

**PORTLAOISE  
PARISH**  
**link  
up**

**7th December 2025**

**Second Sunday  
of Advent**



**Prepare a way for the Lord**

A great response from singers and musicians seen  
here rehearsing for our Carol Service on  
**Sunday 21st December at 7.30pm**  
We look forward to it!

**The Parish Centre 057 8621142**  
**E-mail: [info@portlaoiseparish.ie](mailto:info@portlaoiseparish.ie)**

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# Come, Lord Jesus

## Lord of Peace

### Choose A New Direction

We embark on a diet and the days of lettuce and low calorie drinks loom gloomily. We embark on a fitness regime and our subconscious whispers, "Fifteen more minutes under a warm duvet versus a jog round a freezing park ... I know what I'd choose!" In today's gospel, John the Baptist preaches "Repent for the Kingdom of Heaven is at hand." The idea of 'repentance' fills us with about as much excitement as a cold shower on a winter's morning, but it doesn't have to be like that. Diets, fitness regimes and repentance all have one thing in common .... we emerge as new people as a result of choosing a new direction. Repentance doesn't mean throwing ourselves round in fits of Catholic guilt, it simply means having a change of heart, and becoming new and better individuals as a result. There are areas in all our lives that can be improved or turned around. The idea of repentance is actually quite exciting.



John's Advent call for a change of heart is for each and every one of us. We might think we are good enough as we are, but that's probably how the Pharisees and Sadducees in today's reading also felt. True enough they turned up for John's baptism, but had they really turned up in a spirit of repentance? John is clearly suspicious of their motivation, and challenges them to prove their commitment. Declaring our intention to change is all well and good, but our commitment must also 'bear fruit' ... show results.

At this time of year, every year, we are asked to change our lives. For the less optimistic amongst us, the idea reminds us of new year resolutions; easily made, easily broken and all a little bit pointless. John's message is a tough one. Changing our lives is far from easy. One of the problems of course is that when we try to change we usually rely solely on our own will power, which is notorious for letting us down. John the Baptist reminds us that when we are baptised in the name of Jesus we will receive the Holy Spirit, a divine power that will help us towards God when our will power fails. All we have to do is ask and keep on asking. Change is not beyond any of us however much you think it probably is. John might have given the Pharisees and Sadducees a hard time but in truth the message is clear. "There is none so lost, they cannot be found, none so helpless that their life cannot be changed."

### 50th Anniversary Mass for Boards of Management

This year marks the 50th Anniversary of the establishment of the CPSMA. To honour this milestone, a special Mass of Thanksgiving will be celebrated in the Parish Church on Monday, December 8th at 7.30pm. All are most welcome.



### Mass times for the coming week (Parish Church or otherwise stated)

#### Monday

(The Immaculate Conception of the Blessed Virgin Mary)

8.30am, 10am, 12.30pm & 7.30pm

Tuesday— Friday: 7.30am & 10am

Saturday: 10am

#### Sunday

Vigil 6.30pm (Saturday)

8.30am, 10am, 11.15am & 12.30pm.

CHURCH OF THE ASSUMPTION, THE HEATH

Sunday: 9.30am

CHURCH OF THE HOLY CROSS, RATHENISKA

Sunday: 10am

#### CONFESSIONS

Saturday: After 10am Mass & after 6.30pm Mass.

### The Immaculate Conception of the Virgin Mary

December 8th

It is she, Mary herself, who is the Immaculate Conception; the day does not refer to Mary's conception of Jesus but to the conception of Mary in the womb



of her mother, St. Anne. From the very moment of her conception, she was filled with grace by God. The doctrine asserts that Mary, the mother of Jesus, was preserved by God from the stain of original sin at the time of her own conception. The dogma of Mary being conceived without sin was defined by Pope Pius IX in 1854.



### We welcome into our Parish Community

Leadon Chinoshirim Nnaji, Kilminchy

Olivia Kae Nolan, Esker Hills

Luke David Chamberlain, Kilminchy

Cillian Liam Coogan, Hawthorn Drive

Éimear Scully, Rosdarragh Glen

Caliana Eleanor Johnson, Calgary

Maisie Bridie Dunne, Ard Branagh

Who were baptised last weekend.

### Pope Leo's Intention for December

Let us pray that Christians living in areas of war or conflict, especially in the Middle East, might be seeds of peace, reconciliation and hope.





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UP TO MID DECEMBER**

*Some spaces available on our beginner class.*

**ALSO OUR NEW MENS HEALTH AND FITNESS CLASS  
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**continues until Christmas**

**Every Thursday morning from 10am to 11am**

*Very limited places available in order to keep class  
size down and classes more personal*

***Just call our reception to enquire or  
secure your place on these classes !***



**End of Year Rosary at The Grotto**  
**New Years Eve, December 31<sup>st</sup> at 8pm**



**BE A PART OF SOMETHING SPECIAL**

Have a Blessed Candle lit and displayed at the grotto for the sick, deceased, your intentions or in thanks giving. Your Candle will be lit from 5pm on Dec. 31<sup>st</sup> until after midnight. (Rosary at 8pm).

Your donation for the Candle will go to Mary's Hands in Medjugorje run by Jacov, the youngest visionary, and the invalids, pilgrims and poor in our own society.

Candle bookings can be made through the shop in the Parish Centre or by contacting any of the following:

Mary Byrne	086-3653168
John Egan	087-1254841
Kitty Timmons	087-9506634
Jimmy Shiels	087-6872633



A Mass will also be offered for your intentions in Portlaoise and Medjugorje. All are welcome.

**CANCER AND  
DEMENTIA STUDY**

**CALL PEOPLE WITH CANCER AND  
DEMENTIA AND THEIR CAREGIVERS  
AND/OR FAMILY MEMBERS**

**WHO CAN TAKE PART?**

We need people living with dementia and a diagnosis of cancer and their caregivers and/or family members to take part in our study. This also includes people living with dementia that have had a concurrent diagnosis of cancer.



**WHAT'S INVOLVED**

If you have both cancer and dementia or care for someone who does, we would like to speak to you and conduct a confidential 1-hour interview (online or in person) at a time that suits you.

**WHAT IS THIS ABOUT?**

This is the first Irish study to explore the supportive care needs of people living with both cancer and dementia, as well as their caregivers. It is part of a PhD project at Dublin City University and is funded by the Irish Cancer Society.



