

NUACHTLITIR NA CARRAIGE AGUS MHÍN AN AOIRE
An tAth Proinnsias Mac an tSaoir S.P. - 074 9739008/087 1758303.
AN TRIÚ DOMHNACH FICHEAD SAOR - 10-09-2017
FAILTE - WELCOME

BÁS LE GAIRID

Evelyn Gillespie, Creenveen & Chicago.
 Vera Herron, Carrick.
 Eammon Molloy, Meenaneary,

CUMHNEACHÁIN BAIS

AIFRINN NA SEACHTAINE: AN CHARRAIG AGUS MÍN AN AOIRE

Dé Satharn	6.30 p.m.	An Charraig	Pete Gillespie, Meenaveean.
Dé Domhnaigh	9.30 a.m. 11.00 a.m.	Mín an Aoire An Charraig	
Dé Luain	10.00 a.m.	An Charraig	
Dé Máirt	10.00 a.m.	An Charraig	
Dé Céadaoin	10.00 a.m.	An Charraig	St. John Chrysostom.
Déardaoin	10.00 a.m. 10.00 a.m.	Mín an Aoire An Charraig	The Exaltation of the Holy Cross.
Dé hAoine	10.00 a.m.	An Charraig	Our Lady of Sorrows.
Dé Satharn	10.00 a.m. 6.30 p.m.	An Charraig An Charraig	Kate, Paddy, Maggie & Mary Haughey, Teelin. Paul Fletcher, London & Teelin. Ss Cornelius & Cyprian.
Dé Domhnaigh	9.30 a.m. 11.00 a.m.	Mín an Aoire An Charraig	Josie Byrne, Crove.

AN SACRAMINT NAOFA:

An Charraig: Dé Domhnaigh 7.00 p.m. – 8.00 p.m.
 An Charraig: Dé Máirt 10.30 a.m. – 8.00 p.m.
 Mín an Aoire: Déardaoin 7.00 p.m. – 10.00 p.m.
 Saturday, after 10am mass, and before Vigil Mass.
 Sunday, before mass from 9.10 a.m.

FAOISTIN: Carrick

Meenaneary

FRIOTHÁLAITHE NA hALTÓRA: Carrick

Michael & Shane Callaghan, Máire Ní Cheallaigh, Odhrán Gillespie.
 Supervisor: Helena Callaghan.

Meenaneary

Megan Breslin, Laoise Mc Ginley, Sarah Mc Hugh.
 Parish Collection €889. Parish Projects €180.

CÚRSAÍ AIRGID:

LEGION OF MARY:

Meeting in Parochial House on Tuesday at 8.15 p.m.

NAOMH COLUMBA

LOTTO 5th Sept. 2017 €4,400. Uimhreacha 4, 7, 8, 25. Duaiseanna Aitheantais 5 Dhuais. €50 Catherine Anderson, Fr. Mc Dyre Tce. €30 Johnny Mc Ginley, Seive. €30 Mary Barron, Teelin. €20 Rosemary Byrne, Creenveen. €20 Bardán & Dominic Mc Guire, Carrick. LOTTO na seachtaine seo chugainn 12th Sep. 2017 €4,500.

BINGO in Old School, Thursday night at 9.00 p.m. Winners 7th Sept. €50 Evelyn Boyle, €60 Marion Mc Ginley, €80 Mary Football, €100 Noreen Mc Laughlin, Francie Cunningham. Snowball next week €4980, Jack the Joker €1520.

DRAW €1000 Peter Columba Mc Ginley, Meenacharvey & London. €400 Yvonne Ingles, Drimroe. €200 Trish Carr & Philly Ward, Clogher. €200 Seamus Kennedy, Meenaneary. €200 Carmel Mc Guinness, Bruckless.

CEOL NA GCONALLACH - THE DONEGAL SESSIONS

The final traditional music concert of the season will take place this Saturday night in Áislann Chill Chartha at 8.30 pm. Music by John Byrne (John the Miner), Steve Cooney and Aileen Sweeney. Doors open 8.00 pm. Admission (includes refreshments) €10, children €5.

OIDEAS GAEL

Ranganna Oíche i Péintéireacht, Cróiseáil & Cniotail agus Taipéis. Gach Luain ón 18ú Meán Fómhair 7pm – 9 pm Oideas Gael is offering evening classes in Painting, Crochet & Knitting and a Weaving class beginning on Monday 18th September for 8 weeks, from 7pm-9pm. Please phone or call into the office to confirm interest – 074 9730248.

FAMILY FUN WALK

In association with Donegal Sports Partnership & Donegal Local Development. Sunday 10th September starting at 2 pm from Meenaneary Community Centre, Carrick, Co Donegal. Suitable for all ages and abilities but PLEASE no dogs (unless guide dog). Enquiries to Martin 0863343355

TOBAR NA mBAN- ICA

Local womans group, weekly meetings will resume Tuesday 12th Sept. ar 8.00 p.m. in Colaiste na Carraige. New members always welcome. Come join us, for a cuppa and a chat! For more information contact Noelle 087 776770.

DONEGAL HOSPICE

Coffee morning in Carrick House on Thursday 14th September from 11.00 a.m. till 2.00 p.m. Come along and enjoy a cup of coffee and support the hospice.

FOOT HEALTH PRACTITIONER: Margaret Connell will attend Carrick Day Centre on Wednesday 13th September.

