

I arise today  
Through the strength of heaven;  
Light of the sun,  
Splendour of fire  
Speed of lightning,  
Swiftness of the wind,  
Depth of the sea,  
Stability of the earth,  
Firmness of the rock.

I arise today  
Through God's strength  
to pilot me;  
God's might to uphold me,  
God's wisdom to guide me,  
God's eye to look before me,  
God's ear to hear me,  
God's word to speak for me,  
God's hand to guard me,  
God's way to lie before me,  
God's shield to protect me,  
God's host to save me  
Afar and a near,  
Alone or in a multitude

God shield me today  
against wounding  
Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ in the heart of everyone  
who thinks of me,  
Christ in the mouth of every-  
one who speaks of me,  
Christ in the eye that sees me,  
Christ in my ear that hears me.

Arise today  
Through the might strength  
Of the Lord of creation.

**KILTOGHERT PARISH**  
**OFFICE HOURS:**  
**Open:** Mon, Tues, Thurs 2pm-5pm  
Wed & Fri 10.30am-5pm  
**Closed :** Sat, Sunday, Holy & Hank Holidays  
Email: [parishkiltoghert@gmail.com](mailto:parishkiltoghert@gmail.com)  
Website: [www.carrickonshannonparish.com](http://www.carrickonshannonparish.com)  
Phone 071-9620118



# Kiltoghert Parish

SATURDAY 20th + SUNDAY 21st APRIL 2019  
EASTER SUNDAY



Alleluia  
Christ has Risen

**PRIEST ON DUTY: FR. SEMAUS O'ROURKE C.C. 071-9620054**

**MASSES FOR SATURDAY 20th & SUNDAY 21st APRIL**

**ST.MARY'S : Saturday Vigil 9pm:**

**Sunday 9am:** Joe Flynn (2nd Anniv)

**12noon:** Sean Regan (Anniv)

**LEITRIM 10.15am:** Sean Whitney & deceased members of the  
Whitney & Touhy families

**GOWEL 10.15am:** Catherine & Michael McNabola,  
their sons Francie & Mike Joe

**JAMESTOWN: 9.30am:** William & Catherine Garvey (Anniv)

**MASSES FROM MONDAY 22nd –SATURDAY 27th APRIL**

**ST.MARY'S:**

**Monday 8pm:** Tommie Sirle (Anniv)

**Tuesday 10am:**

**Wednesday 10am:** Michael Moran (Anniv)

**Thursday 10am:** Anne & Sean Heneghan & deceased  
members of the Heneghan family Anniv)

**Friday 8pm:**Una Kelly (Anniv)

**Sat 10am:** Phil O'Meara (7th Anniv) & her husband Tommy

**LEITRIM Tuesday 8pm:** Seamus Molloy (Anniv)

**GOWEL Friday 7pm:** Jim Gilmartin (1st Anniv) Lisdrumrea

**MASSES FOR SATURDAY 27th & SUNDAY 28th APRIL**

**ST. MARY'S Sat Vigil 8pm:** Hubert McLoughlin (Anniv)

**Sunday 9am:** Emily Rooney (Anniv)

**Sunday 12:** Lena Armstrong (Months Mind)

We also remember **Paddy Burns** ( Bridge St)

**JAMESTOWN Sat Vigil 7pm:**

**LEITRIM 10.15am:** Private Intention

**GOWEL 10.15am:**

**PARISH NOTICES**

**CHURCH COLLECTIONS: Offertory** €2,830

**BAPTISM:** We welcome into the Christian Community Nicole & Rachel Atumonyogo, Teddy Naughton and Katelyn Hamilton, who were baptised last weekend in St.Mary's Church, Ck on Shannon.

**CHRISTIAN MEDITATION GROUP:** continues on Wednesday evenings at 7.30pm in Breffni Family Resource Centre, Ck on Shannon. Phone Ann on 086 3537758

**SCRIPTURE GROUP:** meet every Tuesday at 11am in Leitrim Gaels Centre.

Contact Maureen on 9621133 or Consoline on 962 1080 for further information or come along on the morning.

**ST.PATRICK'S HOSPITAL:** There will be no morning mass in St.Patrick's Hospital next week .

**TROCAIRE BOXES:** Please return your Trócaire' box to the parish at your earliest convenience.

**CHARITY TAX RELIF FORMS:** Last year this scheme brought in a total of **€29,989.87 for the parish.** This is a refund of tax already paid and therefore costs the donor nothing extra, but is of great benefit to the parish. If for some reason you have not received yours yet, please give us a call on 071-9620118. When you receive your form please fill it in and return it to the Parish Office at your earliest convenience.

**DIOCESAN LOURDES PILGRIMAGE:** fundraiser Table Quiz in Longford Arms Hotel on Thursday 2nd May at 7.30. All welcome.

**EUCCHARISTIC ADORATION PRESENTATION:** will take place in St.Mary's Church, Ck on Shannon on Saturday 11th & Sunday 12th May at 8pm Vigil, 9am & 12 noon masses.

**COMMUNITY NOTICES:**

**ST. VINCENT DE PAUL,** Carrick-on-Shannon Our thrift shop is on the Dublin Rd, next to Kelly's Foodstore. Open Tue, Wed, Thur, Friday 11-5pm. Selection of beautiful First Holy Communion dresses (€25) for sale. We would greatly appreciate good quality clothes, household bric a brac & any unwanted gifts you may gather in a 'Spring lean!' They can raise much needed funds to assist those in need in our own community. We are also appealing for volunteers to work in the shop. If you can help, please call to the shop for an application form. If you are in need of assistance, please leave a message & your contact details on 087 4660965 and a Conference Member will get back to you. Thanking you for your continued support.

**BUNDORAN ST. VINCENT DE PAUL:** runs a holiday centre that provides accommodation to anyone that needs a holiday. Bundoran Holiday Centre. 6 Nights Full Board €220.00 per person. Contact Georgina Fox 087 2434528.

**MOHILL COMPUTER TRAINING:- Upcoming Courses**

**Part Time** - QQI Level 3 in Communications. This course will equip learners with a range of communication skills for social, personal and work. It will encourage the learner to have the confidence to use these skills in their daily life. The course will start on Monday 15th April from 1.30pm to 4.00 pm (Monday to Thursday) each week for 4 weeks. Call 071-9632024 (email: [info@mct.ie](mailto:info@mct.ie)). All our courses are supported by MSLETB.

**BREFFNI FAMILY RESOURCE CENTRE:** provides a range of family supports to help you. We offer a Counselling Service; referrals to Tusla's Meitheal programme; Parenting Courses and we can help you make a support plan for yourself and / or your family through confidential discussions. We'll work with you and external & statutory agencies to help you find the best solution to any problem you may be having. Call Suzanne in the strictest confidence on 071 9622566.