**WANT MORE INFO?**

Please contact the researcher **Jane Gaffey**  
Email: [jane.gaffey4@mail.dcu.ie](mailto:jane.gaffey4@mail.dcu.ie)  
Phone: 0892163991

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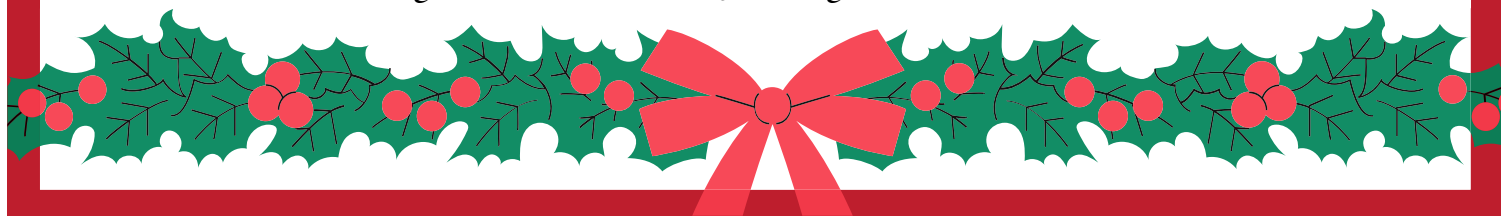
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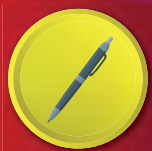
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**CHRISTMAS TREE SALE**

**NOTE:**  
Location  
Change!

will take place at

**EQUESTRIAN CENTRE**

*(Beside District A Gym)*

**Timahoe Rd, Portlaoise R32 HY05**

Thursday 4<sup>th</sup> to Saturday 6<sup>th</sup> Dec.

11am-4pm

Sunday 7<sup>th</sup> Dec. 2pm-4:30pm

Thursday 11<sup>th</sup> to Saturday 13<sup>th</sup> Dec.

11am-4pm

Sunday 14<sup>th</sup> Dec. 2pm-4:30pm

Thursday 18<sup>th</sup> to Saturday 20<sup>th</sup> Dec.

11am-4pm



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Lourdes & Fatima Pilgrimages Fundraisers  
FREEFALL TANDEM PARACHUTE JUMP

Picture (L) shows Seán Bennett with John Egan & Maura O'Brien, and with his daughter Tara who jumped on Seán's behalf.

The Monies raised will fully fund 3 tickets for each of the Lourdes & Fatima pilgrimages in 2026.

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## PATH

**CHURCH GATE COLLECTION THE 20TH  
AND 21ST DECEMBER IN RATHENISKA,  
THE HEATH AND ST PETER AND PAUL'S  
CHURCH PORTLAOISE**



Society of St. Vincent de Paul  
Ozanam House, No 1 Dublin Road Portlaoise.

St Vincent de Paul Portlaoise are preparing for an extremely busy period in the run up to Christmas.

Our volunteers will be working with families who strive to make Christmas a happy and joyful time for their families. However, families are finding it very difficult to cope with the rising costs of food, heat, rent, education, and clothing. Our team has been working with families who struggle weekly and we assist, encourage and guide families in a confidential manner.

All donations are gratefully appreciated and are used in our local community in Portlaoise, we would appreciate if you would support our upcoming St Vincent de Paul church gate collection weekend on:

***Saturday 13th of December and Sunday 14<sup>th</sup> of December 2025***

Our Conference cannot express enough, how much we appreciate your continued support, without your assistance our work would be impossible. Your donation will be vital in helping us succeed, and will make an incredible difference to people's lives

***You can also use the St Vincent de Paul Donation Box in St Peter & Paul's Church***

***You can donate by post to St Vincent de Paul, Ozanam House, No 1 Dublin Road, Portlaoise***

***You can donate online (AIB Portlaoise) using our IBAN number: IE73AIBK93327917987070***

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## Tractor & Truck Run with Christmas Market

**Sunday 14<sup>th</sup> December 2025**

Fundraiser for school yard equipment and bus transport costs for sports/school events

RAFFLE  
on the  
day

Starting and Finishing at the Heath Hall  
R32 R8YD (Beside the Heath Church)

Registration in the hall from 4pm – 4:45pm

Run Commences @ 5pm SHARP

Registration – €20 per Tractor and €30 per Truck  
All other donations welcome

**New!**

**Christmas Market**  
in the Heath Hall from 2-6pm,  
support this community festive event with local stalls



### JUNIOR TRACTOR RUN FOR CHILDREN

Assemble at the green area opposite  
the Heath Church –  
Start time 4:30pm  
All types of pedal power welcome!



Organised by

The Heath N.S. Parents' Council  
All funds raised go directly to the school



Small text at the bottom of the page.



**Sunday 14<sup>th</sup> December 2025**

Fundraiser for school yard equipment and bus transport costs for sports/school events

Takes place in the Heath Hall  
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From 2pm – 6pm

support this community festive  
event with local stalls

Organised by

The Heath N.S. Parents' Council  
All funds raised go directly to the school

Small text at the bottom of the page.





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**DECEMBER**

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## CANDLE NOTICE

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**ALL ARE WELCOME**

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Headboard

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# COMMUNITY NOTICES

## RESULTS OF WHIST DRIVE HELD IN PARISH CENTRE ON TUESDAY, 25TH NOVEMBER

Top score: Billy Jackso. 1st Lady: Frances Dunne. 2nd Lady: Theresa Mulhare. 1st Gent: Tied; Ann Marie Farrell & Billy O'Keeffe. 1st Half: Peter Stevenson. 2nd Half: Tied; Liam McCarthney & Catherine Galvin. Raffle: 1st Mary Malone, 2nd Liz Cooper, 3rd PJ Cahill, 4th C Fitzpatrick, 5th Sheila Duff. *Thanks to all for your support. Whist continues each Tuesday night at 7.30 in the Parish Centre, new members always welcome, lessons available if required.*

**AL-ANON FAMILY GROUPS** For family, friends or anyone affected by someone struggling with alcoholism. Al-anon meeting every Thursday night at 8pm in Portlaoise. For further information contact 086-8706017.

**LAOIS COUNTY BRIDGE CLUB, PORTLAOISE** Morning bridge every Wednesday morning at 10.15am in Portlaoise Enterprise Centre. Beginners are welcome and lessons given to improve your skills. Contact William on 087-0929898.

**LINE DANCING** Final session of FREE, Festive Fun line dancing Mon. Dec. 8th in St. Mary's Hall, Dublin Rd. Portlaoise at 11a.m. All welcome. Maureen 0876482038 or Catriona at Laois Sports Partnership.

