

email: pp@straideparish.com, Parish Website: www.straideparish.com

Masses	_	-	August 1 st & 2 nd 2020 San Francisco / Bohergloss
Saturday 1st	8.00 pm	Sean Roche (First Anniversary)	San Francisco / Bohergloss
Sunday 2 nd	11.00 am	People of the Parish Community	
Monday 3 rd	10.00 am	Private Intention	
Tuesday 4th	10.00 am	Private Intention	
Wednesday 5th	7.00 pm*	Private Intention	7
Thursday 6 th	10.00 am	Private Intention	
Friday 7 th	10.00 am	Private Intention (First Friday)	/
Saturday 8th	2.00 pm	Catriona Canning (Month's Mind)	Ballylahan
	8.00 pm	People of the Parish Community	
Sunday 9th	11.00 am	Catherine & Tom Bourke	Grallagh / Castlebar

^{*}Please note the later time of Mass on Wednesday of this week at 7.00 pm

We remember in our prayers - the soul of Mary Ruane, Straide who was buried during the week. R.I.P. The Sick and the Housebound – I am available to visit the sick and housebound this month. Please let me know if you would like a visit on the usual visitation day of Thursday 6th (or at any time that is convenient for you). Please remember – There will not be any other Mass on the day a funeral is held in the Church. The only exception being on Saturdays and Sundays (weekend Masses) and when a weekday Mass has a scheduled intention.

Church Live Stream – is now operational. All Masses are available to be viewed live online - www.straideparish.com.

It is great - to have parishioners back attending Masses again. Also, great to see so many availing of daily Mass during the week. Hopefully, as the weeks go on, people will feel more comfortable venturing out. We remain confined to 50 max at both Saturday evening and Sunday morning Masses. Thus, we continue to admit by ticket only. Tickets for either Mass can be picked up from the Church the previous weekend and during the week. Unfortunately, the further lifting of restrictions on July 20th (when 100 could be present) has been postponed until August 10th. Our ticket system will remain in place until then. Thanks for all your cooperation. Everything has worked out very well so far. It has been a very good and welcome phased return to Masses.

New boxes of Offertory Envelopes - have now been delivered. If you didn't get yours, please let Fr. Martin know.

Cemetery Sunday Mass – Weather permitting, we hope to hold the 11.00 am Mass this Sunday in the New Cemetery. At present, 200 can attend an outdoor Mass. If the Mass has to be relocated to the Church, unfortunately, only 50 can attend – i.e. only those with "Tickets" for that particular Mass. If it is not possible to celebrate Mass in the cemetery on Sunday 2^{nd} , hopefully, it will be possible to do so later in August. In any event, we continue to remember all of our beloved dead in our thoughts and in our prayers.

Due to the limit on the numbers, the Mass is intended, primarily, for the local community and parishioners. Please do not ask relatives to travel distances to attend. Unfortunately, it will not be possible to livestream this Mass. Social / Physical Distancing continues to operate in the cemetery, in the church grounds as well as in the church. Also, make sure to bring an umbrella.

A new pilgrimage on Lough Derg's lakeshore - *Walk and Pray* in the Lough Derg tradition on 16, 18, 22, 26 & 30 August. At times in the 1600s and 1700s when Station Island was closed by the Penal Laws, pilgrims undertook a form of pilgrimage on the lough shore. Walk in their footsteps. Contact 0 (0353) 71 9861518 or info@loughderg.org for details. Numbers are limited. Advance booking essential.

New Online "Offertory Collection" Donation Facility – You can now make your Offertory Donation simply, conveniently and securely online at our parish website – straideparish.com. Many thanks to those who have already started to avail of this new facility. The feedback has been very positive and very encouraging. Thank you for your ongoing generosity & support. This facility, like the web cam, has been introduced for the convenience of parishioners

COVID-19 Support Line for Older People - ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance. The support line is open seven days a week, 8am - 8pm. Call 0818 222 024. Moy Davitt's News - Congratulations to Mary Jordan Bohola on winning €387 in the Moy Davitt's 50/50 draw. A huge thank you to everyone who supported last week's draw, it is greatly appreciated. Tickets are available in the usual retail outlets and by clicking http://bit.ly/MoyDavitts50-50. It might be you !!!

