



Church of St. John the Baptist, Knock

KNOCK

Parish Newsletter



St. Anne's Church, Shanvaghera

NEWSLETTER SUNDAY 9TH AUGUST 2020. 19TH SUNDAY YEAR A

Fr Richard Gibbons PP Parish tel: 094 9388100

Mass Intentions for the Week

KNOCK

Saturday 8 August:	7.30pm	Anne Marie Campbell, Eden. 4th Anniv.
Monday 10 August:	12noon 7.30pm	Helen Vonbock and Mary and James Lundy, Bill Curry and deceased members of the Curry Family, Cloondace.
Tuesday 11 August:	12noon 7.30pm	Jim, Mary Ellen, Michael and Kathleen Kilgallon, Coogue Middle. Anniv. Mary Jo Cunnane, Kilgarriff. Month's Mind.
Wed. 12 August:	12noon 7.30pm	Mike, Paddy, Tom and Kathleen Commins, Cloonlee. Kevin Murphy and deceased members of the Murphy Family, Cloonfaughna.
Thursday 13 August:	12noon 7.30pm	Jack and Margaret Egan, Coogue Middle. Anniv. John Kilduff, Sallyhernane. Anniv.
Friday 14 August:	12noon 7.30pm	Paddy, Bridget and Anne Freeley and deceased members of the Freeley Family, Cloonterriff. Kevin and John Carty, Carramore.
Sunday 16 August:	12noon	John and Rose Kelly, Drum. Anniv.
Shanvaghera:		
Sunday 9 August:	10.00am	Tommy and Bea O'Brien, Tavanagh. Anniv.
Sunday 16 August:	10.00am	Andrew Tarpey, Barnagurry.

Outdoor Exercise Class for Seniors

on **Wednesdays, 11am-12noon, Riverside Drive, Knock.** Classes given by Mayo Sports Partnership using Activator Poles, and aims to support strengthening balance, mobility & loosening up the joints. In addition, a great opportunity to get out and meet others in a safe environment & to get some exercise. Gov Guidelines for Covid adhere to. More info, Contact Breda 086 3226494

Just a reminder Would the collectors of the Church envelopes please collect their envelopes at the Shrine Office **as soon as possible. Thank you.**

Prayer to Our Lady Health of the Sick

O Mary, you shine continuously along our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick, who at the Cross were near to the pain of Jesus, keeping your faith firm.

Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us, He who took our sufferings upon Himself, and took up our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

Pope Francis

A new pilgrimage on Lough Derg's lakeshore

Walk and Pray in the Lough Derg tradition on **16, 18, 22, 26 & 30 August**. At times in the 1600s and 1700s when Station Island was closed by the Penal Laws, pilgrims undertook a form of pilgrimage on the lough shore. Walk in their footsteps. Contact (0353) 71 9861518 or info@loughderg.org for details. Numbers are limited. Advance booking essential.

COVID-19

Support Line for Older People

ALONE a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024

Living Well - a programme for adults with longterm health conditions. Your toolkit for better health. Free online Living Well Programme – next programmes commences on

- Wednesday 9 September
- Monday 14 September
- Tuesday 22 September
- Thursday 1 October

in 2.5 hour weekly sessions where you will learn new skills to manage your health condition on a day to day basis. This Programme will commence in September. You must register in advance as places are limited to 10/12 participants. Please note you do not have to disclose your health condition on the programme. Please contact Liam Gildea on 087 349 0393 or by email at liam.gildea@mayocil.ie

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly to you, O Virgin of virgins, my Mother.

To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer. Amen.

Act of Spiritual Communion

My Jesus,

I believe that you are present in the Most Holy Sacrament.

I love you above all things, and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you.

St. Alphonsus de Liguori

Corduff Travel

are looking for a bus driver to operate a school bus from Monday to Friday around the Knock, Ballyhaunis areas. Each day consists of five hours with more hours available if interested. For further information please contact Michael on (086) 8914899.

Prayers for the deceased

Please pray for the repose of the soul of

Tom Byrne

late of Ballyhowley who died recently.
Husband of Marguerite Byrne,