



PARISH PRIEST

CONTACT DETAILS

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USEFUL CONTACT NUMBERS

Parish Bereavement Group

Mobile: 086-8450641

Piltown Conference of

St. Vincent De Paul

Mobile: 086-2096341

The Samaritans

Freephone: 116 123

Aware

Freephone: 1800 80 48 48

Available Monday to Sunday 10am - 10pm

Templeorum Parish Newsletter

Sunday, 21st May, 2023

WEEKEND MASSES IN THE PARISH

Piltown – Saturday @ 6pm

Owning & Templeorum - Every alternate Sunday @ 10am

WE REMEMBER IN OUR PRAYERS AT THIS TIME, people of the parish, those who have passed away in our community, our beloved family members and friends and all those who need our prayers at this time

ANNIVERSARIES

Kathleen Brennan, Ashtown

Kevin Corcoran, Mullinbeg

Kathleen Friend nee Doran, Power Villas

Frances & Kevin O'Shea, Banagher

Michael & Chrissie Morohan, Piltown

William Murphy, Templeorum

MONTH'S MIND

Liam Maher

ITEMS FOR THE NEWSLETTER

Items for the Newsletter should be submitted

by e-mail to piltownparishnews@gmail.com

prior to 7pm on Wednesday of each week to ensure

inclusion in the Parish Newsletter the following Sunday.

DAILY MASSES FOR THE COMING WEEK in Piltown Church will take place on Wednesday, Thursday & Friday at 10am. These masses are subject to change from time to time.

DIOCESAN NOVENA FOR VOCATIONS TO THE PRIESTHOOD

As we begin our Diocesan Novena for vocations to Diocesan Priesthood this Saturday evening (Vigil of the Ascension) we encourage people to pray it at home and consider praying it at Mass over the nine days leading up to the feast of Pentecost.

As the Irish Church has now begun a special year of prayer for Vocations please join with us in praying for the needs of our own Diocese.

You can access copies of the Novena prayers on the Diocesan Website or on the following social media platforms: Twitter @vocossory or Facebook: <https://www.facebook.com/vocationsossory21>

IVERK SHOW 2023

The Iverk Show will be held on Saturday, 26th August next.

Annual Prize list (with details of all competitions in different areas) is due to go to print in early June. Different areas currently reviewing classes and amending as required. The ground works for the new building on the Iverk Showgrounds recently commenced, with block laying due to start shortly. Iverk Show have signed up to a new online web based system, that will allow online entries in competitions and also take trade stand bookings, in line with many other shows around the country. This system is called 'super shows' with the intention to make things easier for both the competition entrant and also trade stand entrants. We are also looking at our raffle prizes - if anyone would like to donate a raffle prize please contact 051-644621 or email: secretary@iverkshow.ie

Next meeting will be held at 8:30pm Tuesday 6th June in Piltown Community Centre, all welcome.

FIRST HOLY COMMUNIONS

Congratulations to all the boys and girls in second class at Owing N.S. who made their First Holy communion on Saturday, May 13th and to all the boys and girls in second class at Templeorum N.S. who made their First Holy Communion this weekend, on Saturday, May 20th.

Thank you to their teachers, school principals and Fr. Moore for supporting them in their preparations for the Sacrament.

ALZHEIMER'S TEA DAY

Thanks to all who supported the Tea/Coffee morning in Piltown Community Centre on Tuesday, 2nd May in aid of the Alzheimer's Society of Ireland. **A total of €1,145 was raised** for the support of families living with dementia.

WELLBEING

The Five Ways to Wellbeing are simple actions to practice each day to help maintain or improve our mental health and wellbeing. Small improvements in wellbeing can increase our ability to lead a more fulfilling life and each action in the Five Ways to Wellbeing can make a positive difference to your life. The Five Ways to Wellbeing are free and easy to incorporate into your life and you are probably doing some of these actions already without being aware of it. To get the most from the Five Ways to Wellbeing, try to combine all of them on a daily basis.

Connect

Make time each day to Connect. Connect with the people around you - with family, friends, colleagues and neighbours. At home, work, school or in your local community. By staying connected and nurturing these relationships we feel happier and more secure, giving us a better sense of purpose.

Be Active

Look for ways to be active every day. Go for a walk or a run. Step outside. Cycle, play a game, garden or dance. Discover a physical activity you enjoy which suits your lifestyle and level of mobility and fitness. Research has shown being physically active can improve your mental health and wellbeing.

Take Notice

Be aware of the world around you and what you are feeling. Be Curious. Catch sight of the beautiful. Notice the changing seasons. Savour the moment whether you are walking to work, eating lunch or talking to friends. Pay attention to the present moment - to your thoughts, feelings and to the world around you.

Keep Learning

Try something new. Rediscover an old interest. Sign up for that course. Cook a new recipe. Take on a new responsibility. Setting yourself a new challenge and learning a new skill will increase your confidence which can improve your mental health and wellbeing.

Give

Giving to others is good for you. Do something nice for someone else. Thank someone. Volunteer your time or join a community group. See yourself and your happiness linked to the wider community can be incredibly rewarding and create connectedness with the people around you.