

Beragh Parish Bulletin



Mission Sunday

24th October 2021

Parish Priest Mgr Colum Curry PP VG

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Cardinal MacRory Pastoral Area

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Parish Office Opening Hours

Mondays: 1.00 pm - 4.00 pm; Fridays: 9.00 am - 1.30 pm.



Dear Parishioner and Gentle Reader,

Today is Mission Sunday. But Mission, we must understand, doesn't just refer to Asia, Africa or the Far East. Mission refers to all of us, here and now in our own locality. Faith, like charity, begins at home. Somebody has made the observation that to be a Christian and to be Missionary, we need three bones: a back bone; a wish bone; a funny bone.

- We need a back bone to stand firm when all else seems to waver; to speak boldly for Christ within a culture that is mainly concerned only with the things of this world; to act uprightly when it is so much easier to scheme, cheat or deny.
- We need a wish bone to dream dreams of a better world, to see beyond the confines of the present to the greener pastures of Christ's future where loneliness, anxiety and injustice give way to community, security and peace.

- We need a funnybone, to have the courage to laugh at our mistakes and to begin all over again, to realise that everything ultimately depends not on us but on the Spirit of Christ, to believe that the promises made by the Lord endure despite our weaknesses.

On this Mission Sunday we pray for the many Irish missionaries working in various parts of the world and we remember too the significant number of Irish men and women who lost their lives overseas because of violence and through sickness. Their example should encourage us to be willing to witness to Christ in the circumstances of our lives. St John Paul once prayed that the commemoration of such martyrs on Mission Sunday “would draw numerous young men and women to tread the same path of heroic fidelity”.

In this Month of the Missions we might pray the Rosary by offering the first decade for Africa, the second decade for America, the third decade for Europe, the fourth decade for Oceania and the fifth decade for Asia. We could also add the following prayer:

“Blessed are you, Lord God of all creation. May your kingdom of justice, peace, love and forgiveness, be established in every land. In this time of coronavirus pandemic, we pray that your healing hand touch the sick, comfort the lonely and give new life to all. Be our companion on the road of life and help us to make your mission alive in our local community and throughout the world. Amen”.

With every blessing, Monsignor Colum.

October Devotions

There will be Exposition of the Blessed Sacrament and October Devotions in the Church of the Immaculate Conception, Beragh this Sunday evening (24th October) at 7.30 pm.

Beragh Parish Pastoral Council

In the past, Beragh parish has been well served by many people who worked on various Parish Councils and more recently on the Parish Pastoral Council. I want to pay tribute to those men and women and pray for those who are now deceased. In light of the Synodal Process referred to in Archbishop Eamon Martin's Pastoral Letter of last week, it is important that each parish has an active Pastoral Council. Therefore, I would like to encourage the formation of a Pastoral Council for Beragh Parish and I would be grateful to hear from parishioners who might like to be considered for this role. Before Covid 19, we had made some attempts to begin the process, but unfortunately that had to be postponed.

Very shortly there will be training and formation provided for those who might be interested in learning more, without any obligation. Please submit your name and contact details to the parish office beragparochial@btinternet.com before Friday 3rd December.

Covid 19 Wakes and Funerals

When a person has died as a result of Covid 19, new regulations governing arrangements for wakes and funerals have come into effect from September 2021. Where there is a negligible risk of transmitting the Covid 19 infection, the remains of the deceased are allowed to be taken home and viewing is permitted. They can also be brought to the church for the funeral Mass. However, the regulations regarding numbers permitted to gather, social distancing, hand hygiene and face coverings must be observed. Anyone who has had a positive Covid 19 test result or anyone who is symptomatic should not attend.



Stress Control online

Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment. If you are feeling a bit more stressed than usual and would like to learn some great ways, free-of-charge, to deal with common problems like anxiety, depression, panicky feelings, poor sleep and poor wellbeing then come along to our online Stress Control class.

