



# KNOCK

*Parish Newsletter*



Church of St. John the Baptist, Knock

St. Anne's Church, Shanvaghara

NEWSLETTER SUNDAY 23RD AUGUST 2020. 21ST SUNDAY YEAR A

Fr Richard Gibbons PP Parish tel: 094 9388100

## Mass Intentions for the Week

### KNOCK

<b>Sunday 23 August:</b>	7.30pm	Mary and Joseph O'Shaughnessy, Cloondace. Anniv.
<b>Monday 24 August:</b>	12noon	Sr. Catherine Buckley, D.C.
<b>Tuesday 25 August:</b>	12noon	Thomas and Annie K. O'Brien, Adrigoole.
<b>Wed. 26 August:</b>	7.30pm	Mary and Luke Morley and deceased Family, Magheramore.
<b>Thursday 27 August:</b>	12noon 7.30pm	John Flatley, Lecarrow. Julia Cullinane, Churchfield. Anniv.
<b>Friday 28 August:</b>	12noon	Martin and Delia Walsh, Ballindorris.
<b>Sat. 29 August:</b>	12noon	Deirdre Denny, 5th Anniv.
<b>Shanvaghara:</b>		
<b>Sunday 23 August:</b>	10.00am	Mary Agnes (Babe) Carney, Shanaghmoyle. Anniv. and Michael Joseph Campbell, Eden and deceased members of the Family. Anniv.
<b>Sunday 30 August:</b>	10.00am	Michael Campbell. Anniv. and Nancy and Paddy Kenny, Meeltrane.

## Mayo County Council Free Recycling Event for Beds, Mattresses and Couches

Mayo County Council's will be holding a free recycling event for householders on Saturday September 5th from 9am to 3pm at the council car park beside the national school in Knock Village.

Items should be dry and not heavily soiled.

No more than 3 beds or mattresses and one suite of furniture per customer please. Items other than couches, armchairs, beds or mattresses will not be accepted.

Strictly household use only and remember to secure your items carefully during transport.

Those attending the event are reminded to follow Covid-19 public health guidance and allow time for queuing to ensure social distancing.

For further information please contact the Environment Section of Mayo County Council. Telephone: 094 906 4000 or email [environment@mayococo.ie](mailto:environment@mayococo.ie)

Supported by the Department of Communications, Climate Action and Environment.

## Face Coverings in Churches

At this time, the government has not formally made mandatory the wearing of face coverings at Mass or other liturgies. This is, in part, due to the fact we are committed in the document published by the Western Bishops, Nothing Can Separate Us From The Love Of God, to maintaining two-metre physical distancing between household groups and strict adherence to all government guidance on hand hygiene, cleaning, ventilation etc.

It however remains our responsibility to ensure that our churches are safe places for all who come to pray. It has become increasingly clear that the wearing of face coverings, in conjunction with hand washing etc, is likely to reduce the spread of Coronavirus, thus helping to protect others. Their use is therefore one way in which we can evidence protection for the most vulnerable, support for our health workers and practical love for our neighbours.

Following further guidance from public health authorities, I am recommending and encouraging the use of face coverings at all Masses and other liturgical celebrations in the Archdiocese, along with the ongoing maintenance of two-metre physical distancing.

I take this opportunity to thank you very much for the work you have done in preparing your churches for the resumption of Masses, and I thank members of Pastoral Councils, Stewards, Cleaners, other volunteers, and all who assist in keeping the churches sanitised and safe for all.

With every good wish and the Lord's blessing,

Yours sincerely,

+Michael Neary  
Archbishop of Tuam

### 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

### A new pilgrimage on Lough Derg's lakeshore

Walk and Pray in the Lough Derg tradition on **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](mailto:info@loughderg.org) for details. Numbers are limited. Advance booking essential.

### 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**

### 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

### 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](mailto:liam.gildea@mayocil.ie)