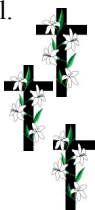


## Anniversaries

Mary Kearney, Ballygarvan Upper.  
Michael Spillane, Goggins Hill.  
Jeremiah Kiely, Belgooly.  
Joseph Ryan, Innishannon.  
Frank Barry, Ballyduhig.  
Nora Brady, Ballea.  
Nellie Buckley, Kinsale.  
Billy Cullinane, Milewater.  
John O'Sullivan, Ballinahina.  
Walter Bermingham, Blackpool.  
Declan Madden, Ballinvoltig.  
Fr. Matthus Murphy, Ballinahina.  
Padjum Doody, Ballygarvan & London.



## We Remember

Noella Harrington, Ballinphellic.  
Kevin Spillane, Ballinrea who died recently. *We pray for their families neighbours and friends.*

*Death is not extinguishing the light but putting out the Lamp because the Dawn has come.*



## Sympathy

We offer our sympathy to **Jim Harrington**, Ballinphellic on the death of his wife Noella; **Dolores Kidney**, Ballygarvan Lower on the death of her brother Kevin Spillane, Ballinrea.



*Lord, that I may see Your Wonders  
Lord, that I may hear Your Word  
Lord, that I may walk in Your Ways.*

## MASS TIMES Next Week

Monday 29th:-  
*Ballygarvan NO Mass*

Tuesday 1st:-  
*Goggins Hill 9.30am*

Thursday 3rd:-  
*Ballyheada 10.00am*

Friday 4th:-  
*Ballyheada 8.00pm*

Saturday 5th:-  
*Ballyheada 7.00pm*

Sunday 6th:-  
*Ballygarvan 10.00am  
Goggins Hill 11.30am*

*Friday is the First Friday of March.*  
Fr. Kieron will make the usual monthly visits to the **housebound on Thursday & Friday.**

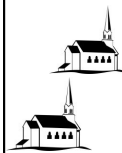
## The Holy Land

**Trip** following in the footsteps of Jesus in the land of the Bible. June 8th-18th, 2016, Spiritual Director and Bible Scholar **Fr. John Newman**, Group Leader, **Micheal de Barra**. 11 Day Pilgrimage staying in 4\* hotels full itinerary from Bethlehem to the Via Dolorosa in Jerusalem. Details and booking **086/8337681** or **cultural-toursireland@gmail.com**

# Ballinhassig Parish

## Newsletter

*for Ballygarvan, Ballyheada and Goggins Hill*



Vol. 24 No. 28 Sunday: February 28th, 2016 (Third Sunday Of Lent)

*Mary O'Halloran  
submits....*

## GIVE Us This Day



"Give us this day our daily bread....."

How beautiful the thought  
Of home and hearth and bounty rich  
That life's sweet comforts brought.  
Take not all these for granted, friend,  
God's gifts so freely given,  
For all would perish, destitute  
Without the fruits of Heaven.  
But thank Him as you sit to dine  
Or take your rest at night.  
His hand alone can draw the shade,  
Then bring the morning light.  
"Give us this day our daily bread....."  
What poetry divine! Our lives, well lived, are poetry-  
Rare treasures, yours and mine. (Norma Childress)



## Too Busy

My body may age but my mind will stay young.  
I've much left to do, many songs to be sung.  
Many roads to be travelled, much love to express,  
Many souls that need aid, who are now in distress.  
I will do what I can to help brighten your day,  
I will spread cheer and love as I pass by your way.  
The world is my oyster, to have and to hold,  
Why, I'm really too busy to ever grow old!!!!!!



2016 Ballinhassig Parish Newsletter

Notices for inclusion should be received not later than 2.00pm on Wednesday  
by Mary O'Halloran (4885062, 4885257) Mary O'Donovan (4888268),  
PAN Centre/Parish Office (phone/fax 4885062)  
info@ballinhassigparish.com www.ballinhassigparish.com  
Fr. Kieron O'Driscoll No: 4885104 or 087/9439666

## Engaging the Heart

Celebrating the *Jubilee Year of Mercy at Knock Shrine, Co Mayo*. Saturday/Sunday  
**March 12th/13th**



Talks/Testimonials/Workshops/  
Music & Reflection/ Choral Concert

All parishes are welcome to bring a group to this free weekend event to explore *MERCY*.



