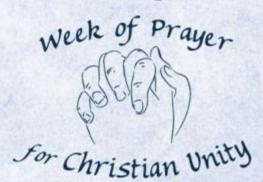


Second Sunday in Ordinary Time



Last Sunday our Blessing of babies brought great joy and hope to all who participated.



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17th January 2019

Portlaoise Parish



One Jackpot Winner of €10,000 Winner: Lily Whelan Promoter Lily Whelan

WINNERS

Evelyn O'Rourke **Mary Finnegan** Mary Burke Teresa K **David Thompson** Mary O'Connell **Daniel Holohan** Billy O'Brien Mag Byrne Claire Guilfoyle Gemma **Aaron Langton Margaret Langford Margaret Langford Derek McGinn** Julie O'Shea **Noel Hilliard**

John Coughlan

Patti Bracken

Bernie Tynan Colm Delaney

Mary Keenan

John Doheny

Nell & Tess Fitzpatrick

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Bernie Phelan

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Next Week's Jackpot €10,000

An Irish Blessing

May the road rise to meet you,
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of his hand.

May God be with you and bless you;
May you see your children's children.
May you be poor in misfortune,
Rich in blessings,
May you know nothing but happiness
From this day forward.

May the road rise to meet you
May the wind be always at your back
May the warm rays of sun fall upon your home
And may the hand of a friend always be near.

May green be the grass you walk on, May blue be the skies above you, May pure be the joys that surround you, May true be the hearts that love you.

Priests of the Parish



Msgr. John Byrne P.P.V.G. Tel: 057 8692153



Fr. Paddy Byrne C.C. Tel: 057 8661139



Fr. David Vard C.C. Tel: 057 8509998



Fr. Eddie Lalor C.C. Tel: 057 8661605



Fr. Tom O'Connor P.E. (Parish Chaplain)

To contact the Priest on Duty:

Parish Centre during office hours Tel: 057 8621142

Outside of Office Hours
In emergencies only
To contact the Priest on duty

057-8621364



Office Hours Monday to Friday 9am-5pm Phone: 057-8621142 / 057-8660722 E-mail: info@portlaoiseparish.ie Twitter: @portlaoiseparis

MANAGER Declan Kelly

Parish Secretaries Michelle Bartley
Agnieszka Kaczmarek

Accounts Michelle Conroy

Sacristans Parish Church
Sr. Sybil and Sr. Julie 057-8692151
(Sacristy phone attended prior to Mass times)
All Masses and services from the Parish Church
are live streamed www.portlaoiseparish.ie



Secretary: Julie Conroy Monday to Thursday 11am to 1pm & 2.15pm to 5pm 057-8692154

Advertising deadline: 12 noon Wednesday
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PARISH SHOP Religious gifts and books.





The Conversion of Saint Paul 25th January

"Paul wrote some of the most beautiful and important passages in the whole of the Bible, but his works have also been



used, among other things, to justify homophobia, slavery and anti-Semitism. He has also been accused of being anti-feminist, although many modern scholars would argue that in fact he championed the cause of women church leaders. In the final analysis, Paul was the first great Christian theologian, establishing some of the building blocks of the faith that we now take for granted, though there are those who argue that in laying out these ground rules, Paul has obscured and separated us from the true teachings of Jesus. But perhaps the true sign of Paul's importance is that 2000 years after his death he still inspires passion; whatever you feel, it's hard to feel neutral about Paul."

Visit our website: www.portlaoiseparish.ie

St. Francis de Sales 24th January

(1567-1622)

Francis de Sales took seriously the words of Christ, "Learn of me for I am meek and humble of heart." As he said himself, it



took him 20 years to conquer his quick temper, but no one ever suspected he had such a problem, so overflowing with good nature and kindness was his usual manner of acting. His perennial meekness and sunny disposition won for him the title of "Gentleman Saint."

Mass times for the coming week

(Parish Church or otherwise stated)

Monday-Friday

7.30am &10am.

Saturday 10am

SUNDAY MASSES

Scoil Bhride, Knockmay (Saturday) 7.30pm St. Peter & Paul's Parish Church Vigil (Saturday) 6.30pm 8.30am, 10am, 11.15am & 12.30pm Church of the Assumption, The Heath: 9.30am Church of the Holy Cross, Ratheniska: 10am.

Polish Mass, 3rd Sunday of the Month at 6pm.

CONFESSIONS

Every Saturday after 10am & 6.30pm Masses.



