

St. Joseph's Rathmullan & St. Catherine's Oughterlin

Parish Newsletter



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Parish Website & live webcams of
Milford & Rathmullan Churches: www.mrparishes.ie

Graveyard Website: www.irishgraveyards.ie

<u>DATE</u>	<u>TIME</u>	<u>CHURCH</u>	<u>INTENTIONS</u>
Saturday 26 th August	7.00pm	St. Joseph's	Marie Kerr (Anniversary)
Sunday 27 th August	9.00am 11.00am	St. Joseph's St. Catherine's	
Monday 28 th August	10.00am	St. Joseph's	
Tuesday 29 th August	10.00am	St. Joseph's	Teresa Doherty (Anniversary)
Thursday 31 st August	10.00am	St. Joseph's	
Friday 1 st September	10.00am 7.00pm	St. Catherine's St. Joseph's	
Saturday 2 nd September	7.00pm	St. Joseph's	
Sunday 3 rd September	9.00am 11.00am	St. Joseph's St. Catherine's	

NOTICES:

The weekly collection amounted to €1,900. Thank you for your generosity.

Pray for Kathleen Coll and Seamus Shiels who died recently and John McCarron whose anniversary occurs around this time.

Visitation of the sick & elderly will take place on Monday.

The committee of Coiste Forbartha Ghleann Bharr hope to run the following classes in Glenvar school, depending on numbers and funding. Classes will begin at beginning of October.

1) **SEWING CLASS** This class is restricted to ten people.

2) **HEALTH AND BEAUTY**

If interested please call Marion McFadden on 074 9150120 after 3pm or 086 609 5342.

The St. Vincent de Paul Society is a voluntary one willing to help families or individuals who find themselves experiencing financial difficulties, long or short term. Please phone 087 1694160, our confidential number.

Grandparents National Annual Pilgrimage **September 10th 2017, Knock Shrine 2.30pm**. Everybody welcome to honour and thank grandparents alive & dead for all they have done for us down through the ages. Chief Celebrant is Archbishop Eamon Martin-Ballina School Choir-Dana sings “Our Lady of Knock”.

The **Rainbows Programme** for children/teens who are grieving because of death or separation in the family will start in the Pastoral Centre on **Saturday 23rd September at 11am**. On the first morning all parents/guardians are invited to stay for an information session. Applications for this programme must be submitted by Monday 4th September. For more information please contact the Pastoral Centre on 0749121853 or email diocesanpclk@eircom.net.

The Irish Cancer Society operates a free Volunteer Driver Service that is available to patients attending the following hospitals for **chemotherapy treatments. Letterkenny General Hospital, Mayo General Hospital, Sligo General Hospital**. Volunteer drivers will pick a patient up at the door of their home, drop them at the hospital door and when finished treatment pick them up and drop them home again. All volunteer expenses are paid. Patients wishing to avail of this free service should contact their healthcare professional, visit the website at irishcancer.ie or contact the Irish Cancer Society for more information on 012310522

Rathmullan - Activities, Events, News

The Rat Race

The organisers of the RAT Race Rathmullan would like to sincerely thank all the participants that competed on the day and hope that all enjoyed the challenge. We would also like to thank Kernans Spar (Pauric Mc Garvey) for their generous sponsorship, all the marshals on boats, on the road and at the bikes, the local farmers for their co-operation, Hugh Coll for generously providing his Kayaks and for everyone else who helped out in any way and made the event the success that it was. Next years race will take place on Saturday 25th August 2018. Hope to see you all there!

Rathmullan Celtic FC Membership – “Our Town – Your Club”

Rathmullan Celtic FC are offering Club Membership for the first time this season. Show your support for the club by joining up for just €10. Contact Garry McMahon or any club member to sign up. For more information email: RathmullanCelticFC@outlook.com

Flight of the Earls Exhibition at An Bonnan Bui Get your tickets in An Bonnan Bui Café, exhibition is upstairs. Admission is €2 per person. Kids under 12: €1 Family ticket (2adults & 2 kids) is €5.

Rathmullan Foroige Youth Club

Rathmullan Youth Club will only run if we have enough volunteers. The club will have two groups – 10 – 12 years, and 13 – 18 years, and will meet on Friday evenings in the RDRC in Sept. If you're up for volunteering and have already completed a form – we need a copy of your birth certificate and passport. If your kids want to join, or you can help us run the club by volunteering on a rota basis, just give the RDRC a call on 9158724 or email on rdrc10@gmail.com.

Rathmullan Beach Wheelchair

The beach wheelchair is free and available for anyone to avail of. Phone **086 812 3019** to get access to the chair.

Rathmullan Tennis Court

Bookings to play on the Tennis Court can now be taken. Please contact Rathmullan and District Resource Centre on rdrc10@gmail.com, phone 074 9158724 or send us a Facebook message. €6.00 per hour or annual subscription €50.00 per person. Family/Couple subscription €75.00 per annum.

Weekly Activities

Pilates – Thursday’s 6:30pm-7:30pm & 7:30pm-8:30pm

Pilates Classes run every Thursday evening at Rathmullan & District Resource Centre. The first class starts at 6.30pm and the later class at 7.30pm. New Classes starting on Thursday the 7th September, new members welcome. Drop us an email if you wish to join: rdrc10@gmail.com or just turn up on the day.

