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Thurs 06th August 2026
Vol. 18 Issue 45

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Siobhan

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Minister for Children, Disability, Equality and TD for Kerry



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This is a political advert for Norma Foley TD, 1 Bridge Place, Kerry, paid for by Norma Foley to support local business. For more visit fiannafail.ie/transparency



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Listowel Emmets Senior Ladies @ All-Ireland Club 7s

A great day out for our Senior Ladies on Saturday as they travelled to Naomh Mearmóg GAA in Portlarnock for the All-Ireland Club 7s. It was an early start with a 5am departure from Listowel before taking to the field at 9.45am. The girls enjoyed an excellent group stage, recording victories over St. Tiarnach's Clones (Monaghan), St. Patrick's Lisburn (Antrim) and Blackhall Gaels (Meath), along with a draw against Clane (Kildare), to qualify for the Cup Semi-Final.

After a long day and an hour-and-a-half break before the knockout game, tired legs eventually caught up with them as they bowed out to Milltown (Kildare), who went on to win the Junior competition.



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Creamy Chicken & Mushroom Vol Au Vent
(1,4,7,14) €10.00
(Main course portion with choice of sides €18.50)

Main Courses

Golden Chicken Milanese, Sauté Potato, Salad
& a Mushroom Sauce (1,4,7,9) €19.00

Penne Pasta Carbonara, Fresh Parmesan Shavings
& Garlic Bread (1,4,7,9,14) €18.00

Chef's Freshly Carved Roast of the Day Specials
(7) €19.00
(Half Portion of Roast of the Day €14.50)

Our Famous Battered Fish & Chips, Tartar Sauce,
Coleslaw & Lemon (1,3,4,5,7,9) €20.00

Homemade Beef Lasagne, Garlic Bread,
Salad & Chips (1,2,4,7,9) €18.00

Chicken Curry & Rice (1,2,9,10,14) €18.00

Sweet Chicken & Vegetable Stir-fry & Rice
(2,9,10,14) €18.00

House Speciality Burgers

"The Gearoid Daniel" Our Classic
Homemade Beef Burger topped with
Bacon & Cheese, Ketchup
& Caramelised Onion in a Toasted Brioche Bun
(1,4,9,10) €10.50

"The Big Bird" Our Homemade
Chicken Fillet Burger topped with Cheese,
Crisp Lettuce, Red Onion, Coleslaw
& Tangy Mayonnaise
in a Toasted Brioche Bun (1,4,9,10) €10.50

"The Hawaiian" Our Classic Homemade
Beef Burger topped with Grilled Pineapple,
Bacon & Cheese, Pink Sauce
in a Toasted Brioche Bun (1,4,9,10) €10.50

Our Loaded Homemade Chips

• Topped with Garlic Mayo
& Cheese (4,7) €8.50

• Topped with Bacon & Cheese (7) €8.50

Spice Box Crispy Spicy Chicken, Sweet
Thai Chilli, Garlic Mayo, Mixed Pepper
& Onions (1,2,4,9,11) €14.50

Sides

Twice Cooked Homemade Chips €5.50

Twice Cooked Sauté Potatoes €5.50

Homemade Battered Onion Rings
with Garlic Mayo Side (1,4) €7.00

Kiddies Corner

Kiddies Meal Special (1,4,5,7,10) €9.00
Sausages, Fish Fingers, Burger or Nuggets
served with Skinny Fries & Juice

Kiddies Roast of the Day (7) €11.00

Kiddies Penne Pasta
& Tomato Sauce (1,2,4,9) €7.50

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with Meat of your choice (7) €5.00

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A large collage of 20 photographs capturing various moments from the Ballylong Oystermen's Summer Holiday event. The photos show children in costumes, adults at a DJ booth, children on toy cars, groups of people posing, children with medals, and various activities and performances throughout the day.



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**LISTOWEL CREDIT UNION
PROPOSED MERGER
ANNOUNCEMENT**

An updated from your Board about an exciting
step for Listowel Credit Union and our community...
proposed merger announcement

**ABBEYFEALE CREDIT UNION AND
LISTOWEL CREDIT UNION**

We are delighted to inform you that we have commenced discussions with Abbeyfeale Credit Union in relation to combining our resources to become an even stronger credit union.

Across Ireland, more and more credit unions are coming together to ensure they can continue to meet the evolving needs of their members and communities, which they serve. Your Board believes that the proposed merger with Abbeyfeale Credit Union represents an exciting opportunity for our members and our community.

This proposal is built on a genuine partnership between our two credit unions. By coming together, we can create an even stronger credit union that continues to offer the friendly, personal service you value while being positioned to offer a wider range of services and community supports in the years ahead.

Together, we will be better placed to respond to changing members' needs and ensure our credit union remains strong and sustainable for generations to come.

We recognise that this is a significant development, and we are committed to keeping you fully informed throughout the process. We would also like to reassure you that it is very much business as usual. There will be no change to day-to-day services, and you can continue to access your accounts and carry out your usual business with us in the normal way throughout this process.

It is important to state that Members will have the final say on the proposed merger at a future General Meeting. If you have any questions or would like to learn more about the proposed merger, please feel free to speak with any member of our team.

We greatly value your support and trust, and we look forward to keeping you informed on the next steps and future developments as we work together towards an exciting future for our credit union.

Joseph Griffin - Chairperson (On Behalf of the Board of Directors)



The Bon Secours Hospital launches the 2026 Rose Cup - a juvenile GAA tournament in Tralee. The competition will take place during the week of the Rose of Tralee International Festival.

Pictured at the launch were Front L-R: Cian Heafey, Kieran Sheehy, Jamie Doyle and Sean Ireland. Back: Nicole McEllistrim Bon Secours Hospital, Dan Walsh Tralee Town Board, Robbie Laokin, Tom Randles, James Slattery, Sunny Dermott, Gareth Lovett, John Slattery Tralee Town Board and Laura O'Carroll Bon Secours Hospital.

Photo by: Domnick Walsh - Eye Focus LTD - 087 26 72 033



Listowel's Sadie O'Brien who brought The Brendan Martin Cup out at the All Ireland Ladies Football Final in Croke Park

**PROPOSED
MERGER
ANNOUNCEMENT**

AN UPDATE FROM YOUR BOARD





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CAROLINE'S DÓTERRA ESSENTIAL OILS

WELLNESS WITH CAROLINE HORGAN

Preparing for New Routines Naturally

As we welcome August, there's still plenty of summer to enjoy, but many families are beginning to think ahead. School bags will soon be coming out of the cupboards, holiday routines will slowly return to normal, and before we know it, September will be here.

For me, August has always been a lovely month to gently prepare—not with pressure, but with simple habits that help the whole family transition back into routine feeling healthy, rested, and ready for the months ahead.

Building Healthy Habits Before School Returns

One thing I've learned over the years is that it's much easier to build healthy habits before life becomes busy again.

Rather than waiting until the first day back at school, I like to start introducing small routines that benefit the whole family.

That might mean getting back to regular bedtimes, encouraging everyone to drink more water, preparing healthier lunches, or simply taking a little extra time each day to support our wellbeing naturally.

My Back-to-Routine Oils

There are a handful of oils that always become more prominent in our home as September approaches.

On Guard is probably the first one I think of. Whether diffused around the home or used as part of our everyday routine, it's a lovely blend to have on hand as families begin mixing together again after the summer holidays.

Air is another favourite, especially as the evenings begin to cool and we spend a little more time indoors. I love diffusing it at night to create a fresh, comforting atmosphere before bedtime.

Tea Tree is one of the most versatile oils in my Natural Wellness Cupboard. From everyday skin support to keeping it on hand for all those little summer scrapes and bites that children seem to collect, it's one oil I would never be without.

And of course, **Lavender** remains a family favourite. As bedtime routines begin to return, it's wonderful for helping everyone unwind after busy summer days and preparing for a restful night's sleep.

Wellness Starts Before We Need It

One thing I often say is that wellness is much easier to maintain than it is to rebuild.

That's why I love encouraging families to begin supporting themselves before coughs, colds, busy schedules, and tiredness arrive.

Simple daily habits, supported by quality essential oils and good nutrition, can make such a positive difference.

