

Askea - Bennekerry

Monthly Newsletter

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.

Handy Man available. No job too small. Also Bathroom renovations. Contact 086 1599806.

Holiday to Torquay, Devon in 2013. 8 day tour departing Sat 8th June returning Sat 15th June 2013. Cost €599 per person sharing. €100 extra single supplement. Depart Rosslare Sat 8th June, arrive Cardiff. Mass in St David's Cathedral 5.30pm. Sunday tour St Fagan's National history museum and onwards to Torquay with day trips to Eden Project in Cornwall, visit to Plymouth and tour of Torquay and Bath returning to Cardiff for overnight before returning via Rosslare. Enquiries Ann on 087 9018753.

Yoga Classes on Tuesday and Thursday 10.00am -11.30am. Beginners welcome. Contact Mary on 086 8900191

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

Handy Man available for painting, gardening stone work and tiling, plumbing and small electrical work. Recession rates. Contact Paddy 087 3617609.

Firewood for sale. Hardwood. Car trailer 5' x 3' x 1' 6". €50. Contact 086 1569119.

Oak Tree Home Care Ltd offers a range of home care services. All our Health Care Assistants receive FETAC Level 5 training and are Garda Vetted. Contact 059 9135253.

Irish Harp, Violin & Viola Lessons now available at Carlow College of Music. Very experienced teacher and limited places. Contact 059 9140676. info@carlowcollegeofmusic.ie

PC / Laptop Repair, Sales & Upgrades. Professional Printing Services Available - Graphic Design Service also Available. Excellent Prices and Quick Turnaround on all Jobs. "No Fix No Fee" on all PC or Laptop Repairs. We also install and maintain computer networks for Home & Office. Ring now for Quotes!! Contact Liam @ 085 2832026 or email: wohlgemuth.liam@gmail.com

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

Stained Glass supplied and fitted for windows, hall door and internal doors. Contact 087 6968900.

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.

Carlow Men's Shed is open every Tuesday from 10.30am to 2pm at Askea Business Park, O'Brien Road, Carlow. Men, drop in and experience the friendly atmosphere. All men are welcome. Contact 086 1577487.

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

Carlow Workman's Club Dancing every Saturday night from 9pm. Top Bands. Members €3 and Non-Members €4.

Weight Watchers Meetings Tuesdays: 9am in Askea Parish Centre. 5.45pm in Askea Girls' School. Wednesdays 5.15 & 6.30pm in Seven Oaks Hotel, Athy Road; Thursdays 9am 10.15am & 12.30pm in Dr Donal O'Brien Centre, Dublin Road.

Guitar Lessons with Eddie Sheehan - children, teen and adult classes. Professional, expert and fun tuition. For more information ring Eddie on 087 6377483.

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

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

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.

Pioneer's Association have launched a Facebook page Here is the link to the page - <https://www.facebook.com/PioneerTotalAbstinenceAssociation?ref=hl>

Chartered Physiotherapist Riona Ni Mhuireataigh, 35 Dublin Street, Carlow 086 8810173. Experience working with: General Joint / muscle pain; International Athletics; Olympic Games; Inter County Football; and Women's Health.

Saorview and UK satellite TV

RTE, BBC, ITV, C4, C5, News, Kids TV etc 50 plus channels – no monthly bill. Contact Pdraig for any installation query. 087 2727317
www.tvireland.ie

Interview Skills Training / CV

Preparation If you need assistance with C.V. preparation and Interview Skills Training, contact Interview Excellence, Enterprise House, O'Brien Road, Carlow. Phone 087 6570603, or email interviewexc@gmail.com (one-to-one, or group training).

Eist Cancer Support Centre,

the Waterfront, Mill Lane, Carlow, opens on Tuesdays, Wednesdays, and Thursdays, from 10 am to 4 pm each day. Drop in Meditation each Tuesday from 11 am - 12 noon, Art each Wednesday from 11 am to 1 pm. Contact the Centre on 0599139684 for information.

