

Askea - Bennekerry -
Monthly Newsletter
April 2015

The closing date for receipt of notices / message for the newsletter is 5pm on Wed by phone to 059 91 42565 by email to

office@askeeparish.ie or in person to Askea Parish Community Centre.

Driving Lessons Approved Driving Instructor and RSA Registered. Contact Peter Walsh 087 6158431 or email peterwalsh01@eircom.net. Gift vouchers available.

Do you play an Instrument? Do you want to play in an Orchestra? Join now! Carlow Junior & Youth Orchestra – Contact Majella Swan 059 91 40676 email info@carlowcollegeofmusic.ie

One 2 One Counselling Psychotherapy Accredited C.B.T. Therapists. Private and Confidential therapy for Individual, Couples, Child and Adolescent Counselling. Ph: 059 91 71909 or 085 160 0999.

Painter / Decorator
available. Great prices.
Phone Shea on 085 1235606.

Slimming World in Seven Oaks Hotel every Tuesday at 3.30pm; 5.30pm & 7.30pm. Contact 085 1293842.

Christian Meditation Experience: every Thursday from 7.30 to 8.30 pm at the Carlow Day Care Centre in Askea. Contact Noel on 087 2251183.

Weight Watchers Meetings Tues: 9am in Askea Parish Centre. Wed 5.15pm & 6.30pm in Seven Oaks Hotel, Athy Road; Thurs 9am, 10.15am & 12.30pm in Dr Donal O'Brien Centre.

Federation for Victim Assistance provides emotional and practical assistance to all victims of crime and traumatic incidents. Contact: 083 1201553.

Home improvements,
repairs and maintenance. 087 1230108.

Yoga classes For Beginners and improvers. Contact Mary on 086 8900191. Pregnancy Yoga also available. Mama and Baby Yoga suitable from 6 weeks. Promoting gentle post natal exercises for both mothers and babies.

TALK IT OVER CARLOW
Suicide Bereavement Support Service- a confidential free non-judgemental service available at Castlehill House Castlehill, Carlow. One to One and group service available - contact 0863364961 for appointment.

Carlow MABS Ltd
(Money Advice & Budgeting Service), 72d Tullow Street, Carlow. Tel: 076 107 2070. Free and confidential, Money Management and Advice Service. Assisting people in dealing with their existing debts and helping them to begin to manage their own resources. Community Education Programmes provided.

Low Cost Counselling Service in Carlow Area. Contact 087 3910411.

Moving On Overcoming Depression (MOOD) – A group for relatives of those experiencing depression takes place on the first Wed of every month at 8pm in Cathedral Parish Centre, College Street, Carlow.

Al-Anon Family Groups Carlow: Support for friends and relatives affected by someone else's drinking Mon - St. Catherine's Social Services 8pm; Thurs - Askea Parish Centre 8pm. Ph: 01 8732699 www.al-anonuk.org.uk

BODYWHYS – 2 SUPPORT GROUPS 1st. for people with eating disorders. 2nd. for family and friends of same at 7.30 pm on Wed 1st of each month in the Cathedral Parish Centre, College St.

Sunday School for children will be held at 12 o'clock Mass for ages 4-8 years in Holy Family Church Askea on the first Sunday of each month. Parents welcome to come along if child needs a little extra support.

Carlow Women's Aid

7 Old Dublin Road Carlow.
Freephone 1800 444944.

Counselling Service

Affordable individual counselling in Carlow.
Contact Dr Ivan Kennedy
085 1473040.

Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. Meetings every Mon at 7pm in Aislinn Centre, Ballyraggett Co Kilkenny. Phone 085 2191031.

Alcoholics' Anonymous

Meetings in St Catherine's Centre, St Joseph's Road on Fri, Sat, Sun Mon and Tues at 8.30pm and also on Wed at 1pm. Contact 087 9106179. The 'Keep it Simple' AA meetings on Wed at 8.30pm & Sat at 11am in 46 Idrone Park, Carlow.