Extraordinary Ministers of Holy Communion Required

If you are interested in serving the parish, please leave your name and contact details into the Parish Centre or if you wish, you can email your details to info@portlaoiseparish.ie or phone 0578 621142 (during office hrs)



We welcome into our Parish Community

Tadgh Paul Delaney, Borris Great

Dara James Costello, Ashley Gardens.

Who were baptised last weekend

Sunday 13th January 2019

Offertory Collection €2,830.00
Development Fund €3,445.00
€6,275.00

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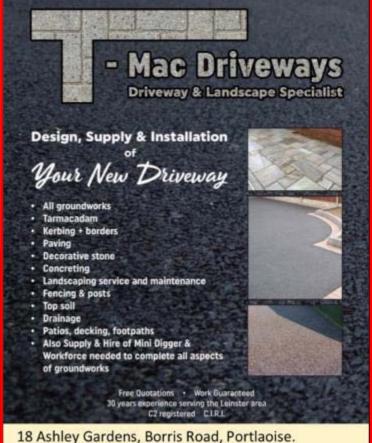
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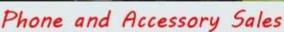
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Blessing of Babies Ceremony in our Church last Sunday





















Photos courtesy of Tim Keane & Agnieszka Kaczmarek

More photos on our website www.portlaoiseparish.ie





SAVING THE BEST FOR LAST

One day, Jesus went to a wedding. His mother was there and so were his disciples. Everyone was having a good time until the wedding host ran out of wine. The party was about to be ruined when Jesus' mother went to him and asked him to help. Then she told the servants to do whatever Jesus told them to do.

Nearby there were six stone water jars, each holding about twenty or thirty gallons. Jesus said to the servants, "Fill the jars with water"; so the servants filled them to the brim. Then he said to them, "Now draw some out and take it to the master of the banquet." They did as they were told, and when the master of the banquet tasted the water, it had been turned into wine. Not only that - it was the very best wine he had tasted all evening.

The master of the banquet called the bridegroom aside and said to him, "Most people serve the best wine first and then serve cheap wine after the guests have had too much to drink; but you have saved the best until the last."

This was the first of Jesus' miracles on the earth, but it wasn't his last. When we walk with Jesus every day, we become accustomed to the miracles he performs. He does so many great and wonderful things for us. He supplies everything we need -- a roof over our head, and a nice warm bed. We have clothes to wear and plenty to eat and drink. Oh yes, he is so good, but do you know what? He is saving the best for last. What is it? Eternal life. If we put our trust in Jesus as our Saviour, we will live forever in heaven with him. Now, that's what I call "saving the best for last!"

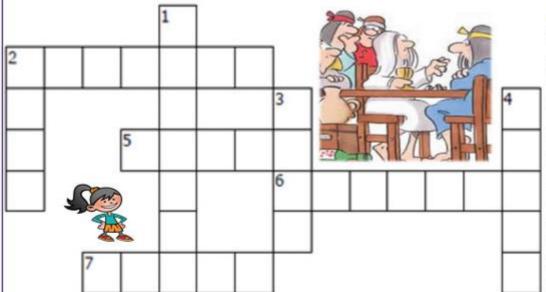
OUR PRAYER

Dear Father, we thank you for all of the good things which you provide each and every day, but most of all, we thank you for eternal life which we have in Jesus Christ.

In Jesus' name we pray. Amen.

Jesus Turns Water Into Wine

"Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now." John 2:10



ACROSS

- 2. A ceremony joining a man and woman as husband and wife.
- 5. To eat or drink a small amount
- 6. One who is employed to perform services for someone else
- 7. Low in cost; of poor quality; inferior

DOWN

- 1. An event that cannot be explained by the laws of nature.
- A beverage made of the fermented juice of grapes.
- 3. Of the highest quality; One that surpasses all others.
- 4. A clear, colourless, odourless, and tasteless liquid, H20.



WEDDING | MIRACLE | TASTE | CHEAP | WINE | SERVANT | WATER | BEST

A Prayer for Students and Teachers
God is the source of all wisdom and
knowledge.

Let us ask him to bless those who seek to learn and their teachers.

For students, that the Spirit of God may grant them the gifts of wisdom of understanding.

For teachers, that they may share their knowledge with gentleness, patience, and concern for their students.

Amen.