For Sale - Large Bags of Kindling.
Contact Denis at 059 91 32405.

Pilgrimage to Fatima

on 23rd May 2013. 7 nights all inclusive at Santa Amaro Hotel. €699 per person. Discount of €150 if paid in fully by 14th December. Discount of €100 if paid in full by 1st February 2013. Contact Frank Horahan. 059 9145499.

Guitar / Drums lessons

(Michael Hennessy) Vouchers now available. Term of Guitar or Drum lessons and can be used anytime. Contact Michael on 087 2783125.

Experienced Carpenter

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

Talk It Over Carlow

Suicide Bereavement Group provide a free and confidential bereavement support service to those in need. Contact us on 0863364961 for an appointment with our fully qualified listener for one to one or group session, or drop into our walk in service at Castlehill House, Castlehill, Carlow between 10am and noon on Wednesdays.

Padre Pio Pilgrimage

2013 5th August for 7 nights
Benevento – San Giovanni Rotondo.
€869 per person sharing.
Information from Brendan on 059 91 52666 or 087 6349103.

Novena to Our Lady of Perpetual Help, St Andrew's Church, Bagenalstown every Tuesday at 7.30pm including Mass and Benediction. Rosary will be recited at 7pm. Guest Speakers:
5th March – David Flaherty (who will be ordained Deacon this year)
12th March – Speaker from Cernacolo
19th March – Mary Kearney (mother of Helen Kearney triple medal winner at Para Olympics)
26th March – To be confirmed
2nd April – Cyril Farrell
9th April – Michael Hopkins

'You Are Not Alone'

Family Support Group

For families living with drug abuse. Meetings in Askea Parish Centre Wed from 6pm until 8pm. Call Margaret on 085 7872730.

Low Cost Counselling Service

in Carlow Area. Contact 087 9266438 or 086 4063043.

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. Sun – St Catherine's Social Services 8.15pm. (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.

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.**

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.

Carlow Dial to Stop Drug

Dealing Dial 1800 220 220 anonymous and safe. *You dial, we act.*

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.

Carlow Women's Aid

7 Old Dublin Road Carlow. Freephone 1800 444944.

Talk it Over the free and confidential bereavement service wish to announce their new Walk in Service which is now available at our premises at "Talk It Over House" Castlehill, Carlow (formerly HSE Offices). Contact us on 086-3364961.

Yoga Classes on Tuesday at 7.30pm in the Askea Parish Community Centre. For details contact Bernie 087 1237687.

Art classes for adults

Beginners and improvers welcome. Thurs 10am to 12.30 and 7pm to 9.30pm. Phone 087 2636520.

New Oak Community Centre

Activities

Bingo every Monday including Bank holidays.

Starting Social Group - Needle Work, Crochet, Knitting and Sewing, Crafts, Flower arranging for pleasure, Card Making - to name but some of the activities. Make new friends, have a cuppa and chat. Small fee. Contact 086 4002571. All areas welcome. Also Monday - Boys' Afterschool. Tues - Girls ages 5 -10 few places left. 086 4002571

Narcotics Anonymous and Alcoholics Anonymous meetings also Music Lessons and Irish Dancing. Office space available and meeting hall reasonably priced. Monday to Saturday - wifi and kitchen facilities available to all areas town and county 086 4002571.

Zumba Classes – 6 days a week.

Morning, evening and kids classes. The Latino inspired, calorie burning dance fitness party. Contact 086 3342428 or view www.facebook.com/ZumbaCarlow

Wedding Church Singer available. Contact Lisa 086 3342428.

Marian Movement of Prayer for Priests in St Fiacc's House, Graiguecullen on Tuesday 5th March at 7.30pm. Rosary, Mass and Benediction. All welcome.

