

Askea - Bennekerry
Monthly Newsletter
June 2014

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@askeaparish.ie or in person to Askea Parish Community Centre.

Askea Country Market

The Market takes place in Askea Parish Centre every Friday from 10am to 12 Noon. Fresh baking, vegetables, jams, chutneys, hand crafts, eggs, fruit juices etc.

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

Experienced Carpenter

Available No job too big or small. Cheap rates. Plus fits carpets and all flooring work. Contact 086 1073720.

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

Joe's Heating & Plumbing

Services Gas and Oil boilers serviced. Fully insured. RGI. Contact 087 9281267.

Home improvements, repairs and maintenance. Prompt reliable service, 087 1230108.

Slimming World in Dr O'Brien Centre, Old Dublin Road every Tuesday at 3.30pm; 5.30pm & 7.30pm. Opposite Carlow Garda Station. Contact 085 1293842.

Christian Meditation

Experience: Meditation Group meets every Thursday from 7.30 to 8.30 pm at the Carlow Day Care Centre in Askea. Why not come along and try it out? No experience necessary. No charge. Contact Noel on 087 2251183.

Unique Personalised Candles

Confirmation, First Communion, Christening and Wedding Candles made to order. Ideal as a gift or keepsake. Please contact Nicola on 085 7796359

Weight Watchers

Meetings Tuesdays: 9am in Askea Parish Centre. Wednesdays 5.15pm & 6.30pm in Seven Oaks Hotel, Athy Road; Thursdays 9am, 10.15am & 12.30pm in Dr Donal O'Brien Centre, Dublin Road.

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

Federation for Victim

Assistance provides emotional and practical assistance to all victims of crime and traumatic incidents. Our service is free and confidential. Contact: 083 1201553.

Aids Partnership Africa

Pens for sale in Askea Parish Community Centre. Proceeds go to the Aids Partnership Africa fund raising project based in Hacketstown. 3 ball point pens for €1.

Serena Ní Chuana

- Irish Dancing Classes for beginners are being held every Thursday at 6.30pm in the Tullow Road Area for children aged 4 & over. Contact 086 8397832.

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.

Complimentary / Holistic

Treatments now available at Kelly's Pharmacy, Carlow. Accredited by NRRI Reflexology Therapist treating all age groups. Also certified in Indian Head Massage and Reiki. Call Siobhan McDonald on 086 0866969.

Piano lessons available for all ages. €10 for a 30 minute lesson. Contact Gillian on 0851483037

You are Not Alone' – Family

Support Group For families living with drug abuse. Meetings in Askea Parish Centre on Wednesday from 6pm until 8pm Contact 085 7872730. New Men's Group continues on Thurs at 7pm in the Askea Parish Centre for those who are affected by alcohol or drugs use within the family unit. Enquiries to 085 7872730.

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.

Qualified Dyslexia Tutor

available for pupils with learning difficulties. Individual or group sessions. Limited places available. For further information contact 086 8287281. Please leave a message.

Service for Men. Men are you concerned about your behaviour? Does abusive behaviour cause difficulties in your relationship with your partner? MEND programme is a free service operating in Carlow offering a weekly programme for men. A new programme starts shortly for detail contact: 086-8751131. www.mend.ie

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

Bereavement Support is available in the Parishes of Askea, Bennekerry and Tinryland from the volunteers who make up the Bereavement Support Groups. If you wish to avail of this support service please contact Rita O'Quigley at 059 9131323.

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.

Line Dancing in Askea Parish Centre every Monday from 8.15pm to 10pm. Beginners welcome. The Line Dancing class will not take place on Monday 2nd June as it is a Bank Holiday. Classes re-commence on Monday 9th June at 8.15pm.

Guitar / Drum Tuition
(Michael Hennessy)
Contact Michael on 087 2783125.

Pregnancy Yoga on Wednesday evenings at 7pm. Classes are small and no previous yoga experience needed. For queries and bookings contact Mary on 086 8900191. Mats available to borrow.

Yoga classes For Beginners and improvers. For more details contact Mary on 086 8900191 Mama and Baby Yoga suitable from 6 weeks. Promoting gentle post natal exercises for both mothers and babies.

Infant Massage suitable from newborn. For more information and bookings please contact Mary on 086 8900191.

Maintenance and Repairs,
prompt reliable local service.
Contact Frank on 087 1230108.

Learn to dance and fulfill your dreams in the Woodford Dolmen Hotel, Carlow every Thursday night from 8pm to 10pm. Classes for beginners from 8pm – 9pm; advanced beginners 9pm to 10pm. €5 per person for dance class only. €10 per person for dance class and dance afterwards including tea / coffee and light refreshments.