Christian Unity

The Week of Prayer for Christian Unity is an international Christian ecumenical observance kept annually between 18th January and 25th January. It is an octave, that is, an observance lasting eight days.



Catholic Schools Week takes place next Sunday. All First Holy Communion children are invited to the 11.15am Mass next Sunday (27th January) in the Parish Church on Saturday 3rd February at 6.30pm.

3

TIME TO THINK!

OVERCOMING BLUE MONDAY

After the buzz and good cheer of the festive season, January can feel like one long and exhausting slog. Researchers have dubbed January 21st as 'Blue Monday' or the most depressing day of the year.

It's dark and cold outside, summer is nowhere in sight, morale is at an all time low and pay day still seems like miles away. People tend to be at their loneliness, most unmotivated and cash-strapped.

Now more than ever is the time to be kind to yourself and others, to practice self-care and mind your mental and physical wellbeing.

Here are some tips to help you get through Blue Monday and beyond;

- Practice gratitude: In the new year, instead of thinking
 of all the obstacles in your way, try focusing on the good
 things and people you have in your life. Taking time out to
 notice simple pleasures and practice gratitude, can give us
 a more positive outlook in life, make us more resilient,
 strengthen the relationships we have and help reduce
 stress.
- 2. Be kind to yourself: We can often be our worst critics that voice inside our head that tells us 'not good enough' or 'you'll never achieve that'. Don't be so hard on yourself. Treat yourself like you would treat a dear friend in the same situation and show yourself just as much compassion.
- 3. Relax: January can be a long, hard month, full of new resolutions and pressure to be a 'better' you. This race to self-improvement can feel exhausting, so don't forget to take some time to relax. Make time for yourself, allow yourself to slow down and simply be. If you're trying something new, don't put yourself under pressure to master it in record time. Instead, take the time to enjoy this new learning process. If you're feeling stressed, simply taking a nice, deep breath can really help.

Sometimes, especially when trying to calm yourself in a stressful moment, it might help to start by taking an exaggerated breath: a deep inhale through your nostrils (3 seconds), hold your breath (2 seconds), and a long exhale through your mouth (4 seconds). Otherwise, simply observe each breath without trying to adjust it; it may help to focus on the rise and fall of your chest or the sensation through your nostrils.

- 4. Exercise regularly: Being active lifts our mood, reduces stress and anxiety, improves our physical health, and gives us more energy. Get outside, preferably in a green space or near water. Find an activity you enjoy doing, and just enjoy it. Also, taking up a hobby or a new skill will do much to increase your confidence, and may even lead to new friendships or career opportunities.
- 5. Help others: Get involved with a community project, charity work, or simply help out someone you know. As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself. Helping others will put your own concerns into perspective. It'll boost self-esteem and encourage a more positive outlook in life.



- 6. Eat healthily: It may sound cliché, but a healthy body really does nurture a healthy mind, and vice versa. It may be dark and cold outside and comfort eating is all too tempting, but resisting fast food and those sugar cravings will go a long way to combatting the winter blues. Eat regularly, don't skip breakfast, eat healthily, and stay hydrated.
- 7. Sleep: Get into a healthy sleep routine including going to bed and getting up at the same time each day. Sleep is as important to our health as eating, drinking and breathing. Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression.
- 8. Connect with others: Stay in touch with family and friends make regular and frequent contact. If you're struggling with your mental wellbeing, January can feel like a never-ending slog. If this is the case, please do ask for help. Talking to a counsellor can really help if you're feeling depressed, anxious or stressed. You're never alone.
- 9. See the bigger picture: We all see situations differently from our perspective and give different meanings to reality as we understand it. Broaden out your perspective and consider the bigger picture.
- What meaning am I giving this situation?
- Is this fact or opinion?
- · How would others see this situation?
- What is another way of looking at this?
- How important is it, right now or how important will it be in 6 months time?
- What can I do right now that will help most?

Acceptance: We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and let them be. These thoughts can come and go. We don't have to believe and grab onto each thought, but accept that we simply can't change some situations. We can surf those waves rather than try to stop them. Allow those thoughts and sensations just to be – they will pass.

Fr. Paddy invites you to follow him on Twitter @frpaddybyrne, now over 15,350 followers or leave a comment on his blog on our parish website www.portlaoiseparish.ie/articles

Fr. Paddy's book "All will be well" on sale in the Parish Shop or online at www.portlaoiseparish.ie



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OUR PRAYERS ARE ASKED FOR THOSE WHO DIED RECENTLY;



Pat McNamee The Heath



David Rafter Ardville, Glenside



Dr. Viktar Baklanau Portlaoise

Andy Lambe
Formerly The Heath

Patricia Grey (née O' Connell) Rathdowney and formerly Portlaoise

MAY THEY REST IN PEACE Our sympathy to their families.

