

CATHEDRAL Masses Monday – Saturday 10am

Sunday 9.30am & 11.30am; Vigil Saturday 7.30pm

Sat 26th 7.30pm – Maureen Smith, River St. &
her mother Margaret Redden

– Terry, Philip & Brigid Sexton
– Rose Johnston, Tullacmongan

Sun 27th 9.30am – No Intentions

11.30am – Eugene Greenan, Swellan
– Nuala Clarke & deceased family members
– Alec Dempsey, Highfield Road

Mon 28th 10am – Margaret Brady

Tues 29th 10am – Special Intention

Wed 30th 10am – Special Intention

Thurs 31st 10am – Bridget Lee

Fri 1st Feb 10am – Available for Intention

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

7.30pm – Frankie Walsh, Regaskin
– John & Maisie Maguire, Bridge St & Farnham Rd.
– Paddy Gaffney, Cathedral Rd.

Sun 3rd 9.30am – Available for Intentions

11.30am – Edmund Palomares
– Joe & Mary Brady, Ballymacenroe
– Patrick & Mary McCarthy, Drumalee

ST. CLARE'S CHAPEL

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

Sun 27th 9am – Martin Conneely, Coleman Rd. & Ballyconneely

Mon 28th 7.30pm – Eddie, Paddy & Mary O'Reilly, Kilmainham,
Ballinagh

Tues 29th 8am – Paddy Gray

7.30pm – Owen & Bridget Newman, Cormeen, Ballinagh

Wed 30th 7.30pm – Eddie, Paddy & Michael O'Reilly, Cormeen,
Ballinagh

Thurs 31st 8am – Available for Intention

7.30pm – Eddie Corr, Cormeen, Ballinagh

Fri 1st Feb 8pm – Eva & Eugene Blake

Sat 2nd 12 noon – Angela Bravender, Swellan Court [Month's Mind]

Sun 3rd 9am – Available for Intentions

KILLYGARRY

Masses Sunday 10am
Friday 7.30pm

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

Fri 1st Feb 7.30pm – John & Ellen Sheridan & deceased of
family, Corohoe

Sun 3rd 10am – Derek Manning

BUTLERSBRIDGE

Masses Sunday 8.30am, 10.30am
Wednesday 7.30pm

Sun 27th 8.30am – No Intentions

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

Wed. 30th 7.30pm – Available for Intention

Sun 3rd Feb 8.30am – People of the Parish

10.30am – Oliver & Raymond O'Reilly, Drumahurk
– Ann & Brian Mc Donald, Carrickane

RESOURCE CENTRE Mass Sunday 12noon

Sun 27th 12 Noon – People of the Parish

Sun 3rd 12 Noon – Available for Intentions



We remember in our prayers
MARGARET LEDDY, Killygarry.
ANN O'RIORDAN, Drumlins/College St.
MARTIN CONNEELY, Coleman Rd. / Galway
FR DAN SHERIDAN PP, Killeshandra
& all who died recently.

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.

AI 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 30th January at 8.30pm- Talk by a Solicitor-in Social Services Centre, Cathedral Rd.

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.

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

Cavan Drama Festival will be moving to Ballinagh Community Hall from March 23rd – 30th. To ensure that this historic celebration of amateur drama – the second oldest in the country continues, the Festival committee reminds existing patrons to please return €10(single) or €12 (Couple) as soon as possible, along with their name as they would like it to appear in the programme. New patrons are most welcome – those interested should contact Brigid 087 2238960

Cavan & Monaghan Primary Care Psychology Service – Do your worry about an issue for you or your family? Do you need advice or resources? Could you do with speaking to a Psychologist? If so you can attend a free monthly Drop In Clinic at Teach Oscail Family Resource Centre, Main St., Cavan Monday 28th January 6pm – 7.30pm. Tel 049 4353166 for more information.

Sosad volunteers Doris Fitzpatrick MA ,BA ,HDip (counselling) and Mary Elliott BA(hons) in Counselling & Psychotherapy; Dip. Counselling; SRN are facilitating a 6 week support group for individuals and families bereaved by suicide from 4th 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 .