McNally Denture Clinic

4 Old Dublin Road,

Carlow are now accepting Medical Card Patients. Phone 059 9137880.

"You are not alone" –

Family Support Group for families living with drug abuse. Meetings in Askea Parish Centre on Wednesday from 5.30pm to 7.15pm. New Men's group every second Thursday of the month for those who are affected by alcohol or drugs use within the family unit. Contact 085 7872730.

Dog and Pet Grooming –

Heads & Tails, Rathcrogue, Carlow. Contact Jacky Mynhardt 085 7856300.
myjacky@live.com or
www.headsandtails.ie

UNISLIM class every Wed from 6pm - 7pm in New Oak Community Centre. Contact Mary 087 2319121.

Line Dancing in Askea Parish Centre on Mondays at 7.45pm. Everyone welcome, beginners especially.

Kind, reliable lady available for house work or to looking after elderly person. 085 2087795.

Mick Byrne Landscaping

– Garden Design, Lawns Laid and General Garden Maintenance Contact 086 3994185.

Repair & Renovate

1st & 2nd Fixings; Roofing / Roof Repairs; Extensions; Maintenance. Call Anthony on 085 7339520. Local Service.

Guitar / Drums Tuition (Michael Hennessy)

Enrolling now for next term. Contact Mike on 087 2783125.

UNISLIM in New Oak

Community Centre every Wednesday from 6pm to 7pm. Contact Mary 087 2319121 or Sharon 086 4002571.

Mature reliable lady

available for babysitting or to look after elderly person. Would also be available for child-minding. Contact 085 1582519.

Cleaner available in Carlow

area. 15 years experience. Contact 085 1582519.

Handyman available for

gardening etc. Contact 085 1582519.

Physio Carlow has re-located to 2, Bridewell Lane. Please phone 085 1961240 for an appointment.

Benevento & San

Giovanni Rotondo – Mon 3rd Aug–7 nights. €879 pps. Group leader: Mr Brendan Byrne. Spiritual Director Fr Ruairi O'Domhnaill. Contact 087 6349103.

Junior and Leaving Certificate

Grinds €20/hr; **Junior Cert:** French, Irish, Science HL & OL; **Leaving Cert:** French, Irish, Biology, Economics HL & OL. email jenzi@live.ie or 085 7419196

Lady available part time for house cleaning. Mon, Tues or Thurs morning only. References available. Contact 083 1507550.

Chiropodist Patricia

Hannon attends 50 Burrin Street, Carlow on Mon, Wed, Thurs and Sat. Home visits also available. Contact 059 91 43473 or 086 3648264.

The Irish Hospice

Foundation is expanding its fundraising team and it is now seeking to appoint experienced, energetic people to raise funds in the local area through a variety of fundraising activities canvassing for donors who are willing to support its work through regular monthly payments. These positions are self-employed long term. Excellent communication skills are essential for this role which will involve a variety of fundraising activities. Full training will be provided. For further information contact Mary Tupper 01 6793188

Princess Ali Byrne Fund –

Head shaves for Princell Ali, Karaoke Night – 60s and 70s music in Éire Óg Clubhouse on 10th April at 8.30pm.

Éire Óg Players Night –

Saturday 4th April – Music by Rusty Springs. Adm: €5.

Playball Easter Camp

2015 in Presentation College, Askea, Carlow from March 30th- April 3rd. Children from 4-13 years can enjoy multi-sports, art, drama, adventure games and much more. In Playball, children progress from learning the basic fundamental sports skills to playing mini-games for sports such as - soccer, hockey, baseball, basketball, cricket, tennis, Gaelic football, volleyball, rugby and more. Playball plays a vital part in the health and well-being of every child. Contact Joe 087 77749598 or email joe@playball.ie to book an Easter camp place. Limited spaces available.

ÉIRE ÓG LOTTO WINNING

NO's Mon Mar 23rd....8 14 22 32 ... No Jackpot Winner...1 x Match 3 received €150... The Curran Family c/o Séan Curran... Next week's Match 3 win or share...€150. NEXT WEEKS JACKPOT €11,000. Draw takes place every Monday night in Teach Asca at 9.00pm.