'Stress Control' is a six-session cognitive-behavioural therapy class used extensively in community-settings by the NHS (UK) and HSE (Ireland) and across the world. You can find out more here: <https://ni.stresscontrol.org/>

As you can't come to a regular Stress Control class due to the current circumstances, Stress Control will come to you and live stream the sessions.

Each session will be available on the YouTube channel from 9am and will be 62 hours after the start time. The sessions will be led by Dr Jim White, consultant clinical psychologist, who created the class and who has taught most of the NHS (UK) and HSE (Ireland) trainers who would normally be running classes across the country.

To take part:

- 1) Go to <https://ni.stresscontrol.org/> where you can learn more about the class and get the dates. Everything you need to successfully complete the class – the booklets, self-assessment, relaxation and mindfulness - can be found in the 'Free zone'. If you can, please read, and start working on, the booklets in the 'Preparing for the course' section before Session 1.
- 2) On the homepage, click on the 'Stress Control Online' link to access our YouTube channel where the classes will be available to view at the scheduled times. If you click the 'Subscribe' button on our YouTube page (free), you will receive notifications when a new session is available. You can also follow this link: <https://www.youtube.com/channel/UCdCfzKqmXbB30baWLv6L5-g>
- 3) The session will begin exactly on time, so make sure you are there from the start. Sessions run for about 90 minutes and there will be a 10-minute break in the middle.
- 4) Each session is one piece of the jigsaw in tackling your Stress. By coming to each class, the jigsaw will form, and the big picture can emerge, making you better able to handle your stress. This is cognitive-behavioural therapy so it is crucial you practice the skills you will learn between sessions.

Life is very hard for us just now and there are no easy solutions or magic cures, but, with hard work and determination, we can boost our resilience to cope with these difficult times and come out the other end stronger. Please pass this on to anyone who you think might benefit from the class.



stresscontrol[®]

Face your fears; be more active; boost your wellbeing

Take control with Stress Control

Session 1: What is Stress?

Monday 1st November
9am
(available until 11pm Wednesday 3rd)

Session 2: Controlling your body

Thursday 4th November
9am
(available until 11pm Sunday 7th)

Session 3: Controlling your thoughts

Monday 8th November
9am
(available until 11pm Wednesday 10th)

Session 4: Controlling your actions

Thursday 11th November
9am
(available until 11pm Sunday 14th)

Session 5: Controlling panicky
feelings

Getting a good nights sleep

Monday 15th November
9am
(available until 11pm Wednesday 17th)

Session 6: Boosting you wellbeing
Controlling your future

Thursday 18th November
9am
(available until 11pm Sunday 21st)

Everything you need can be found at <https://ni.stresscontrol.org/>



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Upcoming Events

Dromantine Retreat and Conference Centre

The following directed retreat and workshops will be led by Father Hugh Lagan SMA in October and November 2021. The retreat and workshops are open to everyone. Spaces are limited and the centre will operate in full compliance with all public health regulations.

Hello You - Finding the Joy, Purpose and Happiness You Deserve (18 - 21 October £280/€325).

Broken Open - How Difficult Times Can Help Us Grow (19 - 21 November £200/€230).

Mount St Anne's Retreat and Conference Centre, Co. Laois - Autumn Courses **Online**

All Courses are at 19.00 - 21.00 (Irish Time) on ZOOM

To book a place please email ceo@mountstannes.com

Title: Laudato Si' in our Contemporary World

October 27 (Sean McDonagh).

This course will explore Laudato Si and the Challenges of Biodiversity and Climate Change. €100 for full course.

Women in the Bible: Our Mothers in Faith

October 28 (Rosalie Moloney).

The diverse women of the Bible offer us inspiring examples of Faith in action. This course invites us to follow in the footsteps of some of these remarkable but very human characters: from Ruth and Naomi and the mothers of Genesis to the women of Jesus' parables and the female leaders of the early Church.

€100 for full course.

Celtic Spirituality: What is it? Has it any significance for life today?

November 3, 10, 17, 24 (Michael Drumm).

There is a lot of talk today about Celtic Spirituality. But the question arises - what exactly is it? Does such a spirituality exist? Is it anything more than romantic nostalgia for a dead past? Who were the Celts? Can we access their spiritual insights?

