



# Séipéal Mhuire Réalt na Mara

## Anagaire

4ú Iúil 2021

An tAth. Nigel Ó Gallachóir SP

**Parish Office: 074-9548902**

**Web: [www.annagryparish.ie](http://www.annagryparish.ie)**

**Email: [pp.annagry@gmail.com](mailto:pp.annagry@gmail.com)**

**Facebook: @annagryparish**

**St Vincent de Paul:** If you need assistance from the S.V.P. contact: 0874153727. More details at the back of the Church.

**Mass Bookings:** Anyone wishing to book a Mass or Christening can do so by calling 074-9548902

**Newsletter:** Please submit any items for inclusion in the newsletter **before 6pm on Thursday** to:

[pp.annagry@gmail.com](mailto:pp.annagry@gmail.com)

**Annagry Parish Child**

**Safeguarding Liaisons:**

Dr Tony Delap 074-9532445,  
Mary Logue 087-4164426,  
Brid Rodgers 087-6218327

**Críost liom**

Críost liom, Críost romham,  
Críost i mo dhiaidh, Críost istigh ionam,  
Críost fúm, Críost os mo chionn,  
Críost ar mo lámh dheis, Críost ar mo lámh chlé,  
Críost i mo luí dom, Críost i mo sheasamh dom,  
Críost i gcroí achan duine atá ag cuimhneamh orm,  
Críost i mbéal achan duine a labhraíonn liom,  
Críost i ngach súil a dhearcas orm, Críost i ngach cluas a éisteann liom.

**PAIDIR I NDAIDH**

**COMAOINEACH**

A íosa, na siúl romham inniu, nó is dócha nach leanfaidh mé thú.  
A íosa, na siúl i mo dhiaidh inniu, nó is dócha nach dtabharfaidh mé treoir.  
A íosa, bí do chara fial domh agus díreach siúl ag mo thaobh. Áiméan

### Aifrinn na Seachtaine

Sat	3rd July	6.30pm	Maggie Boyle, Ballymanus Bridie McFadden, Carraig a'Choill Mary Greene
Sun	4th July	9.00am	Katy Sharkey, Calhame
		11.00am	John Sweeney, Loughanure - Months Mind
Mon	5th July	No Mass	
Tues	6th July	10.00am	Private Intention
Wed	7th July	7.00pm	Rosie & Mickey Duffy, Ardveen
Thur	8th July	10.00am	Private Intention
Fri	9th July	7.00pm	Brid Pheadar Rodgers, Loughanure
Sat	10th July	6.30pm	Síle & Hughie Devenney, Ranafast Cross Roads Peter Burns, Loughanure Ronan Boyle
Sun	4th July	9.00am	Pro Populo
		11.00am	Nora Neil Hollick, Meendernasloe - Months Mind

**Cuimhneacháin bás:** Roseanne Rodgers, Loughanure & Glasgow. Francie Gallagher, Mullaghduff.

**Attending Mass:** It is now mandatory that face-mask coverings must be worn in the church. If you would like to attend Mass in Annagry, please consider going to one of the weekday Masses instead of a weekend Mass. There is more availability of space at weekday Masses, than at weekends. If a family from one household comes to Mass, they can sit together. If there are two couples, they can sit at each end of a pew, otherwise the maximum number of individuals per pew will be two; with a maximum capacity of 50 in the church. You will be unable to stand at the back of the chapel or on the stairs. A huge thank you to our dedicated volunteers who sanitise the church daily.

**Lough Derg Pilgrimage:** Lough Derg regrets that it will not be possible in 2021 to reopen for the traditional Three Day Pilgrimage, but is happy to offer the opportunity to everyone to "do Lough Derg from wherever you are" this year again from 3 – 5 July. To register, contact Lough Derg by phone 071 9861518 or email [info@loughderg.org](mailto:info@loughderg.org). The outdoor Pilgrimage on the Lough Shore Pilgrim Path will also be available as the summer goes on. Visit website: [www.loughderg.org](http://www.loughderg.org).

**Rosses NYP:** Summer Antics: Roam to Explore, Walk 'n Talk, FitFest 2.0 & Random Mix are just some of the confirmed outdoor activities this July/Aug for 10-12 Yrs & Teens. Additional events will be added as we take it Slow & Steady with interactions. Advance Online Booking for everything & updates are posted on Rosses NYP (FaceBook) regularly or Txt: 086 828 0149.

**Cycle Against Suicide** are working to train and deploy a network of 'Community Buddies' across Ireland, and are inviting individuals already Garda vetted in clubs and associations to participate in this training free of charge. It's about support and is centred around a structured conversation in a safe and non-judgemental space. It allows an individual to discuss how they are coping or not coping and working to discuss (and co-produce) ways of moving forward to overcome challenges. Training is 2 full days or four evenings currently delivered via Zoom. Buddies are educated on how stress and mental health problems affect individuals. They are instructed in listening skills and in the use of a structured interview schedule to ascertain whether individuals are experiencing significant levels of distress and how to practically manage this. Furthermore, they will be trained to mentor individuals to take resilience-enhancing actions, such as positive coping. They will be trained on how to recognise more complex symptoms requiring professional interventions. They will develop skills based on the principal of motivational mentoring to encourage individuals to speak with a healthcare professional where necessary. Full details including signup are available at <https://www.cycleagainsuicide.com/community-buddy-club/>

**Helpful Numbers:** AA (Alcoholics Anonymous) 087 6273596 Narcotics Anonymous 087 4045030 or 00447810172991. AL-ANON 01-8732699 / [info@al-anon-ireland.org](mailto:info@al-anon-ireland.org)