

## St. Mary of the Visitation Parish, Killybegs

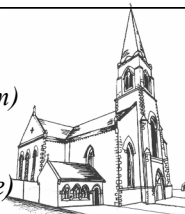
Parish Office, Killybegs, Co. Donegal. Tel: +353 (0)74 9731013

Parish Secretary: Ann O'Donnell (Office Open: Mon to Fri. 9.15am to 2.45pm)

Email: info@killybegsparish.com Website: killybegsparish.com

Parish Priest: Fr. Colm Ó Gallchóir: Tel: 074 9731013/30

Masses and Services: Live streaming [www.mcnmedia.tv](http://www.mcnmedia.tv) (link on website)



### Five Ways to Practice Gratitude

- Set time aside each day to make a list of what you are thankful for. Start with the tiniest details, and write down even just one thing. On days when you're feeling empty - or just wanting an excuse to smile - go back and read some of your list. Ann Voskamp says it best: "When I give thanks for the seemingly microscopic, I make a place for God to grow within me."
- Tell other people 'thank you' when they do something kind for you, no matter how small the deed.
- Don't allow other people's bitterness or negativity, or any other outward circumstance, to influence your inner peace. Look for the best in everyone, and believe and say the best about them.
- Anger, disappointment, failure and frustration are parts of life, but don't let them become your default emotions. Don't be complacent and resign yourself to victimhood. Choosing to live from a place of gratitude brings peace.
- Build gratitude around you with small, daily, unexpected, undeserved acts of love, compassion, grace and forgiveness.

Norann Voll



### Killybegs Graveyard Mass

Friday 29th July 7pm

### First Friday Calls

Fr Colm will be recommending the First Friday Calls next month. If anyone would like a visit and is not on the list, please let Fr Colm or Ann know.

### Mass at Lisnaclaya Scáthlán

Wednesday 29th June 7pm

A bus leaves the Church car-park at 6.30pm. There are no parking facilities at the Mass Rock.

Refreshments will be served.

Hour of Adoration in the Church 7pm-8pm.

A Scalán (Scáthlán) refers to a covered Mass shelter, giving protection against wind and rain, for the priest and servers at least. From 1704, a priest who registered could say Mass in a public place and it is quite likely that the Scalán at Lisnaclaya was a regular place of worship for our ancestors, right up to the building of a new church in Killybegs in 1763, named St Catherine's Church (in Fairgreen, the site of Old Niall Mór School, where the Niall Mór Centre is presently located).

The Scalán is within walking distance from the Fintra roundabout, right beside the residence of the late Josie O'Donnell, the land now under the care of John & Joan Greenlaw. There was a burial place below the Scalán and a Blessed Well is located at the roadside.



### Sandra's Run Saturday 2nd July

Leaving Killybegs at 11.30pm to Kilcar via Muckcross and returning by Bavin to Donegal. Welcome the Bikers with your teddies!! Get your teddies out at end of June!!

### Franciscan Friary, Rosnowlagh

70th Anniversary Dedication  
Sunday 26th June at 3pm.  
Refreshments served. All welcome.

### Killybegs Women's Group

Volunteers needed to help water Town Flower Planters. Would you take charge of watering just one planter? Contact: Killybegs Women's Group (PM on FB) or PM: 087 2943065

- ◆ Sunday 26th June 2022: Thirteenth Sunday in Ordinary Time: Year C
- ◆ Weekday Readings: Thirteenth Week of Ordinary Time Cycle 2

Masses will be relayed on the webcam: go to [killybegsparish.com](http://killybegsparish.com) for a link to Online Services

Friday	24th June:	07.00pm - Patrick, Mary & Peter Cunningham, Ardara (Anniv)
Saturday	25th June:	07.00pm - Patsy Rowan (11th Anniversary) Eamonn Byrne (Anniversary)
Sunday	26th June:	09.00am - Jimmy Crawford R.I.P. 11.00am - Liam Hegarty (Anniversary)
Monday	27th June:	10.00am - Frankie O'Donnell (45th Anniversary)
Tuesday	28th June:	10.00am - Special Intentions
Wednesday	29th June:	07.00pm - Mass at Lisnaclaya Scáthlán
Friday	1st July:	07.00pm - Special Intentions
Saturday	2nd July:	07.00pm - Sean McGuinness (21st Anniversary)
Sunday	3rd July:	09.00am - Special Intentions 11.00am - Special Intentions

Adoration of the Blessed Sacrament: Monday 11am to 7pm. **Please note:** No Mass on Thursday

**Pray for: Martin Gillespie**, Kille, Kilcar, whose funeral took place in Kilcar on Friday;  
**Thomas Cannon**, Ballymote & Bridge St, whose funeral took place in Ballymote recently.  
**Suaimehneas Síoraí**

**Coffee Morning** in aid of Cystic Fibrosis Unit, Galway University Hospital, on Saturday 9th July 11-4pm at Bridget Mc Fadden's (Roshine). Everyone welcome.

**Sunday Collection** 19th June € 995.70  
**Restoration Fund** 19th June € 935.50  
**Total Restoration Fund** €3,356,030.08

Thank you for your continued generosity

**Donegal Hospice Bethany Bereavement Support Group.** A free, confidential, listening service supporting people who are bereaved and grieving. Ring 089 4402787 between 10am & 9pm daily.

**Sunday Social** in Dunkineely Community Centre on Sunday 26<sup>th</sup> June 8 - 10 pm. Music by Country Traditions. Adm €10. Refreshments served.

### Margaret Connell, Treat Your Feet.

I wish to inform all my clients that I will close my Foot Health business from 23/6/22. This sudden unforeseen situation is primarily due to recent insurance legislation and escalating costs. I would like to thank you all for your support and friendship over the years. I have appreciated it greatly. I will continue with my reflexology practice. Continued good foot health!

### CE Project Vacancies

Positions available: *Outdoor Maintenance workers, Caretakers of Community Buildings, Youth Workers, Kitchen Assistants, Activities Assistant in Community Hospital, Domestic/Cleaners.* For more info or to apply, contact Colin or Ann Marie at Project Office 0749731666 or email kepltd2@outlook.ie Eligibility to participate on CE is generally linked to those who are 21 years or over and applicants must also be in receipt of a qualifying Irish social welfare payment for 1 year or more.

**FET Centre (Olde Tech)**, Drumcliff, Donegal Town is currently recruiting for Digital Marketing, Web Design, eBusiness, Marketing with ICT. Training Allowance/Meals/Career Guidance/Childcare available. Call Caroline on 074 9721705 / register on [fetchcourses.ie](http://fetchcourses.ie) or drop into the centre,

### Public Mass and the Sacraments

Covid guidelines for the chapel:  
**Face covering,**  
**Social distancing**  
**and using hand sanitiser.**  
Every alternative seat will be in use to ensure social distancing.



**Niall Mór Centre:** 0749741863  
info@niallmorcentre.com

English Classes, Baby & Toddler Group, Slimming World, Tai Chi, Willow Basket making, Essential Oils, Community Yoga, Grow, Wellness Wednesday, Relax Kids, Messy Play, Lego Time. Summer Camps: Kids Summer Camps, Relax Kids Camp, Robo Think Summer Camp, Drama Camp  
Services: Room rental, Digital Workspace, printing, scanning and book binding.