



Ss. Peter & Paul's Church Straide

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Masses

August 8th & 9th 2020

Saturday 8th	8.00 pm	Margaret McDonnell, husband Edward & deceased of McDonnell Family Knockshanbally Castlebar / Grallagh
Sunday 9th	11.00 am	Catherine & Tom Bourke
Monday 10th	10.00 am	People of the Parish Community
Tuesday 11th	10.00 am	Private Intention
Wednesday 12th	7.00 pm*	Private Intention
Thursday 13th	10.00 am	Private Intention
Friday 14th	10.00 am	Private Intention
Saturday 15th	10.00 am	Feast of the Assumption
	8.00 pm	Felix Sweeney
Sunday 16th	11.00 am	People of the Parish Community

Straide

*Please note the later time of Mass on Wednesday of this coming week at 7.00 pm

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.

Ticket Only Admission - 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 August 10th (when 100 could be present) has been postponed until September 7th. 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 phased return to Masses.

Wearing face coverings / masks indoors – From August 10th it will be mandatory to wear face coverings / masks indoors in all shops and businesses. This measure provides an additional level of safety from Covid 19. Straide Church will, also, follow the same requirements from August 10th for all daily and weekend Masses. It would be appreciated if those who can wear a face covering should do so while inside the Church. Remember, the only weapons we have to ward off this virus in public spaces are (i) social distancing of two metres apart, (ii) washing / sanitising hands and (iii) wearing a face covering. For the first weekend (August 15 & 16), those who forget to bring a face covering can get one at the back of the Church (while stocks last). Please put the cost (€1) into the Offertory Collection Box.

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

Cemetery Sunday Mass – A big *Thank You* to all who braved the elements on Sunday last to attend the Mass in the Cemetery. Initially, it didn't look like it would be able to go ahead, due to the threat of rain. Although a heavy shower fell at 10.45 am, it remained dry for the rest of the day. Our prayers were answered. A big *Thank You*, also, to the Castlebar Concert & Marching Band who provided the musical accompaniment. This was their very first performance since lockdown and how well they sounded. Hopefully, next time they are with us will be on a sunny dry day.

Free Living Well Programme - next programme commences on Wednesday 9th September from 10.30 am to 1pm. If you are living with a long term health condition you may be interested in doing the "Living Well" formally known as the 'Self Care to Wellness Programme'. This is a six week programme delivered in 2.5 hour weekly sessions where you will learn new skills to manage your health condition on a day to day basis. This Programme will commence on Wednesday 9th of September. You must register in advance as places are limited to 10/12 participants. Please note you do not have to disclose your health condition on the programme. Please contact Olga on 086 6078950 or email: olga.maguire@mayocil.ie. You can find out more information on the programme on our website: www.hse.ie/livingwell

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

Moy Davitt's News - Congratulations to Siobhan Wilson on winning €401 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: A ship in a harbour is safe, but that's not what ships are built for! Sometimes they have to sail!

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.

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.

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 where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024

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.ie 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.