Caroline's Top Tip – Create One New Habit This Week

Rather than waiting until September, choose just one healthy habit to introduce now.

Perhaps it's diffusing **On Guard** each morning, adding **Lemon** to your water, going to bed a little earlier, or taking a family walk after dinner.

Small habits started today often become tomorrow's healthy routines.

Your Natural Wellness Cupboard

This is also a lovely time to check your **Natural Wellness Cupboard**.

Do you have the oils your family reaches for most?

The **Family Essentials Kit** and **Home Essentials Kit** are wonderful foundations for every home, containing the oils I use most often throughout the year to support everyday family wellness.

If you've been thinking about starting your own **dóTERRA** journey, now is a wonderful time. Opening your own **dóTERRA Wholesale Account** through **Wellness with Caroline Horgan** costs just **€25 for the year**, giving you access to wholesale prices across the full range of essential oils, supplements, personal care, and wellness products. Better still, the membership fee is waived when you purchase one of the kits.

More importantly, you won't be on your own. I'll support you every step of the way, helping you learn how to use your oils confidently and build a Natural Wellness Cupboard that suits your family's needs.

Thought for the Week

"The best routines aren't built overnight. They're created one small habit, one day at a time."

Caroline
dóTERRA Wellness Advocate –
North Kerry & West Limerick
087 2921292
Wellness with Caroline Horgan



ATHEA'S TEDDY AND JONATHAN TO CYCLE MIZEN TO MALIN IN AID OF AWARE

Mary Theresa and Denny Mulvihill from Colbert Street, Athea are very proud to announce that their two sons...Teddy (Pomeroy) and Jonathan (Muggins) (Athea) are cycling from Mizen to Malin (approx. 600km) in August to raise funds for AWARE, which provides help and support to people suffering with mental health issues.

Teddy's best friend, B.J. Potter, sadly took his own life due to mental health issues in November 2024 and Teddy and Jonathan are doing this fundraiser in his memory.

They will start the cycle at Mizen Head on Aug 11th, which is Teddy's 50th birthday, and will finish at Malin Head on 15th Aug, which is B.J.'s daughter (Eimear's) 14th birthday.

Instead of having a birthday party, our son Teddy decided to do this cycle in memory of his best friend B.J. Potter. Family members will accompany the boys on the trip for support, along with some cycling friends who will keep them company on the road & help shorten the journey.

We would appreciate any support you can provide by donating via justgiving.com (search for Teddy Mulvihill).

Alternatively, you can donate by contacting Mary T directly on 087 2708603.

AWARE is the depression charity for Northern Ireland working for people with depression and bipolar disorder. AWARE has an established network of 24 support groups in rural and urban areas across the country, which are run by trained volunteers. Support groups welcome people with depression & bipolar disorder as well as carers for people with the illness. AWARE deliver mental health & well-being programmes into communities, schools, colleges, universities & workplaces across Northern Ireland. For more information visit www.aware-ni.org

Speaking ahead of the cycle Teddy said: "This August, my brother Jonathan and I will be taking on a huge challenge - cycling from Mizen Head to Malin Head, covering the entire length of Ireland over 5 days (600+ km).

We're doing this in memory of my best friend, BJ Potter from Pomeroy, who tragically lost his life to mental health struggles a year ago.

This journey carries deep personal meaning for us. We will begin the cycle on August 11th - my 50th birthday - and finish on August 15th, which is BJ's daughter Eimear's 14th birthday. It feels like a powerful way to honour both life and memory, and to take on this challenge with real purpose."

"BJ meant so much to me, and I wanted to honour him in a way that is positive, meaningful, and helps others. Through this journey, we want to raise awareness and remind anyone who may be struggling that they are not alone, they matter, and there is support out there."

"We are fundraising for AWARE NI, a charity that provides incredible support to people across Northern Ireland dealing with depression, anxiety, and mental health challenges. Their work in schools, workplaces, and communities is life-changing, and we're proud to support them."

"Day 4 is especially meaningful to us, as we'll be cycling into Pomeroy - BJ's hometown and where I live with my family. This challenge will push us physically and mentally, but it's nothing compared to what so many people go through silently every day. If you can, please consider donating - no matter how small, every contribution helps support vital mental health services and keeps BJ's memory alive in a meaningful way."

"Thank you so much for your support" - Teddy & Jonathan Mulvihill Pomeroy, Co. Tyrone & Athea, Co. Limerick.

Pictured: Teddy and Jonathan after this years Ring of Kerry Charity Cycle





JERRY KIERNAN

MEMORIAL WEEKEND

in his home town of
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HOSTED BY
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IN CONJUNCTION WITH
BON SECOURS
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SATURDAY
22ND AUGUST



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SPECIAL GUEST:
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SUNDAY
23RD AUGUST



VENUE:
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TIME:
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SAN RITA WELLNESS

Welcome to San Rita Wellness weekly column... We hope you are safe and well.

How's things? That is like something Pat Shortt would say. There is also another saying "Where there's a Will, there's a Way" So today we are going to talk about YOUR "Will and Way".

Firstly how is your motivation now?
Is it as strong as it was first day you decided to make some changes for a healthier you? If so, that's brilliant. If not, then why not?
Has it changed like the weather over the past few weeks? Good days / not so good days.

Well we know we have absolutely no control over the weather BUT we do have control of what we do and how we feel.

Ask yourself

What or where do you feel you have control over that is working for you?
What or where do you feel you have less control where things might not be working as well for you?

Why am I doing this?

We all have a reason "WHY" we want to make changes.
What was your "WHY"?
Is it as important to you today as it was then, or maybe your WHY has changed over time. It is important to remember and keep your "WHY" close by especially in the times you may feel you are struggling and losing motivation.
We know from our members at San Rita Wellness that remembering their initial "WHY" helps to keep them motivated and gives them the incentive not to give up.
Now that you remember your WHY lets look at the "Will and the Way" to move forward and keep things going.

ARE YOU WILLING?

What are the things you need to change to make a difference?
Here are some suggestions for you.

- Food
- Activity
- Mindset

Food - Is it the type of food you are eating?
- Is it the amount of food on your plate?
- is it lack of variety with your food for mealtimes?

Activity - Do you enjoy the type of activity that you do?
- Do you allow yourself enough time during the week to fit it in?
- Is there another type of activity you could try for variation?

Mindset - Could you think more positively about yourself?
- Remember slow progress is better than no progress
- Take it one day at a time, after all Rome wasn't built in a day.

ON YOUR WAY!

Sometimes people go back to doing things "their way" or "no way" but we know the San Rita Wellness plan is the way to go:

- Tips to keep in mind:
- Keep track of your calories as you use them.
 - Stay within your calorie allowance
 - Be as active as you possibly can.
 - Stay accountable by checking in with us weekly.

Thought for the week:

If it's important to you,
you will find a way
If not, you will find an excuse

For extra support and for weekly accountability check us out on Facebook San Rita Wellness or sanritawellness.com for details of our "In Person Meetings" "At Home Service" or our "One to One Service"

NB - Our weekly "In Person Meetings" take place in the Kerry Writers Museum, The Square, Listowel every Wednesday morning from 10am to 11am and evening from 6pm to 7pm

Give us a call on Sandra 087 6718377, Rita 087 1012174

Until next week Sandra and Rita



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If These Walls Could Talk

By Michelle McDonagh

The new rural noir thriller from the author readers can't put down

SUSPENSE LIES IN THE SHADOWS OF RURAL IRELAND...

Hazel McDermott is on the phone with her husband Darragh when she hears the screech of tyres. The jeep he was driving is soon found, overturned in a field off the motorway, but Darragh has vanished.

As the days pass and the Gardaí investigate, Hazel's carefully built life starts to crumble. She soon discovers that her charismatic property developer husband has been keeping secrets - personal and financial - that could put her family's safety and future at risk. But where is he? Is something sinister afoot, after he got into bed with the wrong people? And what is the connection to an abandoned mental asylum in a small town in County Galway? The answer, when she eventually gets it, will shock Hazel beyond belief.