During this course some characteristics of Celtic life will be identified which might legitimately form the foundations for a renewed Celtic spirituality today.

€100 for full course.

Exploring the Synodal Pathway: The Ongoing Reception of Vatican II

November 4, 11, 18, 25 (Janet Forbes and Oonagh O'Brien).

This course will explore the upcoming Synod as the continuation of the Second Vatican Council with a particular focus on the Spirituality of Synodality; the participation of all, especially young people, and the need for structures and resources to support the local church.

Janet Forbes and Oonagh O'Brien featuring Sr Nathalie Becquart and Rafael Luciani.

€100 for full course.

Week-end Masses

I am aware that some people in the parish are quite annoyed there is no Mass in St Malachy's, Seskinore on Sunday and no Mass in St Patrick's, Drumduff on Saturday evening, as was the practice in recent years. I share their disappointment, but unfortunately the situation is outside my control. I would love to be able to reinstate the arrangements we had prior to Covid-19. However, the current regulations regarding places of worship are determined, not by numbers in attendance, but by capacity. It is the responsibility of the parish to ensure that the building can safely accommodate people by ensuring the stipulated social distancing, in addition to the other protocols regarding signage, ventilation, and sanitisation etc. Given the size of Seskinore and Drumduff churches, it is not possible to have public week-end Masses until the Health Authorities and the Executive relax the present guidelines.

Covid-19

While the Executive has decided to ease the restriction of face coverings in places of worship, Church leaders are encouraging people to continue to use them as a precautionary measure against the spread of infection.

Fundraising Update - Trócaire

In the coming weeks and months, it is possible that a Trócaire fundraiser may call to your home inviting monthly donations. Fundraising representatives will be wearing Trócaire blue branded jackets and face masks and will adhere to COVID compliance guidelines to ensure safety measures are met.

The door-to-door campaign allows us to reach people who have not donated to our Lenten appeal and also gives people the choice to donate in different ways. Monthly donations help Trócaire to plan ahead and have greater impact with the communities we exist to serve.

PS If you would like to contact Trócaire directly on any matter related to this initiative, you can contact Louise Walker on 00353 5053 225 or louise.walker@trocaire.org

Summary of Beragh Parish Collections

Weekly Envelopes: £538.88

Loose Collection: £ 10.00

Other Collections

Candles: £116.68

Building Fund: £ 57.00

Priest's Dues: £115.00

Mission Sunday: £ 14.00

Total: £851.56

Grant them Eternal Rest, O Lord

All names on the Parish Dead List

Recently Deceased: Bernie Owens; Peter McCrory;
Conor Montague.

Church of Immaculate Conception, Beragh

Sunday 24th October **9.00 am** Mass for the People.

11.30 am Nora Keenan;

 Johnny McNamee;

 Baby Rosa Therese Mary Donnelly;

 Michael Moore.

Tuesday 26th October **9.00 am** Private Intention.

Thursday 28th October **12.30 pm** Wedding (Restricted).

Friday 29th October **7.30 pm** Nellie Conroy.

Saturday 30th October **10.00 am** Private Intention.

Sunday 31st October **9.00 am** Mass for the People.

11.30 am Nickle and Mary Grimes;

 Mary and Jack Donnelly;

 Ben Donaghy.

Church of St Malachy, Seskinore

Monday 25th October **7.30 pm** Private Intention.

Church of St Patrick, Drumduff

Wednesday 27th October **9.00 am** Private Intention.

Oratory, Sixmilecross

The Rosary and Masses from the Oratory are available on You Tube. Search for “sixmilecross oratory youtube”.

Defibrillator

The Defibrillator has now been installed at the Church of the Immaculate Conception, Beragh.

Sponsored Indian Children

The Group wish to sincerely thank all those parishioners who continue to sponsor the education and the daily rice meal of a poor child in India.

We are proud to reach our 20th year sponsoring Indian children from Beragh Parish.

The total amount raised this year was £1,924.

