

## MASS TIMES & INTENTIONS

### Saturday 1 May

Vigil Mass **6.30pm**  
 Patrick Losty and his sister Eileen  
 John Sharpe  
 John Joe Byrne  
 Phyllis Deans

### Sunday 2 May

Mass **10.00am**  
 Patrick Losty and his sister Eileen  
 John Sharpe  
 John Joe Byrne  
 Phyllis Deans

### Monday 3 May

Morning Mass **9.30am**  
 John Sharpe

### Tuesday 4 May

Morning Mass **9.30am**

### Wednesday 5 May

Morning Mass **9.30am**

### Thursday 6 May

Morning Mass **9.30am**  
 John Joe Byrne

### Friday 7 May

Morning Mass **9.30am**  
**Holy Hour** **7-8pm**

### Saturday 8 May

Vigil Mass **6.30pm**

### Sunday 9 May

Morning Mass **10.00am**

## MINISTERS OF THE WORD

### Saturday 1 May

Oliver Campbell

### Sunday 2 May

Giles Durcan

### Saturday 8 May

Martin Condon

### Sunday 9 May

Michael Forde



We invite you to download  
 Our App for Newbridge,  
 Caragh and Prospeous



# Living Well

A programme for adults with long-term health conditions  
 Your toolkit for better health

## Are you living with Post COVID19 Syndrome for more than 6 months?

Symptoms include fatigue, anxiety, low mood, sleep disturbance, pain.

### What is Living Well?

Living Well is a free online group programme delivered over six workshops (2.5hrs x 6). It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management skills and confidence to live well with COVID19 Syndrome.

### UPCOMING LIVING WELL PROGRAMMES (FOR PEOPLE LIVING WITH POST COVID19 SYNDROME)

Day	Start Date	Finish Date	Time	Group
Mondays	24th May	12th July	10AM-12.30PM	Any Long-term Health Condition
Saturday	29th May	10th July	10am-12.30pm	Post COVID19 Syndrome
Tuesdays	15th June	27th July	10am-12.30pm	Post COVID19 Syndrome
Fridays	18th June	20th July	10.30am-1pm	Any Long-term Health Condition

To book your place contact:

Edel on 087 4088325 or Catriona on 087 2939881

[selfmanagementsupportsSECH@hse.ie](mailto:selfmanagementsupportsSECH@hse.ie)

One to one support and loan of devices available



### *Our Dead*

Please pray for the soul of  
Michael Mahon  
who died recently,  
May the souls and the souls of all the faithful departed, rest in peace. Amen

### *Trócaire Boxes*

*You are welcome to drop your Trócaire box into the Parish Office*

*Monday - Friday from 10am - 1pm*

All our Masses can be viewed on our webcam

[www.caraghparish.net](http://www.caraghparish.net) or on our app

The weekly newsletter can be picked up in the Church or it can be viewed online on our website, [caraghparish.net](http://caraghparish.net) and on our app.

### **Baptisms**

Baptisms can be celebrated with a maximum of 6 people present. Contact the parish office on (045) 875602 for more information.

**The Church is open each day for a visit/prayer from 10am – 4pm.**

### **Parish Envelopes**

We encourage people to consider setting up a Bankers Order. Forms are available in the Parish Office or in the Church. We would like to thank people who are contributing in these times

### *Family Carers Ireland*

Family Carers Ireland in partnership with An Garda Síochána, The National Ambulance Service Community First Responder Schemes, The Irish Red Cross and The Order of Malta has developed an EMERGENCY CARD SCHEME for family carers. When a family carer has an unplanned hospital admission there is a risk that the person who needs their care and support could be left at home alone and uncared for. The EMERGENCY CARD SCHEME is intended to give peace of mind to family carers as well as ensuring that the person they care for remains safe in such emergencies. For more details on the scheme, visit our website on [www.familycarers.ie](http://www.familycarers.ie) or call our **Freephone Careline 1800 24 07 24**

### *Older Voices Kildare*

Older Voices Kildare offer a befriending service for anyone who is over 60 and has limited social contact or feels particularly isolated. The service is designed to alleviate the negative impacts loneliness has on mental and physical health. All volunteers are trained, Garda vetted and supported. During the Covid 19 pandemic, the befriending service will be delivered via telephone calls.

If you are interested in receiving a call, or becoming a volunteer befriender, please contact:

Susan Higgins 087 1149175,

Denise Croke 087 141 1669,

Janet Grundy 087 429 2544.

<https://www.facebook.com/older.kildare>

### *Get Online!*

Everything you ever wanted to know about getting online but were afraid to ask!

If you are interested in learning to zoom, shop online, facetime, WhatsApp, email access online services or just get on the internet, give us a message or pass the info onto someone who may not be online yet. Working with Kildare Volunteer Centre there will be digital mentors trained and Garda vetted to provide one to one supports tailored to your needs and your level of comfort using your device.

The one to one means it can be specifically designed for what you want to achieve. Training will be provided over the phone given current restrictions.

[oldervoiceskildare@countykildarelp.ie](mailto:oldervoiceskildare@countykildarelp.ie) or 0871411669.



Parish Office Contact Details: The Parish Office is temporarily closed to the public due to Covid 19 restrictions. Contact by phone (045)875602 or Email: [parishoffice@caraghparish.net](mailto:parishoffice@caraghparish.net) Monday to Friday 10am – 1pm. Priest on Duty (Emergency Only) (087)2554908. Parish Safeguarding Representatives: Seán & Bernie Sweeney (045)897646 / (086)6688682. Website: [www.caraghparish.net](http://www.caraghparish.net) **ALONE: Coronavirus Helpline: 0818 222 024, 8AM – 8PM EVERYDAY**