A message of sympathy may be left for the family by logging on to the death notice at www.portlaoiseparish.ie/deathnotices



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In Loving Memory of

A Cherished Husband, Father and Grandfather WILLIAM (Willie) O' REILLY

28 Lakeglen, Portlaoise. First Anniversary away from home - 24th January 2019.



Willie's Anniversary Mass will be celebrated in Sts. Peter & Paul's Parish Church on Thursday 24th January at 10am.

Husband;

Alone but never quite alone, I face an empty chair,
But sometimes in the silence I imagine you are there,
My companion for so many years, no longer here with me,
And yet in some mysterious way, you keep me company,
It's so sad you had to leave, your leaving caused such pain,
But you are very special, and our loss is Heavens gain.

Thinking of you today and always Willie

Your Loving Wife Anne xxx

Daddy;

Today is the anniversary of the day that we lost you, and for a fleeting moment it felt as though our lives had ended too,

You are someone very special who left your mark on so many lives, things just haven't been the same Daddy since you said goodbye,

The bond we shared will never end even though we are apart, we find comfort in the memories deep within our hearts,

This heartfelt message is for you, we miss you more than words can say,

The world definitely lost someone special the day you went away,

But loss taught us many things and now we face each day, with hope and happy memories to help us on

our way,

And though we are full of sadness, that you are no longer here, your influence still guides us, and we still feel you near,

What we shared will never die, it lives within our hearts, bringing strength and comfort while we have to be apart.

Never more than a thought away, we love and miss you everyday.

Alan, Michael, Thomas, Lisa, Nicola, Jenny, Trevor, Becky, daughters-in-law, Mary, Fiona, Sara, Nicole and son-in-law Trevor xxx

Grandad;

It took a world of sorrow, to realise you'd gone, but all the love you left behind, has helped us carry on,

The saddest day of all our lives, was when we had to part,

But our- Grandad in a Million lives forever in our hearts,

And on this very special day, we will dry our tears,

And celebrate the happiness you brought us through the years.

Always remembered today and everyday.

Joanne, Leona, Megan, Avril, Katie, Billy, Dylan, Sarah, Aimee, Leah, Abbey, Jayden, Sean, Carly, Braidan, Caoimhe, Óisin and Maisie xxx

Rest in Peace William



In Loving Memory of



JAMES AND FRANK CONNOLLY

Green Road, Portlaoise. whose anniversaries occurred on 19th January 2019

Anniversary Mass will be celebrated in Sts. Peter & Paul's Parish Church on Saturday 19th January at 6:30pm.

Will those who think of James and Frank today, A little prayer to Jesus say. Sadly missed by their loving family

May James and Frank Rest in Reace



In Loving Memory of BRIDGET RYAN

Kilmurray, Stradbally.



The family of the late Bridget Ryan would like to express their sincere thanks to all who sympathised, sent Mass cards, Sympathy cards and messages of support on the loss of our Mum.

We would especially like to thank the wonderful staff of Portlaoise

General Hospital for their excellent care, kindness and compassion to Mammy and for their great support to us.

A special thank you to Henry Rankins Funeral Directors for their professionalism, assistance and attention to detail when carrying out Mammy's funeral arrangements and to the gravediggers for taking such care in preparing Mammy's final resting place.

A very special thank you to Fr. Paddy, Fr. David and Msgr. John for their spiritual guidance and great support to us throughout this very difficult time.

We would also like to thank Bosco's Catering for supplying refreshments and The Heath hall committee for allowing us use of their hall on the day of mams burial.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation and gratitude.

Bridget's Months Mind Mass will be celebrated in the Church of the Assumption, the Heath, this Sunday 20th January at 9:30am.

May Bridget Rest in Peace



In Loving Memory of JOSEPHINE O' REILLY

Marian House, Dublin Rd., Portlaoise, whose Anniversary occurred 13th January.



A sudden call from God on high, we had no chance to say goodbye,

Without farewell you fell asleep, but memories of you we will always keep.

om your sons Martin. Jas and Bill, daughter Eileen. grandchildren and great-grandchildren.

