

**NUACHTLITIR NA CARRAIGE AGUS MHÍN AN AOIRE**  
**An t Ath Proinnsias Mac an tSaoir S.P. - 074 9739008/087 1758303.**  
**DOMHNACH CINCÍSE - 04-06-2017**  
**FAILTE - WELCOME**

**BÁS LE GAIRID**

Brid Kelly, Teelin.  
 Seamus Doherty, Kilcar.  
 Paddy Cunningham, Letterkenny & Carrick.  
 Bernadette Gallagher, Loughras Point, Ardara.

**CUMHNEACHÁIN BAIS**

Eileen & Eddie Diver, Rannakilla.

**AIFRINN NA SEACHTAINE: AN CHARRAIG AGUS MÍN AN AOIRE**

Dé Satharn	6.30 p.m.	An Charraig	James, Hannah, Cathal & Teresa Mc Laughlin, Clogher.
Dé Domhnaigh	9.30 a.m.	Mín an Aoire	Míchéal Mc Ginley, Meenaneary.
	11.00 a.m.	An Charraig	
Dé Luain	8.30 a.m.	An Charraig	St. Boniface.
Dé Máirt	7.00 P.m.	An Charraig	
Dé Céadaoin	10.00 a.m.	An Charraig	
Déardaoin	10.00 a.m.	Mín an Aoire	
	10.00 a.m.	An Charraig	
Dé hAoine	7.00 p.m.	An Charraig	Eileen & Eddie Diver, Rannakilla. St. Colmcille.
Dé Satharn	10.00 a.m.	An Charraig	
	6.30 p.m.	An Charraig	Month mind of Brid Kelly, Teelin.
Dé Domhnaigh	11.00 a.m.	Mín an Aoire	First Holy Communions.
	11.00 a.m.	An Charraig	

**AN SACRAMINT NAOFA:**

An Charraig: Dé Domhnaigh 7.00 p.m. – 8.00 p.m. Novena to the Holy Spirit ends.  
 An Charraig: Dé Máirt 11.00 a.m. – 8.00 p.m.  
 Mín an Aoire: Déardaoin 7.00 p.m. – 10.00 p.m.  
 Saturday, after 10am mass, and before Vigil Mass.  
 Sunday, before mass from 9.10 a.m.

**FAOISTIN: Carrick**

Meenaneary

**FRIOTHÁLAITHE NA hALTÓRA: Carrick**

Meenaneary

Sallaí & Laura Hanrahan, Cillian Gillespie, Hazel Doherty. Supervisor: Brenda Doherty.  
 Pauric, Niamh & Alannah Boyle.

**CÚRSAÍ AIRGID:**

Parish Collection €843. Parish Projects €85.

**LEGION OF MARY:**

Meeting in Parochial House on Tuesday at 8.15 p.m.

Leaflets on Lough Derg & Ards Friary Centre are available free of charge at the back of the Churches.

**NAOMH COLUMBA**

**LOTTO** 30th May 2017 **€10,000**. Uimhreacha 18, 23, 27, 29. Duaiseanna Aitheantais 5 Dhuais. €50 Ronan Gallagher, Cloghan.  
 €30 Martin Cunningham, Dunkineely. €20 Máire Treasa Ní Bhaoill, Meenacharvey. €20 Christine Doherty, Meenaneary. €20 Kevi  
 Campbell, Meenboy. **LOTTO na seachtaine seo chugainn 6th June 2017 €10,000.**

**BINGO** in Old School Carrick, Thursday night at 9.00 p.m. Winners 1<sup>st</sup> June. €50 Máry Tubirdy, Rose Byrne, €60 Evelyn Boyle,  
 €80 Maire Cannon, Alisha Mc Morrow, €100 Anne Doherty, Delia Hegarty.

Snowball next week **€4420**, Jack the Joker **€1100**

**GLENCOLMCILLE FOLK VILLAGE**

There will be a traditional afternoon to launch our new Loom at Glencolmcille Folk Village on Bank holiday Monday the 5th of June from 12.00 pm to 3.00 pm. There will be craft demonstrations, craic and seanchais. Feel free to bring your knitting, make some St. Brigid's crosses with us, learn about mending fishing nets, twisting ropes, spinning and much much more. We will be launching the loom at 2.30 pm Fáilte roimh gach duine.

**THANK YOU**

Fr. Brian Johnson of The Franciscan Brothers, Clara, Co. Offaly wishes to sincerely thank all parishioners who generously gave donations last weekend while he was here in our Parish. A total of €1400 was donated.

**ALZHEIMER'S CAFÉ – CARRICK**

The next monthly Alzheimer's Café will take place on the 9<sup>th</sup> June at the Carrick Day Centre from 11.00 a.m. – 1.00 p.m.

The Alzheimer's Café morning is free and anyone affected by Dementia is welcome to attend.

For more information contact Catriona at 087 9257507 or Eithne at 074 9739354.

**TÍR BOGHAINÉ TEO / CARERS WEEK 2017**

Do you care for someone, a relative, friend or neighbour? If so, you are invited to "Care for Yourself". We will be hosting a Pampering Event in the Tara Hotel, Killybegs on Monday the 12th of June from 10:30am – 1pm. Choose from a choice of therapies to relax and unwind. There will be a talk on the "Art of Caring" by Jim Sheehy. There will also be an opportunity to share experiences and a light lunch and refreshments will be provided. This event is free to all carers, however a place must be reserved by contacting Eileen McBrearty on 074 97 33111.