Suantrai Montessori School

Tinryland (est 2001) is now enrolling for September 2013. Children born between 2nd Feb 2009 and 30th June 2010 are entitled to 5 free mornings (ECCE Scheme) from September. Why not enquire about our low cost pre ECCE introductory programme (immediate start) for those children who do not yet qualify for the free year. Two classroom school, offering combined Montessori and play based activities. Wide and varied curriculum with special emphasis on pre-school maths, science and literacy, using child friendly, fun methods. Spoken Irish. After pre-school care available. For further information or to arrange a visit please contact France Byrne on 087 9079331.

Day Trip to Arigna Mines

on Thursday 27th June also calling at Glenview Folk Museum, Ballinamore, Co Leitrim. Cost €55. Leaving Bennekerry and Askea and travelling to Mullingar for tea / coffee and scones then on to Arigna for tour, then on to Ballinamore for a further tour. Returning to Mullingar for evening meal at 6pm, entertainment until 9.30pm before returning home. Contact 087 9018753.

Serena Ní Chuana

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

Pampering Day

for mothers and women on Sunday 10th March in St Fiacc's Hall, Graiguecullen from 2pm to 6pm. Tickets €10 on sale from St Fiacc's House or Graiguecullen Parish Centre. A great Mother's Day present.

Derek Ryan – “Live in Concert”

with Special Guest Brendan Shine on Thursday 25th April 2013 at the George Bernard Shaw Theatre, Carlow. Tickets €19.50 now on sale from Box Office: 059 9172400. – The perfect Mother's Day gift.

Oak Park Carlow

5K Road Race & 5K Walk on Good Friday, 29th March at 6pm. Spot Prizes Galore
Cash Prizes: First 3 men / First 3 Women. Refreshments available after the race. Entry Running €15.; Walking €10.; Under 8 €5.
Enquiries: Shem 087 8175476, Dan 087 9164098, Ann Byrne Hospice 087 7384483. Proceeds to County Carlow Hospice.

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Pan Celtic

“Big Trad Train Show” (in conjunction with Pan Celtic). Night of music, song, jass, blues and funk in Talbot Hotel on 3rd April at 8pm. €15. Contact Vonnie 086 3629516.

Tinryland ICA Guild AGM will take place on Wednesday 6th March at 7.30pm in Tinryland Parish Hall. A warm welcome is extended to new members.

Palatine Juvenile Football

Club are holding their registration night on Friday 8th March from 7pm to 9pm. All welcome and refreshments will be served.

Lunchtime Theatre returns for the Spring Season with a new show featuring old favourites and a surprise or two in Carlow Cathedral Parish Centre at 1pm on 7th March. Pan Celtic Special in the Teach Bar of Teach Dolmain on Thursday 4th April. More details to follow.

Asca Juvenile GFC AGM will take place in Askea Parish Centre at 8pm on Tuesday 5th March. All parents welcome. New players of all ages welcome.

Monster Bingo at the Youth Centre, Green Lane on Sunday 3rd March at 3pm. €15,000 in prizes. 6 panel book €15; Double Book €20. Contact 059 9143181.

World Day of Prayer

(International and Interdenominational)
'I was a Stranger and you welcomed me'. Prepared by the Christian Women of France on Fri 8th March at 8pm in Community House, Haymarket. Women and Men welcome.

Church Gate Collection for the Carlow Branch of Multiple Sclerosis Society will take place this weekend 2nd and 3rd March. Your support would be appreciated.

Christian Meditation

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

Kloyda Montessori School

Urglin Centre, Rutland, Bennekerry are now taking enrolments for September 2013 and we are participants in ECCE Scheme (Free Montessori for a year). Please contact Marie O'Connor at 059 91 37708 for any enquiries or enrolment forms.