May Josephine Rest in Reace



In Loving Memory of DAN REDDIN

Old Knockmay Rd. Portlaoise. 33rd Anniversary occurs 19th January 2019



Anniversary Mass will be celebrated in Sts. Peter & Paul's Parish Church on Saturday 19th January at 6.30pm

Sadly missed along life's way

Quietly remembered every day

Sadly missed by his loving family.





In Loving Memory of

KATHLEEN BRENNAN

Rathleague, Portlaoise, whose 9th Anniversary occurs 26th January 2019



Anniversary Mass will be celebrated in Sts. Peter & Paul's Parish Church on Saturday 26th January at 10am.

Those we love never die, for as long as we live and remember, they are with us.

Sadly missed and always remembered by all her loving family and friends

May Kathleen Rest in Reace



In Loving Memory of

DANNY HERLIHY

Manchester and Portlaoise. 3rd Anniversary occurred 18th January 2019



Dad; If we could write a story, it would be the greatest told,

Of a kind and loving father who had a heart of gold, If we could write a million pages, but still be unable to say; just how much we love and miss him, every single day,

We will remember all he taught us, we are hurt but won't be sad.

As he'll send us down the answers and he'll always be our Dad. Love always. Megan and DJ.

Danny: We speak your name often, we think of you a lot, your memory we will take care of and be sure is never forgot Love Georgina.

May Danny Rest in Reace





In Loving Memory of MARGARET HOULIHAN

14 Oaklawn, Ballyfin Road, Portlaoise. 1st Anniversary occurs 18th January 2019.



The Day You Went Away
Today's the anniversary of the day
that we lost you,
And for a time it felt as though our
lives had ended too.

But loss has taught us many things, And now we face each day, With hope and happy memories, To help us on our way.

And though we're full of sadness, that you're no longer here,

Your influence still guides us, and we still feel you near.

What we shared will never die, it lives within our hearts, Bringing strength and comfort, while we are apart.

Sadly missed and always remembered by your loving husband James, sons, daughters, sons-in-law, daughters-in-law, grandchildren and extended family.

May Margaret Rest in Reace



In Loving Memory of MARGARET HOULIHAN

14 Oaklawn, Ballyfin Road, Portlaoise. 1st Anniversary occurs 18th January 2019.



Our Family Chain
We didn't know that morning,
That God would call your name,
In life we loved your dearly,
In death we do the same.

It broke our hearts to lose you, But you did not go alone, For part of us went with you, the day God called you home.

You left us beautiful memories, your love is still our guide And though we cannot see you,

You are always by our side,

Our family chain is broken, and nothing seems the same, But as God calls us one by one, the chain will link again.

Sadly missed and always remembered by your loving mother Mary, brothers, sisters and extended families.

May Margaret Rest in Reace



In Loving Memory of MARY M°EVOY



Late of St. Brigid's Place, Portlaoise. Whose 17th Anniversary occurs 19th January.



We think of you in silence,
We often speak your name.
But all we have are memories
and your picture in a frame.
Your resting place we visit,
And put flowers there with care,
But no one knows the heartache
As we turn and leave you there.

Sadly missed by all her loving family and friends.

We also remember Mary's two sisters; Alice and
Esther whose anniversaries occur around this time
and Mary's grandson Daryl Dargan.

And her Husband ALO M^cEVOY

Whose Months Mind occurs at this time.



Alo's Months Mind Mass and Mary's Anniversary Mass will be celebrated in Sts. Peter & Paul's Parish Church this Saturday 19th January at 6:30pm.

Loved and missed dearly by all his loving family and friends.

Rest in Reace Mam & Dad



In Loving Memory of EOIN DOOLEY

9

Brittas Mountmellick. 5th Anniversary occurs 31st January 2019.



We thought of you today, but that is nothing new, We thought of you yesterday and will tomorrow too,

We think of you in silence and make no outward show,

For what it meant to lose you, only those who love you know,

Remembering you is easy, we do it every day, It's the heartache of losing you, that never goes away.

Treasured memories of a loving son, brother and father, missing you always, love, Mam, Dad, Diarmaid, Grainne, Sarah, Eileen, daughter Molly and your extended family.

Anniversary Mass will be celebrated in St. Joseph's Church, Mountmellick, Saturday 26th January at 7:30pm and Sunday 27th at 11am.

May Esoin Rest in Reace



ACKNOWLEDGEMENT

In Loving Memory of





MARY-KATE SHEEHAN Late of 68 O' Moore Place.