**LAOIS TRADITIONAL SINGERS' CIRCLE** First Thursday of every month. Next session 4 December 2025 . 9pm Humes' Bar Portlaoise. Folk songs, sean nós, ballads, stories and recitations welcome. contact Niall 0872313093

**CHESS GAMES FOR ADULTS** in Portlaoise in Kavanagh bar every two weeks. More information about our chess club: <https://www.meetup.com/social-chess-club-in-portlaoise/>

**BOWLS IN ST MARY'S HALL** Monday 8th December from 2-4pm new members welcome. Wednesday 10th sing along with caroline from 3pm in parish center. Thursday 11th in Sue Ryder center kilminchy cards and chat from 3pm new members welcome tuition given For further information contact Maria at 0879187157

**CARING IN OFFALY CE SCHEME:** Home Respite Care Worker, Vacancy No. 2421828, Portlaoise area, 19.5 hours per week.

Please contact Alison Hackett for more information on 086-0213711 / [ahackett@familycarers.ie](mailto:ahackett@familycarers.ie).

**DON'T MISS 'YVONNE AT HEY PESTO'** for a Cookery Demonstration filled with SEASONAL TREATS, HANDY TIPS AND CHRISTMAS CHEER on Tuesday, December 16th 2025, in the G.A.A. Community Hall, The Heath at 7.30p.m. Drinks reception from 7p.m. Proceeds in aid of The Heath Active Retired Group Lip-sync battle. Tickets from 086/8895873 or at the door on the night.

## RELIGIOUS NOTES

**DIVINE MERCY CHAPLET** Every Sunday at 3 PM in the Parish Church.

**ROSARY IN THE CHURCH OF THE ASSUMPTION, THE HEATH:** Daily 2pm (Monday to Saturday), Sunday 3pm (Adoration).

**ROSARY** will be recited in Sts. Peter and Paul's Parish Church, every evening at 7pm.

**VOCATIONS SOCIETY OF ST. JOSEPH:** Holy Hour, Adoration, and Prayer for Vocations Every Friday at 3PM in the Parish Church.

**LEGION OF MARY** invites you to join us every Wednesday at 7:00 PM in the Parish Prayer Hall as we come together in prayer and service to Our Lady.

**COMMUNITY PRAYER GROUP:** Please join us in community prayers every Tuesday at 11:00am via WhatsApp. For further details, please contact Noreen on 085-2689767. All are welcome.

**RADIO MARIA IRELAND** is an Irish-run Catholic talk radio station offering commercial-free prayer, catechesis, music, talks, and interviews. Listen anytime on Saorview Channel 210, our free app, online at [radiomaria.ie](http://radiomaria.ie), or on Facebook Live. Join us daily for spiritual nourishment, prayer, and uplifting programs.

**PORTLAOISE GROUP PILGRIMAGE TO LOURDES** - accompanied by a Spiritual Director – 24th to 28th August 2026. €700 pp sharing. €200 deposit secures your place – paid before Dec. 31st 2025. Savings Club available to pay your balance. 4 nights in hotel Agena. All flights/transfers/meals included. Fully escorted pilgrimage. Contact: Mary 085-2829231 or John 087-1254841

**EMMANUEL HOUSE CLONFERT**, Day of Prayer including the Five First Saturday Fatima Devotions led by Eddie Stone & Team – Sat. 6th Dec. 11am. Talks, music, confessions, Mass and healing service. Bring a packed lunch.

**ROSARY AT THE TOP SQUARE** - First Sunday 7th December 2.30pm at the Top Square.

**ROSARY AT THE GROTTO:** Monday 8th December 8pm for the Feast of the Immaculate Conception.



# Cllr. CAROLINE DWANE STANLEY

Peace Commissioners | EU Committee of the Regions

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# Community Christmas Remembrance Event

**WEDNESDAY 10TH DECEMBER 2025  
@ 7PM**

**PORTLAOISE FAMILY RESOURCE  
CENTRE, TREC NUA BUILDING**

**PLACE YOUR LOVED ONES NAME ON OUR CHRISTMAS  
TREE**

**LIGHT A (BRING HOME) CANDLE IN THEIR MEMORY  
CHOIR WILL SING, REFLECTIONS WILL BE READ  
ALL WELCOME**

**LIGHT REFRESHMENTS PROVIDED**



# CateKIDS

Portlaoise Parish [www.portlaoiseparish.ie](http://www.portlaoiseparish.ie)

HANDING ON  
THE FAITH



## Are you Ready for Christmas?

Wow! There are only three weeks until Christmas! Are you ready for Christmas? That is a question we hear quite often these days, isn't it? What do people mean when they ask if you are ready for Christmas? Well, they usually mean things like...

- Do you have all of your shopping done?
- Have you finished wrapping all your gifts?
- Have you put up your Christmas tree and all the decorations?
- Have you sent your Christmas cards?
- Have you finished baking all of the Christmas goodies?
- Is your house clean and ready for visitors?

Are you ready for Christmas? What things do you need to do before you will be ready? There is another question that is much more important than "Are you ready for Christmas?" That question is, "Are you ready for Christ?"

In the Gospel today, we hear the voice of John the Baptist crying out to the people, "Prepare the way for the Lord.

Fill in the valleys and level off all the mountains. Make the crooked roads straight and the rough places smooth." Did John the Baptist really want the people to work on the roads? No, what John wanted was for the people to get ready for the coming of the Messiah. What he really meant was that the people needed to get their hearts right and return to God. You see, no matter how good people may think they are, there are always some crooked ways and rough places in their lives. There are things such as dishonesty, selfishness, pride, jealousy, and many more.

John wanted the people to make those crooked ways straight and rough places smooth so that Jesus could come and walk among them.

During this special season of the year, you and I need to make sure that we are ready for the coming of the Christ of Christmas. We need to look into our hearts and ask God to make our

crooked ways straight and smooth out the rough places so that we can walk with Jesus each day of our life. Let's ask him to do that right now.

Dear Father, we want to be ready. Make our crooked ways straight and our rough places smooth.  
In the name of Jesus we pray. Amen.



In Advent the priest wears purple, the colour of royalty.

This reminds us that we are waiting to welcome Christ, the King.

A King who is a brother to us.





## JOHN THE BAPTIST PREPARES THE WAY FOR JESUS



### *The Second Sunday of Advent*

Two purple candles are now lit for the first and second Sundays in Advent. The **Candle of Peace** is lit this Sunday on the second Sunday of Advent.

