

UNISLIM CLASS every Wednesday morning in Tullow Parish Centre at 10 a.m.

Develop Tullow Association—AGM will take place on Tuesday 18th January at 8.30 p.m. in the Tara Arms, Tullow. All welcome.

LINEDANCING class every Monday night in Murphy Memorial Hall. Contact 087 2049547.

FELLOW'S BARBER Newly Relocated Church St Tullow. Now open late Fridays till 7pm.

Yoga-Slim: A unique yoga approach to losing weight including tips on nutrition and diet. Relaxing yet energising six week course, €72 euro, begins on Monday 24th in Teach Bhride, Tullow. All welcome. Call Deirdre on 086 2510856.

ZUMBA CLASSES start in Mt Wolseley Hotel leisure Centre this Tuesday night 11th January at 8.30 p.m. €10 per class. The first class on Tuesday 11th will be a free class for everybody. ZUMBA is a dance fitness workout that fuses hypnotic Latin rhythms with easy-to-follow moves to create a calorie-burning exercise class that's more like a party than a workout. Booking is essential. Phone Jolanta on 087 9754687

NEW OPPORTUNITY FOR WOMEN TO RETURN TO EDUCATION

For many women young and old, life often gets in the way of completing or returning to education and fulfilling a desired career or goal. The New Steps Programme is now offering women across the County an exciting opportunity to address this and build careers and further education roadmaps for their own future. Part of this initiative is a ten week course taking place in Forward Steps Resource Centre, Tullow commencing on Tuesday 25th January for three mornings a week. During this programme participants will gain personal development, communication and computer skills, participants will also receive one to one mentoring support and career and education exploration through out. This programme is funded by the European Social Fund and the Department of Community, Rural and Gaeltacht Affairs. Contact Jacqui on 086 8283637.

Are You Depressed? Need Support? Can we Help?

Moving On Overcoming Depression (MOOD) is a voluntary organisation which holds support group meetings throughout the Southeast Region. The groups are facilitated by trained volunteers who are experienced in dealing with those affected by depression. All groups are confidential, non-judgemental and free. For further information email moodsupport@hotmail.com or 087 9498100.

Pilates Class will resume in Killerig Resort on Tuesday January 18th at 8.15 p.m. Booking essential. Contact Suzanne on 086 2113517.

Tullow Guild of the ICA will hold their next Meeting in the Parish Centre on Monday January 17th at 8pm. Members are invited to come along and participate in an entertaining start to the New Year.

SHOP FOR RENT in Tullow town. Phone 087 2582597.

EXERCISE CLASSES starting in Teach Bhride, Tullow on Monday 17th January and every Monday and Wednesday thereafter from 7.30—8.30 p.m. €6 per class. Phone Emma on 085 1139842.

TULLOW, GRANGE & ARDATTIN PARISH NEWSLETTER



16th January, 2011. Second Sunday in Ordinary Time.

“One Human Family”

Message of Pope Benedict for World Day of Migrants and Refugees.

- ♦ “The World Day of Migrants offers the whole Church an opportunity to reflect on the growing phenomenon of migration. We pray that hearts may be open to Christian welcome and to the efforts to increase justice and charity, pillars on which to build an authentic and lasting peace in the world.
- ♦ All belong to one family, migrants and the local populations that welcome them, and all have the same rights to enjoy the goods of the earth.
- ♦ Those who are forced to leave their homes or their country need to be helped to find a place where they may live in peace and safety, where they may work and take on the rights and duties that exist in the country that welcomes them, contributing to the common good”.

ANNIVERSARIES

FIRST ANNIVERSARY MASS for Artie Thompson, Castledermot Road today Sunday 16th January at 11.30 a.m.

ANNIVERSARY MASSES FOR FRIDAY 21st JANUARY, 7.30 P.M.

Josephine & Jack O'Neill, Pairc Mhuire. Lilly Simmonds (nee Coogan), The Green. Joe Sunderland, 23 Pairc Mhuire. Jim Murphy, Ballymurphy. Elizabeth Murphy & deceased family members, Barrack Street and Rita Kirby, Limerick.

FIRST COMMUNION PROGRAMME

The First Communion Programme for children in 2nd class continues next weekend.

Tullow: Saturday 22 January at 7.30 p.m.

Grange: Sunday 23 January at 9.30 a.m.

Ardattin: Sunday 23 January at 10.30 a.m.

Would You like to be a Minister of the Eucharist

in Tullow, Grange or Ardattin Church? New training course beginning in February. Please contact any member of parish team.

TULLOW PARISH PASTORAL COUNCIL MEETING

on Monday 17th January at 8 p.m. in Parish Centre.

Novelty Bingo in Aid of Tullow Day Care Centre on Monday 31st January 2011 at 8p.m. Refreshments provided.