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Captain Frank Dore's Prize to the Ladies Winner Jean Liston with Captain Frank Dore, Captain Elaine Molyneux, President Frank Fenn & President Deirdre Dillane and all the other prizewinners. Photo by Francis Bennett



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Pádraig Hogan winner of the Captain's Prize at Ballyunion Golf Club with Captain Frank Dore, President Frank Fenn and the other prizewinners. Photo by Francis Bennett



It's not every day you meet the legend Roy Keane but Darren O'Connor, the Forge, Listowel was the lucky lad meeting him at the Kerry FC v Cobh Rangers match at Mounthawk on Monday evening



Beale U14 A Team played Duagh in an exciting match on Tuesday night. Beale came out on top on a scoreline of Beale 4-12 -v- Duagh 4-06. Joint captains were Cillian Flahive and Luke Scanlon



Celebrating the victory of Abbeydorney at Austin Stack Park on Sunday were player Damien Hogan, right, and team supporters. Photo Moss Joe Browne



Mike the Pies Golf Society held their Annual JP Collins Memorial Outing last Saturday at Newcastle West GC in Ardgagh. Pictured front: Micheal Kennedy (3rd place and nearest the pin), Tommy Canavan, Mike Collins (outing winner), Killian "Bull" O'Gorman (winner of the cup), Johnny Toomey and John O'Connor. Back: Craig Sharp, Keith Browne, Eamon Walsh, Kevin Walsh, Adrian Grimes, Jerry McKenna (4th place), Tom O'Connor (longest drive)



Sponsor John Guerin, centre, presenting the trophy to Miss Josie O'Donoghue after Hyland Harp won the Eugene Guerin Memorial Stakes Final at Tralee Track on Friday evening. Also included is trainer Jack Kennelly from Lisselton with his kennel team along with members and friends of the Guerin family and racing manager Kieran Casey. Photo Moss Joe Browne



Listowel Emmets Split the Bucket Winner on 28th July Maura Conway collecting her winnings of €825 from Brenda Pierce. Next draw Tuesday 11th August

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BALLYBUNION

SUMMER ART FUN – EVERY SATURDAY

Looking for something creative and fun for your child this summer? Join our Children's Art Classes in the heart of Ballybunion! At Cinema Lane, Main Street, Ballybunion. Every Saturday throughout the summer, 11.30am – 1.30pm. €15 per child (includes all art materials!)

To book, contact Marie on 086 066 4435. Let your little artist shine this summer!

BUCKET COLLECTION FOR PATTERN DAY

Bucket Collection will take place this Sunday 9th August in aid of insurance for Pattern day. Please give generously.

BALLYBUNION TIDY TOWNS

Our Monthly meeting is in The Art Studios, Cinema Lane at 6.15pm 6th August. Art Competition open for ages 6-16. Thank you to all volunteers and local residents for all your watering around town. All info is on our Facebook and Instagram platforms.

TINTEÁN THEATRE

Coming up on Sat 8th August is Elvis the Vegas Experience- John Coates a 2023 European Elvis champion and a multi award winning Elvis is coming to the kingdom, he is a member of the International Elvis tribute artist hall of Fame, and recorded in sun studios Memphis where Elvis recorded many of his earliest hits. Doors open at 7pm.

Also coming up on Wednesday 12th August is Radio Kerry's Country by the Sea Hosted by the ever-popular Billy Donegan and accompanied by the Ryan Turner Band, this year's concert brings together an outstanding line-up of country music favourites. Taking to the stage will be Effie Neill, Dave Lawlor, Paddy O'Brien, Bernie Heaney, Paudie McAuliffe, Kathy Durkin, The Murphy's and Ballybunion's own Ger Walsh, promising a wonderful mix of classic country hits, Irish favourites and plenty of toe-tapping entertainment. Doors open at 7.30pm.

Tintean has an exciting line-up of concerts coming up this year: visit www.tintean.ie

BEACH WHEELCHAIRS

Free Beach wheelchair service is continuing again this summer. The Beach Wheelchair is housed at Ballybunion Ladies Beach at the Lifeguards Hut. It can be used for up to 3 Hours depending on Bookings. Weekdays 12 Noon – 7pm and weekends 11am – 7pm Phone 087 3748030 to Book.

PATTERN DAY – SATURDAY 15TH AUGUST, BALLYBUNION

Join us in Ballybunion on Saturday, 15th August for a fun-filled Pattern Day packed with entertainment for all ages.

The day begins with a FREE Sand Castle Competition on the Ladies Beach at 10am, followed by the Kids' Fun Colour Run at 10.30am and the 5km Colour Run at 11am. Registration for both Colour Runs is available at: <https://eventmaster.ie/event/02W3FzqsA1>

Enjoy Busking on the Street from 11.30am to 12.30pm, before Ger Walsh takes to the stage at The Railway Bar from 1pm to 3pm. Later, from 5pm to 7pm, Eddie Lee will perform on the Castle Green, where a lively Jiving Competition will also take place.

Browse the Market Stalls on the Castle Green, open from 11am until late, and enjoy all the live music throughout the day free of charge.

Bring the family and join us for a fantastic day of fun, music, community spirit, and entertainment in the heart of Ballybunion!

BALLYBUNION SUMMER MARKETS

Ballybunion Summer Markets are back up and running every Sunday until August 30th from 11am-3pm. We will be running a market on Saturday 8th August along with our regular Sunday markets. The Saturday market will run from 10am to 1pm.

Come along each week to enjoy local vendors, food, and community spirit, all while supporting a fantastic cause. Like last year, all money raised will be donated to Ballybunion Sea & Cliff Rescue.

We can't wait to see you all there for another wonderful summer in Ballybunion!

BINGO BALLYBUNION

Every Wednesday at 8.15pm in Mikey Joe's Bar, Main Street, Ballybunion. Prices: Single book €10, double book €13, plenty of prizes to be won! Come along for a fun-filled evening—everyone is welcome!

MASS ON SUNDAY

St John's Parish Ballybunion is seeking new musicians and singers to support the 11.30am Mass. They are inviting volunteers who could commit to one or more Sundays during the year. Any contribution, no matter how small, would be greatly appreciated.

Please contact Geraldine or any member of the parish team for further information

BALLYBUNION LIBRARY

Ballybunion Library: Come in with your child and sign up for the Summer Stars Reading

Programme, whereby they read 8 books over the holidays and are awarded with a certificate and

Medal for completing the challenge. www.summerstars.ie Also, for the children that are starting Junior Infants this September, we have a Little Library Bag for each child. It contains some nice books and other goodies that may help the transition to Primary School.

Opening Hours: 10am-1:30pm and 2:30pm-5pm from Tuesday to Saturday inc.

ballybunion@kerrylibrary.ie 068 27615 www.kerrylibrary.ie Everybody Welcome!

CHAIR BASED FITNESS PROGRAM

Class Chair-Based Exercise in Ballybunion Community Centre every Tuesday 11.00am-12.00pm. Pay as you go classes available also, Please phone to book your chair call Martina on 087 797 3688

BALLYBUNION MEALS ON WHEELS

Delivery Days: Monday, Wednesday, and Friday, Areas Covered: Ballybunion, Lisselton, Asdee, and Ballylongford. Please note: €8 per meal (delivered directly to your door). To arrange delivery, please contact: Eileen Fogarty – 086 2234 965 Con McCarthy – 087 418 4241. Reliable, home-cooked meals delivered with care!

BALLYBUNION BADMINTON

Stay Active with Ballybunion Badminton! Looking for a fun and engaging way to stay fit? Join Ballybunion Badminton for a great cardio workout that improves agility, coordination, and relieves stress. Every Thursday, 8 PM – 10 PM at Ballybunion Community Centre. Strictly over 15s – New members are always welcome! For enquiries, contact us via the Ballybunion Baseliners Facebook page or text 086 166 0682.

BALLYBUNION HEALTH AND LEISURE CENTRE

Opening Hours, Monday – Friday: 8:00 AM – 9:00 PM, Saturday: 9:00 AM – 6:00 PM, Sunday & Bank Holidays: 10:00 AM – 6:00 PM. We offer a variety of exercise and fitness classes, including Hydro Bikes, Aqua Aerobics, and Spinning. Public swimming lessons take place during the week and can be booked by contacting reception. For more information, please call Reception at 068-28111 or follow our Facebook page: Ballybunion Health & Leisure Centre for regular updates.