#### Prayer for the Second Week of Advent

Loving God, On this Advent day we turn to you in prayer. As we wait the coming of your Son, we ask your blessing on each of us. Bring your healing upon us. And help us to welcome your light into our lives, a light that gives us the gift of peace. May your peace guard our heart, our mind and our home. We ask this through our Lord. Amen.

#### 'Come Lord Jesus'



### A Voice in the Wilderness Fill in the blanks

The \_\_\_\_\_ tells us that in the days before \_\_\_\_\_ began his ministry, a man called \_\_\_\_\_ began \_\_\_\_\_ and telling the people to \_\_\_\_\_ for the coming \_\_\_\_\_.

When told \_\_\_\_\_ people to prepare for the King, he didn't mean that they should go \_\_\_\_\_ and \_\_\_\_\_ the floor, pick up their \_\_\_\_\_, and make their \_\_\_\_\_. He meant that they should prepare their \_\_\_\_\_. How?

By \_\_\_\_\_ of their \_\_\_\_\_ and turning toward \_\_\_\_\_.

When they did this, John would \_\_\_\_\_ them in the \_\_\_\_\_.

That is how \_\_\_\_\_ got the name, "\_\_\_\_\_."



#### WORD BOX



Bible	hearts	God	sweep	Jordan River
John	toys	prepare	King	preaching
Jesus	baptise	John	repenting	
Beds	sins	home	John the Baptist	



# Time to Think...

## Saint Charbel Makhoul - An Iconic Saint



Pope Leo XIV visited the tomb of Saint Charbel Makhoul at the Monastery of Saint Maron in Annaya, Lebanon, on December 1, 2025, as part of his first apostolic journey abroad. During his visit, he prayed at the tomb, entrusted Lebanon to Saint Charbel's intercession, and presented a votive lamp to honour the saint. He also spoke about Saint Charbel's life of silence, humility, and poverty as a counter-cultural example for modern life. Pope Leo visited the Monastery of Saint Maron and spent time in silent prayer before the tomb and offered a lit lamp as a sign of entrusting Lebanon to the saint.

The Pope spoke about the "radical" qualities of Saint Charbel, noting his silence, humility, and poverty, which he contrasted with modern life. He also delivered a prayer asking for faith, healing, and renewal for the Lebanese people. This visit was a significant spiritual moment for Lebanon and highlights Saint Charbel's veneration by both Christians and Muslims. Saint Charbel, a 19th-century hermit, is known for miraculous healings, and his tomb is a major pilgrimage site.

Saint Charbel Makhoul, born Youssef Antoun Makhoul on May 8, 1828, in the remote mountain village of Biqa-Kafra in northern Lebanon, grew up in a humble Maronite Christian family of modest means. He was the fifth and youngest son of Antoun Zaarour Makhoul and Brigitta Chidiac. Orphaned at a young age after losing his father, young Youssef helped tend the family's small herd of cows while developing a deep devotion to prayer and the saints. From childhood, he was drawn to the eremitical life, inspired by two of his maternal uncles who were monks. He often retreated to a nearby grotto with an icon of the Virgin Mary for solitary prayer, revealing an early calling to religious life.

At the age of 23, in 1851, Youssef left his family and village to join the Lebanese Maronite Order. He began his novitiate at the Monastery of Our Lady of Mayfouk, where he took the religious name Charbel (or Sharbel), after a 2nd-century Christian martyr. He professed his solemn vows on November 1, 1853, committing to a life of poverty, chastity, and obedience. Charbel then pursued studies in philosophy and theology at the Monastery of Saints Cyprian and Justina in Kifan, under the guidance of professors including the future saint Nimatullah Kassab. On July 23, 1859, at the age of 31, he was ordained a priest in Bkerke, the patriarchal seat of the Maronite Church. He was assigned to the Monastery of St. Maron in Annaya, where he lived for 16 years (1859–1875). There, he embraced severe asceticism, working diligently in the fields and vineyards alongside his brother monks, while excelling in obedience, humility, and contemplation. His superiors noted his angelic fidelity to monastic vows, describing him as "inebriated with God" due to his profound union with the divine through the Eucharist and Scripture.

Seeking even greater solitude, Charbel received permission on February 15, 1875, to enter the nearby hermitage of St. Maron in Annaya, where he lived as a hermit for the final 23 years of his life. In this isolated cell, his existence revolved around ceaseless prayer, manual labour, and total detachment from the world. He fasted rigorously, slept on a bed of rough stones, and spent hours in adoration before the Blessed Sacrament. Despite his reclusive life, Charbel's holiness drew people seeking counsel; he performed healings for physical and spiritual ailments, including casting out demons, though he always attributed miracles to God.

Charbel embodied the Maronite tradition of asceticism rooted in St.

Maron, a 4th-century mystic who lived exposed to the elements in prayer. His life reflected a mystical relationship with Christ and the Virgin Mary, prioritizing the Eucharist as the centre of his existence. On December 16, 1898, while celebrating the Divine Liturgy at the

hermitage altar, Charbel suffered a massive stroke. He endured eight days of excruciating pain in silence and prayer, refusing all comfort, and died on Christmas Eve, December 24, 1898, at age 70. His final words were reportedly a prayer of surrender to God.

Buried simply near the monastery, extraordinary phenomena soon followed. For 45 days, a brilliant light emanated from his tomb, witnessed by villagers and monks. When exhumed months later, his body was found incorrupt and flexible, exuding a blood-like liquid with a sweet fragrance—phenomena that persist today and defy medical explanation. His tomb became a pilgrimage site, with reports of healings from cancer, paralysis, and other afflictions attributed to his intercession.

The cause for Charbel's beatification began in 1925. He was beatified by Pope Paul VI on December 5, 1965, during the Second Vatican Council, and canonized as a saint on October 9, 1977—the first Maronite saint from Lebanon. His feast day is July 9 (formerly December 24), and he is invoked as the "Miracle Worker of Lebanon." Devotion to St. Charbel transcends faiths, uniting Christians, Muslims, and Druze, with shrines worldwide and monthly prayer gatherings at his hermitage on the 22nd of each month.

St. Charbel's legacy endures as a testament to humble surrender, inspiring millions through his "three lights from the East": the light of faith, prayer, and miracles. As one biographer noted, though he never ventured far from his mountain home, his influence has spread globally, like the cedars of Lebanon bearing noble fruit. During his first papal visit to the Lebanon Pope Leo invoked the Lord, to inspire us all, to be bridge builders and agents for peace and reconciliation. As we move closer to Christmas may the Christ-child whose birth we soon celebrate be a source of peace for all humanity across the world.