Candles for Sale

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

Carlow Fairtrade Group

Fairtrade's annual awareness campaign 'Fairtrade fortnight' will run until March 10th. The concept that begun in 1997 has the aim of making the public more conscious of the products Fairtrade sell and promote, as well as the communities that benefit from Fairtrade affiliation. Numerous events and activities will take place in Carlow with two events planned for Thursday March 7th. A talk for Transition Year students will take place at Carlow IT from 2-3:30pm with special guest Martha Lunj a sugar cane producer from Malawi. There is also a Fairtrade evening on Thursday March 7th from 7 to 8pm in the Cathedral Parish Centre in Carlow town, the winners of the Carlow Primary Schools competition will also be revealed at this event. You are very welcome to attend, you will find out more about Fairtrade and the work Fairtrade does to help alleviate poverty in the developing world.

Easter Baking Classes for

Kids! Louise's Kiddie Kitchen

Easter baking classes starting Saturday March 9th. Children from 4 - 11 can cook up a storm with our hands on cookie & cupcake baking & decorating classes. €50 for 4 weeks in Palatine. Phone Louise @ 086 8523644 for more details.

UPCOMING EVENTS AT MOUNT ST. ANNE'S,

KILLENARD, PORTARLINGTON, CO. LAOIS

Introduction to Basic

Gardening on a budget on Saturday 20th April, 2013. 2pm – 5pm An afternoon of learning how to maximize your garden space on a budget. €15 each. Facilitated by Eileen Nash.

An Afternoon with Nano on

Friday 26th April, 2013. 2pm – 5pm. An afternoon of reflection and prayer on the life of Nano Nagle and how her courage and determination can influence our lives today. This is a golden opportunity to view our newly refurbished Centre. No charge. Donations at your discretion.

Circle Dance Workshop on

Saturday 27th April, 2013. 10am – 4.30pm. Through the gentle movement and rhythm of Circle Dance, we can find support and encouragement to receive healing to body, mind and spirit. No previous dance experience required. Suitable for all ages as movement is very gentle. €40 includes soup, sandwiches and Tea/Coffee. Presented by Sr. Maureen Miley pbvm
Should you require any further information or wish to book any of the above, contact Catherine on 057-8626153

GAEILGE LE CHÉILE:

Fáilte go Gaeilge le Chéile i dteach tábhairne Reddys ar an Déardaoin, 7ú Márta ag 9pm. Bí linn do Sheachtain na Gaeilge.

Askea Community Games

If anyone is interested in doing swimming in the County Final on March 23rd in Graiguecullen, Cycling u12 & U14 in Ardattin on 9th March please let Noreen know asap. If any girls u12 are interested in doing outdoor soccer or boys u11 hurling just contact Noreen 087 954 9452. U12 Outdoor soccer and u10 Gaelic training will commence soon more details next week. Good luck to our u13 Futsal team in the county final on Sunday.

Graiguecullen Monster

Bingo: Tues 5th Mar @ 8:30pm In Graiguecullen Hall. Great Money to be won on the Night. ALL LINES CHECKS €50. Double Lines €60. FULL HOUSE'S FROM €150 / €200. PLUS JACKPOT, INTERVAL & FLYER ON THE NIGHT. ALL LOOSE SHEETS €2 EACH. SIX PANEL BOOK €5.00. Double Book €10.00.

CD "As Toibreacha an

tSlánaithe" The CD "As Toibreacha an tSlánaithe" is available from the Askea Parish Centres. Cost is €5 or €8 to include postage. The CD features two hymns sung by the Poor Clare Sisters.

The Eist Cancer Support

Centre is calling all runners, joggers and walkers to participate in the Dublin Mini Marathon, on Monday, 3rd June next, in support of the Centre. Centre tee-shirts and free bus to Dublin on the day. Sponsorship cards available from the Centre at 0599139684 or Contact Mary 0851440510.

Daffodil Day

Anyone interested in helping out on Daffodil Day on Friday 22nd March is asked to attend a meeting on the 4th March @ 8pm in Graiguecullen Parish Centre.

