

Covid - 19 Support Line for Older People

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19. Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8 a.m. - 8 p.m., by calling 0818222024.

Cycle Against Suicide is inviting community clubs and associations to complete our free 'Community Buddy' Programme and be trained to provide 'Buddy' support in their community.

Our aim is to train and deploy 'Community Buddies' across Ireland. We invite local clubs and associations that have personnel who are already Garda vetted to nominate themselves to complete our 'Community Buddy' training programme. This training, delivered over 2 days or 4 evenings, is free of charge for your club/association and will equip you to provide much-needed support for those in your community who may be struggling with mental health distress. To sign up please visit: <https://www.cycleagainstsucide.com/community-buddy-club/>

Carlow Regional Youth Service

Summer Camps at Tullow Youth Project 2021.

Please contact any of the following for details:

Cathy: 085 8338732. Email cathy@carlowys.ie

Natalie: 086 7806406. Email natalie@carlowys.ie

Emma: 086 7806405: Email emma@carlowys.ie

Alternatively, you can contact the office on 059 9152297

EMAIL ADDRESS FOR TULLOW PARISH

tullowparish@outlook.com

Lough Derg Pilgrim Path is now open daily. The full route is a 12km loop or a shorter 8km route. There will be a guided walk on Sunday 25th & 31st July with mass outdoors (weather permitting). For enquiries call 071 9861518 or email info@loughderg.org.

Wicklow based artist Andrea Kelly is looking for stories, memories or anything else you wish to share about Rathgall Hillfort (The Ring of the Rath) and surrounding areas. Contact her at info@andreakelly.ie or at <https://www.facebook.com/wicklowtheatre>

TULLOW, GRANGE & ARDATTIN PARISH NEWSLETTER

1st August, 2021.

18th Sunday in Ordinary Time.

PARISH CONTACTS

Parish Office: 059 9151277.

Email: tullowparish@outlook.com

Fr. Brian Maguire: 059 9181253.

Mass Times: Tullow:

Monday & Wednesday: 9.30 am.

Friday & Saturday: 7.30 p.m.

Sunday 11.00 a.m.

Grange: Sunday at 9.00 a.m.

Ardattin: Sunday at 10.00 a.m.

The nourishment and support God gives us on our journey out of slavery.

In the first reading today, the Israelites are loudly complaining. Having spent 400 years as slaves in Egypt, Moses led them to freedom. Unfortunately now they are telling Moses they would prefer to be back in captivity. "Why did we not die at the Lord's hands in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content?" They accuse Moses of trying to "starve the whole company to death" by leading them away from captivity and in to the desert.

We too can experience slavery but our captivity is different. We are slaves to our bad habits - Jealousy, anger, gossip, money or success. Everyone has some bad habits. We promise God that we will break away from these bonds of slavery, but we find this a challenge. Sometimes it seems easier to return to the certainty of our captivity, than take risks on a journey out of slavery through the desert and on to a new life.

On their desert journey, God supported the Israelites in a practical way, by providing them with bread. "Now I will rain down bread for you from the heavens". Eventually the Israelites did reach the Promised Land. Jesus mentions God's support of the Israelites in our Gospel today. "It was not Moses who gave you bread from heaven" it was God. Jesus then explains that on our journey out of slavery, He is the bread. He is our support. "I am the bread of Life - He who comes to me shall not hunger".

Our Holy Communion, our Redeemer Jesus Christ, is the bread which sustains us through our life-time and sustains us in our efforts to leave the slavery of bad habits behind us.

Vincent Crowley Deacon

ANNIVERSARY MASSES FOR SATURDAY 31ST JULY, 7.00 P.M.

Brigid & Michael Berry & deceased family members, Carlow Road. Willie Birch, Parkbridge, Clonegal. Roberto Martinez, Honduras. Patrick & Brigid McCormack, Knocklow.

ANNIVERSARY MASSES FOR SUNDAY 1ST AUGUST, 11.00 A.M.

Teresa & Patrick Mernagh, 3 Station Road. Kathleen Nicholson Hammatt.

ANNIVERSARY MASS FOR WEDNESDAY 4TH AUGUST, 9.30 A.M.

Brian Flynn, Shillelagh Grove.

ANNIVERSARY MASSES FOR SATURDAY 7TH AUGUST, 7.30 P.M.

Martin Hogan, Hillbrook Estate. Las O'Toole and son Gordon, Castledermot Road. Johnny Kelly, Castledermot Road. Julia Fleming, Knocklow. Pat Dalton, Ardristan. Sean Fennell, Coolroe.

MONTHS MIND MASS: Thomas Roche, Ballynoe next Sunday 8th August at 10 a.m. in Ardattin Church.

MASSES FOR THE COMING WEEK

Monday, Tuesday, Wednesday & Thursday: 9.30 a.m.

Friday: 7.30 p.m.

Saturday: 7.30 p.m.

Sunday: 11.00 a.m.

Bishop Denis is inviting expressions of interest in learning more about formation for the **Permanent Diaconate in the Diocese of Kildare & Leighlin**. It is open to men between 30 & 60 who have a genuine sense of vocation to this calling. Deacons are self supporting and continue in their family lives and employment. A new programme will commence in October 2021. Please contact Rev. John McEvoy before July 31st for more information on **059 9161114** or email **permanentdiaconate@kandle.ie**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.
Philippians 4:6:.

Email: tulowparish@outlook.com

Recommended H.S.E. Guidelines for all those attending Mass.

- ◆ Please sanitise your hands when entering and leaving church.
- ◆ The use of face masks by those attending Church is compulsory.
- ◆ Maintain Social distance between yourself and other people.
- ◆ Do not shake hands or make close contact where possible.
- ◆ Stay at home and self-isolated if you have a fever, a new persistent cough, shortness of breath, a loss or change in your sense of smell. Phone your G.P.

Marathon update 2021

The Dublin City Marathon is once again cancelled this year. The Tullow Marathon Runners will be doing their own run in Tullow the surrounding area. At present we have 5,100 euro in the fund which 17 local charities and clubs will each receive €300 each. Your continued support means the world to us. If anyone would like to donate to this worthy cause you can do so at Tullow Credit Union under 'Marathon Runners'. Thanks again to everyone.

Tullow Active Retirement: Our Tai Chi and Chair Yoga are now finished until September and we want to thank the Community Education of Carlow/Kilkenny Board for their considerable help in providing tutors for these courses. We would also like to thank the Brigidine Sisters for their kindness in sharing their premises with us in these difficult times. Thank you.

St. Anne's College of Further Education Tullow Community School, Tullow.

Enrolments are now taking place for the following QQI Level 5 course which will commence in September, 2021.

One Year Advanced Business and Information Technology Training Course

- ◆ Back to Education Grants, Maintenance Grants, FAS Funding and VTOS Grants available for those who are eligible.
- ◆ St. Anne's College of Further Education are pleased to offer the above QQI Level 5 Course to adults who need to return to education.
- ◆ Application forms and further information are available from the school office. **Phone 059 9151473.**

Tullow Parish Community Centre. Phone: 059 9151277.