Graigucullen Monster Easter Bingo. Sunday 29th March 2015 @ 3pm. Great Prizes to be won. Easter Eggs left and right of the winner.

Accord Carlow

Counsellors: We are seeking applications from qualified and experienced Counsellors to train as Person Centred Marriage & Relationship Counsellors, who will work on a voluntary basis in our centre.

Facilitators We are currently recruiting volunteers to train as a Marriage Education Facilitator, to work as part of a team who prepare couples for marriage. For further information on either of the above, please contact accordcarlow@eircom.net or phone 059 9138738 before April 20th or www.accord.ie

FREE Easter Craft

Session for 5-10 year olds in Carlow Central Library. Wed 1st Apr 11am—12 noon. Places limited. Booking Essential. Contact 059-912970.

Carlow County Museum A plaque to commemorate the last woman hanged in Carlow, Lucinda Sly, will be unveiled at 2:15pm on Monday 30th March, 2015 at the Governor's House, Carlow Gaol – now Carlow Shopping Centre. Both Lucinda and accomplice John Dempsey were publically hanged on March 30th 1835 at Carlow Gaol at 2:30pm. Prayers will be offered and there will be one minute silence at 2:30pm. This is a free event and all welcome. Organised by Carlow County Museum in conjunction with Féile na Gaeilge, Ceatharlach with the kind assistance of Carlow Shopping Centre.

Music Lessons – Saxophone, Clarinet and Flute Lessons available for students and adults. On a one-to-one basis from beginners to advance. Contact 087 2419335. Instruments also available for sale.

**The Moving On Programme
at St Catherine's Community
Services Centre is now
enrolling learners for the
September 2015- June 2016**

course year. This is a 10 month, QQI Level 4 Major Award in Employment Skills, which is the equivalent to the leaving certificate qualification. It is a programme for young mothers in Co Carlow to enable them to return to education or progress to employment. The course is 25 hours per week and includes recognised qualifications in IT Skills, Career Planning, Communications, Customer Service, Functional Maths, Personal Effectiveness, Workplace Safety, Understanding Interculturalism, Work Experience and Positive Parenting. The criteria for learners to be eligible to participate on the Moving On programme are: Be between 16-28 years of age in September 2014; Be in receipt of a social welfare payment; Have less than Leaving Certificate level education attainment

Low cost childcare is available onsite for successful applicants, subject to availability. Contact St Catherine's Community Services Centre on 059 91 38718.

Irish Grinds available.

Catering for both Junior and Senior students of all levels. Telephone: 0851037140

**Kilkenny Road
Community Childcare**

and Family Centre are holding an Open Day on Thursday the 2nd April from 11am-7pm. Please come and view our Centre and speak to our childcare team. Reduced fees for eligible families under the CCS and CETS Government Programmes. For further information contact Judith or Pauline on 059 9137392 or 085 1923720. (Situated in the old VEC Childcare Centre Kilkenny Road beside the Institute of Further Education & Carlow IT Centre).

Carlow Regional Game

Council held their 54th Annual General Meeting in Leighlinbridge Community Hall recently. Sgt Peter McConnon of Carlow Garda Station who is Crime Prevention Officer for Carlow – Kilkenny Division gave a talk on Home Security for Gun Owners advising them that their homes must be monitored by security alarms and they should have proper gun lockers for security reasons. The meeting was well attended with 23 Clubs that are affiliated to the Council in attendance. The following people were elected for the coming year.

Chairperson: Paddy Doyle;
Vice Chairperson Rory Jackman; Secretary Patrick Nolan; Treasurer Oliver Gavigan; County Fund Officer Ernie Beck; Safety Officer Jamie Cummins; PRO Sean Keating; Game & Land Management J Aughney; Youth Officer: Larry Bolger. Any farmer that needs vermin or crop protection done can contact Patrick Nolan, Secretary Game Council on 086 8249289.

