

DROP-IN LISTENING SERVICE

At Knock Counselling Centre we offer a confidential single session listening service with no appointment needed. Our listening service is now available every **Thursday from 11 am to 3 p.m.** For any queries please contact counsellingoffice@knockshrine.ie or phone 0949375032.

TRANQUILLA

Morning Mass at **8.00am**. Masses are open to the Public. Chapel open from **2.00pm - 5.00pm daily. Vespers 4.30pm**.

LECTIO DIVINA

a slow contemplative praying of the Scriptures will continue on **Tuesdays in Carrowmore Meadows at 7.00pm**.

KNOCK 25 CARD GAME

Friday evening at **9.00pm** in **St. John's Welcome Centre**.

KNOCK FRIDAY SCRIPTURE GROUP

Group meets every **Friday at 10.00am** in St Mary of The Angels, Eden where Readings & Gospel for the following Sunday are read and discussed. Facilitated by Sr Anastasia.

FEASTDAYS FOR COMING WEEK

Saturday 1 Feb.: St. Brigid's Day.
Sunday 2 Feb.: Presentation of the Lord.
Monday 3 Feb.: St. Blaise, Bishop and Martyr, St. Ansgar, Bishop.
Wed. 5 Feb.: St. Agatha, Virgin and Martyr.
Thurs. 6 Feb: Ss.Paul Miki and Companions, Martyrs.
Friday 7 Feb.: St. Mel, Bishop.
Saturday 8 Feb.: St. Jerome Emiliani, St. Josephine Bakhita, Virgin.

FIRST AID RESPONDER COURSE

commencing on **Tuesday 11 February at 8.00pm** in St. John's Welcome Centre. Information from Michael Rattigan on 0872929372.

ST VINCENT DE PAUL

Charity shop is looking for volunteers for the new charity shop opening in Ballyhaunis later in January. Could you spare a few hours a week to help a very important charity in our community. We are also looking for TUS scheme and RSS scheme workers to join our team. Please email vincents.ballyhaunis@svp.ie

AGHAMORE GAA/LGFA

Irish Life Steps challenge Group walks will take place on **Tuesday and Thursday evenings** at Aghamore amenities track (F35AT21) from 7pm to 9pm All are welcome.

THE LEGION OF MARY

meeting on **Thursday mornings at 10:30am** in St. John's Welcome Centre.

KNOCK 25 CARD GAME

Friday evening at **9.00pm** in **St. John's Welcome Centre**.

LATIN MASS

Sunday February 9 at 6pm in Blessed Sacrament Chapel.

CHRONIC PAIN RELIEF CLASSES

Clinical Somatics uses slow gentle exercises to relieve pain, reduce stress & improve your posture & movement. Classes for 1 hour every Wednesday in Claremorris Family Resource Centre (F12 H2C2) at 6.45pm. 50 euro for 5 weeks. Contact John Roe on 0877495573 or FRC Claremorris on 094 9377838

BEREAVEMENT SUPPORT MEETINGS

Life after a bereavement can feel very lonely. Sometimes spending time, talking and sharing with others who know the experience can be helpful. Trained facilitators conduct a weekly Bereavement Support Meeting at the Family Centre, Knock **each Wednesday morning at 11am**. All are welcome and no appointment needed. Information is available from Monica Morley on 094-9375320.

EWTN will broadcast the 12noon Mass every Sunday.

WOMEN OF GRACE STUDY COURSE

Human Life International (Ireland) are running a Women of Grace Study Course (devised by Johnnette S. Benkovic Williams host of EWTN's Women of Grace programme) at St. John's Welcome Centre commencing on Monday 10 February. This is an opportunity for Catholic Women to explore their authentic femininity, their God given dignity as well as discover their mission. In the Church and world today. We will delve into Prayer, Church teaching, the Catechism, Sacred Scripture and the lives of women saints. Meetings will take place every fortnight between 7 and 9pm. Further details from 094 9375993.

STUDY THEOLOGY ONLINE

Is this for you? The Priory Institute provides online Theology courses to degree level. Attend Saturday lectures in Tallaght or from the comfort of your own home. Register before February 11. Find out more on our website, prioryinstitute.com Click here to see a 2 minute introductory film Prioryinstitute.com

RETRouvaille

You Can Help Your Marriage – Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped because it only makes it worse? Retrouvaille has helped 10s of 1000s of couples experiencing difficulties in their marriage. For confidential information about the next programme which will be presented on Zoom ... 27 February to 2 March 2025 . Email:info@retrouvaille.org.uk Call or text 0788 7296983 www.retrouvaille.org.uk

CATHOLIC MARRIAGE ENRICHMENT

weekend from 28th to 30th March at St. Mary's. A time to learn new communication skills to deepen your relationship; to deepen your knowledge of it being a sacrament and a sign of God's love, and more. To register, please visit our website: www.marriageencounter.ie Contact couple: mikeandrosemarriagecounter.ie

WOMEN'S MASTERS LEAGUE

Kiltimagh Knock United are recruiting for a women's over 30s team for the first ever Mayo Women's Masters League this February/March. Drop a message to the club Facebook page or WhatsApp Dee on (087) 9291577 for more details.



St. Anne's Church, Shanvaghera & Church of St. John the Baptist, Knock

Newsletter Sunday 2 February 2025. Presentation of the Lord. Year C

Fr. Richard Gibbons, P.P. tel: 094 93 88100

MASS INTENTIONS FOR THE WEEK

KNOCK:

Saturday 1 February:	7.30pm	Martin Jnr. Murphy, Drum. 2nd Anniv.
Sunday 2 February:	10.30am	James and Nancy Keeley, Derry. Anniv.
Monday 3 February:	12noon	Michael Gaffey. Anniv.
Thursday 6 February:	12noon	Ross Donoghue, Ballyhowley. Anniv.
Saturday 8 February:	12noon	John and Babe Lyons, Cloonfaughna. Anniv. Breege and Brendan McGrath, Eden. 2nd Anniv.
	7.30pm	Bernie Jennings, Wingfield 3rd Anniv.
Sunday 9 February:	12noon	Nora Glavey, Churchfield Lawns. 10th Anniv.

CELEBRATING ST. BRIGID'S DAY, CANDLEMAS AND ST BLAISE

Saturday 1 February – Monday 3 February

Saturday 1 February

We invite you to celebrate with us as we welcome the arrival of spring and the Feast of St. Brigid on Saturday 1st February. St Brigid's Crosses will be blessed during each Mass on this feast day. Please bring your crosses with you.

Sunday 2nd February

The feast of the Presentation of the Lord (Candlemas), the Blessing of Candles will take place during Mass. Please bring your candles with you to be blessed.

Monday 3rd February

We will celebrate the Feast Day of St Blaise. Please note that the traditional Blessing of Throats will take place after each Mass.

We look forward to welcoming you.

'WHISPER OF GOD'

One day retreat takes place in the Prayer Centre on Saturday, February 8th. Participants will be guided through moments of scripture-based prayer, group sharing, and personal spiritual guidance. For more information, contact John Farrelly, Prayer Guides Coordinator at Knock Shrine. Tel: 086 0108623 or email prayerguidance@knockshrine.ie

CELEBRATE ST. BRIGID'S DAY

at Knock Shrine from **11am to 3.30pm on Saturday, February 1st**. The flame of St. Brigid will be present in Knock on the day, courtesy of the Brigidine Sisters, Kildare. Programme includes a global pause for peace at 12 noon, a blessing for those named after St. Brigid and an exploration of Brigidine spirituality.