

Cancer Prevention and Symptom Awareness Session will be held on Tuesday 28th January from 11 a.m. to 12.30 p.m. in Carlow Library, Tullow Street, Carlow.

YOGA for All Level with Pam Butler starts on Tuesday January 28th at 7 p.m., Teach Bhride Holistic Education Centre. Pre-register at pam-butleryoga.com/shop. Pam has been teaching for 25 years and will guide you through a progression of yoga to strengthen, stretch, focus and relax you. Contact Pam on 086 0891141.

Slaney Valley Cycling Club based in Tullow caters for cyclists of all fitness levels aged 18 plus. We provide weekly training spins every Sunday throughout the year and Mid Week Evening spins during the summer months. Our most recent development is our facility providing indoor Smart turbo training sessions during the winter months. We have all weathers covered! New members welcome, enquiries to slaneyvalleycc@gmail.com

The Great Duckett Run is scheduled for Sunday 2nd February, this is a local event with all monies being put back into the community. It has now sold out with 300 participants registered. Grange Valley Committee cater for the crowd following the run with refreshments. Any donations of snacks, cakes etc from the amazing bakers in our community would be very welcome and can be left into the GAA Clubhouse on Saturday 1st February between 2 p.m. and 4 p.m. Thanks to everyone who supports us.

Jennifer Murnane's Clinic will be held every Monday in Tullow Parish Community Centre from 10.15 - 1 p.m.

Childminder wanted Monday through Friday. Full Time. Starting in April/May. 7 Month old. Phone 087 9130687.

Eucharistic Procession Derry: A bus is running to the Eucharistic Procession in Derry on Saturday 1st February. Mass on route and visiting St Clare Crockett's grave. Leaving Ballon at 7 a.m. and Askea Church Car Park at 7.20 a.m. Details and booking phone Helena on 087 2981506.

**TULLOW, GRANGE
& ARDATTIN
PARISH NEWSLETTER**

26th January, 2025
Third Sunday in Ordinary Time.

PARISH CONTACTS

Parish Office: 059 9151277.
Email: tullowparish@outlook.com
Fr. Brian Maguire: 059 9181253.
Mass Times: Monday at 11 a.m.
Wednesday and Friday at 9.30 a.m.
Service of the Word and Holy Communion: Tuesday and Thursday at 9.30 a.m.

A time of Renewal and Grace

In 2025 we celebrate the Holy Year of Jubilee, an event that promises to be a profound moment of spiritual renewal and grace for Catholics worldwide. Instituted by Pope Boniface VIII in 1300, the Jubilee Year occurs every 25 years, offering a special time for the faithful to seek reconciliation, deepen their faith, and receive special indulgences.

The theme for the 2025 Jubilee Year is "Pilgrimage of Hope". This reflects the Church's desire to guide the faithful on a journey of hope in a world often marked by challenges and uncertainties. The Jubilee Year encourages Catholics to reflect on their spiritual journey, renew their commitment to Christ, and share hope with others. The Christian community should lead the way by living a life filled with the hope and joy of the Gospel. We should not only live in hope, but we should be a beacon of hope for others especially those who are suffering or marginalised. We should be a sign of hope for the elderly, the infirm, the prisoner and those forced from their homelands by war, famine or economic necessity.

The Jubilee Year is not just for those who can travel to Rome. Parishes across Ireland will offer special events, confessions, Masses, and opportunities for spiritual growth, ensuring that all can participate in this sacred time in which we are called to embrace this unique opportunity to renew our faith, experience of God's mercy, and become true "Pilgrims of Hope" in our daily lives. This Holy Year invites us to look forward with hope, trusting in God's infinite love and mercy as we journey together in faith.

PLEASE PRAY FOR Carmel Doran-Round, 9 Court View, Tullow, who died recently.

MASSES FOR SATURDAY 25TH JANUARY, 7.30 P.M.

Molly & Billy Maher and deceased family members, Castledermot Road. John Foley, The Square. Patrick Connolly, Bellwood Drive. John (Johnny) Shannon, Ardristan. Brigid & William Shannon, Grangeford. Maureen & Kevin McGurgan, Bough, Rathvilly. Kathleen & John Kavanagh, Kill. Pat Murphy and deceased family members, Rathbawn. M.J. and Mary Holden, Ouragh.

MASSES FOR SUNDAY 26TH JANUARY, 11 A.M.

FIRST ANNIVERSARY: Antoinette Doyle, 8 Steeple View Crescent.

ANNIVERSARY: Billy O'Neill, Ballymurphy.

MASSES FOR SATURDAY 1ST FEBRUARY, 7.30 P.M.

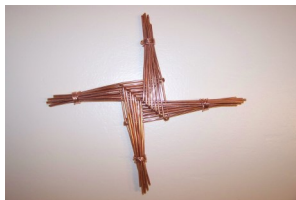
MONTHS MIND: Mary Guilfoyle, Castledermot Road.

Stuart & Margaret Ellis, Elmgrove. Michael & Paddy Whelan, Elmgrove and their parents and deceased family members. Joe Nolan, Hillbrook Estate. Maureen Doyle, 35 Graigowen. Pat Keogh, 35 Graigowen.

MASSES FOR SUNDAY 2ND FEBRUARY, 11 A.M.

FIRST ANNIVERSARY: Eileen O'Toole, Castledermot Road and Southhampton.

ANNIVERSARIES: Mike Holden and deceased family members, Ouragh. Bernard Flynn, The Course.



**Would you like to make
your own St. Brigid's Cross?
Come to the Parish Centre, Tullow
next Thursday 30th January
from 10 a.m. till 11.30 a.m.**

Tullow Parish Email Address: tulowparish@outlook.com

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Church Repairs

During the year it became clear that there was water penetration through the steeple area causing dampness in the wall behind the organ and that the lead used on the roof and dormer windows was showing signs of corrosion. An engineers inspection confirmed our fears and we await a full report with costings shortly.

Fierce Crafty: Join our over 60's Social Craft Group for all skill levels every Wednesday from 2 - 4 p.m. Call Gemma on 083 1489587 or just drop into Forward Steps Resource Centre.

Tullow Tidy Towns – Let's Make Our Town Shine!

As part of Tullow's annual entry in the National Tidy Towns Competition, we're calling on the community to help us boost our efforts in the **Community Engagement** category. Whether you have time to spare or just a few minutes, there's something everyone can do to make a difference.

Here's how you can get involved:

- **Residents' Associations:** Enhance your estate entrances with flowers, clean signage, or a fresh coat of paint.
- **Landowners:** Please cut and maintain your hedges by **March 1st, 2025**, before restrictions come into effect.
- **Homeowners:** Ensure bins are secure so litter doesn't blow away.
- **Businesses:** Keep shopfronts clean, remove outdated notices, and maintain a tidy, welcoming appearance.
- **Everyone:** Spend just 30 minutes tidying up outside your home, workplace, or a public space – every little effort adds up!

We're also working on our Tidy Towns application and would love to showcase the amazing work happening around Tullow. If you've made improvements, please let us know! Whether it's a quick tidy-up, planting flowers, or a bigger project, we'd love to include it.

If you have before-and-after photos, even better – though not essential. You can email us at dtain-f0365@gmail.com or WhatsApp Teresa in the office on 089 4358407.

Remember, if you see something that needs doing, don't wait – tackle it! Together, we can make Tullow a place to be proud of.

Thank you for your continued support!

Parish of Tullow, Grange and Ardattin: Registered Charity Number: 20015848

Email: tulowparish@outlook.com