BALLYBUNION COMMUNITY CENTRE

Ballybunion Community Centre has the perfect space for hosting your sports, groups, classes or parties. The following are the classes take place in the centre, Parent, baby and toddler groups, Taekwondo, Badminton, Yoga Classes, Chair based exercises, Craft circles, Dance fitness, English lessons, Indoor soccer, Drama class, Basketball, Irish language development class for kids, Gymnastics, Ballybunion Youth Club. Please contact 068-27799 or email ballybcomcentre@gmail.com for any information.

POSITIONS AVAILABLE IN COMMUNITY

Community Employment offers paid work, welfare supports, free training courses and an opportunity to get involved in the community. Current part-time positions (19.5 hrs. /wk.) Include: Tinteán caretaker, Leisure Centre Cleaner, Sea Rescue Hut Caretaker, Environmental worker with Tidy Towns. For details, contact Rosaleen on 089-2763786 or email saothairmanabhann@gmail.com

HAPPY TAILS DOG GROOMING

Exciting news for all pet owners! A brand-new dog grooming service has just opened 10 minutes from Ballybunion, offering top-quality care to keep your furry friends looking and feeling their best. Whether your pup needs a full groom, a quick wash, or a little pampering, they've got you covered!

Support local business and treat your dog to a well-deserved spa day. To book your appointment today Contact Sinead on 087 622 9501.

SAN RITA WELLNESS

In Person Meetings take place every Wednesday from 10am-11am & 6pm to 7pm in The Kerry Writers Museum. If you are anxious to make a start now you can join our "At Home Service" where our members love the support, motivation, accountability and also seeing fantastic results on the scales. Call us for more information. Sandra 087 6718377 Rita 087 1012174

GROW SUPPORT GROUP MEETINGS

Grow support meetings on Wednesdays from 7:30pm to 9:30pm in the Seanchai centre, Kerry writers museum the square Listowel, All men and women welcome, for more information either attend or ring Jerry Cronin 0860271990 or www.grow.ie

BALLYBUNION NOTES

If you'd like to include an item in The Ballybunion Notes, please send it to ballybuniontouristoffice@gmail.com or message us on the Ballybunion Tourist Office Facebook page by 10:00 AM on Monday. The Ballybunion Tourist Office is funded by the Ballybunion Community Forum and is open all year round.

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HOW DO I KNOW IF MY CHILD HAS AN EYE PROBLEM?

Some eye conditions do not display any signs or symptoms, so the only way to know for sure is to take your child for a sight test.

Signs which may show there is a problem with a child's sight include:

- an eye appearing to drift inwards or outwards;
- difficulty concentrating;
- headaches;
- sitting too close to the television; or
- rubbing their eyes a lot.

The condition 'lazy eye' can run in the family, so if someone in your family has either an eye turn ('squint') or suffers from reduced vision in one or both eyes ('amblyopia'), it's a good idea to take any related children for a sight test.

What is vision screening?
Some children have their vision screened at school – this is usually a basic test, designed to pick up children who have reduced vision in one or both eyes.

If a problem is suspected, children will usually be referred for a full sight test.

What is a sight test?
A sight test is a comprehensive check which can pick up many conditions, including colour vision defects, problems with the development of 3D vision and any need for glasses. Taking children for sight tests from an early age helps to build good eye health habits into adulthood.

What can I do if I don't want my child to wear glasses?
Some parents avoid taking their children for a sight test, because they do not want them to wear glasses.

It's important to understand that some children do need visual correction so their vision can develop normally and to achieve their full potential. The good news is there is now a much wider range of attractive frames to choose from and less stigma attached to wearing glasses. Many children are also suitable for contact lenses.

This is particularly helpful for children who take part in regular sports activities and they can be successfully worn from an earlier age than most parents expect.

For more information and honest advice contact us for an appointment.

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TARBERT

TARBERT NEWS

Contact; tarbertnews@outlook.com or telephone Patrick Lynch at 068/36117 on or before 7pm Sunday. Fan slán.

DEATHS

The death took place of Maurice Walsh, Ballygoughlin, Glin and formerly of Leitrim East, Moyvane. Maurice who would have celebrated his 80th. Birthday on Christmas Day died on Friday 24 July at UHK, Tralee after a short illness. He reposed at Lyons Funeral Home, Derry, Listowel on Tuesday 28 July. His Requiem Mass was celebrated by Fr. Brendan Walsh, PP Moyvane in the Church of the Assumption, Moyvane on Wednesday. Interment took place in St. Mary's New Cemetery, Tarbert. There was a large congregation of mourners as Fr. Walsh celebrated the funeral service. A brother composed and read a eulogy extolling the virtues and life of the gentle giant popularly known as the 'Bear'. Friend and work colleague P. J. Normile sang 'Caledonia' in a tribute to a man who had many friends wherever he worked in construction sites all over Ireland. He worked on the Tarbert Generating Station and the Aughinish Alumina construction projects and worked over twenty years with Hastie Insulation and was highly regarded for his skill and capability.

Sympathy of the community is extended to his wife Frances (née Collins), his daughters Noreen and Marie, his brothers Brendan, Joe, Timmy, Sean, Micheal, Jerry and Pat, sisters Mary and Betty Ann, relatives, neighbours and friends

WEDDING BELLS

The Wedding took place of Aidan Flavin, youngest son of Sean and Anne Flavin, Chapel Street, Tarbert and Canadian native, Susan Lynch, daughter of Mike and Debbie Lynch. The ceremony took place in Coquitlam, Vancouver, Canada on 27 June 2026. Guimis gach rath ar an mbeirt a pósadh agus go neiri go geal leo le chéile as seo amach.

GRAVEYARD MASS

Thankfully the rain held off for the annual Graveyard Mass celebrated by Fr. John Buckley in St. Mary's Graveyard on last Friday 31 July. Relatives from home and away gathered to remember their dearly departed. Dr. Declan Downey did the reading and members of St. Mary's Choir sang the hymns. Fr. Buckley blessed graves individually. He thanked Sacristan James who organised the altar and amplification and everybody who helped on the evening. James thanked Mike and Mary V. Fitzgerald for the upkeep of the graves and lawns around the Church.

GAA 500 DRAW

Comhghairdeas and best wishes to Andrew Doherty on winning €500 in the GAA draw for July. Nuala Carmody, Chapel Street and Jimmy Fitzgerald, St. Patrick's Terrace were both winners of 5 free tickets each in upcoming draw. Tickets are now available for the August draw at €10 each available at Tarbert Post Office or from committee members.

HISTORY SOCIETY OUTING

The annual tour and outing organised by the Tarbert Historical and Heritage Society will take place on Tuesday 25 August and will be guided by Dr. Declan Downey. This year's outing will take place to Portumna Castle and gardens visiting Killaloe Cathedral en route. The bus will leave Tarbert at 8.30am on the day. Booking and registration with Joan on 086/1581031, costing €45 for members and €50 for non-members covering bus and entrance fees.

ASDEE BALLYLONGFORD TARBERT CE SCHEME

Asdee Ballylongford Tarbert Ce scheme is currently looking to recruit for the following positions

Environmental Tidy Towns Worker for Ballylongford

Heritage Coffee shop assistant for Tarbert Bridewell

Environmental Tidy Towns Worker for Asdee

Environmental Tidy Towns Worker for Tarbert

No experience necessary as full training will be provided

The only requirement is that you are unemployed. (Jobseekers, PUP, carers, Disability, Invalidity, signing for credits. Other schemes TUS, Education allowance etc), all these payment types will qualify you. If in doubt get Jackie to check your eligibility. Contact Jackie Kissane 086 3266991, jackiekissane@asdeeballylongfordces.ie or call to the office in the Parish Hall Ballylongford

BALLYLONGFORD

SUMMER CAMP

Kids Camp will take place in St. Oliver's NS August 11th-13th from 10am to 1pm. Some activities include Arts and crafts, indoor & outdoor games, Lego and music. Sibling discount available! To book email ballylongfordcamp@gmail.com.

ALL-IRELAND 2026

Hard luck to the Kerry Ladies on the defeat in the All Ireland. The squad and management can hold their heads high after a brilliant season of skill and commitment, and we wish them the very best for the future. A special word of congratulations to our own local Niamh Carmody, who represented her county with such distinction, we are immensely proud of Niamh's achievements and her continued dedication at the highest level.