### MIRACULOUS PRAYER TO SAINT CHARBEL

O God infinitely Holy and glorified in Your saints, who inspired the monk and hermit St. Charbel to live and die in a perfect likeness to JESUS, giving him the strength to detach from the world in order to live fully, in his hermitage, the monastic virtues of poverty, obedience and chastity, we beg You to grant us the grace to love You and serve You as he did. (Mention your petition...) Lord Almighty, who has demonstrated the power of the intercession of St. Charbel by many miracles and favours, grant our volunteers the grace of living a beautiful mission and returning home firm in faith, filled with fiery charity. We beseech You by his intercession.

O Charbel, Saint of Great Wonders, from whose miraculous body emanates the fragrance of heaven, come to my assistance and, if it be for the glory of God and the good of my soul, obtain from God for me the grace of which I am in need... (state your intention). Amen.

*Saint Charbel Makhoul, pray for us!*







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# MONSTER BINGO

**Sunday 7<sup>th</sup> December 8pm**  
 Mountmellick Community Arts Centre

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 Jackpot Sheets - €3 each

All Welcome!

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# CHRISTMAS BINGO

in aid of Stradbally Parish Lourdes Fund  
 Vicarstown Community Hall  
 3pm - Sunday 14th December

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# Christmas Carol Service

Celebrate the spirit of Christmas with  
**Ratheniska Children's Choir**  
 Sunday 21<sup>st</sup> December, 6pm

**Church of the Holy Cross Ratheniska**

Donations welcomed on the evening in aid of Midlands Regional Hospital Paediatric Department



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*Our Prayers are asked for those who recently died*



*David Mulhare  
Sheffield, Portlaoise*

*George Gallagher  
Mosse Lane, Portlaoise*



*Paddy Connolly  
Stradbally Rd. Portlaoise*

*Nuala Moore  
(née Campion)  
Cellbridge /  
Mountrath Rd. Portlaoise*



*Mixsey O'Reilly  
Ballypickas, Abbeyleix*

*Teresa O'Sullivan  
Beladd, Portlaoise*



*Francis Bates  
Gort na Noir, Abbeyleix*

*Joe (Josie) Carroll  
New Row, Abbeyleix*



*Patrick (Pad) Kirwan  
Mountrath / Shanahoe*

*Grazina Katkauskiene  
Maryborough Village, Portlaoise*



*May They Rest In Peace  
Our Sympathies Are With Their Families*



In Loving Memory of  
**KATHLEEN EVANS**  
(NÉE MURPHY)

Blackburn England,  
*formerly*  
7 Lake Glen, Portlaoise.

Who died 20th October 2025.

We the sisters and brothers of Kathleen would like to extend our heartfelt thanks and appreciation to everyone who supported us during this difficult time.

We are grateful to all who attended Kathleen's Memorial Service.

To those who sent Mass Cards and messages.

A special thanks to Fr. Ciprian for the beautiful service, to Heather Fogarty for the beautiful singing.

To Michelle Bartley from Portlaoise Parish Centre for all your help to Kevin.

To Matthew Keegan undertaker our sincere thanks for your excellent help and professionalism.

As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our appreciation.

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

*Rest in Peace Kathleen*



In Loving Memory of  
**PATRICIA  
& THOMAS  
TERRITT**



34 Cherrygarth, Portlaoise.  
4th Anniversary of Patricia &  
38th Anniversary of Thomas.

Anniversary Mass will be celebrated in Sts. Peter & Paul's Parish Church this **Sunday 7th December at 12.30pm.**

Our thoughts are ever with you both,

Though you have passed away,

And those who loved you dearly,

Are thinking of you today.

Always in our thoughts, forever in our hearts.

*Loved and missed by all your family & friends.*

*May Patricia & Thomas Rest in Peace*





In Loving Memory of  
**ANTHONY WALSH**

The Heath.

2nd Anniversary occurs  
5th December 2025.

Anniversary Mass **Sunday 7th  
December at 9.30am** in the Heath  
Church.

Anthony of all the gifts in life however great or small,  
To have you as my son was the greatest gift of all.

*Your loving Mother Margaret.*

Anthony, you had a smile for all, a heart of gold,  
one of the best this world could ever hold, never selfish, always kind.  
A special place within our hearts will always be kept for you.

*Love always Joseph, Mary, Tina, Attracta, Patricia, Colette and families.*

*Rest in Peace Anthony*



In Loving Memory of  
**CARMEL CROKE**

Pallas, Portlaoise.

4th Anniversary occurs  
11th December 2025.

Anniversary Mass will be celebrated  
in St. Fintan's Church, Ballyfin on  
**Sunday 14th December at 10am.**

No matter how life changes,

No matter what we do,

A special place within our hearts,

Is always kept for you.

*Missed, loved and remembered by her loving family.*

*Rest in Peace Mam*



In Loving Memory of  
**DENIS BOWE**

7 Ashley Gardens, Portlaoise.  
9th Anniversary occurs  
16th December 2025.

Anniversary Mass will be celebrated in Sts. Peter &  
Paul's Parish Church on **Sunday 14th December at  
10am.**

Each one of us in our own way,  
Have special thoughts of you today.

*Sadly missed by your loving wife Margaret,  
daughter Yvonne, sons Denis and David and extended family.*

*May Denis Rest in Peace*



ACKNOWLEDGEMENT, MONTHS MIND  
In Loving Memory of

**ANDREW (ANDY) PHELAN**

Kyle, Durrow, Portlaoise, Co. Laois.

The Family of the late Andrew {Andy} Phelan, who passed away  
on the 8th of November 2025 last would like to extend their  
deepest appreciation to everyone for their kind expressions of  
sympathy at the time of Andy's passing. Your presence, online  
condolences, cards, calls and kind words were very much  
appreciated.

Our heartfelt thanks to our wonderful family, friends and  
neighbours for their help and generosity in Kyle, over the days  
of Andy's funeral, with catering, parking and preparations, your  
continued friendship, support and kindness, will be forever  
fondly remembered with gratitude and appreciation.

A special thanks to Dr, Kemple & Mary, Abbeylax Health  
Centre, The Public Health Nurses, Durrow Pharmacy and The  
Comfort Care Homecare Team, especially the exceptional staff  
of The Emo Court and CCU Wards of the Midland Hospital  
Portlaoise for the wonderful care they provided for Andy in his  
final days.

