : 6 week course in Bridge St Centre, 23 January 2019, 6.30pm – 7.30pm. Contact 087 9542100 for further information.

NW STOP (formerly STOP Suicide) provide FREE counselling. Contact 086 777 2009 or 1850 211 877 if you or someone you know needs help.

Painting class will start in the Golf Club on Monday 21st January 10.30am – 12.30pm.

Samaritans Freephone 116123 or text 087 2609090

Do you want to re-train to re-enter the workforce? Are you out of work due to illness, disability or a 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 QQI certification. Telephone Mary on 049 4377038 for more information.

Cavan Gaels /Cavan sports partnership over 50's Exercise Programme – 6week programme recommences on Friday morning next January 25th at 11am in the Clubrooms in Terry Coyle Park. New attendees are very welcome.

DESMOND - Have you got type 2 diabetes? A **free one day** course designed to support you in looking after you diabetes is beginning in Cavan.

It's called DESMOND. It will be held in Cavan General on Tuesday 29th January from 9.30am – 4.30pm. If you would like more information, or to book a place please contact Elaine on 047 95471

Elaine McKenna

HSE North Monaghan Primary Care
Rooskey

Co.Monaghan

Tel. 047 95471

Email: Elaine.McKenna@hse.ie

Monday - Friday 9am - 4pm

X-PERT is a free 6 week group education programme for people with Type 2 Diabetes. Contact 1850 241850 or www.hse.ie/xpert for more information

Pilgrimage to Medjugorje July 11th – July 18th. From Dublin. €625 pps fully inclusive for 7 nights if deposit of €100 is paid before February 1st, otherwise €675 pps applies. Contact Marian Kane, Monaghan for booking reservation, 087 2713260