LISLAUGHTIN ABBEY

A quick reminder that the Annual Outdoor Mass at Lislaughtin Abbey takes place this coming Friday, August 7th, at 7.00pm, weather permitting.

Families are welcome to take a moment this week to tend to loved ones' graves ahead of the Mass. A heartfelt thank you to everyone who has already been working away to keep the cemetery looking so well. We will keep you posted here if any weather updates arise, but fingers crossed for a clear evening.

ASDEE / BALLYLONGFORD CE SCHEME

Asdee Ballylongford Tarbert Ce scheme is currently looking to recruit for the following positions

- Environmental Tidy Towns Worker for Ballylongford

- Heritage Coffee shop assistant for Tarbert Bridewell

- Environmental Tidy Towns Worker for Asdee

- Environmental Tidy Towns Worker for Tarbert

No experience necessary as full training will be provided

The only requirement is that you are unemployed. (Jobseekers, PUP, carers, Disability, Invalidity, signing for credits. Other schemes TUS, Education allowance etc), all these payment types will qualify you. If in doubt, get Jackie to check your eligibility. Contact Jackie Kissane 086 3266991, jackiekissane@asdeeballylongfordces.ie or call to the office in the Parish Hall Ballylongford

TUESDAY NIGHT YOGA

A weekly yoga class will take place every Tuesday from 7.00pm to 8.00pm at the Parish Hall, Ballylongford.

The class focuses on gentle stretching and deep relaxation and will suit everyone. Beginners are very welcome.

Sessions are €12 pay-as-you-go, or €40 when booked in advance for four sessions.

To book a place, contact Jose on 086 358 1800.

BALLYLONGFORD NOTES

The notes are entirely free to use for all and are for the benefit of the community to highlight notices, events, services, etc. If you would like to include something in our weekly notes, please email ballylongfordnotes@gmail.com or phone/WhatsApp 087 930 8223. If you have trouble with electronic submissions, please call me on the above number.

Please Note: Deadline for submissions in 8pm on Sundays.



Remembering John, Timmy and Paddy memorial match during The Ballylongford Oyster Festival 2026.

Newtown won 3-0 with 3 brilliant goals and all donations were in aid of the Ballylongford Christmas Lights. Manager Donal Leahy presented Noel Fennell of the Christmas Lights Committee with a presentation after the match acknowledging their fantastic work in the community. A total of €231 was collected. Thanks to everyone who contributed

CHRISTY'S

THE WELL

STAFF / GROUP BBQ NITE OUT

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CHRISTY'S THE WELL

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LIXNAW

PARISH MASS TIMES

ST MICHAEL'S CHURCH: Monday 3rd August, Mass at 7.30pm. Wednesday 5th August, Mass at 10.00am. Friday 7th August, Mass at 7.30pm. Saturday 8th August, Mass at 7.30pm for Tommy Molyneux, Irrebeg.

IRREMORE CHURCH: Sunday 9th August, Mass at 11.00am for Gerard Lyons, Finuge (Months' Mind).

DEATHS

Patrick (Pats) Keane, Kiltomey. Sympathy to his daughters Elsie, Maryanne, and his son Martin and all the extended Keane family. May he rest in peace.

SPLIT THE BUCKET DRAW

Congratulations to Dara Hogan on winning €80 in this week's Split the Bucket Draw.

LIXNAW GAA LOTTO DRAW

27/07/26 Jackpot €18,950. Numbers drawn were 2, 18, 21, 30. No jackpot winner. €30 winners: Gerry & Pat Galvin, Finuge; Shane McCarthy (online); Alan Connolly, c/o Foley's. Next week's Jackpot will be €19,000. Thank you for your continued support.

ST SENAN'S GAA CLUB LOTTO DRAW

27/07/26 Jackpot €3,500. Numbers drawn were 21, 22, 24, 29. No Jackpot winner. €30 winners: Patricia Whyte; Denis McElligott, Tournageehy. €20 winners: Tom Cauty, Pallas; John Joe O'Sullivan, Castletown, Kilflyn; John Lenihan, Kilcummin. Next week's Jackpot will be €3,600. Tickets €2 each or 3 for €5. Tickets are available at Kelly's Six Crosses, The Halfway Bar, Parker's Bar, Kilflyn, or play online.

FINUGE GAA

The August 500 Draw will also include 7 x pairs of tickets to Listowel Races. Tickets for the draw can be obtained from <https://fnugegaa.com> or at local businesses: J.J. Walsh's Butchers/Bar, McCarthy's Bar, Foley's Shop, Lixnaw Post Office, and Lixnaw Filling Station.

CONTACT

To include items in the Lixnaw notes, please email lixnawnotes@gmail.com by 10pm on Sunday evening.

BALLYDUFF

LOTTO DRAW

The results of the weekly Ballyduff GAA Club, Lady's Walk Hurling Club and the Ballyduff Community Games Committee Lotto Draw for Tuesday July 28th are as follows: The numbers drawn were 1, 3, 13 and the Bonus Number was 1. There was no winner of the Lotto Jackpot of €16,200 or Match 3 prize of €400. The €20 consolation prize winners were The O'Sullivan family, New York; Mairead Harrington, Addergown; Paddy Connolly, Online. The Lotto Draw takes place on each Tuesday night at the Ballyduff GAA Clubrooms.

BALLYDUFF GAA

Minor Hurling:

COUNTY MINOR CHAMPIONS

Congratulations to our minors hurling team who are county champions after defeating Ballyheigue on a score line of 2 -11 to 0 -8. Well done to captain Evan O'Connor, the team and management on a super performance today. Congratulations to Dylan Costello who was named Man of the Match. The whole village is proud of you. Enjoy the celebrations

Minor Football:

Well done to our minor footballers on a brilliant win in the County Minor Football Division 2 Shield Final. Played before a large crowd, the team played some outstanding football in the first half with every player contributing and at half time led 1 -15 to 0 -4. The inevitable fightback from Ballymacelligott came in the second half but our players stood firm and saw out a great victory with some well taken scores at vital stages. Final score Ballyduff 1 -22 Ballymacelligott 3 -14. Dylan Costello accepted the trophy as captain and Thomas Scanlon received the "Man of the Match" award. Well done to the players, the management and a big Ballyduff support on the evening.

CHURCH NEWS

Anniversaries: Bridie & John Joe Wynne; Margaret Browne; Gerald E. O'Neill; John Wynne; Tony Nelan.

Death: Michael (Mike) Forde, Co. Derry and formerly of Knopogue and Lacca

Masses for the week:

Friday August 7th 7.00pm: Stevie Connelly - Month's Mind

Saturday August 8th 6.30pm: Michael Leahy - Slievadara - 1st Anniversary; Edmund Daughton; Murt & Siobhain O'Sullivan; Sr Ita Rochford; John Dillon; Jimmy, Madge, Thomas & Noel O'Carroll

Sunday August 9th 11.00am: Mass in Causeway

Readers August 8th: Mary O'Grady

Eucharistic Ministers August 1st: Rita Goulding/Anthony Doyle /Sara-Ann Ross

Mass Servers August 1st: Elliott, Dara, Oll

Eucharistic Adoration: Every Sunday in Ballyduff Church at 3.00pm

Divine Mercy Devotion: every Thursday in SS Peter's & Paul's Church

Follow our Facebook Page: For more information and announcements

Parish Office: Is open Tuesday to Friday from 10.30am to 1.00pm. Please phone (066) 714 8404

Individual Confessions: First Saturday: Ballyduff 11.00am - 11.45am. Causeway 12.00noon to 12.45pm

Youth 2000 Summer Festival 13th-16th August: Calling all young people aged 16-35! Join us at the Youth 2000 Summer Festival in Newbridge College, Co. Kildare. This is a donation-only event, with free buses available across the country and all

meals included. Expect inspiring talks and workshops, Youth Mass, music, prayer, and plenty of opportunities to chill out and meet other young Catholics. Whether you are new to the faith or looking to be refreshed, all are welcome. To register or find out more, visit youth2000.ie or follow @Youth2000Ireland."