Our warmest gratitude to Fr. Paddy Byrne & Fr. Petru Medves,  
who celebrated such a beautiful Mass for Andy, together with our  
choir, the poignant words spoken and beautiful hymns offered  
enormous comfort to our family during this difficult time. Our  
thanks also to Nora our Sacristan for her guidance and kindness,  
during the removal and funeral Mass for Andy.

To Eamon & Kevin of Kelly Undertakers, for their  
professionalism and to the grave diggers who prepared Andy's  
final resting place. Your support and guidance throughout Andy's  
funeral were invaluable and greatly appreciated.

To An Garda Siochána for their help with traffic management and  
to Alex and the wonderful staff of the Manor Hotel Abbeylax for  
their services.

Finally, to those who attended Andy's Mass, joined us online &  
travelled long distances to sympathise and support us during this  
difficult time, we extend our heartfelt thanks.

Andy left each of us with very special memories, a kind and  
happy person who loved company and made everyone feel  
welcome.

It would be impossible to thank everyone individually, please  
accept this acknowledgement as a sincere expression of our  
appreciation.

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

With kindness & Gratitude

*The Phelan Family, Kyle, Durrow*





BIRTHDAY REMEMBRANCE  
In Loving Memory of  
**ANGELA CLEARY**  
(NÉE COLBERT)

37 Lakeglen, Portlaoise.  
8th Birthday away from home occurs  
11th December 2025.

*To a loving Wife, cherished Mother  
and adored Nanny*

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 your loving husband Tom, daughters Stephanie,  
Tracey and Paula, grandchildren Craig, Ben, Ryan, Roisin and  
Willow and great-granddaughter Grace. Always in our hearts.*

*Rest in Peace Mam*



In Loving Memory of Our Brother

**JOE KERRY**

Late of 48 O' Moore Place, Portlaoise. 7th  
Anniversary occurs 12th December 2025.  
Anniversary Mass will be celebrated in Sts.  
Peter & Paul's Parish Church on  
**Friday 12th December at 10am.**

Also remembering Our Nephew

**JOHN-PAUL  
MITCHELL**

Whose Anniversary occurs at this time.

We wish we could see you one more time,  
Come walking through the door,  
But we know that is impossible,  
We will hear your voices no more.  
We know you can feel our tears,  
And you don't want us to cry,  
Yet our hearts are broken

Because we don't understand why you had to die.  
We pray that God will give us strength and somehow  
Get us through, as we struggle with the heartache,  
That came when we lost you.

*Always loved and remembered by all their loving family and friends.*

*May They Rest in Peace*



In Loving Memory of  
**FRANK DUNNE**  
Ballyfin and formerly St. Brigid's Place,  
Portlaoise. 10th Anniversary occurs 9th  
December 2025 .

Anniversary Mass will be celebrated  
in Sts. Peter & Paul's Parish Church,  
**Saturday 6th December at 6:30pm.**

Ten years have passed since you left us

Sad are the hearts that love you  
Silent the tears that fall

Living our lives without you is the hardest part of all  
You did so many things for us, your heart was kind and true  
And when we needed someone  
We could always count on you.

*Sadly missed by your loving wife Kathleen and family.*

*Rest in Peace Frank*



In Loving Memory of  
**LILY McEVOY**

Kilminchy, Portlaoise. 2nd Anniversary  
occurs on 13th December 2025.

Anniversary Mass will be celebrated in  
Sts. Peter & Paul's Parish Church  
**Sunday 14th December at 12.30pm.**

Perhaps they are not stars

But rather openings in heaven

Where the love of our lost ones

Pours through and shines down on us

To let us know they are happy

*Fondly remembered by Meta, Kathleen, Eadaoin, Siobhan,  
Dearbhail, Deirdre, Fiona, Caitriona and Declan. Grandnieces,  
Grandnephews, great grandniece and all her family.*

*May Lily Rest in Peace*



In Loving Memory of  
**MARY KATE  
SHEEHAN**

68 O' Moore Place, Portlaoise.  
7th Birthday away from Home.

If I could have a lifetime wish,  
A dream that would come true,

I'd pray to God with all my heart,

For yesterday and for you.

A thousand words can't bring you back,

I know because I have tried,

And neither will a million tears,

I know because I've cried.

You left my heart broken and happy memories too,  
but I never wanted memories, I only wanted you.

*Sadly missed by your daughter Philomena and family.*

*Rest in Peace Mary-Kate*





ACKNOWLEDGEMENT,  
MONTHS MIND  
In Loving Memory of  
**FRANK (FRANCIS)  
CULLEN**

Harpurs Lane, Portlaoise.  
Died 29th October 2025.

Frank's Month's Mind Mass will be celebrated in  
Sts. Peters and Pauls Parish Church this  
**Sunday 7th of December at 10am.**

The family of the late Frank, would like to thank  
most sincerely everyone who supported and  
sympathised with us during our very sad loss.

We are deeply grateful for the support and kindness  
of our many relatives, neighbours, work colleagues  
and friends who sent Mass Cards, online condolences,  
floral tributes and travelled long distances to attend  
the Funeral Home, Funeral Mass and Burial.

We would like to thank Monsignor Byrne most  
sincerely for the heartfelt and meaningful Requiem  
Mass for Frank and for providing such comfort and  
support. Thank you also to all the Priests on the Parish  
team who helped celebrate the Mass and to all the  
staff in the parish centre for showing such kindness  
and continued support to the family.

Heartfelt thanks to Julie Conroy for singing so  
beautifully at the funeral Mass.

To all the staff at The Residence Portlaoise for  
their dedicated care and compassion during the  
final stage of his life and for their kindness and  
support to the family.

We would like to thank Paul, Gillian and Timmy  
from Rankins Funeral Directors for the kind, dignified  
and professional manner in which they carried out  
Frank's funeral arrangements and the grave diggers  
for their professionalism.

As it would be impossible to thank everyone  
individually, please accept this acknowledgement as  
an expression of our deepest gratitude and heartfelt  
appreciation.

*Rest in Peace Frank*



In Loving Memory of  
**WILLIAM (BILLY)  
FARRELL**

Hillview Drive and formerly of St. John's  
Sq. 12th Anniversary occurs  
8th December 2025.