RehabCare in conjunction with Carlow Regional Youth Services are running a series of programmes over the next few months in Personal Development: Confidence Building: Advocacy and Social Skills: start date 4th March. If you are in receipt of disability allowance and aged between 18 – 25yrs and have an interest please contact 087 6595630. The course will run from 10.30am – 3.30pm Monday and Tuesday each week'

ST. PATRICK'S DAY PARADE:

The Carlow Town Parade will take place on Sunday, 17th March at 3.30pm. Assembly from 2.30pm. Schools, clubs, societies, sports teams, parish groups and voluntary organizations are encouraged to participate. Registration forms from the Town Hall. Please register before 11th March. Enquiries to 087 2857048.

Sponsored Carlow & District Vintage Tractor,

Car and Bike Run

in aid of

Carlow Day Care Centre,

Brownshill Road, Askea
on Sunday 10th March
at 1.30pm.

Registration at the above
Centre / (No registration fee).
For Sponsor Cards or further
information call Michael 086
1789211 or 059 9135977.

Refreshments and Raffle at the
Centre following Run. Prizes
galore including: Seller's Prize
€50 / Driver's Prize €50.

Table Quiz

Holy Family Boys' National
School Parents' Council will
hold their annual Table Quiz on
Fri 8th March at 8.30pm in Éire
Óg club house. Table of 4 -
€40. Your support would be
greatly appreciated.

COLÁISTE SAMHRAIDH 2013:

Registration is now open for this
year's Summer College 'as Gaeilge' for
teenagers from 1-12 July. Fee €200.
Enrolment forms and full details from
Glór Cheatharlach. Ph 059 9158105,
085 1340047, 087 2857048 or
emma@glorcheatharlach.ie

Lunchtime Theatre

returns for the Spring Season with
a new show featuring old
favourites and a surprise or two in
Carlow Cathedral Parish Centre at
1pm on Thursday 7th March,
2013. Admission is reduced to €5
and includes tea/coffee on arrival.
The April show will be a Pan Celtic
Special in the Teach Bar of Teach
Dolmen on Thursday 4th April.
Watch this space for more news.
But in the meantime "Come early
on 7th March to avoid
disappointment - tickets on the
door," advises Seamus O'Rourke,
Artistic Director of Carlow
Storytellers.

CARLOW Pioneers will meet
at 8pm on Friday 8th March in
Askea Parish Community Centre.
Plans will be finalised for St.
Patrick's Day Parade Float,
Leinster Quiz and National Ball.
All members are welcome.

The Carers Association

[Carlow / Kilkenny branch] will
hold their monthly meeting on
Wednesday next 6th March in
the Cathedral Parish Centre,
College Street, at 11 am. All
Carers, former Carers and
interested persons are invited
to attend. Various topics of
local and national interests for
discussion. Further information
on any aspect for Carers in the
home from Carmel or Gina at
056 7721424

Carlow Active Retirement

Association guided tour to the
Mourne mountains district,
Visit Newry, Warrenpoint,
Rostrevor and Newcastle, cost
€50. Refreshments on way,
Dinner and evening
entertainment all included. Full
information from Sean at
9143937 or 087 6522374
before 12th March.

ÉIRE ÓG LOTTO WINNING NO's

Mon Feb 25th. 7, 8, 20 & 24. No
Jackpot Winner Match 3 x 3
received €50. Tommy Keating,
Roncalli, J & P Travers, Pollerton,
Seamus Motley 16 Ashgrove. Our
Jackpot now stands at €5,900.
Next week's match 3 win or share
€150. NEXT WEEK'S JACKPOT
€5,900. Draw takes place every
Monday night in Teach Asca at
9.00pm.

The Run 4 Life 2013 in aid

of Special Olympics Carlow & St
Laurence O'Toole AC, will take
place on Sunday 10th March at
2pm, starting and finishing at St.
Laurence O'Toole athletic track.
Everybody is invited to Walk, Jog,
or Run either 5k or 10k. Register
before 7th March to avail of
discounted entry fee - €10 for the
5km and €15 for the 10km. Enter
online on Run Ireland Website or
drop by the club and pick up a
Registration Form.