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 SUPPURT 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.

Senior Help Line Senior Help Line is a confidential listening service for older people provided by trained older volunteers for the price of a local call anywhere in Ireland, **LoCall 1850 440 444.**

Carlow Women's Aid
7 Old Dublin Road Carlow.
Freephone 1800 444944.

Alcoholics' Anonymous Meetings take place in St Catherine's Centre, St Joseph's Road nightly on Friday, Saturday, Sunday Monday and Tuesday at 8.30pm and also on Wednesday at 1pm. Contact 087 9106179. The 'Keep it Simple' Alcoholics' Anonymous meetings take place on Wednesdays at 8.30pm and Saturdays at 11am in 46 Idrone Park, Carlow.

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.

Co Carlow Drugs Initiative Would you like to talk to somebody about a drug or alcohol problem? either your own or someone close to you. Contact 059 9140616 or 085 7176423.

"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.

Asca GFC New members of all ages welcome. Ring 0876182061 if you have any questions

Cherish Childcare & Early Learning Centre

located in Friars Green, Tullow Road are now taking bookings for Free Pre School, starting September 2014, for children aged between 3yrs 4mths & 4yrs 6mths. Please contact Sharon on 059 9140886, for your child's Free Pre School place.

Candy Tours Candy Tours are a family-run company formed in 2010 providing value for money holidays and personal service from start to finish. Each Tour is personally guided by historical expert John Candy. Further details available from Candy Tour, Bennekerry, Carlow 059 91 40771 or 087 2632324. Email info@candytours.ie www.Candytours.ie

The Society of St. Vincent de

Paul " Vincent's " shop at 46 Tullow Street Carlow urgently needs donations of good quality clothes, small furniture items ,bric-a-brac and household goods. Donations will be gratefully received in the shop Monday to Saturday from 10am to 5pm.

Stained Glass panels made to order for Hall doors or internal doors, lamps, mirrors etc. Enquiries to Michael at 087 6968900.

Pilgrimage to "Shrines of

Italy" Benevento & San Giovanni Rotondo 4th to 11th August 2014. 7 nights from Dublin €869. Price includes taxes and Insurance. Single Room: Extra €280. Spiritual Director: Mons Brendan Byrne.

Itinerary and Booking form available from: Mr Brendan Byrne 087 6349103. Marian Pilgrimages. 01 8788159 – www.marian.ie

Suantrai Montessori School,

Tinryland is now enrolling for September 2014. We have ECCE (free) and private places available. Suantrai takes part in the Music Generation Ireland 'Little people, Big Voices' Programme and runs weekly drama classes at no extra charge, as well as spoken Irish. We have many years' experience teaching children with Special Needs. See us on Facebook at suantraimontessoritinryland and suantraimontessori.com or contact Frances on 087 9079331.

Marian Movement of Prayer for Priests in St Fiacc's House on Tuesday 3rd June at 7.30pm. Rosary, Mass and Benediction.

Carlow Active Retired next one day outing on Friday 27 June to Holy Cross Abbey Thurles followed by dinner and 2014 show at Bru boru Theatre Rock of Cashel. Coach leaving Bus Park at 2pm sharp. €40. Contact Sean at 0876522374. Next meeting Wed 11 June at 2.30pm in Carlow Parish Centre. Special Guest storytellers Aideen and Jack Sheehan. All are welcome.

Brian's Guitar Planet

Now taking names for guitar lessons. Beginners/ Acoustic / Electric. Ring Brian 087 9144322.

Rosslare Strand

3 bedroom house to rent – 3 minutes to beach. All mod cons. Security gates and car parking available. Children's play ground nearby, also convenient to Kelly's Hotel. Phone 087 7623022.

Chiropodist Patricia Hannon, 50 Burrin Street, Carlow. Special OAP's rates. For appointments phone 059 9143473 or 086 3648264.

Tinryland ICA monthly meeting will take place on Wednesday 4th June at 7.30pm in Parish Hall. New members always welcome.

Shopping Trip to Birmingham Christmas Markets

4 nights Dinner / Bed & Breakfast for €345 with single supplement €95 at the Thistle Hotel, St Chads Queensway, Birmingham on Thursday 13th, Friday 14th Saturday 15th and Sunday 16th November, returning home on Monday 17th November on the Mid Day Sailing from Hollyhead. The Christmas Markets are open from 10am to 9pm daily. There is also the famous Bull ring Shopping Area plus all the major Shops. Places must be booked by 9th April. Contact Ann Dunne at 087 9018753. Please leave your name and contact details when you call.