Annual Diocesan Pilgrimage to Knock: Saturday August 22nd, the Feast Day of the Queenship of Mary. Bus will travel from the Pastoral Area. Cost €30 per person. To book, please contact the Parish Office

Embrace the Grace: is the title of the Young Adult Catholic Conference (18-40) being held on Saturday 29th August 2026 from 9.30am to 6 p.m. at the Legion of Mary, De Montfort House, Morning Star Avenue, Dublin 7 D07 VA03. Tickets are on Eventbrite.ie. The Legion of Mary in Kerry wants to sponsor 2 young unwaged adults to attend. Please contact Patricia (087)9048659 for more information Kerry County Council: Parish Speed Limit Review. Have your say. See notice on Notice Boards & our Facebook Page

RAMBLERS GOLF SOCIETY

The Ramblers had their latest outing to Kenmare Golf Club on Saturday July 25th. It was a lovely day for golf where there were some mixed scores recorded, but one thing is for sure it was a good day for the older adults of the Ramblers. Results of outing to Kenmare, kindly sponsored by Right Group, are as follows;

Category A

1st Gary Lynch | 2nd Luke Donnellan

Category B

1st PJ Walsh | 2nd Jimmy O'Sullivan

Category C

1st Ed Barry | 2nd Paul McCarthy
Front 9 - Mike O'Connor | Back 9 - Mike Conway

DEATH

The death took place of Michael (Mike) Forde, Portstewart, Co. Derry and late of Knopogue & Lacca, Ballyduff. His remains were removed from his residence to St. Mary Star of the Sea Church, Portstewart, Co. Derry. Burial was in Agherton Cemetery. Sympathy is extended to the family, relatives and friends of the above deceased.

BINGO

Bingo continues at the Community Centre, Ballyduff on each Friday night commencing at 8.00pm. All are welcome.

BUDS FRC

Thursday:

Experience the joy from surviving to thriving parent wellbeing skills with Margaret Gilbert from 10.00am to 12.00pm

Friday:

Men's Shed breakfast every Friday from 9.00am to 12.00pm

Monday:

Active Retirement Group 2.00pm to 4.00pm

N.E.W.K.D craft circle Ballyduff from 7.00pm to 9.00pm

Tuesday:

Buds pantry surplus food for everyone 9.00am to 1.00pm
Parent and toddler group 10.00am to 12.00pm



Tim and Breda Browne of Ballyduff with their 15 grandchildren celebrating Tim's 80th birthday last weekend



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KILFLYNN

CROTTA LOTTO RESULTS

Parker's Pub in Kilflynn hosted the Crotta Hurling Club's weekly lotto draw on Monday 3rd August. The four numbers drawn from the drum by the independent observer, Graham Harris, Clounsillagh, Lixnaw were 10, 24, 25, and 30. No one won the €8,700 Jackpot.

Congratulations to the following who won €35 in the lucky dip draw: Mary Roche, Clounametic, Abbeydorney, Mike (The Black) Leen, Ardfert and Aisling Doran, Rathea, Listowel.

The next draw will take place in Herbert's Bar, Kilflynn on Monday, 10th August at 10:30 p.m. with an €8,800 jackpot.

Tickets are available: 3 for €5 online at www.crottagaa.club or this link: <https://tinyurl.com/crotta-club-lotto> or Herbert's Bar/Village Store, Parker's Pub, Zam Zam Kabab, Foley Shop Lixnaw, Abbeydorney Post Office or from Club ticket sellers. Many thanks to all who contribute to our weekly Club Lotto.

ST. MARY'S CHURCH, KILFLYNN

Mass Intentions for the week in St. Mary's Church: Mass will be celebrated on Wednesday morning 5th August at 10.00am

Mass will be celebrated on Friday 7th August at 10am and Saturday 8th August at 6:00 p.m. Michael Buckley (Month's Mind) and Eileen Buckley (Anniversary), Dumcunnig, Abbeydorney, Willie Keane and deceased members of the Keane Family, Glenballyma, Kilflynn. Anniversary

If anyone would like a call, please contact the Parish Office at 066 4018996 or Fr. Jerry Keane 087 2844649.

Adoration of Blessed Sacrament Kilflynn: Monday 7.00p.m. – 8.00 p.m.

Kilflynn Altar Society for August: Sheila Walsh, Mary Moloney and Norah Brady.

Check www.dioceseofkerry.ie go to Abbeydorney parish and check the newsletter.

CROTTA LEISURE CYCLISTS

The group meets at Crotta Cross at 7:00 p.m. every Tuesday. Contact Graham for information at 089 4528603

CROTTA GAA

A huge congratulations to our player Daniel Diggins, who helped Kerry U-15 footballers claim the Musco Lighting Adam Mangan (Kilclonfert) Cup with a fantastic victory in the All-Ireland football Final in Ballyvourney, Co. Cork on Saturday 1st August

Kerry produced a superb team performance to defeat their opponents on a scoreline of 5-14 to 3-3, bringing the cup back to the Kingdom.

This is a tremendous achievement for these young players, their teammates, coaches, families and everyone involved with Kerry and Na Gaeil where Daniel plays his club football and his hurling with Crotta. We are incredibly proud to see our club player so well represented on the national stage.

Well done, lads – a brilliant reward for all your hard work and dedication. Enjoy the celebrations!

Congratulations and well done to the Abbeydorney Senior hurlers who produced a performance for the ages when they outplayed a youthful St Brendan's side to complete three in a row Kerry Senior Hurling Championship titles in Sunday's one-sided decider at Austin Stack Park. Abbeydorney 3-16 St Brendan's 1-12

Congratulations to Ballyduff minor hurlers who were crowned county champions after defeating Ballyheigue on a score line of 2-11 to 0-8 as a curtain raiser to the Senior final.

In 2001, Kilmoyley, managed by John Myler, bridged a 30-year gap when they captured the County Senior Hurling Championship. A dramatic last-minute point from Ollie Diggin dethroned reigning county champions Ballyheigue and secured a famous victory.

The panel of players from those remarkable four championship-winning years was introduced at half-time during the County Senior Hurling Championship Final on Sunday afternoon.

It wasn't Kerry's day in The TG4 2026 All-Ireland Ladies Senior Football Championship Final on Sunday 2nd August in Croke Park when they were defeated by Galway on the scoreline 2-07 to 0-12, but they should be very proud of reaching an All Ireland Final and the hard work it takes all year. We are also very proud of our own Niamh Quinn, Crotta, her Kerry teammates, and Wayne Murphy, strength and conditioning coach, who gave us a remarkable year.

ACTIVE RETIRED

The Abbeydorney/Kilflynn Active Retired Group will meet again on Wednesday 2nd September. See you all in the Abbeydorney Parish Hall at 10:30 a.m.

We will take a summer break for the month of August. I hope that you all enjoy the break and we will meet again soon. Any enquiries please contact; Marie Williams; 066 7135831 or 085 2524028.



John McDaid, Listowel, (seated 6th from the left) enjoying his stag party with his friends on Saturday evening at Parkers Pub and Venue Kilflynn



Emmets girls all ready to support the Kerry Ladies at Croke Park on Sunday



The 2026 Ballylongford Oyster Festival Tractor Run passing Lacey's Cross Asdee on August Bank Holiday Monday. The tractor run was in memory of a local Ballylongford man John Hanrahan and all donations on the day went to the Palliative Care Unit Tralee. Photographer Eamon Lacey

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Conor Heaphy and Alan Kennelly Memorial Shields Tournament

Sponsored by Ballylongford Fire Wood... Ballylongford GAA was proud to host another successful Conor Heaphy & Alan Kennelly Memorial U12 Tournament, welcoming teams from Tarbert/Ballylongford, Ballydonoghue, Beale, and ABK Desmonds. The tournament was very well attended, with fantastic support from all four clubs, creating a wonderful atmosphere throughout the day. The standard of football on display was excellent, with all the boys and girls showing great skill, determination, and sportsmanship in every game. A special word of thanks to Paudie O'Connor Sponsor, who presented the Conor Heaphy Memorial Shield to the winners, Tarbert/Ballylongford, and to Tim Kennelly, who presented the Alan Kennelly Memorial Shield to the winners, Beale.



