



# Sixmilebridge + Kilmurry Parish Newsletter

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## Parish Office

Mon - Fri. 10.00 a.m. - 12.00 Noon

For Booking of Masses, Baptisms & Weddings.  
Baptisms take place at 12.00 Noon on Sundays in  
Sixmilebridge + Kilmurry

## In Loving Memory

We extend our sympathy to James and Pat Freeman, Kilmurry, on the death of their mother **Bridie Freeman R.I.P.** in N-O-F. We remember all our loved ones and especially those whose anniversaries occur at this time. **May they Rest in Peace.**

April 11th	11 am Webcam	James + Mary Collins Bonnie Kerrison Mary O'Brien
April 18th	11 am Webcam	Joe + Maura McInerney Johnny O'Gorman Jimmy Grady Michael + Margaret Sheedy

Mass via Webcam Sunday at 11 a.m.

## Thank You!

A very special thank you to all who continue to support our Parish in every way. We acknowledge your kindness through your financial contributions and also for all who tuned in to our Easter Ceremonies via our webcam.

Your support is greatly appreciated.

**Trócaire Collection** is being taken up at the moment. If you wish to contribute please drop in through letterbox in Parish Office marking it for Trócaire.

### Sixmilebridge G.A.A. Club Lotto

Numbers drawn: 5 8 13 30

Next Jackpot €20,000

## Our Prayer for those who are Caring for Us

### Loving God,

We place into your care our Doctors, Nurses and Healthcare Workers. Give them courage of heart and strength of mind and body. Keep them safe from harm. May they know our deep gratitude for all they are doing to heal and help those affected by COVID-19

### Loving God,

We place into your care Our Gardaí, All our Retail Workers, Post Office workers, School Teachers + Staff, Volunteers and ALL essential workers who are keeping this ship afloat at this difficult time. Bless and reward them for all they are doing.

### Loving God,

Grant our Priests strength of mind and body, Keep them safe to do Your will, and give them the courage and peace to face each day with trust and confidence in You.

### Loving God,

Be with our Government and our Health Care Officials as they work together with the difficult task of decision making for our benefit in keeping us all safe.

### Loving God,

We thank you for the gift of the various vaccines which are being rolled out now in our World to protect us from this deadly virus. Amen.

### COVID-19 Support Line for Older People

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

**Prayer** is the key to  
Heaven but  
**Faith** unlocks the door....



## Wednesday, 14<sup>th</sup> April 2021

**Five ways to wellbeing during tough times. A Healthy Ireland at your Library Event. Online event at 1pm**

The aim of this 1 hour webinar, which will be delivered by Claire Flynn, Development Officer with Mental Health Ireland, is to provide participants with a brief introduction to the concepts of mental health & wellbeing. It will give people an improved understanding of how they can look after their wellbeing during Covid-19 and how to incorporate the five ways to wellbeing, as a healthy coping strategy, into their lives. Free event for adults throughout Co Clare, booking essential. In order to take part, participants will require remote access to Zoom. Please book your place by calling Kilrush Library on 065 9051504 during branch opening hours or alternatively by emailing [kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie)

## Friday, 16th April 2021

**Boost your immune system with food. A Healthy Ireland at your Library event.**

### Online event at 1pm

During this presentation consultant dietitian Gillian McConnell B.Sc (Hons) Dietetics, MINDI from Inside Out Nutrition will explore ways that you can boost your immune system. You will get plenty of evidence based practical top tips on how to incorporate healthy eating into your life. Free event for people throughout Co Clare aged 18+. Booking is essential. In order to take part, participants will require remote access to Zoom. Please book your place by emailing [kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie) or by calling Kilrush Library on 065 9051504 during branch opening hours.

## Monday 19<sup>th</sup> April, 2021 & Monday 26<sup>th</sup> April 2021

**Fitness4Fun Exercise session. A Healthy Ireland at Your Library Event.**

### Online event @ 11am

Join John Conroy for a Fitness4fun online chair yoga to improve flexibility, increase muscle tone and improve your overall health. Regular exercise is important to the physical and mental health of older adults and in this Fitness4Fun session John will show new ways for participants to remain physically active, no matter what their age. Free event for adults throughout Co Clare, limited numbers, booking essential. In order to take part, participants will require remote access to Zoom. Please book your place by calling Kilrush Library on 065 9051504 during branch opening hours or alternatively by emailing [kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie)