

CATHEDRAL

Masses **Mon - Fri 10am**
Sat 10am & 7.30pm (vigil)

Sun 8am, 9.30am, 11am & 12.30pm

Sat 31st 7.30pm – Mary & Joseph Gormley & deceased family members, Ballinamore

Sun 1st Aug 8am – No Intentions

9.30am-Paddy & Matt Smith, Rathcorrick, deceased of Smith family, Lisduff & Pat & Mary Ann Maguire, Moynehall
-Special Intention

11am – No Intentions

12.30pm –Tom Tierney, Highfield Rd.
-Sean Leddy, Kesh Rd [Month's Mind] & deceased family members, Crimlin

Mon 2nd 10am – Special Intention

Tues 3rd 10am –Private Intention

Wed 4th 10am –James & Mona Mc Menamin, Killeshandra

Thurs 5th 10am – Mary, Patrick & Philip Hourican, Main St.

Fri 6th 10am- Mc Cabe Sisters, Cootehill Rd.

Sat 7th 10am – Derek Powell, Annaghrouh

7.30pm-Kathleen Glancy, Wolfe Tone St.
-John Molloy& deceased of Molloy family, Swellan,
Stephen Rudden & deceased of Rudden family

Sun 8th 8am –Available for Intentions

9.30am – Phil & Nellie Gargan & Fr Patrick Gargan, Keadue

11am – Rose & Jim Kellegher & Dr Leon Acrich

12.30pm – Available for Intentions



We remember in our prayers
LAURA LOUGHMAN (nee Breslin),
College St.
MARY CAROLAN (nee Clarke),
Swellan Lr.
MARY ELLEN CROWE,

Ballymagovern, sister of Michael Gumley,
Shankill

BRIDIE MC GAHERN (nee Clancy) late of
Swellan

and all who died recently.

ST. CLARE'S CHAPEL

Masses

Mon & Wed 7pm
Tues & Thurs 8am

Mon 2nd 7pm – NO MASS

Tues 3rd 8am – Special Intention

Wed 4th 7pm – Jim Mooney, Wolfe Tone St

Thurs 5th 8am –Available for Intention

Fri 6th 8pm – Tommy Mc Kiernan, St Patrick's Tce.

KILLYGARRY

Masses

Tuesday & Friday 7pm

Tues 3rd 7pm – Fiona Webber Bergin

Fri 6th 7pm – Dympna & Jimmy Cusack, Shankill

BUTLERSBRIDGE

Masses

Wednesday & Friday 7.30pm

Wed 4th 7.30pm – Private Intention

Fri 6th 7.30pm – Decesaed of Brady family, Drumsilla

ALONE (Support for Elderly): 0818 222024

AWARE (Support for anxious/depressed): 1800 80 48 48

TERMANN (Domestic Abuse): 085 8102433

PIETA HOUSE (Mental Health) 1800 247 247

SAMARITANS (Someone to Talk to) 116 123

CHILDLINE (Support for Children) 1800 666 666

WOMEN'S AID (Domestic Abuse/Violence) 1800 341 900

MEN'S AID (Domestic Abuse/Violence) 01 5543811

SOSAD phone line 24 hours a day – 049 4326339

Cuan Cancer Support Centre is a social support & wellness group for anyone who has had a cancer diagnosis & their family members. We offer a free & confidential counselling service to our service users & their families by appointment (currently done via phone). Cuan also offers various workshops via zoom; Guided Havening Meditation and learning Reiki are on offer this month. Check out Cuans Facebook page (Cuan Cavan Cancer Support Centre) for more details or contact the centre Mon, Wed & Fri. 10am-1pm & 2-4pm. Ph: 049 8511021/086 4556632 Email: cuan@cavan.ie

SUICIDE BEREAVEMENT SUPPORT GROUP: This group is for anyone who has been bereaved by suicide. Meetings take place every fortnight and continue on Monday 19th July in the Farnham Arms Hotel in Cavan town from 7pm to 9pm. All are welcome. For further information contact SOSAD on 049 4326339

North West STOP invites you to greet the dawn in *Sunrise for STOP* any morning of the bank holiday weekend (31 Jul-02 Aug) to support their free counselling services throughout the Northwest. Sign up at: <https://www.njuko.net/sunrise-for-stop/> to receive a t-shirt/registration pack and follow us on Facebook or Instagram for updates: search for "North West STOP" Access our counselling service by call or text to 086 777 2009

Mary's Meals Cavan would like to sincerely thank those who have donated to the Mary's Meals Tigray Crisis Campaign. The crisis in Tigray continues to rage with over 1.4 million children now out of school. Mary's Meals is continuing to support the provision of food to thousands, but as the crisis continues to widen and escalate, your support and generosity to the Mary's Meals campaign becomes even more necessary. In order for Mary's Meals to be able to continue to provide food to children and their families, please donate what you can at www.marysmeals.ie or contact Caoimhe at (086) 3745756. Please continue to pray for a de-escalation of the conflict and for peace in the region.