

Bulletin board

Email: ballinora.news@gmail.com

Website: www.ballinora.com

Disease prevention guidelines for churches (National Centre for Liturgy)

We've been asked by the Diocese to highlight and implement the following measures to help prevent the spread of flu and other similar diseases.

Those who have colds or flu are under no obligation to go to Mass. If you have coughs, sneezes etc, please stay at home, rest, stay well hydrated and, if necessary, seek your doctor's help. Mass is available through the internet, television and radio.

Sign of Peace: Due to the number of colds and flu around, we would kindly remind our parishioners that during the sign of peace it is fine to simply smile, wave, or bow to other to convey Christ's peace to them.

Weekday reception from the chalice: Where the Precious Blood is offered to all to receive, those who suspect symptoms that may signal impending flu or cold should refrain from receiving the Precious Blood and receive only the Body of Christ in the consecrated host until they are well again.

Hand sanitisers have been attached to the walls of the porches. Please use them before entering the church.

Coffee morning

The families of Claire and Pat Nolan would like to thank everyone for their support and generosity, for the coffee morning that was held in the house of Brid and Philip Flaherty on the 8th February. A total of €5,150 was raised and has been donated to Féileacáin (Stillbirth and Neonatal Death Association of Ireland). Thank you all again for your support.

Annual run

The annual Karen Fenton Memorial Run will take place here in Ballinora on Sunday 19 April at 12:30pm. Online registration is encouraged. All those who pre-enter will be put in a draw for 2 nights B&B for 2 people in the lovely Celtic Ross Hotel in West Cork. Visit www.karenfenton.ie to register.

Child minder needed

We're looking for a full time, experienced childminder to look after our three children in our home starting in May. School and pre-school drop-offs and collections needed so own transport is required. If you're interested please get in touch, call 0868340793.

Colaiste Ide

In Dingle is holding an open day on 7 March from 12 to 4
Call 0669151211 or **email** info@colaisteide.com
Contact: Fr. Declan Mansfield, Parish House, Ballinora
Call: 021-4872792 or in case of emergency at 086 8123833

Cork Scripture Group

Biblical Perspectives on Justice. Facilitators: Fr. Seán O'Sullivan, Dr Rosalie Moloney, Pauline Sheehan M.A. Fr Stephen Cummins OP

Mondays 2, 9, 23 and 30 March from 7:30 to 9:30pm in Scala Centre, Blackrock (opposite Blackrock Castle). To book a place or find out more please email corksripturegroup@gmail.com

Anam Cara

Anam Cara West Cork, the organisation that supports bereaved parents is holding a Parent Evening on Tuesday 10 March 2020 at 7:20pm in the Munster Arms Hotel, Bandon, Co. Cork. This is a free event and open to all bereaved parents

Mount Cara (Cara House) Redemption Road

Call: (021) 4395737

Email: administration@mountcara.ie

Mount Cara is a twenty-five bedded facility located on the northside of Cork City adjacent to the North Monastery School and situated on the grounds of the "Old Bishops Palace". Mount Cara offers respite, convalescence and continuing care. To check for availability and for further information, please contact Eilís Brennan (Person-in-charge) (021) 4395737.

Physical and spiritual wellbeing

Tuesdays 3 March to 7 April 7:30 to 9:00pm

The participant is introduced to meditation and movement that awaken and empower both physically and spiritually.

Facilitator: Sr Mary Dineen. Location: Nano Nagle Place, entrance through Evergreen Street. Cost €5 per class
Registration essential.

Email: spirituality@nanonagleplace.ie

Call: 076 6549824

Person of the year 2020 – St Patrick's day award

Each year, as a parish, for the last ten years, the award of Ballinora person of the year has been conferred by the parish council on one of our parishioners, after the Mass on St Patrick's Day. The award is not limited to church-related activities. To celebrate Eucharist for the parish is to include and encourage all of our parish activities, sports, youth activities, music, dance, community development and all that makes Ballinora such a warm, close, welcoming and supportive community. Some past recipients of the award include: Francis Hurley (Crib, choir, community electrician, Carmel Drinan (Scouts, Tidy Towns, ministry etc), Mgt Drinan (ICA, GAA, community The Dineen Family (Curraheen Grotto etc). Please take some time to fill in a nomination form available in the church this weekend and return before Sunday evening, 8 March.

The Parish Word

Issue 185: 29 February and 31 March 2020 Ballinora



10 suggestions for a fruitful Lent

1st Sunday in Lent

- ◇ Take 20 Minutes in the course of each day to pray. (Can be divided into shorter 'prayerbites' of a few minutes to suit your daily routines. A conscious effort to use traffic jams, bus and bank queues, waiting rooms as prayer spaces)
- ◇ Attend daily Mass. If not possible, go on one other day of the week other than Sunday. (Evening Mass in Ballinora at 7:30pm)
- ◇ Go to the Sacrament of Confession or a Reconciliation Service even once during Lent
- ◇ Read a passage of Scripture each day or visit a website like Catholicireland.net for the Mass Reading of the day or download the 'Universalis' app for laptop or phone
- ◇ Pray the Stations of the Cross maybe on a Friday during Lent. Follow the journey of Jesus; his tormentors, his supporters
- ◇ Try to say some simple common prayer together as a family each night
- ◇ Read the life-story of a Saint who appeals to you (the Confirmation Candidates should be experts on Saints for their new names!)
- ◇ Take on a person to visit at home, in nursing home or hospital
- ◇ Support the poor. Donate to Trócaire, Penny Dinners, Vincent do Paul. Better still offer your services, maybe in a Charity Shop, or Marymount
- ◇ Organise a charity event – a coffee morning maybe, for a good cause

When Lent is over, make sure to continue your effort....

Lenten daily Mass Reminder

This coming week, Mass will be at 7:30pm on Monday, Tuesday and Friday evenings. Next Wednesday, 4 March, and Thursday 5 March, it will be at 9am.

Trócaire boxes

Available in the Church, and to be returned for Easter. Please take one.

A Lenten faith evening

Fr Philip Mulryne is a young Dominican Priest based in Popes' Quay, in charge of formation of their young students. He is a former professional soccer player, who played as mid-fielder with Manchester United and with Norwich. At the height of his career he experienced a call to follow God more closely. Fr Philip will share his fascinating personal story in St James Church, after our parish Mass, on Tuesday night, 10 March at 8pm. We hope it will be of interest to all parishioners, and especially to the families of teenagers and young adult.

Spring stations 2020

Fr. Declan would be glad to hear as soon as possible from families who would consider hosting a Station Mass in their home this spring. It's an opportunity to have the house blessed, and to meet the neighbours over a cup of tea and a bun. The simplest catering possible is encouraged to make sure it is not a burden on anyone. Offers have been received for Middle Ballinora, Dineens Lane to Maglin Bridge, and school to Ballinora Cross. All other areas are seeking a taker! Please help to keep the tradition going!

Recent bereavement

Our sincere sympathies as a community and parish go to Michael and Colette Kelleher, and to David, Grace and Michelle on the sudden untimely death of their foster son and brother, Dominic O' Driscoll whose funeral took place last Monday.