Day trip to Farmleigh

House Thursday 19th June. Leaving Bennekerry at 9.30am; Askea 9.45am. Stopping for refreshments in Browns Barn then on to Farmleigh House for a guaranteed tour. Shopping time in Dublin until 5pm; returning to Browns Barn for four course meal and entertainment until 9pm. Return to Carlow by 10pm. Cost €60 per person. Contact Ann Dunne at 087 9018753.

Free ECCE preschool places

at Naíonra Cheatharlach Enrolment for September 2014 is underway in Carlow's Naíonra preschool through Irish. In the Naíonra a group of children come together daily for three hours of preschool activities through the medium of Irish in a pleasant, cheerful and safe environment under the guidance of qualified supervisors. Based in Graiguecullen Swimming complex. A number of free places under the ECCE Scheme are available. For full details and to register phone Lorraine on 085 7377041 or Glór Cheatharlach on 087 2857048.

IT Carlow Summer Activity

Camps: July 14th – 18th & July 21st -25th for boys & girls, 7-12 yr olds. 10am-2.30pm. Cost : €60 per child , €50 for second & subsequent children. Contact Paula at 059 9175608 | paula.hickey@itcarlow.ie

Overeaters Anonymous If you have a problem with Overeating, Bulimia, Anorexia or Undereating, Overeaters Anonymous can help. OA meeting in St. Catherine's Community Center 6.30pm Thursday evenings. More info at www.oahope.com

Carlow County Development Partnership Ltd Care and Repair Programme

Are You 65+ years of age? Do you have a small repair job that you would like us to help you with? CCDP in partnership with Age Action Ireland can help you through the Care & Repair Programme. How do I arrange to have a Job Done?

- Phone 059 9720733
- Email us at: careadmin@carlowdevelopment.ie
- Go on line to: www.carlowdevelopment.ie

Asca Juvenile training

continues every Thursday in the Presentation College from 7-8pm. The under 12s are doing great in the league and the under 8s and under 10s have regular Go Game matches. New members of all ages are always welcome.

IRELAND'S LEADING CHILDREN'S PERFORMING NETWORK Carlow Town -

Presentation College 21-25 July For ALL boys and girls aged 4- 13. Mon to Fri for 1 week. Qualified Music Teachers, Choreographers and Drama coaches. €90 for 1 child, €150 for 2 siblings, €200 for 3 siblings **CALL 021-4377900**

INFO@STARCAMP.IE
BOOK ONLINE AT
WWW.STARCAMP.IE

Baby Massage suitable from new born. Baby massage has many benefits including:

- Helping to calm and soothe babies and help them to sleep better
 - Aid digestion and help relieve colic, wind and constipation
- You may also be able to claim €100 from your health insurance provider. Cost of the 5 week course is €100. For more information and bookings please contact Mary on 086 8900191

Ann Foot Care Tullow 086

3691876. HOME VISITS AVAILABLE, corns , ingrown nails, hard skin removed and all foot care treatments.

PRE-MARRIAGE COURSES

The last Pre-Marriage course before the summer took place last weekend. There are no Pre-Marriage courses held in June, July or August. The following are the dates for the Autumn Courses

<u>Sept</u>	<u>12th & 13th</u>
<u>October</u>	<u>10th & 11th</u>
<u>November</u>	<u>14th & 15th</u>

Carlow Choral Society

director Niall Kinsella present Durufle Requiem in Carlow Cathedral on Sunday June 8th at 8.15pm. Tickets £15.

DRAMA SUMMER SCHOOL

for 6 - 12 yrs from 14th to 18th July 2014 (10am-2pm) with Mary Purcell & Amy Nolan. Location: McGrath Hall, Bagenalstown. Booking & Information: Amy 087 7459092.

Liturgy and Sacraments

The Catechism of the Catholic Church

Would you like to deepen your understanding of liturgy and the sacraments? Study groups will meet once a week for 12 weeks commencing Mon. 1 Sept '14, 8.00pm-9.00pm or Wed. 3 Sept. '14, 10.00am-12.00pm in the Parish Centre, Prosperous. For further information see www.kandle.ie or contact the Parish Office, Prosperous 045-841806.

Car Boot Sale in aid of

County Carlow Hospice: Turn your clutter into cash at Carlow Cattle Mart, Killeshin Road, Carlow held on 1st Sat. of every month starting on Saturday 7th June. Time 11am - 4pm. €10 per car (Trailers €5) Prices for larger vehicles available on request @ 087 7673240. No Traders please

ASKEA COMMUNITY

GAMES Community Games County swimming finals will be held on Saturday 7th June in Graiguecullen Pool.