Anniversary Mass will be celebrated in  
Sts. Peter & Paul's Parish Church this  
**Sunday 7th December at 12.30pm.**

*One Wish*

We wish we had some time with you  
To walk among the stars  
To hold your hand to see your face  
And ask you how you are.  
To tell you how things are going here  
And tell you how much you're missed  
To have a moment to hold you near  
And be the family we have missed  
We know you're watching over us  
Protecting us every day  
But if we could have that one wish Daddy  
It would be that you never went away.

*We love you forever*

Your loving wife Ann, children Christine, Jessica and William, grandkids  
James, Tadhg and Lilly and sons-in-law James and Kevin xx

*May William Rest in Peace*



In Loving Memory of  
**PASCHAL FARRELL**

56 St. Brigid's Place, Portlaoise.  
Paschal's 49th Anniversary occurred  
on the 1st of December 2025.

They say there is a reason,  
They say that time will heal,  
But neither time nor reason,  
Will change the way we feel,  
For no-one knows the heartache,  
That lies beneath our smiles,  
No-one knows how many times,  
We have broken down and cried,  
We want to tell you something  
So there won't be any doubt,  
You're so beautiful to think of,  
But so hard to live without.

*Sadly missed and remembered by his loving dad,  
brothers, sister, sisters-in-law, nieces, nephews,  
grand-nieces, grand-nephews and extended family.*

*Also remembering his Mam at this time.*

*May They Rest in Peace*





In Loving Memory of  
**MICHAEL KERRY**

7 Cois na hAbhainn, Portlaoise.  
3rd Anniversary occurs  
6th December '25.  
4th Christmas from home.

Missing you always  
You never said I'm leaving,  
You never said goodbye,  
You were gone before we knew it,  
And only God knows why.  
In life we loved you dearly, in death we love you still,  
In our hearts we hold a place, that only you can fill.  
It broke our hearts to lose you, but you did not go alone,  
A part of us went with you,  
The day God took you home.

*Sadly missed by your heartbroken wife Tina  
Daughter Rebecca, Son Declan, Son in law Ciarán,  
daughter in law Caitriona & Grandchildren.*

*Rest in Peace Michael*



In Loving Memory of  
**NOREEN CONROY**

11 Roselawn, Portlaoise.  
14th Anniversary occurred 30th  
November 2025.

Anniversary Mass was celebrated in  
Sts. Peter & Paul's Parish Church  
**Saturday 6th December, 6.30pm.**

Remembering also at this time

Noreen's father Michael and Mother Hannah,  
and also Stephen Conroy and Pauline (Polly) Conroy,  
Marian Avenue.

*From John, Kathy, Jennifer and Jack Conroy and Hazel  
and grandchildren Robyn & J. J & Aoife*

**JAMES O'DONOVAN**

Oola, Limerick  
(27th November)

*His wife Kathleen and Kathleen's sister Bríd  
Herbert and her brother Bob Nash.  
From Kathy, John, James, Margaret and Willie.*

*May They Rest in Peace*



In Loving Memory of  
**LARRY DUNNE**

Ballyfin Rd. Portlaoise.

Larry's 1st Anniversary Mass will take  
place in Sts Peter & Paul's Church on  
**28th of December at 12.30 Mass.**

Almost a year on, we have reflected on the outpouring of love and  
friendship that was shown to Larry when he died. At the time,  
we may not have thanked everyone, but it did not go unnoticed.  
Many of his family and closest friends, said goodbye to Larry on  
the Ballyfin Road, and many more came to extend your sympathies  
in Keegan's funeral home and St Peter & Paul's church.

For your presence, we are truly grateful.

To all those who phoned, sent cards, and expressed their condolences  
on RIP, we were touched by the words.

To Matthew Keegan, not just for the professionalism and grace  
that he showed to us, but also, the warmth and stories he shared  
with us about Larry.

Some of the stories shared reminded us of the energetic force  
Larry was in the town of Portlaoise.

The crowds of people that we met over those few days, were a  
testament to Larry's friendships, his sense of community and  
the place where he lived his life to the full.

Those from the Heath golf club, Larry's home from home,  
who did a Guard of Honour.

we are truly grateful. To all those familiar faces from Portlaoise GAA  
who stood along Main Street in the pouring rain, we appreciated that  
wonderful gesture for Larry, a stalwart of the town.

We received a wonderful gesture of beautiful food from  
Portlaoise soccer club another place where Larry made his  
mark and had many friends.

There were so many of our family and friends that brought us  
food and helped us get organised to bring Larry home.

Thanks to the palliative team who enabled us bring Larry  
back to his beloved Ballyfin Road, and allowed him to finish  
his journey, where it all began.

We also want to mention the Cedar clinic who were very  
supportive during Larry's illness.

We cannot forget the staff of Dr. Bergin's renal team in Tullamore,  
for the kindness, their unwavering care and support. Thanks to Hughes  
chemist who were so supportive and helpful throughout Larry's illness.

Thank you to Msgr. Byrne for a beautiful ceremony and to Fr. O'Reilly,  
an old friend of Larry's, who joined the Mass on the day of his funeral.

To you both, we thank you for your kind words and your blessings.

There are so many people who travelled from near and far,  
to say goodbye to Larry.

To all those he worked with, played cards with and shared  
their own memories with, thank you for being there.

Larry's passing has left a deep wound in the hearts of all who knew him.

*Larry, we miss your smile, your laugh and your voice,  
every single day.*

*From Frances, Alan, Karol, Joan & Sarah.*

*Rest in Peace Larry*





In Loving Memory of

## ROBERT O'CONNOR

Liogard and Forest Park, Portlaoise.  
19th Anniversary occurs at this time.

Anniversary Mass will be celebrated in Sts. Peter & Paul's  
Parish Church **Sunday 14th December at 12.30pm.**

Time may hide a sadness, like a smile can hide a tear,  
But memories will last forever, Of one we loved so dear,

Not just a memory or part of the past,  
but ours to remember as long as life lasts.

*Sadly missed by Mammy, Daddy, Mark, Adrian,  
Liz & family, Lorraine, Bernard & family.*

*Rest in Peace Robert*



In Loving Memory of

## PJ WALSH

Borris Road, Portlaoise.  
4th Anniversary occurs  
2nd December 2025.

Anniversary Mass will be celebrated in  
Sts. Peter & Paul's Parish Church, on  
**Saturday 6th December at 6.30pm.**

You have gone no further from us than to God  
And God is very near.

May Heaven be a place for you where you can dig and  
Plant flowers of the humblest kind  
And those of the rarest scent.

