

# 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** Malachy Rafferty-Galbally  
Barney McCreesh – Cookstown,  
Laura McGuigan – Broughderg  
Tommy McKernan. – Dunamore,  
Mairead McCracken, James Doone.

Sun Vigil (Sat) 7pm Brigid & Patrick Keenan  
Sun 11.00am Mass  
Sun 8.00pm Vigil for Christmas  
Gerry Keenan, Packie & Tessie Quinn  
Mon 11.00am Christmas Day Mass  
Wed 9.30am Rose Armstrong  
Thurs 9.30am Michael Mullin & Teresa McGurk  
Fri 9.30am Eugene McKenna & Decd. Family  
Sat. 30th Dec. 7pm Tony Mills  
Sun 31st Dec. 11am Mass

## ALTMORE MASS TIMES

Sun 24th Dec. 9.30am Mass  
Mon. 25th Dec. 9.30am Christmas Day Mass  
Sun. 31st Dec. 9.30am Mass

## YOUR PARISH CONTRIBUTION

**£1,491.50**



## THOSE ASSISTING AT MASS

30th Dec. & 31st Dec.	7pm Vigil Mass	11am Mass	Altmore 9.30am
Lectors	H.P. McGeary & M. Harte	R. Quinn & E. Rafferty	C. McDonald & T. O'Neill
Eucharistic Ministers	K. Flanagan, S. Coyle & D. Lagan	B. McCourt, G. Rafferty & A. Goodfellow	Patricia Conlon
Prayers of the Faithful	Odhran McNally	Hugh-J Cunningham	Alannah Robinson

## PARISH SACRAMENTS

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

Psalm 88  
"I will sing for ever of your love, O Lord."

# 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:  
December: Church Sharon Rafferty  
Oratory Marie Coyle & Martina O'Gara

## Dates for Your Diary

Confirmation 28th February @ 5pm  
First Holy Communion 12th May @ 11am

*Wishing you a very Merry Christmas in the  
company of those you love.  
Good health, happiness and many blessings  
in 2018. David Moore P.P.*

**Adoration of the Blessed Sacrament** will resume on **Monday 8 January**. The Oratory will be open each day for your private prayer and **both Church and Oratory will close at 6pm** until Monday 8 January. David Moore P.P.

## Readers 24th & 25th Dec.

Sun. Vigil 8pm D. Gray & A. McGurk Mon. 11am G. McDonald & N. Kelly

## Eucharistic Ministers:

Sun. Vigil 8pm P. Goodfellow, K. McNamee & A. Heagney  
Mon. 11am D. Gormley, A. O'Neill & B. Nugent

**St. Joseph's P.S Galbally** are hosting a seated concert with **Philomena Begley** on **Monday 26th February** in **Galbally Community Centre**. Guest appearances from the elite of country music. Tickets £20 are available now from St. Joseph's P.S., Mace Shop Galbally & Pomeroy, Donna's Hair Studio or Gene Stewarts Music Shop, Dungannon. Proceeds in aid of school funds.

## HERE TO HELP

**LONLINESS:** A recent report said that the impact of loneliness on our health can be the same as smoking 15 cigarettes a day. Young or old, loneliness doesn't discriminate and sometimes we don't have to be alone to feel lonely. If you know someone who you think may be lonely then over Christmas and the New Year is a good time to do something about it. Why not look in on a neighbour, visit an elderly relative or make that call or visit you've been promising to a friend you haven't seen in a long time. Let people know you are happy to chat. The Public Health Agency tells us that there are 5 Steps to Wellbeing which help maintain and improve our wellbeing - this includes loneliness. These are: Connect – with the people around you Be active – go for a walk, garden or dance Take notice – stop, pause, look around you Keep learning – try something new Give – volunteer your time and effort One way to Connect and Keep learning is to join the Over 55's Club which takes place on Wednesdays at 2pm in the Rowntree Centre. Be active and Take notice by joining the Walking Group which meets every Monday at 11am in Pomeroy Forest Car Park. Give by volunteering with one of the many local groups and organisations who do so much good in our community. To find out more about the 5 Steps to Wellbeing go to [www.mindingyourhead.info](http://www.mindingyourhead.info)

**Naíscoil & Gaelscoil Eoghain** If you would like to register your child for a Nursery or P1 place at Naíscoil and Gaelscoil Eoghain, applications must be received by 12 noon on Wednesday 10 January. To obtain further information about the benefits of Irish medium education or to arrange a visit to the school environment, please contact the school on 02886764121.