

Newsletter

Church of The Assumption Pomeroy
Church of The Immaculate Conception Altmore

Very Rev. David Moore P.P. V.F.
9 Cavanakeeran Road, Pomeroy
BT70 2RD
Tel: 02887757867



*“For God so loved the world, that He gave His only begotten Son,
that whoever believes in Him shall not perish,
but have eternal life”*

POMEROY MASS TIMES

Recently Deceased	Christopher Colhoun–Clonoe Cathy O Brien–USA
Sun Vigil (Sat) 7pm	Mary Conway, Michael Murphy & Parents
Sun 11.00am	Frank Nugent
Tues 9.30am	Mass
Wed 9.30am	Mass
Thurs 9.30am	Mass
Fri 9.30am	Mass
Sat. 20 th Jan. 7pm	Bridget Lagan
Sun 21 st Jan. 11am	Sean Quinn

ALTMORE MASS TIMES

Sun 14 th Jan. 9.30am	Winifred Finn 1 st Anniversary Saoirse Vincent, Peter McGaughey, Jack Clarke & Decd, family Members
Sun. 21 st Jan. 9.30am	Detta James & Sr. Bridigeen McElroy Mary Hackett

**YOUR PARISH
CONTRIBUTION
£1,448.60**

**Rosary for the Holy
Souls, Sunday in the
Oratory @ 7pm. All
welcome.**

THOSE ASSISTING AT MASS

20 th & 21 st Jan.	7pm Vigil Mass	11am Mass	Altmore 9.30am
Lectors	E. Quinn & S. McAleer	B. McVeigh & K. Burns	M. Clarke & H. Heron
Eucharistic Ministers	M. O’Gara, A. M. Bonner & E. Barrett	J. Cush, D. Knipe & P. Rafferty	Anne Coyle
Prayers of the Faithful	Daniel McNally	Morgan Donnelly	Erin McDonald

PARISH SACRAMENTS

Confessions	Sat. 6.30pm Pomeroy
Baptisms	1 st & 3 rd Sat. 5.30pm

Psalm 39
“Here I am Lord! I come to
do your will.”

Parish Announcements

Priests of the Pastoral Area for Emergencies only

Very Rev Gerard McAleer, P.P.	028 87761327
Very Rev Sean O’Neill, P.P.	028 80761207
Very Rev Patrick Hughes P.P.	028 86751206

Parish Information

Parish Secretary Dympna Lagan Tel: 02887758329
Mon, Wed, Thurs & Fri 10am-1pm E: pomeroysecretary@hotmail.com

Pomeroy Sacristan Mrs A.M. Bonner Tel: 07554946738
Altmore Sacristan Miss M. Clarke Tel: 02887758239
Parish Safeguarding Representatives
Mr & Mrs Gerard McDonald Tel: 02887758019

St Mary’s Primary School
Mr Damian Eannetta Tel: 02887758541
Accord Marriage Preparation Tel: 02838334781

Church & Oratory Cleaners:
January: Church Ann Marie Bonner & Oonagh Gormley
Oratory Audrey Conway

Dates for Your Diary

Confirmation 28th Feb. @ 5pm & First Holy Communion 12th May @ 11am
.Cemetary Sundays: Altmore 3pm 17th June & Pomeroy Sun. 24th June @ 11am

Car keys lost last Sunday at Altmore Chapel. If anyone finds them please
contact 07761602424

Safeguarding in Armagh Diocese The responsibilities of the Parish Safeguarding Representatives include promoting awareness of the Diocesan Policy and Procedures for Safeguarding, ensuring that all parishioners have ready access to contact details of the Diocesan Designated Offices and other relevant agencies and supporting or facilitating anyone in parish groups working with children and/or vulnerable adults. The Diocesan Safeguarding Office has recently issued the Diocesan Adult Safeguarding Policy & Procedures which can be accessed by following the link below:
<https://www.armagharchdiocese.org/wp-content/uploads/2017/12/Adult-Safeguarding-Policy.pdf> The link to the Child and Young People Safeguarding Guidance for Parishes is:
<https://www.armagharchdiocese.org/wp-content/uploads/2013/02/Safeguarding-Parish-Guidance-Oct-2016-FINAL-VERSION.pdf> A reference copy of both documents is also available in the Parish Office during normal opening times. Should any parishioner wish to speak to the Parish Safeguarding Representatives or the Armagh Diocesan Safeguarding staff please do not hesitate to do so. Contact details are posted in each Church as well as online and in the above policy documents.

“Over 55’s” Club resumes in Rowantree on Wed. 17th Jan. @
2pm. All very welcome.

HERE TO HELP How to stick to your New Year’s resolution Many of us end up making the same New Year’s resolution every year—to start eating better and taking more exercise—only to give up after a short time because of not hitting our targets quickly. The key to success is to be realistic and make small manageable changes that work for you. A good starting point is to cut out the snacks. As well as making healthy food choices, getting more active is a great way to manage our weight. A simple way to get started is to walk. By fitting more steps in to our everyday routine, we can start to feel the benefits. This could mean getting off the bus one stop earlier and walking the rest of the way, taking the stairs at work rather than the lift or by going for a walk. Here in Pomeroy we are fortunate to have the Forest with designated walks on our doorstep. Why not give them a try with the Grace Drennan trail for those who are a bit more adventurous. By taking simple steps to move more, we can help manage our weight as well as boosting our mental health and reducing stress and anxiety. A great way to track progress is with a pedometer or smartphone app. Measuring our steps and setting a goal is a good way to stay motivated. For more information on choosing healthier food options, cooking healthy recipes and getting more active, visit www.choosetolivebetter.com

Inst of Irish Leadership: Volunteers and second hand books wanted for reading groups. Now taking bookings for light refreshments after Month’s Mind Masses Walking group meet every Monday in Pomeroy Forest Car Park 11am to noon. Contact: kathleenburnsiil@gmail.com. Tel: 02887757800