The family of the late Mary-Kate Sheehan, who passed away 6th December 2018, would like to express our heartfelt appreciation to all who attended the funeral, called to sympathise, sent Mass cards or floral tributes and messages of support during this difficult time.

A special word of thank you to the Priests and Sisters of this Parish, whose support and kindness brought great comfort to us.

Our deepest thank you to the doctors, nurses and staff of Portlaoise General Hospital for the exceptional care Mary received during her final weeks.

Sincere thanks to Rankins funeral directors for their professionalism and respectful manner in which they carried out Mary's funeral arrangements and to the grave diggers for their great care in preparing Mary's final resting place.

Thank you to M&M Catering for the refreshments.

Finally we would like to thank our friends and neighbours who have been very supportive at this sad time, our sincere thank you to you all.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation and gratitude.

> Sadly missed by all her loving family. Rest in Peace Mary-Kate



In Loving Memory of JACK COPLEY

Green Road, Portlaoise. 1st Anniversary occurs 21st January 2019.



A loving husband, father and grandfather too, Each one of us thought the world of you,

For us you always did your best, God grant your soul eternal rest.

Loved and remembered by your son, daughters, sons-in-law, grandchildren and great-grandchild.

May Jack Rest in Reace





In Loving Memory of JOSEPH DUFF

CKNOWLEDGEMENT

Joe's family would like to express our sincere thanks to all who sympathised with us on Joe's sudden passing, to all who gave Mass and Sympathy cards, those who called and sent messages of support, sent Mass cards, Sympathy cards and messages of support, all who attended Keegan's Funeral Home and the

Requiem Mass paying lovely tributes to Joe in kind words.

A special word of thanks to the members of An Garda Síochána, the Ambulance Crew, Doctor on call and Fr. Eddie Lawlor for their professionalism and support at such a sad

Sincere thanks to Ursula and Gerry O'Malley for being such good neighbours to Joe over the years.

Sincere thanks to Joe's former work colleagues from Eircom for their great turn out both days and for sharing their memories of their years spent working with Joe.

Thanks to Matthew Keegan and David Goode for the respect and kindness shown to Joe and their support given to us in the arranging of the funeral. Also thanks to the gravediggers for preparing Joe's final resting place.

Thank you to Fr. Eddie for the lovely Mass, to the altar servers and readers. Special word of thanks to Nuala Kelly for her gentle singing, a true tribute to Joe. Also thanks to All Occasions Florists for the lovely floral arrangement.

Heartfelt thanks and appreciation to John Duff, Joe's nephew for all his help and support since Joe's passing.

We trust that this acknowledgement will be accepted by all as a token of our appreciation.

The Holy Sacrifice of the Mass will be offered for your intentions.

Joe's Months Mind Mass will be celebrated in Sts. Peter & Paul's Parish Church on Sunday 27th January at 10am.

May Joe Rest in Peace



In Loving Memory of KATHLEEN LOUGHLIN

Formerly 44 St. John's Sq. Portlaoise. 1st Anniversary occurs 17th January - Died in Manchester



Anniversary Mass will be celebrated in Sts. Peter & Paul's Parish Church this Saturday 19th January at 6.30pm.

Will those who think of Kathleen today, A little prayer to Jesus say.

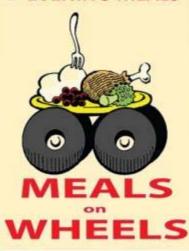
Sadly missed by all her loving family. May Kathleen Rest in Reace



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Heath Ladies Gaelic Football LGFA

U12 training for girls born 2007/2008 Monday 21st January, 7pm-8pm at The Heath G.A.A. grounds.

New members welcome. For details contact; Dan 086-6067637
Claire 086-8600298.



DANCING AT DIXIES

Napper Tandy's, Stradbally

in aid of

FATIMA INVALID FUND

on

Wednesday, 13th February, 2019

Dancing to:-

JOHN, TERRY, PADDY & EUGENE

with Guest Artists on the Night
Thomas Lacey

Dancing 9-12 Tickets - €10.00

Tickets available from Maura O' Brien 086-3344722 or 057-8661601 or any committee member

RELIGIOUS NOTICES

Adoration: Monday to Friday after 10am Mass, concluding with Rosary 7pm. Saturday after 10am Mass concluding with Rosary 6pm. Sunday commencing at 2:30pm, concluding with Rosary 7pm. From 2:30pm to 3:30pm on Sunday will be a special time of prayer for vocations to the Priesthood.