Room to Let

Two Bedroom house to let to suit working person. Female only. €350 per month. Central location, 5 minutes' walk to Town Centre. Contact 085 7534544.

Garden Maintenance

Service Lawns, small / large, hedges, power washing, weed control, timber fencing etc. All waste removed. Contact Michael 086 8435965.

St Vincent de Paul

Monthly Collection

will take place next weekend BEFORE the 9pm Vigil Mass and AFTER the Easter Sunday Masses at 9am, 10.30am & 12 Noon. Your support would be greatly appreciated.

Bennekerry National

School annual Easter Draw

Prize Winners:

1st – Pat Kearns; 2nd Shona Loughlan; 3rd Pat Breen; 4th Helen Campion; 5th James Kellett. Thanks to everyone who supported this annual school fundraiser.

AS JESUS LEFT HIS MOTHER THERE

As Jesus left his mother there,
and entered into the Great Holy Week,
Mary had a very sorrowful heart and sadly questioned her son.

“Oh Jesus, my beloved son, what will you be on this holy Sunday?”

“On this Sunday I will be a king.
People will spread out palm branches and clothes.”

“Oh Jesus, my beloved son, what will you be on this holy Monday?”

“On Monday I will be a wandering man,
Unable to find a quiet place to meditate.”

“Oh Jesus, my beloved son,
What will you be on this holy Tuesday?”

“On Tuesday I will be a prophet to the world,
Proclaiming how heaven and earth shall pass away.”

“Oh Jesus, my beloved son,
what will you be on this holy Wednesday?”

“On Wednesday I will be poor and lowly,
Sold for merely thirty pieces of silver.”

“Oh Jesus, my beloved son,
What will you be on this holy Thursday?”

“On Thursday I will be a dining hall,
The very Easter Lamb of the Passover supper.”

“Oh Jesus, my beloved son, what will you be on this holy Friday?”

“Oh mother, my very own dear mother,
Could this Friday be hidden from thee?”

“On Friday, my dearest mother, I will then be nailed to the cross
With three nails that go through hands and feet.
But don't despair, the end will be sweet.”

Oh Jesus, my beloved son, what will you be on this holy Saturday?"
"On Saturday I will be a grain of corn,
That from this earth again will be born."

"And on Sunday, REJOICE, my mother dear,
Then I will be raised from the dead.
I will carry the cross like a banner in hand.
Then you will see me again in a glorified state."

Easy is.....

Easy is to judge the mistakes of others - *Difficult is to recognize our own mistakes*

Easy is to talk without thinking - *Difficult is to refrain the tongue*

Easy is to hurt someone who loves us. - *Difficult is to heal the wound...*

Easy is to forgive others - *Difficult is to ask for forgiveness*

Easy is to set rules. - *Difficult is to follow them...*

Easy is to dream every night. - *Difficult is to fight for a dream...*

Easy is to show victory. - *Difficult is to assume defeat with dignity...*

Easy is to stumble with a stone. - *Difficult is to get up...*

Easy is to enjoy life every day. - *Difficult to give its real value...*

Easy is to promise something to someone. - *Difficult is to fulfill that promise...*

Easy is to say we love. - *Difficult is to show it every day...*

Easy is to criticize others. - *Difficult is to improve oneself...*

Easy is to make mistakes. - *Difficult is to learn from them...*

Easy is to weep for a lost love. - *Difficult is to take care of it so not to lose it.*

Easy is to think about improving. - *Difficult is to stop thinking it and put it into action...*

Easy is to think bad of others - *Difficult is to give them the benefit of the doubt...*

Easy is to receive - *Difficult is to give*

Easy to read this - *Difficult to follow*

Easy is keep the friendship with words -

CALENDAR

THOUGHT FOR THE WEEK - Slow It Down

Slow it down! Take time to appreciate nature, chat with a friend, or read a chapter from a good book. There's more to life than running nonstop.