*Remembered and missed by your sisters Olive, Mary and Patricia.  
Nieces, nephews, extended family, friends and neighbours.*

*Rest in Peace*



In Loving Memory of

## RICHARD BOOTH

Killeen, Mountmellick.  
6th Anniversary occurs 11th December 2025.  
Anniversary Mass will be celebrated in the  
Church of the Assumption, the Heath, on  
**Sunday 7th December at 9:30am.**

Also remembering his sister

## JACINTA MOORE (NÉE BOOTH)

Australia and Ballyduff, Stradbally  
whose 5th Anniversary occurs 5th December.



Each one of us in our own way,

*Always in our thoughts, forever in our hearts.*

*May They Rest in Peace*



In Loving Memory  
of

## JOSEPH & BRIDGET CLEAR



Whose Anniversaries occur at this time.

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

*Always remembered by your loving family.*

*May Joseph and Bridget Rest in Peace*



In Loving Memory of

## ANN CASS

Tullore, Ballyroan.  
2nd Anniversary on 14th December 2025.

We think of things you used to say,  
And all that you would do.  
At some point, every single day,  
Our thoughts will turn to you.  
No matter how life changes,  
No matter what we do,  
A special place within our  
hearts is always kept for you.

*Sadly missed and always remembered by your loving husband Michael, daughters  
Elizabeth and Mary, son Joe, sons-in-law Russell and Keith and your grandchildren.*

*Rest in Peace Ann*



In Loving Memory of

## ANTHONY WALSH

The Heath.

2nd Anniversary occurs 5th December 2025.  
Anniversary Mass will be celebrated in the Heath  
Church on **Sunday, 7th December at 9.30am.**

In our hearts your memory lingers,  
Sweetly tender, fond and true,  
There is not a day dear Anthony,  
That we do not think of you.

*Sadly missed by his wife Irene, daughters Ellen, Laura and son Tony.  
Always in our hearts and never forgotten.*

*Rest In Peace Anthony*



## Christmas Memorials

The Link Up office is currently taking bookings  
for Christmas Memorials

### **N.B. PLEASE NOTE:**

As the Link Up is now collated externally

**ALL MEMORIALS MUST BE RECEIVED BY  
5PM THURSDAY DECEMBER 11TH**

for inclusion in the Christmas edition of the Link Up  
(December 21st), this will be the last Link Up of 2025.  
The First Link Up of 2026 will be Sunday January 11th.

*Thank you for your support and co-operation.*







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# Parish Shop

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- Cribs/Nativity Sets
- Christmas Ornaments and Gifts
- Cards for all occasions
- Diaries and Calendars
- Bibles and Books
- **Christmas Mass Bouquets €3**



**Christmas Opening Hours**

**Monday to Friday 9am-5pm**

**Saturdays 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> Dec. 10am-1pm**

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*FURTHER DETAILS AT THE PARISH CENTRE*

*You may also join the parish lotto online at  
[www.portlaoiseparish.ie](http://www.portlaoiseparish.ie)*



## Portlaoise Parish

Results for  
4<sup>th</sup> December 2025



**No €10,000 Jackpot Winner**

### WINNERS

CM Scott

James Brown

David Kelly

**MATCH 3s €1,000**



### PROMOTER

Ray Scott

Paul Dooley

John Loughlin



[www.portlaoiseparish.ie](http://www.portlaoiseparish.ie)

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**Next Week's Jackpot is €11,000**

## Clergy of the Parish



**Msgr. John Byrne P.P.V.G.**  
Tel: 057 8621142



**Fr. Ciprian Matei C.C.**  
Tel: 057 8600122



**Fr. Simon Jin**  
Tel: 057 8661605



**Fr. Adriano de Oliveira**  
Tel: 057 8600121



**Fr. Erick Ebot SVD**



**Deacon Eugene Keyes**  
Tel: 057 8621142

To contact the Priest on Duty:  
**Parish Centre during office hours**  
9am - 5pm Tel: 057 8621142  
**Outside office hours**  
in emergency only Tel: 0852134285

## Safeguarding

All safeguarding statements and policies can be viewed on our website and our Church Porches.

**Diocesan Designated Liaison Person**  
Ailish Higgins [safeguarding@kandle.ie](mailto:safeguarding@kandle.ie)

John the Baptist preached: 'Prepare a way for the Lord, a way for the Lord, make his paths straight.'

Sunday's Gospel Matthew 3:3

## Second Sunday of Advent

Isaiah 11:1-10

Psalms 71:1-2, 7-8, 12-13 17

Roman 15:4-9

Matthew 3:1-12

## Supporting our Parish

*Each one must give as he or she has decided in their heart, not reluctantly or under compulsion, for God loves a cheerful giver* 2 Corinthians 9:7

**Registered Charity Number 20015848**

Please choose a way to make your contribution

- \* Making your offering in the boxes at the Church entrances
- \* Using the Envelope boxes for regular donations - boxes available at Church porches and Parish Centre
  - \* Direct payment by cheque or cash
  - \* Cashless tap facility at Parish Church
  - \* Donation facility on our website
- \* Standing Order forms available at the Parish Centre
- \* Or Transfer directly to our Account

**Portlaoise Parish Account: IBAN: IE53AIBK93327916658045**

**Portlaoise Parish Clergy Fund Account:**

**IBAN: IE12AIBK93327916658201**

Scan this QR Code to take you directly to our Donate facility



*Thank you*  
FOR YOUR SUPPORT

## Parish Centre



**Office Hours Monday to Friday 9am-5pm**

**Phone: 057-8621142 / 057-8660722**

**E-mail: [info@portlaoiseparish.ie](mailto:info@portlaoiseparish.ie)**

**Twitter: @portlaoiseparish**

**MANAGER Declan Kelly**

**Parish Secretary Michelle Bartley**

**Accounts Michelle Conroy**

**Sacristans Parish Church**

**Sr. Sybil and Sr. Julie**

(Sacristy phone attended prior to Mass times 057 8600119)

**All Masses and services from the Parish Church and the Heath Church are live streamed on our website**



### LINK UP

**Monday to Thursday**  
**9am to 5pm**

**Contact: Mary Schwer**  
**057-8692154**

**E-mail: [linkup@portlaoiseparish.ie](mailto:linkup@portlaoiseparish.ie)**  
**Advertising deadline: Tuesday 5pm**

**PARISH SHOP**  
**057 8621142 - Claire Scully**



# Christmas Coffee Morning

for patients, family & friends  
Friday, 19th December 2025,  
10am-12noon

**We look forward  
to seeing you!**



**Cuisle Cancer Support Centre**  
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