Adoration in the Church of the Assumption the Heath Sundays from 2.50pm to 4pm.

Rosary: Please join the Prayer for Ireland team in praying the Rosary daily at 9.30pm on the Parish radio (106.5fm) or web cam.

Rosary at the Grotto: First Fridays and all Feast days to Our Lady, 8pm.

Legion of Mary; meeting every Wed. night at 8pm in the Prayer room of the Parish Church.

"Meditating... Being Mindful...
Seeking God": Treo Nua (Knockmay
Centre). Thursdays, 11am to 12 noon.
New members welcome.

Parish Bereavement Support: If you have lost a loved one, there is a confidential one to one support service available (by appointment), call 087-9878300.

<u>Divine Mercy Prayer Meeting:</u> Every Monday 8-9pm in the Prayer room of Portlaoise Parish Church.

Bus to Clonfert for a day of Prayer and Healing - Saturday 2nd Feb.: Leaving Athy 8am, Ballylinan 8:15am, Stradbally 8:30am, Portlaoise 8:45am Mountrath 9am. Elleen 059-8625215 / 059-8625902. All welcome.

USEFUL SERVICES

Accord: Going through a difficult time in your marriage/relationship? Counselling Services available at Accord, Parish Centre, Portlaoise, call 057-8661581 or e-mail us at; accordportlaoise@hotmail.com

COMMUNITY NOTICES

GROW Community Mental Health Support Group meet at 7:30pm every Wednesday in Portlaoise Parish Centre. Why not come along and learn more about positive mental health, well being, recovery and how GROW may help you achieve this. Free of charge. All welcome. Contact Michelle 086-4183805 or visit www.grow.ie.

Portlaoise Men's Shed are open Tuesdays and Thursday at Portlaoise Equestrian Centre, Timahoe Rd., 11am-3pm. Drop in for a chat and a cuppa and see some of the new projects and activities. New members welcome.

Bridge Lessons at Portlaolse Parish Centre, 7pm to 9pm, commencing on Monday 28th January. For further details tel. Catherine 087-4121913.

Portlaoise Active Retirement Association (ARA)

Bowls: Every Monday at 3pm in St. Mary's Hall, regular and new members are always welcome to come along and take part.

Whist: Play/learn Whist at Sue Ryder centre every Thursday 2.30-4pm. All are welcome.

Jan. 23rd: Time to exercise the vocal chords again with some new and many old favourite songs. Always guaranteed to be an enjoyable afternoon in the company of Caroline, our musical maestro.

Jan. 30th: The ARA Annual General Meeting takes place today. We hope to see a full turnout of members, to ensure that as many members as possible have the opportunity to express their views. The ARA Mission is one of continuous improvement and enjoyment for all of us and this can only be achieved if many members are prepared to lend a hand on a regular basis. The ARA has been in existence for 15 years and we must ensure it continues to provide an essential outlet for our age group for many years to come.

Sue Ryder Charity Shop: Donations always welcome of ladies/gents good quality clothing, shoes, bric-a-brac, jewellery, gift sets, curtains, household appliances, unwanted gifts, bed linen, blankets, furniture. Call Marguerite on 085-8662842.

Midlands Living Links Outreach

Listening and Support Service for people bereaved by Suicide. Call; 086-1600641.



Enrolment in Timahoe NS

Is now open and will close before mid-term on Friday 15th Feb. For enquiries contact;

057-8627051

(2)

COME PLAY BINGO

Every Thursday and Friday at 8.30pm in St. Mary's Hall €1,000s to be won. Bring a friend Enjoy a Night Out!

Portlaoise Parish Lourdes
Committee: A box will be in place
in the Parish Church for anyone
wishing to put their names forward
for sponsorship or part sponsorship
on our 2019 Pilgrimage to Lourdes
until 11/02/2019. (Feast of our
Lady of Lourdes). The box will be
placed to the right of Our Lady's
statue. An application can be made
within these dates only. Anyone
seeking further information can
contact Sean 086-3633785 or Pat
086-3293063.

Ballyfin Vintage & Veteran Club are holding their annual Table Quiz at the Deadmans Inn, Ballyfin at 8:30pm on Friday 25th January. An entry fee of €40 applies for a table of 4 or €10 per person, with spot prizes on the night. Proceeds in support of local causes. For queries or any additional information on the Ballyfin Vintage & Veteran Club, call Pat O'Connor 087-7824481.