### **HILL WALK - SLIABH LIAG TO MALINBEG**

Charity walk Sunday 4<sup>th</sup> June Sliabh Liag to Malinbeg in aid of Kevin Bell Repatriation Trust. This fund to date has helped 200 families with repatriations. Registration in Old School from 12 noon. Busses leaving Carrick at 1.00p.m. €20 per walker.

Refreshments served in Old School after walk. Any help or baking on the day would be greatly appreciated.

For more information contact Suzanne on 086 3963150.

### **ÁISLANN CHILL CHARTHA**

**Fitness Suite Summer Offer:** Join for June, July and August for just €50. Membership allows full access to the fitness suite, including morning and evening group circuit classes.

**Basic First Aid Course:** Saturday June 10th. Cost €50 per person. Training includes CPR, Recovery Position, Wounds and Dressings, Burns and Scalds, Fractures and Sprains. Call 074 9738376 to book as places are limited.

**Tiny Tots Morning:** will be held in Áislann Chill Chartha on Friday 16th June from 10 a.m - 12.30 p.m. Bouncy Castle, Ball Pool, Soft Play Toys etc. Cost: 1 Child €3, 2 Children €5. Age 0 – 4 years.

**Ceol na gConallach:** Concert Saturday 17th June @ 8.30 p.m. in Áislann Chill Chartha, featuring Tom Byrne, Michael Carey and Michael Gallinagh.

**Golf Classic:** in Narin & Portnoo Golf Club Saturday 24th June 2017. Teams of Four €100 - any combination. Tee Sponsorship €50. Timesheet Bookings Contact: Narin & Portnoo Golf Club: T: 074 9545107. Tom Glynn: M: 087 2575206

Martina O'Donnell: M: 087 2453210 E: eolas@aislann.ie

**Comhra le Cupan Tae:** every Wednesday in Áislann Chill Chartha 11.30-12.30. Chatting as Gaeilge over a cup of tea. All welcome. Bígí linn

### **TRADITIONAL MUSIC WEEKEND**

The 27<sup>th</sup> Annual Carr Family Music weekend takes place from 2<sup>nd</sup>-4<sup>th</sup> June in O'Donnell's, Meenaneary with special guests Tony O'Connell, Brid Harper, Donna Harkin, Johnny Coonan, Tara Cunningham & more. All musicians, singers and dancers welcome all weekend.

### **NIALL MOR CENTRE**

**Lego Brickx Workshop:** Sat 10th June 11:00 am - 12:30 pm, suitable for 4 - 12 year olds. €10 per child and places must be pre-booked, contact: 086 1526699

**Pediatric First Aid:** at the Niall Mor Community & Enterprise Centre on Friday 23rd June from 9:30 am - 5:00 pm costing €75 per person. If interested contact reception on 074 9741863.

**Digital Skills Training:** Starting on Tues 20th June from 11:00 - 1:00 pm. Course comprises of internet safety, emailing, search engines and websites, online services, video calls, use of Apps, shopping online, digital photography etc. Anyone interested contact Kathy on 087 4126400

**Safepass Course:** Fri 30th June from 8:00 - 5:00 pm @ €100 per person. To reserve a place contact reception on 9741863

**Childrens Summer Camps:** Multi-activity camps for National School children. Fun & Games including: Little Athletics, Arts & Crafts, Mini Me Yoga, Mystery Bus Trips & much more. Week 1: Mon 17th - Fri 21st July from 10 am - 2 pm @ €50 per child. Week 2: Mon 14th - Fri 18th Aug from 10 am - 2 pm @ €50 per child

### **JOHN 20:19-23**

The Bush-people of Africa (the Bushmen) were the first inhabitants of the continent. But down the centuries they suffered persecution at the hands of both white people and black people. Today there is only a remnant of them left in Southern Africa, in and around the Kalahari desert. They are used to living in wide open spaces. Most people would find such an environment almost unbearable. Not so the Bush-people. For them it is their element.

Once a Bushman was imprisoned because he had killed a giant bustard, which was a crime, since the bustard is a protected species. Locked up in a small cell, he began to waste away like a candle. He had sufficient food and drink, yet he continued to pine away.

Puzzled and alarmed, the authorities called in a doctor to examine him. The doctor gave him a thorough examination, but could find nothing wrong with him physically. When asked why he was ill all the man could say was, 'I can't live without being able to see the sun go down over the Kalahari desert.'

I don't know how the story ended, but I hope the authorities had the good sense to release him. His problem was not lack of food for his body, but lack of nourishment for his spirit. It was his spirit not his body that was dying.

Because the spirit is easily broken, easily crushed, It needs strengthening and nourishing every bit as much as the body does. If strengthened and nourished it has great powers of recovery.

What are the things that strengthen and nourish the spirit? What is it that enables the spirit to soar, and what IS it that causes it to sink?

Sadness weighs it down; joy lifts it up.

Criticism erodes it; praise builds it up.

Failure shrinks it; praise builds it up.

Despair causes it to wilt; hope breathes new life into it.

Rejection wounds it; acceptance heals it.

Hatred poisons it; love purifies it.

Fear cripples it; solitude calms it; prayer strengthens it.

The Holy Spirit continually breathes new life into our spirits. So, as we prepare for the feast of Pentecost, we might make our own the prayer: Spirit of the living God, fall afresh on us.

Flor McCarthy SDB