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A very happy Abbeydorney contingent as the Neill Flynn Cup was been presented at Austin Stack Park on Sunday last.
Photo Moss Joe Browne



The Carey brothers Ben, John & Cian Listowel bookies playing their trade at the Galway Races last week



Congratulations to Moyvane Minors who won The Minor County League Div 5 Shield Final on Monday night with a final score of Moyvane 4-16 -v- Castlegregory 2-14



Huge congratulations to a very popular winner at of The Sean McCarthy Ballad Competition, Shelia O'Sullivan with her song Mo Grá Mo Chroí at last weekend's Sean McCarthy Festival



Impact Sun with trainer John Kelliher won the BoyleSports Irish Greyhound Derby Trial Stake at Tralee Track on Friday evening for Lixnaw owner David Galvin. Photo Moss Joe Browne



Emmets Ladies U16s following their win against Castleisland Desmond's last Wednesday in Frank Sheehy Park



Ballydonoghue GAA Club players, trainers and committee members presented with new jerseys kindly sponsored by Con Lynch (CFE), Jackie, Aine and Tomaisín Hegarty (Tomaisins) and Oíge Sheehy (Vicilarity). Thank you for your continued support

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LISTOWEL EMMETS LADIES

Training times
U8 - Saturday morning 10.30am - 11.30am in Frank Sheehy Park
U10 - Thursday 5.00pm - 6.00pm in the Boys School field
U12 - Mondays 7pm - 8pm in St. Michael's grass pitch
U14 - Mondays & Wednesdays 6pm - 7.30pm in Cows Lawn
U16 - County League underway Trainings TBC
Seniors/Minors - Wednesday & Fridays 7.00 - 8.30pm & Sunday 10.30am, Cows Lawn

For further information follow us on Facebook & Instagram or contact anyone involved with Emmets Ladies. New members always welcome.

Results:
U16 County League Round 2:
Listowel Emmets 4-11, Castleisland Desmonds 0-6

Our U16 girls produced an outstanding team performance to record an impressive 4-11 to 0-6 victory over Castleisland Desmonds. After building a commanding 3-7 to 0-0 half-time lead, the girls continued to work hard throughout the second half to seal a well-deserved win. It was a huge improvement from the previous week, with excellent teamwork, determination and work rate shown by every player.

Scorers: Kate Sheridan 2-2, Evanne Mason 1-4, Ellie Mai Neylon 1-0, Daisy O'Donnell 0-2, Katie Toomey 0-1, Lily O'Flynn 0-1, Emma O'Rahilly 0-1.

Fixtures:
U8, U10 and U12 Go Games will be in full flow the next few weeks.

U16 have a bye week from their County League.

Senior championship due to kick off on the 16th August.

All Ireland Club 7's
A big well done to our Senior Ladies on their fantastic performance at the All-Ireland Club 7s on Saturday. The team reached the Cup Semi-Final after an excellent group stage before bowing out to the eventual champions. A brilliant achievement and a great day representing the club.

All Ireland Ladies Football Final
It wasn't to be for the Kerry Ladies on All-Ireland Final day, but it was an incredibly proud occasion for our club as we watched our very own Sadie O'Brien carry the Brendan Martin Cup onto Croke Park before the throw-in. A huge well done to Sadie on representing Listowel Emmets so proudly. You're already a pro at carrying trophies at such a young age, and we have no doubt you'll be lifting plenty more throughout your football career!

BEALE GAA

Our trip to Lispolé on Saturday evening for the opening round of the County Junior Club Championship, Group 3, proved worthwhile, having the upper hand on Lispolé. The sides were evenly matched in the opening stages, with Lispolé taking the early initiative. We settled into the contest and gradually found our rhythm, moving into a three-point lead at the short whistle, 0.9 to 1.3.

Lispolé came out stronger on the restart and fought their way back to draw level. We responded brilliantly, with two quick goals inside a minute putting us in the driving seat. Although our opponents never gave up, we remained composed and finished strongly to secure a well-earned victory, 2.15 to 1.11. Next up, we host Cromane in Páirc de Staic on Saturday at 7 o'clock.

Beale team: Joe Downey, Dara O'Connor, Seamie O'Sullivan, Joe Finch, Fionnán Toomey, Daithí Toomey, Fiachra Buckley, Diarmuid O'Mahoney, Phillie Blake, Robert Stack (c), Conor Toomey, Cormac Scanlan, Barry O'Neill, Eric Daly and Daithí Keane Tyrell. Substitutes: Seán Maloney for Cormac Scanlan, Shane O'Connor for Robert Stack, Jack Mallon, Chris Kiely, Jack O'Sullivan, Rory Mulvihill and Tom Joy.

Action on the under-age front!

Our u16s were triumphant over Dingle in the County League, Division 6, Shield final in Caherslee last Thursday evening. In a high-scoring game, we edged out by the bare minimum, 5.6 to 2.14. Well done, team and management.

Beale u16 girls shared the spoils with Knocknagoshel/Brosna in the County League last Tuesday in Páirc de Staic.

Beale u14A boys' trip to Knocknagoshel was worthwhile, coming away with the points against Knock/Brosna in the North Kerry League, Division 2, while our u14B boys lost out to St Senan's B on Thursday in Asdee, in Division 3.

After a six-week break, our u10 girls were back in action last week with a blitz

in Furies, playing Furies, St. Pat's, Churchill and Dr. Crokes. The girls gave it their all in every match, showing great determination and enthusiasm.

Beale u12 boys and girls contested the Conor Heaphy Tournament on Saturday, aiming for a 6th consecutive title, but were narrowly beaten by a stong Ballydonoghue team in the opening round. The team then moved to the B final, and after extra time, claimed the Alan Kennelly Memorial Shield. The winning shield was presented to joint captains, Bobby Mannix and Darragh Lynch. Congrats to players and management. Well done to the organisers and referees for a hugely enjoyable morning at the annual event at Ballylongford GAA pitch. A great day was had by all.

Upcoming fixtures!

Beale senior ladies contest the County Club Championship, which gets underway in mid-August.

Beale u14A boys make the trip to Duagh on Tuesday for the next round of the North Kerry League, Division 2, while our 14B team host Northern Gaels B on Thursday in Division 3, in Asdee.

Beale u16 girls host Miltown/Castlesine in the County League, Division 6A, in Páirc de Staic on Wednesday. Throw in at 7 o'clock.

Beale u10 girls host a Go Games blitz on Thursday evening in Páirc de Staic; while our u10 boys and girls welcome Scartaglin to Páirc de Staic for an action-packed Go Games on Saturday at noon.

Beale u12 boys and girls welcome Moyvane to Páirc de Staic in North Kerry Go Games on Sunday evening; and have games every Sunday evening in August.

Beale's Eóin Griffin Tournament has been rescheduled for the end of August - a great day of football for players and families and a very special occasion for the Beale club.

North Kerry contest Group 3 of the County Minor Championship, with the opening round against St Kieran's on Thursday, August 13th. Killarney Legion also play in this group. Cal Fitzsimons, Brody Mulvihill and Odhran Buckley represent Beale, while Beale's Evan Murphy is on the North Kerry u16 panel.

Kerry Masters have secured their place in the Dr Mick Loftus Cup All-Ireland semi-finals. Best of luck to Jeremy King, Denis Kennelly and teammates.

To keep up to date with fixtures, results and the action as it happens, our club WhatsApp group is the place to be. And for photos, action and a real flavour of club activity, be sure to follow Beale GAA across Facebook, X and Instagram.

A special day for Beale u12 player, Tim O'Connell, who had the honour of being a flagbearer in Croke Park on All-Ireland Sunday. Tim did his club proud on the biggest day in Gaelic football, and everyone in Beale GAA is delighted to see one of our young players enjoy such a memorable occasion. It is sure to be a day to be remembered by Tim and his family.

Best of luck to Beale players, Doireann Foley and Katie Joyce, as they proudly represent Ballyunion Comhaltas at the All-Ireland Fleadh Cheoil in Belfast at the weekend.

Beale Ladies' recent Guess the Score competition for the All-Ireland final brought a great buzz, with entries pouring in ahead of the big day. The result didn't go The Kingdom's way but great credit to Mayo for bridging the 75-year gap. While a good few punters had predicted a Mayo win, just one correctly predicted the exact score - congrats to Anna Wall, Newcastle West, who wins €100. A huge thank you to Cahill's SuperValu, the local pubs and shops who promoted the draw, and a special shout out to the players who sold cards. Go raibh míle maith againh to all who contributed.