Theme of weekend:-

**Forgiveness, Hope, Healing and Reconciliation.** Further details 094/9388100 or email: [faithrenewal@knockshrine.ie](mailto:faithrenewal@knockshrine.ie) [www.knockshrine.ie/mercy](http://www.knockshrine.ie/mercy)

## Afternoon Tea Dance

Ballinspittle Friendship Group invite you to an:-

Afternoon Tea Dance on Monday **March 7th:-**  
Time 2.30pm-5.30pm  
**Ballinspittle Community Centre.** Admission 5Euro, All welcome.



## Positive Mental Health

Ballincollig Community School will hold a 'Talk' on 'Positive Mental Health'-

*How to live a Happy & Healthy Life in a Busy World on*

Wednesday **March 2nd at 7.30pm.**

Speaker Dr. Paul Deasy.

Admission Free. All welcome.



## Knit and Natter

Tuesday nights from 8.00pm-9.30pm in **Ballygarvan Community Centre.** Come along if you enjoy knitting, crocheting or any needle craft, beginners welcome. Further details **086/4631390. All welcome!!!!**

## Anam Cara Bereavement Information Evening

Anam Cara will hold a Bereavement Information Evening on:-  
Wednesday **March 2nd** from 7.30pm-9.30pm in the **Clayton Hotel, Silver Springs, Tivoli, Cork.** All Anam Cara Services are free to bereaved parents. Further details **01/4045378** or email:- [info@anamcara.ie](mailto:info@anamcara.ie) All welcome.

## World Day of Prayer

**March 4th is World Day of Prayer.**

Christian *women* across the world come together to lead the community in prayer.

The *theme for 2016* is: "receive children, receive me" based on the Gospel story when Jesus says to us "anyone who welcomes one of these children in my name, welcomes me," and is prepared by the Christian women of Cuba. Remember to Pray for communities across the world on that



## Women's Day

**March 8th is International Women's Day.** Ladies are encouraged to meet for prayer and social time on that day.



## World Book Day

**March 3rd is World Book Day.** Maybe a time to begin reading again!!!!

## Seachtain na Gaeilge

**March 1st-17th.** Celebrate our Language by speaking a few words in Irish.

**JJ Hurley** is the local correspondent for *The Carrigdhoun, Southern Star, Bandon Opinion and Kinsale Newsletter.* Contact details **086/1971870**, email: [jjhurley123@gmail.com](mailto:jjhurley123@gmail.com)

## SPRING STATIONS

Those who are scheduled for the **Stations** this Spring please contact the **P.A.N. Centre (Parish Office) at 4885062** as soon as possible to book a date.



*The grass withers and its flowers fall away, but the Word of God endures forever. (1 Peter 1:24)*

## Beginning Experience

This is a specially designed Support Programme for men and women who have suffered the loss of a spouse by death, separation or divorce to work through the grief process in a safe and confidential environment. This will be held in **Ennismore Retreat Centre, Cork** from **April 8th-10th.** Further details and booking **087/9886480** or email:



[beginningexperience@gmail.com](mailto:beginningexperience@gmail.com)

## Rediscovering Mercy

*Sessions* to explore Mercy in a personal, local, global and prayerful context will be held at the Pastoral Development Office, Ballyphehane on February **29th; March 7th and 14th.** Beginning with coffee at **10.30am-12.15pm.** Free car parking. Further details **4537601.**

## N.S. Enrolment 2016/2017

**Ballyheada:-** Application forms available from school office **4885066** for Junior Infants commencing September 2016 also 2017 & 2018. Closing date **March 4th.**

## Make A Wish - Flag Day

Volunteers needed for annual Fundraising Flag Day. Contact **01/2052012** for details.

## Congratulations

Congratulations to **Kitty Butler**, Meadstown who celebrates her **90th Birthday** this week end;

Also **Denis Bernard**, Meadstown who celebrated his **90th Birthday** recently.



Congratulations to **Andy and Eileen Quinn**, Ballygarvan Upper who celebrated their **50th Wedding Anniversary** recently.



## Family Fun Bingo

Camogie Club **Fun Bingo** in the **Marian Hall- February 27th** at 8.00pm.

## Mental Health & Wellbeing

**Ballyheada Parents Association** will host an evening by **St. Patrick's Mental Health Services** in:-

**Ballyheada N.S. on Wednesday March 2nd at 7.30pm**

*Supporting Parents To Support Their Children's Mental Health & Wellbeing*

A new training programme by National Parents Council in conjunction with St. Patrick's Mental Health Services.

\*\* *Explore factors that influence mental health & well being;*

\*\* *Build resilience to cope with day to day stresses;*

\*\* *Encourage and promote positive mental health and wellbeing.*

All welcome.