

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

Parish Newsletter



Fr. Martin Collum
Parochial House, Rathmullan
Phone: 074 9158156
Email: mcolm@eircom.net

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

Graveyard Website: www.irishgraveyards.ie

DATE	TIME	CHURCH	INTENTIONS
Saturday 13 th January 2018	7.00pm	St. Joseph's	
Sunday 14 th January	9.00am 11.00am	St. Joseph's St. Catherine's	James & Mary Doherty (Anniversary)
Monday 15 th January	10.00am	St. Joseph's	
Tuesday 16 th January	10.00am	St. Joseph's	
Thursday 18 th January	10.00am	St. Joseph's	
Friday 19 th January	7.00pm	St. Joseph's	
Saturday 20 th January	7.00pm	St. Joseph's	Margaret Day (nee McLaughlin) (Anniversary)
Sunday 21 st January	9.00am 11.00am	St. Joseph's St. Catherine's	Tony McGloin, McGloin Family (Anniversary)

NOTICES:

The weekly collection amounted to €1,270. Thank you for your generosity.

Meeting of Parents of 1st Holy Communion (Group B) will take place on Monday night, 15th at 7.30pm in St. Joseph's Church.

Jiving classes starting again on Sunday 14th January in Glenvar Old School. 6pm children. 7pm adults.

2018 Weekly Activities at RDRC

MONDAY Slim R Us with Karen McGlinchy at 6pm Weekly Slim R Us at the RDRC will resume on Monday 8th January 2018 at 6pm. Cost is €6.50 per week and this includes weight record card and meal plan. New members welcome.

TUESDAY

RINKA – NEW DAY – TUESDAY 9th Jan 2018 Starting Tuesday 9th January 2018. Get your kids active through the fun and exciting RINKA kids' classes for ages 3-12 years at Rathmullan District and Resource Centre. Please note that classes will be running on TUESDAYS from now on to accommodate those who attend the soccer academy. Classes available are: 4.45pm Bounce age 3-5 years, 5.30pm IBOP SNRS age 6-12 years and 6.15pm Bounce age 6-10 years. Please contact Teresa on 0860848312 to book a place or to find out more info!

WEDNESDAY

Rathmullan Social Walking Group, meet at 10am Meet outside RDRC every Wednesday morning at 10am and walk at your own pace for about an hour. Routes are varied. All ages and abilities are very welcome. Lots of Flora and Fauna with fresh air and scenery to enjoy and it's on our own doorstep and it's free.

THURSDAY

Rathmullan Playgroup – NEW TIME Thursdays from 10am – 12noon

Rathmullan's Parent & Toddler Group will start up again on Thursday 11th January 2018 from the new time of 10am – 12noon 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**. New members welcome!

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

Pilates will resume on Thursday 11th January 2018 at Rathmullan & District Resource Centre. The first class starts at 6.30pm and the later class at 7.30pm. New members welcome. Drop us an email if you wish to join: rdrc10@gmail.com or just turn up on the day.

FRIDAY

Rathmullan Foroige Youth Club resuming Friday 5th January 2018 at 6.30pm

We are pleased to say that the Rathmullan youth club has been a great success over the last few months. We are still looking for volunteers to come on board in the New Year. We're looking forward to the year ahead starting up again on Friday 5th January 2018.

SATURDAY

Yoga for Sports An introduction to yoga for sports will begin in RDRC for 3 weeks with the view to continue. Beginning on Saturday 20th January 2018 until 3rd February 2018 from 10am – 11:15am. To help with flexibility....full range of movement, focus, balance and relaxation. €25 for 3 weeks or €10 per class, drop-in. Contact Jane on 086 836 7776 for more information or to book.

Donegal Centre for Independent Living, Ballymacool House, Ballymacool, Letterkenny.
Interested in becoming a Personal Assistant? (PA)

We have a PA position in the **Rathmullan** area for a lady with a disability. Candidates must have Fetac Level 5 Health Skills Course or equivalent and have a positive attitude towards disability. For further information please contact Marian on 0749128945 or email: marian.odonnell@donegalcil.com

Pastoral Centre Letterkenny – Circle Dancing for well-being:

Circle dancing is a simple form of dance which is very beneficial to improve your physical fitness and health and can help people suffering from anxiety, stress, depression, isolation and loneliness because it encourages community. Numbers limited.

Thursday nights: January 18th, 25th, February 1st, 8th, 15th and 22nd from 7.30pm-9.30pm. Facilitator Ali Broder. €90 per course, concession is available. Deposit of €20 to book a place and needs to be paid in full before first evening.

A Bereavement Support Group

This is a support group for people who have lost someone. This small group will be closed on the first night, i.e. no new participants will be allowed to join the group once it has commenced. Session dates: Tuesday 7-9pm, 9pm evenings, starting 16th January fortnightly, finishing May 15th.

A Changed Life Support Group

This support group is for people who have lost someone to suicide. This small group will be closed on the first night i.e. no new participants will be allowed to join the group once it has commenced. Session Dates: Tuesday 7pm-9.30pm, 9 evenings, starting 23rd January fortnightly, finishing May 8th. For more information please contact the pastoral centre on 0749121853.

World Day of Migrants & Refugees – Sunday 14th January

Pope Francis has asked everyone to respond to the situation of many migrants and refugees fleeing from war, persecution, natural disasters and poverty by actions in deeds and words. A welcoming event for new migrants and refugees is being organised for Sunday 11th February at 3pm by the Diocese of Raphoe Justice & Peace Group in association with the Donegal Intercultural Platform. Venue in Letterkenny to be finalised soon.