TULLOW ACTIVE RETIREMENT

Bookings for the 3 Tenors Show for the 5th February are now being taken by Bernie. Cost is €30 to include show and transport.

ACTIVITIES

Bridge Classes on Wednesday at 7.30 p.m. in Forward Steps. 19th, 26th, & 2nd, 9th February.

Tai Chi Thursdays at 11 a.m. in Forward Steps.

Yoga Friday at 11 a.m. in Teach Bhride.

Bowls and Aqua Aerobics are ongoing.

All information on ARA notice board in Forward Steps.

Padre Pio Pilgrimage 2011

August 8th for 7 nights, Benevento and San Giovanni. Also visiting the Shrine of St. Philomena and St. Gerard and the Miracle of the Eucharist in Lanciano. Saving scheme is now open. Phone Brendan Byrne on 087 6349103.

Tullow Day Care Centre

Will have the following vacancies Laundry Assistant, Kitchen Assistant and a Mini Bus/Vanette Driver (Di Licence essential). Please e-mail C.V. to tullowday-care@eircom.net or post to Tullow Day Care Centre The Shroughan, Tullow, Co Carlow. Contact Martina at 059-91-51833. Closing Date 28th January 2011.

COLLECTIONS

Offertory: €2,007. Development: €2,515. Many thanks.

EUCCHARISTIC ADORATION

Tuesday 18th and Wednesday 19th January. That the riches of creation be preserved, valued and made available to all, as precious gifts from God to human kind.

SERVERS FOR THE COMING WEEK GROUP 4 GIRLS

Karolina Puk, Abbie Murphy, Katie Cash, Emily Bolger, Katelyn Ansbro, Megan Akerman-Hughes, Beata Szczeponek.

Groups for Sunday

8.30a.m. Emily Bolger, Abbie Murphy & Megan Akerman-Hughes.

11.30a.m. Karolina Puk, Katelyn Ansbro & Katie Cash, Beata Szczeponek.

CLONFERT: *A day of prayer for healing will be held in Emmanuel House of Providence, Clonfert on **Saturday 29th January.** Speakers: Fr. Michael Kennedy and Eddie Stone. Bus departs Church Car Park at 8 a.m. sharp via Killebrig Cross, Cosh Stores and bus stop Barrack Street, Carlow. Bring packed lunch. To book a seat phone Lily on 059 9151245.*

CRISP TULLOW

Internet and E-mail course starting Tuesday 18th January 2.30—4.30 p.m. Contact Ann or Melissa on 9181795.

TULLOW TRADERS GROUP would like to thank most sincerely everyone who helped in any way to make our recent Christmas festival such a great success. Thank you to the seventy plus traders who made the festival possible. A meeting of all the members will take place shortly and all members will be notified in advance.

Tullow Tennis Club are having a meeting in Tullow Parish Centre at 8.30p.m. on Friday 28th January, 2011. Tel Donnacha 086-8239068 or Aine 086-8590638.

SCOIL MHUIRE LOURDES ENROLMENT

Application for enrolment for 11/12 school year in Scoil Mhuire Lourdes, Tullow will take place during the weeks February 7th to March 4th, 2011.

During this time application forms will be available from the school secretary 9.30—2.00 p.m. each day. Completed application forms must be returned no later than Friday 4th March.

NIGHT CLASSES AT TULLOW COMMUNITY SCHOOL

Two night classes will commence in Tullow Community School on Tuesday 25th January.

The first is a Fetac Level 5 module entitled "Child Development". This is one of eight modules required to gain a Fetac Certificate in Childcare and will run one night per week for 10 weeks.

The second course is Computers for Beginners, aimed at encouraging those who have little or no experience of computers to get started for 2011.

If you are interested in either course contact 059 9151473 or e-mail tulcomcw@eircom.net

TULLOW BINGO

Every Thursday night at 8.30 p.m. in Murphy Memorial Hall. Hickson's jackpot will be €400 next week.

Tullow School of Speech and Drama
Classes resume on Monday 10th January. Phone 059 9151185.

PRIESTS OF THE PARISH PHONE NUMBERS

Fr. Brendan Byrne

059 9152159

087 6646616

Fr. Andy Leahy

059 9180641

087 9438270

ST PATRICKS G.F.C

Carlow Senior Footballers play UCD in the O'Byrne Cup today Sunday 16th January at 2p.m. in Bro Leo Park. As this is an important game for the county support would be greatly appreciated.

New Year-New You

12 Week Program starts Parish Centre on January 12th and every Wednesday Night at 8pm. Full Body Analysis. All are welcome.

Email: tullowparish@eircom.net

Tullow Parish Community Centre. Phone: 059 9151277. Fax: 059 9151624.