Rathmullan Walking Group – Thursdays @ 10am

Change of time for Rathmullan Walking Group. They will meet on Thursdays at 10am. This is part of the Get Ireland Walking initiative. The walking group is facilitated by Maria McGill. Maria provides tips and advice to the group which is aimed at walkers of all ages, abilities and fitness levels. It’s great fun, very sociable, and there’s a welcome cuppa at the end.

Rathmullan Playgroup – Thursdays from 10:30am

We meet every Thursday from 10:30am – 12:30pm in Rathmullan & District Resource Centre. Everyone is welcome to come along. The kids have a play and a healthy snack, while the adults chill out with a cuppa! Cost is **€3.00 per family**. The group will run for the month of September and will only continue to run depending on numbers.

Yoga – Monday’s 10am – 11:30am at RDRC

Yoga starts back on Monday 18th Sept. For more information contact Madeline Callaghan on 086 8121043. New faces always welcome!

Rinka for kids – Wednesday’s from 6th Sept at RDRC – 5pm Bounce for 3-5 year olds. 5:45pm iBop for 6+

Rinka – creating healthy bodies, healthy minds and happy hearts. Rinka classes are all-inclusive and age appropriate, focus on making fitness fun for all. DramaFit and Bounce offer alternatives to mainstream sports, ensuring we are helping kids reach their physical activity requirements and not just those who love sport already. Offering children a place where they know they matter, they are capable and they can have fun. Aiming to foster a love of an active, creative lifestyle. Classes are filled on first come first served. Sept/Oct term is 8 weeks. All classes are 45 minutes long. Multiclass/sibling discount rates available. Class sizes are limited. For more information and to book contact Teresa on 086 0848312, email teresa.donohoe.rinka@gmail.com See details on Facebook - @rinkamilford

Ray Community Centre

086 4519656/ 9158361. info@raycommunitygroup.com and our facebook page for all details.

Tai Chi

Tai Chi classes starting back Tuesday 12th September for 7 week course. Beginners class 8.15pm-9.15pm. Intermediate class 7pm-8pm depending on numbers. All enquiries contact Liam at centre 086 4519656

Women & Men on the move

Women starting back on Monday 4th September and weekly Mondays & Wednesdays at 8.15pm-9.15pm. Men starting back Tuesday 5th September and weekly Tuesdays & Thursdays 8pm-9pm. All health checks will be done on the first nights by medical professionals and Karen from Donegal Sports Partnership and our tutors Kieran Boyle & Paddy Shiels will be there kicking off the programmes. We welcome new members as our programme is done to suit all levels of fitness and from age 18-80+. Monthly membership is only €25

Children on the move

We are delighted to be starting back a new programme on Monday 11th September for all primary school age children and we welcome children with additional needs. Exercise through fun and introduction to Gymnastics. Times are as before, group 1: 3.30-4.15pm and group 2: 4.30-5.15pm. This will be a 10 week programme cost for 1 child €45, 2 children same family €80, 3 or more children from same family €100. We still have places on this programme if you would like to contact Liam on 086 4519656. For all results from the recent children programme that we held before the Summer by Donegal Sports Partnership contact Liam at the centre.

Social Dancing

Our ever popular Social Dancing will be returning on Saturday 7th October from 8.30pm-10.30pm. This is an enjoyable evening of music by James Sandilands and two hand dancing. This is a lovely social evening for all from the wider community to get together and socialise and have a cuppa tea too. Don't worry if you don't know the dances as James and his team will get you on the floor dancing in no time

Circuit training with Kieran

Returns on Wednesday 6th September from 7pm-8pm. Will run then every Monday & Wednesday evenings 7pm-8pm. We look forward to our regulars returning and welcome new people of all fitness levels and Kieran will be there to help get new beginners started on their road to fitness.

Bums & Tums with Paddy

Starting back on Tuesday 12th September at 10am-11am. this class will be on then every Tuesday & Thursday mornings 10am-11am. this class is for all ages and levels of fitness and Paddy will be there to help all get fit and toned.

Wanted for Centre - Filing Cabinet

If anyone has a filing cabinet that they have no use for anymore would love to donate to our centre we would really appreciate it for our office. We can arrange to pick it up if you would like to contact Liam at Centre on 086 4519656

Grant for better energy homes

Are you a home owner and your home 10 years or older and in need of energy upgrading? We are helping promote this scheme throughout our community. If interested on more information and possibly getting a house survey please leave your details with Liam on 086 4519656

Walking Groups

Walking Group continues to meet Monday & Friday mornings at 10am in various locations each week and all enquiries please contact Brid Barr 086 8117456. Saturday morning walks around Ray and Glenalla continue meeting at Ray Community Centre at 10am each week. Any enquiries contact Mary Barrett 074 9151440

Sarah Lennon School of Irish Dancing

Returning Saturday 9th September. Advanced class 10am-11am and New Beginners class starting 11am-12noon

Ray Parent & Toddler group

We are changing this group to Monday mornings from 10am-12noon. Starting back on Monday 11th September. This is an enjoyable morning for babies /toddlers to play and have fun while parents/childminders/grandparents socialise over a cuppa. This is a great way for new families in the area to meet others. We are always looking for other adults to help run this group. all queries Contact Sinead Mc Hugh 087 2623716

Take your pick every Sunday night Beachcomber Bar Rathmullan

The new jackpot for next Sunday 3rd September will be €375. Winners on Sunday last 27th August of €20 each were Charlie (Jnr)Barrett, Anna Gallagher and Aisling Mc Ateer.