HEALING HANDS

Noreen McInerney

- Holistic Massage
- Reflexology Sports Massage
- Indian Head Massage
 Half Price for O.A.P. & Students
 A treat for the new year;
 Bring a friend for FREE
 (must be same day)

27 Rockdale, Mountrath Rd. Portlaoise. 087-3124853 | 057-8622326

GROW Community Education Programme

COMMENCES: Tuesday, Feb 5th TIME: 7.30 to 9.30pm

VENUE:

Portlaoise Parish Centre

FREE to Attend One or All Sessions

- Week 1 Feb 5th: Understanding and Promoting Positive Mental Health
- · Week 2 Feb 12th: Managing Stress and Anxiety
- · Week 3 Feb 19th: Mindfulness
- Week 4 Feb 26th: Suicide: Recognising the Signs, Understanding and Supporting (Attendees must be aged 18 and over)
- Week 5 March 5th: Coping with Bereavement and Loss (Attendees must be aged 18 and over)



ror more details and to book a place contact Michelle on 086-4183805 or email



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> 087-6542742 087-0959245

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THE THRIFT SHOP

Peppers Lane, Portlaoise.

Supporting palliative care locally. We are in need of voluntary workers in our Portlaoise shop. If you have a couple of hours free time weekly, and would like to assist with sorting clothes and completing sales transactions, please contact 087-9586057.

TALKING POINT

Personal and Couple Counselling Discreet and confidential Accredited and Garda Vetted, NAPCP. Tony Moore 087-2928095 www.talkingpointcounselling.ie

WINDOWS & DOOR REPAIRS

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087-9813639

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renovations, sheds, stone

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general maintenance etc.

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Part Time Position as Cleaner/ Caretaker in **Gaelscoil Phortlaoise**

10 Hours per Week (Monday to Friday/2hours per day)

The role will consist mainly of cleaning, stocking and maintaining of classrooms and toilet areas as well as some minor caretaking duties.

Proven work experience as cleaner required.

Please send CV, complete with contact details of at least two referees, by electronic mail to; gaelscoilphortlaoise

@hotmail.com

on or before Friday 25th January 2019

ART CLASSES

At Heyday Studios, Portlaoise. **Every Monday**

Adults: 11am, 3pm and 7pm 12-16 year olds: 5pm For more info. or to book phone Pauline;

087-6482260

PROFESSIONAL CLEANING SERVICES

- House cleaning
- Office cleaning
- Ironing
- References available

Tel. 085-1417805

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4 Bedrooms, 2 Reception Rooms, 3 Bathrooms, B rated 4 bed detached bungalow. Underfloor Underfloor Heating, Custom made Georgian style sash windows Beamed cathedral ceilings Panoramic views of open countryside 245 Sq. Metres Ber D2 No:111491684



Kilrory, Stradbally

heating. Solar panels. Detached garage. Decking area. Sunroom. 10 Minutes from junction 15 of M7 1 Acres. 245sq.m Built in 2004 Ber B2 No:111464301



The Village, Portlaoise

2,200sq,ft bungalow in the centre of Town. 2 large double bedrooms, 3 reception rooms, Kitchen & large utility. It could easily be altered to provide further bedrooms. Integral garage BER E1 No: 11128919



50A Glenbarrow, Ballyfin Road

4 Bed, 1 Reception, 2 Bathrooms, Bungalow, Detached 135m2 Walled Garden, Walking distance to amenities & Schools. Small private estate. Ber D2 111429536



169 The Hermitage, Portlaoise

Detached 4 bedroom property in the Hermitage in the sought after residential area of Borris road to the north of Portlaoise. Ideally positioned to access M7. Ber D1



61 The Grange, Borris Road

4 Bedrooms, 1 Reception Room, 1 Bathroom, Detached bungalow, Garden with decking area., 115Sq M. Low density private mature housing estate, walking distance to town centre & amenities



26 Lower Beladd, Stradbally Road

4 bedroom Detached bungalow in the sought after mature estate. Close to schools & towncentre. Opportunity to put your own stamp on a house.



Ballyfin Road, Portlaoise

3 Bed detached bungalow with PVC porch to the front. Tarmac Drive. South facing garden accessed via french doors from the Kitchen. Detached Garage with heating and bathroom. BER G 111596771

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