The County Gymnastics

Final will be held on Wednesday 11th June at 7pm in Strawhall Industrial Estate.

If anyone is interested in participating in either the swimming or gymnastics for the Askea Area please contact Noreen at 087 9549452 or Liz 087 9877385 for further information. Any athletes that won a first, second or a third in our Area Athletics Finals have now qualified to the County Finals in Ardatten which will take place on Sat 21st and Sun 22nd of June. Athletics training continues on Friday evenings in St Laurence O'Toole Athletics Club from 6 - 7pm. Please like us on Facebook 'Askea Community Games (Area 5)' to keep updated on all of our news and photos from our Area Finals.

Free Wellness Evaluation.

Weight loss. Boost energy. Contact Patricia 086 3648264.

County Carlow Women's

Network with the support of Carlow Local Sports Partnership is offering Taster Sessions for Women in Rowing, Rafting, Dragon Boat Racing and Kayaking. No experience necessary. It's a chance to have fun and try something new. For further information on dates and costs please contact Fiona on (059) 9179376.

ATHLETICS SUMMER

CAMP St Laurence O'Toole AC are hosting an Athletics Ireland Summer Camp week commencing 14th July to 18th July. The camp is priced at €50 for the week with a €10 discount for a second child. The camp will run daily from 10.30am to 2.30pm. Each participant will receive a New Balance T-shirt, Spike Bag, Water Bottle, Medal and Participation Certificate. To register for the camp go the www.athleticsireland.ie and click on the Forest Feast Athletics Summer Camps icon. For further information contact Patrice @ 086 3743709.

September Holiday to

Castlerosse Hotel, Killarney from Sunday 14th Sept to Friday 19th Sept with J McGinley Luxury Coach. 6 Days, 5 Nights. Cost €365. Deposit €65. Included are four scenic tours, Dinner, Bed & Breakfast. Single Supplement: First 4 Free, €10 per night after. Contact Paddy on 059 9141251 or Michael on 059 9143485.

Free Adult English

classes for beginners starting Monday 9th June in Askea Parish Community Centre on Monday evenings at 8p.m. All nationalities welcome. Bookings may be made by contacting Askea Parish Centre 059 91 42565.

Kurz angličtiny pre začiatčnikov zacina skoro. Lekcie sú zadarmo a budú prebehat v Askea Parish Community Centre v pondelky večer o 8.00. Všetky národnosti sú vítané. Kurs Jezyka angielskiego dla dorosłych(poziom podstawowy) wkrótce się zacznie. Lekcje będą nieodpłatne i odbędą się w Askea Parish Community Centre w poniedziałki wieczorem o 8.00. Wszystkie narodowości sa mile witane.

Plant Sale & Coffee

Morning Fundraiser in aid of "The Monastery Hostel", St Vincent de Paul Centre. Sale takes place in Carlow Cathedral Parish Centre, College Street, Carlow on Sunday 8th June from 11.45am to 12 noon.

Hospice Sunflower Days

take place on June 6th & 7th. Please support your local hospice service by buying a sunflower. All funds raised locally, stay locally. For more information and to volunteer with your local hospice service for Hospice Sunflower Days visit www.sunflowerdays.ie

Pregnancy Yoga on Wednesday evenings at 7pm. Classes are small and no previous yoga experience needed. For queries and bookings contact Mary on 086 8900191. Mats available to borrow.

Summer Art Camp 2014

Cracker Jacks, Superquinn Shopping Centre, " 10 per day 10am to 2pm early drop off 9am 4 weeks of fun - Monday June 30th to Friday July 25th Contact: Jean @ 086 8686783

ÉIRE ÓG NEWS

LOTTO WINNING NO's Mon May 26th ...8 10 11 19... No Jackpot Winner...No Match 3....Our Jackpot now stands at €4,550...Next week's Match 3 win or share...€300 Tickets may be purchased from the Club and Riverside Stores in Hanover.
NEXT WEEKS JACKPOT € 4,550
Draw takes place every Monday night in Teach Asca at 9.00pm

Juvenile training every Sat morning in Pairc Uí Bhriain starting at 11am.

Sun June 8th Family Fun

Day in Éire Óg including an U8s Go-games blitz, GAA's largest inflatable pitch, slides, Face & nail bar, Davy's Pets, Health Check, Dog Show, Penalty shootout, Crossbar challenge, live Band Music, Dunk tank, Obstacle course, Bric-a-Brac, Bottle Stall, Cake stall and many more attractions on the day...Entrance €2 for adults and children free.