Altar Society for August - Noreen Doherty, Bridie Mulroy & Jane Mulroy.

Thought for the Day: Worry is a misuse of the imagination!

Newsletter: Items for inclusion to be handed into the Parochial House by 12pm on Thursday or email pp@straideparish.com. **Additional News Items -** are included in the online Newsletter on www.straideparish.com

A thought on how we should receive Holy Communion - Writing in the fourth century, St Cyril of Jerusalem has this to say: 'When you approach the altar, do not go stretching out your open hands or having your fingers spread out, but make the right hand into a throne for the left which will receive the King, and then cup your open hand and take the Body of Christ, reciting Amen.' It's a lovely image of the hand being a throne for the King, the risen Lord Jesus, with whom we quite literally connect when we come to this sacrament.

IF YOU NEED HELP

Many parishioners have volunteered to help those who may not be able to shop, collect medicines, go to the Post Office etc. during this Coronavirus outbreak. If, at any time, you need help with these chores call me on (094) 9031029 and I will liaise with the many volunteers within the community who are very happy to help out.

Keep safe, keep healthy and, at all times, follow HSE / Government guidelines. Say a prayer, too, for all who have caught the virus and for all medical staff, carers and volunteers who are working so very hard at this time. (Fr. Martin)

St. Vincent de Paul (Foxford) – can provide help for those in Straide who may be in need of food or fuel. Contact (085) 8887777

Are you finding it difficult to cope - with life's problems? Perhaps GROW can help you. GROW is a free confidential support group, promoting positive mental health using a 12 step program. Meetings run weekly on Tuesdays at 8pm in the Ballina Community centre. For further information on GROW or other GROW meetings across Co Mayo, you can contact Emily at 086 4183543, www.grow.i.e or the GROW information line 1890 474 474

Pope Francis Prayer of Protection Against Coronavirus

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain with steadfast faith. You, Salvation of the Human Race, know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee,

joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas – we who are put to the test -

– and deliver us from every danger, O glorious and blessed Virgin.

Genealogy – Are you interested in tracing your ancestors or have a relative overseas who would like to trace their roots? The North Mayo Heritage Centre, Crossmolina can help. Gift vouchers also available. Contact (096) 31809.

ACCORD Marriage Preparation Courses 2020 - Fri. 25th / Sat. 26 Sept.; Fri. 30th / Sat. 31 Oct.; Fri. 27th / Sat. 28 Nov. Courses are held in McWilliam Park Hotel, delivered by ACCORD Charlestown Centre. Best to book online at www.accord.ie and there to see all the dates being offered by Castlebar, Ballina, Sligo & Roscommon ACCORD Centres

CCTV – operates 24 / 7 within the Church and in the Church car park. The parish policy concerning CCTV can be found on the parish website (www.straideparish.com) – as can all parish policies.

General Data Protection Regulations (GDPR) – has implications for parishes, one being that we can no longer publish names of Readers, Eucharistic Ministers, Altar Society or Collectors in Newsletters / Website without written permission. We hope to phase the regulations in throughout 2019. Forms are available on the altar rails. Please bring one home, fill in and return to the Church.

Knock Counselling Service – available at (094) 93 75032 or log on to www.knockshrine.ie/counselling

Life after a bereavement - can feel empty and lonely. A Bereavement Support Group meets at the Family Centre, Knock Shrine every Wednesday at 11am. Anyone is welcome to attend. Further information from Monica Morley on (094) 9375320.

Accord Counselling - Challenging times can be rough on relationships. When it comes to protecting your most precious investment (your marriage), talk to ACCORD. Our services, based on your needs, not your ability to pay, can help you get the most from your marriage. Morning and evening appointments are available. Office hours are from 10 am to 1pm Monday to Friday, contact (094) 92 54944 or Lo-call 1850 201 878 or email accordcharlestown@gmail.com.