Pathways Programme: Pathways is a two-year, one-day-a month course for adults who wish to explore their faith (9 Saturdays per year). There are no exams and no written work. You can come along and enjoy! Each day consists of input from excellent and engaging speakers and the opportunity for discussion. The cost is €250 for the whole Academic Year, payable in 3 instalments. Booking is now open. A place is secured when the first instalment of €100 is paid. The programme will be held in the Parish Centre of St. Mary's Church Stranorlar. Start date: Saturday 7th of October, from 10.00 am – 4 pm. Contact Fr. Cathal O'Fearrai at: ofearrai@gmail.com for more information. Or phone: 074 9121853.

Anger Management Course: Pastrol Centre, Letterkenny - Starts Monday 18th of September 2017, 7.30 pm till 9.30 pm over 6 weekly sessions till 23rd of October. The course will include themes of self-confidence building, improved relationships with self and others, anger management and discovering creative sides to self. Course will be € 90.00, to secure a place, fee needs to be paid in full before first evening. The Facilitator is Kathy O'Connor. Classes are open to all adults. Numbers limited.

Bereavement Support Group: Pastrol Centre, Letterkenny - Start date: Tuesday 3rd of October from 7.00pm- 9.30pm. Finishing date is 27th February 2018. This is a support group for adults who are experiencing grief. Participants are guided through a programme that runs over 10 Tuesday evenings with a specific focus on personal experience that group members have encountered on their journey through grief. The group will be closed on the first night. Feedback on this programme has been extremely positive. The evenings are FREE of charge. Donations welcome.

A Changed Life-Support Group: Pastrol Centre, Letterkenny - This is a support group for people who have lost someone to suicide. Start date is Tuesday 26th of September from 7.00pm- 9.30pm. Finishing date: 20th of February 2018. This small group will be closed on the first night. For information on what the group offers, please contact Liam Cannon, Director of Counselling at 074 9121853. FREE of charge. Donations welcome.

ÁISLANN CENTRE: Children's Art Classes starting on Tuesday 19th September for 8 weeks. From 6 - 7 p.m. Cost is €5 per week. Tutor Conal McIntyre. Adult Art Classes starting on Tuesday 19th September for 8 weeks. From 7 - 9 p.m. Cost is €75 per term. Tutor Conal McIntyre. To book a place Tel: 074 9738376

A 10 Visit Pass Card is now available to purchase from the Áislann Reception for €30. This entitles the user to 10 sessions in the Áislann Health and Fitness Suite. On each visit your card MUST be signed by a member of staff BEFORE entry into the Fitness Suite. Each card is valid for 6 Months from date of purchase.

Aislann Seomra Tae / Tea Room is open Monday – Friday until 4.30 p.m. Breakfast served from 9.30 a.m. Also serving a selection of home baking and other goodies. Tel: 074 9738376 pre-orders welcome.

NIALL MOR COMMUNITY & ENTERPRISE CENTRE: Pilates Classes: Beginning Thur. 7th Sept from 10 am - 11 am or Mon 11th from 8 pm - 9 pm, €40 for 5 weeks or €10 per class. Places must be pre-booked: 074 9741863.

Tai Chi will be returning on Fri 8th Sept from 10 am - 11 am and costs €20 per person running for 8 weeks, contact 074 9741863 if interested.

Baby Massage: Starting Mon 11th Sept for 5-week sessions. To reserve a place contact Eileen on 087 7647993

Horticultural Theory Class: 16 week course commencing Tues 12th Sept from 8 pm - 10 pm, course costs €50 per person. Call 074 9741863 to reserve a place.

Bike for Life: New or Novice cyclists wishing to learn basic bike skills, beginning Wed 13th Sept from 6:30 - 8:30 pm for 4 weeks, costs €10 per person.

3 Day Occupational First Aid Course: Sat 16th, 23rd and 30th Sept from 9:30 am - 5:00 pm cost €200 per person.

Spanish Beginners/Intermediate Course: Spanish classes commencing Mon 18th Sept. Beginners: 6 - 8 pm, Intermediate: 8 - 10 pm costing €40 per person. Call 074 9741863 to enrol.

Walking Group: recommencing Thursday 7th Sept @ 10:30 am, weekly event, €2 per person.

Scrabble: Every Monday from 10:30 am, €2 per person.

Weight Watchers: Every Monday, first class from 4:45 pm and second-class 6:00 pm. Contact Brid: 0861922110

Slimming World: Every Tuesday, from 6:00 pm. Contact Gwendoline: 0872480469

Donegal Women's Centre: Outreach service at the Niall Mor Community & Enterprise Centre. Contact 074 9124985

MATTHEW 18-21-35

Today's Gospel deals with a subject which concerns us all- forgiveness. None of us can go through life without getting hurt. How do we cope with these hurts? They can provide us with an opportunity to grow, or they can become a stumbling block to human and spiritual development. Hurts are not easy to deal with. As soon as we get hurt self-pity walks in our front door - which is only natural. But once self-pity is entertained, it produces a legacy of bitterness, resentment, and anger. The memory of wrongs flows inwards where it festers. It poisons our spirit, and destroys our capacity to love. Some people have years of stored hurts inside them. From time to time the cellar of the mind and heart has to be cleaned out. The cobwebs of self-pity have to be swept away. The cancerous growth of bitterness has to be cut out. Hurt feelings have to be dug up, owned and then let go. Here is where forgiveness comes in. Though never easy, even from a human point of view it makes great sense. We rid ourselves of the burden of bitterness and resentment. As a result, we experience a sense of freedom, relief, and cleanness. Once again we are able to devote all our energies to loving, which IS the only activity that befits a Christian. Forgiveness is first and foremost a healing of our own hearts. It is precisely our hearts that are wounded. Forgiveness also works wonders for the person who is forgiven. He/she is set free to walk in friendship with God and with the person he/she has offended.