If you would be interested in giving a donation, or to find out more information, please contact Kathleen on 02880 757 095.

Beragh Red Knights GAA

Last week's lotto numbers were 13, 17, 22, 27 & 29. No jackpot winner this week but the £50 goes to Brenden Owens, Sharon Farley and Gerard & Catherine McWilliams. Next week's jackpot is £12,600 and tickets can be bought online on Klubfunder [https://www.klubfunder.com/Clubs/Beragh Red Knights GAA](https://www.klubfunder.com/Clubs/Beragh%20Red%20Knights%20GAA) or at local shops.

After last week's disappointing result in the championship, our Senior men set out to finish their league campaign with a flourish. First up out of the five remaining games is neighbours, Tattyreagh. This fixture is today (Sunday) and throw in is at 2.00 pm in Carrickmore.

On Tuesday evening (26th), our U16 girls take on Badoney in their league campaign. Throw in at 7.00 pm.

For more updates on fixtures and Club activity, follow the Beragh Facebook, Instagram and Facebook pages.

Flaxmill Centre, Drumduff

Walk for Mary's Meals on Saturday 23rd October from the Flaxmill Centre at 11.00 am. 3k and 6k routes available AND re-opening of the newly refurbished Walkway at the Flaxmill Centre at 12.30 pm. Fun and games for all. Refreshments served.

St Columbanus Award

Applications are invited for the St Columbanus Award - Sponsored by the Knight's of St Columbanus, Omagh.

The Award is open to individuals under 25 years of age, to groups from second level schools and colleges and groups from parishes within the area of Omagh Council.

Award aimed at projects which:

- (a) Encourage and inspire young people in the practice of their Catholic faith.
- (b) Develop leadership skills to encourage others to become more involved in their local community.
- (c) Reflects the ethos and Spirit of St Columbanus.

Application forms are available from: www.knightsofstcolumbanusomagh.co.uk

Closing date for completed applications: 20th November 2021.

Baxter School of Irish Dancing

Class continues for beginners and current pupils on Fridays (6.00 pm - 7.15 pm) in St Oliver Plunkett PS, Beragh. All new beginners are welcome.

Radio Maria

Thank God and sincere thanks also to our many listeners and supporters as RADIO MARIA IRELAND continues to grow. As an Irish run Catholic Talk Radio Station we enjoy commercial free broadcasting. We offer Prayer, Catechesis, Uplifting Music, Talks, Interviews and Testimonies. So do join our growing faith family. Here is how you can listen:

- 1 Via Digital TV - Saorview 210
- 2 Download our **free** App "Radio Maria Ireland"
- 3 Streaming on our website - www.maria.ie
- 4 Via our "Listen Live Radio" link on our Facebook page
- 5 Via phone - get live radio feed by calling 353 (0) 14373277 (no extra charges apply)

Why not drop a line to our Priest Director, Fr Eamonn McCarthy, at Maria Ireland, St Anthony's Business Park, Ballymount Road, Dublin 22

Prayer by Telephone

The Sisters of Mercy at "Bethany" House of Prayer, 34 Point Road, Dundalk, welcome any person who may wish to request prayer, especially during these difficult times. Telephone 00353 (42) 9331602, from 9.00 am to 9.00 pm daily. One of the Sisters will be happy to listen and pray with you. All requests are confidential.

Important Information about the Parish Webcam

The web camera in the Church of the Immaculate Conception, Beragh has been upgraded. Anyone wishing to watch Mass etc. being streamed from Beragh Parish should go to the parish website www.beraghparish.com for the new link or go to www.churchmedia.tv Anyone with a set top box should search for Church Media to add that channel. Any problems with the set top box, please call 07879 606 583. You will also notice on the bottom left hand corner an additional camera choice: “Baptismal” which focuses on the baptismal font for the celebration of baptisms and “Mobile” which is available for Devotions and is only available when streaming is active.

Mass arrangements for Beragh Parish

All Masses from Church of the Immaculate Conception, Beragh are streamed via webcam.

To log on please go to: www.beraghparish.com