BINGO every Thursday night starting at 8.30pm ... Live band music every Sat night with no cover charge.

Carlow Library: Summer is coming, so we are taking the opportunity to revamp our Junior and Teenage Sections; why not check out something new to read during the good weather. Building on the success of the past three years, our Summer Reading Challenge 2014 is going to begin at the end of June!

The Eist Cancer Support

Centre is open:
Tues to Thurs from 9.30am to 4pm
The Centre caters for anyone who has been affected by a cancer diagnosis, their families and carers.
The Centre is currently running a drop in relaxation & meditation programme each Tuesday morning at 11am
Counselling and Reflexology are by appointment only
Our pottery class will commence shortly, please contact the centre for more information.
Please contact us at:
Eist Cancer Support Centre Carlow
The Waterfront
Mill Lane, Carlow Town

Carlow County Museum

Visit Carlow County Museum and get a snapshot of counties great history. View our special temporary exhibition: 'Journeys in Time – The Archaeology of the Carlow By-pass' which has objects on loan from the National Museum of Ireland. Open Mon – Sat 10.00am – 4.30pm, free admission. Carlow County Museum & Carlow Tourist Office, College Street, Carlow Town. Tel: 059-9131554.

Barrowline Charity Walk

A beautiful walk along the River Barrow from St. Mullins to Graignamanagh (and back again-optional) is being organised in aid of Éist Cancer Support and Carlow Kilkenny Homecare on Bank Holiday Monday 2nd June. The walk will begin on the Quay in St. Mullins @ 11 am. Your support on the day would be greatly appreciated! Let's make it a great success again this year!
Sponsorship cards are available from Mary Ellen Doyle, Cathy Kehoe, Mary Coady or donations are also welcome on the day!

Diabetes Ireland invites you to hop on your bicycle this June 21 (Limerick) or June 22 (Dublin) and cycle to Change Diabetes. Distance options of 25km family fun cycle, 60km route & 100km route available on each day. Full details at www.diabetes.ie or lo-call 1850 909 909

100+ YEARS OF THE IRISH LANGUAGE IN CARLOW:

All are cordially invited to Carlow County Museum on Thursday, 5th June at 8pm when Mícheál Ó Muircheartaigh will officially launch an exhibition on the history of the Irish language in Carlow from 1899 - 2014. Fáilte roimh chách.

The Ascension of the Lord

The Ascension of Jesus raises many issues for our faith, just as it did for the disciples. Even after everything they had been through with Jesus, the disciples' last words to him were about restoring the Kingdom to Israel. After three years of seeing the Kingdom of God come to fruition, they were still concerned about the Kingdom of Israel. In our own lives, we may often find our faith and our Church becoming political rather than spiritual. In these moments of misdirection and short-sightedness, the words of Jesus are particularly true; it is not for us to know the times or seasons set by God. Our mission is to be the witnesses of Jesus, his hands on earth and his face in the lives of others, not to try to second-guess the will of God for the things that are beyond us.

The Ascension, while it reveals many truths about the person of God and the divine plan, also indicates an uncomfortable fact about the nature of faith. Saint Matthew tells us that, of the eleven disciples standing on the mountain witnessing the Risen Jesus in person, 'some doubted'. In a sense, we can understand doubt in our own context. The earthly life of Jesus was over two thousand years ago and we have not seen him in the flesh, before or after his Resurrection. Yet how can some of these men, who spent three years physically with Jesus, endured his earthly death and then witnessed his resurrected body, doubt him? It seems to suggest that doubt is not the result of lack of proof. It's the result of lack of faith. It's not about finding cold, hard evidence. Even some of the disciples weren't convinced by that. Faith in Jesus is about taking a leap in our own lives, finding the courage to be vulnerable to what is beyond us, to be open to voice of God and to be 'childlike' before him.

Painting Exhibition

Lily O'Rourke and Sally Ashmore will be exhibiting their paintings in the Cathedral Parish Centre, College Street during the Carlow Arts Festival, Saturday 7th June – Sunday 15th June, 11-6 daily. All paintings will be for sale.

Calendar

Tuesday 3rd June – St Kevin was a native of Leinster and grew up in Kilnamanagh, where he received his early religious formation. Wishing to be a hermit, he crossed the mountains to Glendalough and settled in Disert Caoimhghin at the foot of the upper lake. But disciples began to gather round him. Gradually the great monastic settlement grew and spread through the glen after his death in 618.

Friday 6th June – St Jarlath is said to have been a disciple of St Enda, and was also taught by St Benignus. He became abbot bishop of the monastery he founded at Tuam in the sixth century.