Huge congratulations to our latest Beale GAA Lotto jackpot winner, Sarah Jane Carmody! The draw took place in The Bunker recently, with a jackpot of €5,050. Sarah Jane has been a hugely valued member of Beale Ladies - a massive driving force behind our ladies' club for many years, representing the club with distinction as a senior player and giving generously of her time as a member of the committee. Although Sarah Jane has spent the past year in Australia, broadening her horizons, she has remained a loyal supporter of the club and continues to keep in touch from the other side of the world. We were delighted to hear from her after the draw, and her excitement at winning the jackpot was shared by everyone in Beale.

The weekly Lotto draw continues to rotate between our local host venues, on Monday nights during the summer, keeping a familiar presence in the community. Full results are available on our regular outlets, with details shared as they come in. Recent draws were held on The Bunker Bar and The Railway Bar.

The next draw will be held in The Exchange Bar on Bank Holiday Monday night, with a jackpot of €2,550. Match all 4 numbers to win or share the Jackpot, and match 3 numbers to win or share €100! A huge 'míle buíochas' to all who sup-

port and promote the lotto. Beale Lotto tickets, €2 each or three for a fiver, are available in Cahill's SuperValu, the local pubs and online.

BALLYBUNION GOLF CLUB

Men's Competitions:
Friday Mixed Competition Sponsored by Cahill's SuperValu Ballyunion - Friday 31st July Cashen Course

1st	Claire Molyneaux (16), Elaine Molyneaux (17), Rob Fitzgerald (24), John Molyneaux (1)	39.2 Nett
2nd	Brendan Daly (12), Bernie Daly (29), Ian Hayes (12), Mary Horgan (20)	39.7 Nett
3rd	Orla Quilty (11), Peter O'Loughlen (7), Audrey O'Loughlen (36), Conor Quilty (8)	39.8 Nett

Mr Frank Dore Captain's Prize - Saturday & Sunday 1st & 2nd August Old & Cashen Courses

1st	Padraig Hogan (20)	45 Pts
2nd	Kevin W Barry (12)	40 Pts
3rd	Gearoid Whelan (16)	39 Pts (Back 9; 23pts)
4th	Kevin Enright (16)	39 Pts (Back 9; 22pts)
5th	John Paul O'Brien (13)	39 Pts (Back 9; 20pts)
6th	Brian Mulvihill (19)	38 Pts (Back 9; 18pts)
7th	Jayson Buckley (8)	38 Pts (Back 9; 17pts)
8th	Nick Sinnott (12)	37 Pts (Back 9; 18pts)
9th	Patrick O'Brien (14)	37 Pts (Back 9; 17pts)
Best Gross:	Brian Kelleher (0)	35 Pts

Category 1	Ewan McHale (3)	36 Pts
Category 2	Michael K Barrett (11)	36 Pts
Category 3	John Joy (18)	36 Pts
Category 4	Richard Condon (21)	36 Pts

Day 1	Raymond Kenny (22)	36 Pts
Day 2	Eoghan Ferris (19)	36 Pts

Past Captain's:	Tom Wall	34 Pts
Guest Prize:	Martin Foley	33 pts

Committee Prize:	Brian Lenihan	34 Pts
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Captain Mr. Frank Dore's Prize to the Ladies Club Competition (18 Hole) Cashen		
1st.	Jean Liston(32)	43pts
2nd.	Caroline Griffin(26)	42pts
3rd.	Mary O'Donoghue(15)	41pts

Captain Mr. Frank Dore's Prize to the Ladies Club Competition (9 Hole) Cashen		
1st.	Maria Shanahan (16)	24 pts
2nd.	Ann O'Rordan (19)	23pts (Back 6; 16pts)

Fixtures:
Member's Week Men's Fourball Competition - Thursday 6th August Old Course

Member's Mixed Scramble Competition Shotgun Start 2pm - Friday 7th August Cashen Course
Men's Killarney Exchange Day Sponsored by Solar Choices - Sunday 9th August

Ladies Voucher Competition - Tuesday 28th July Cashen Course		
1st	Niamh Hynes (34)	47pts
2nd	Eileen Daly (28)	44pts
3rd	Deirdre Sheehan (20)	42pts (B6:12)
4th	Bairbre Cunningham (40)	42pts (B6:11)
5th	Norma Mullane (31)	41pts
6th	Mary Rose Cremin (35)	40pts (B9:26)
7th	Catriona Corrigan (13)	40pts (B9:18)

Fixtures:
Member's Week Ladies Fourball Better Ball Competition - Thursday 6th August Old Course

Member's Mixed Scramble Competition Shotgun Start 2pm - Friday 7th August Cashen Course
Ladies Competition (GOY 13) Sponsored by Coco Boutique Listowel - Sunday 9th August Old Course
Ladies Voucher Competition - Tuesday 11th August Old Course

Senior Men's Competitions: Michael P. Murphy Perpetual Shield 18 Holes Senior Men's Competition - Thursday 30th July Cashen Course		
1st	Gerry Murray (24)	43pts. B9-22.
2nd	John Murray (12)	43pts. B9-20.
3rd	Noel Morkan (23)	42pts. B9-22.
Gross.	Michael K. Barrett	32pts.
4th	Pat Costello (20)	42pts. B9-19.
5th	Tim O'Malley (19)	41pts.

6th	Eoin O'Shaughnessy (16)	40pts. B9-22.
7th	Con Mulvihill (18)	40pts. B9-16.
8th	Patrick Byrnes (27)	39pts. B9-19.
9th	Noel Nash (25)	39pts. B9-18.
10th	Joe J. O'Connor (21)	38pts. B9-21.
V.	Sean Stack (25)	37pts. B9-17.
S.V.	Aidan (tralee) Daly (17)	37pts. B9-17.
S.S.V.	Tony Mullane (11)	38pts. B9-18.

Fixtures: Senior Men's Competition – Thursday 6th August Cashen Course

Senior Ladies 9 Hole Competition – Friday 31st July Cashen Course

1st	Catherine Walsh (15)	25
2nd	Eleanor O'Sullivan (18)	24
3rd	Mary K O'Connor (26)	23

Fixtures: Senior Ladies 9 Hole Competition – Friday 7th August Cashen Course

BALLYLONGFORD GAA

Kerry Petroleum Junior Club Championship
Our senior team travelled to Listry GAA Club on Sunday, 2nd August 2026, for their first outing since July 5th in the Kerry Petroleum Junior Club Championship, and they produced an outstanding performance.

In a game full of pace, determination, and excellent teamwork, our boys took control from the early stages and outplayed their opponents throughout, securing a well-deserved and comfortable victory.

A huge thank you to the fantastic Bally supporters who made the journey to cheer on the team. Your support was greatly appreciated and helped create a brilliant atmosphere on the day.

Full-Time Score: Ballylongford 3-14 -v- Tuosist 0-06
Congratulations to the players and management on a superb team performance. Well done boys!

Conor Heaphy and Alan Kennelly Memorial Shields - Sponsored by Ballylongford Fire Wood.

Ballylongford GAA was proud to host another successful Conor Heaphy & Alan Kennelly Memorial U12 Tournament, welcoming teams from Tarbert/Ballylongford, Ballydonoghue, Beale, and ABK Desmonds.

The tournament was very well attended, with fantastic support from all four clubs, creating a wonderful atmosphere throughout the day. The standard of football on display was excellent, with all the boys and girls showing great skill, determination, and sportsmanship in every game.

A special word of thanks to Paudie O'Connor Sponsor, who presented the Conor Heaphy Memorial Shield to the winners, Tarbert/Ballylongford, and to Tim Kennelly, who presented the Alan Kennelly Memorial Shield to the winners, Beale.

Congratulations to all the players who took part and represented their clubs so well, with all the players receiving medals on the day.

Our Best wishes to Niamh Carmody and the Kerry ladies in the All Ireland Final that took place against Galway on Sunday in Croke Park!
Well done to all the team from all in Bally GAA Club

U14 NK County League
Northern Gaels A 5-7 Emmett's A 2-15
Well done to our u14 team who had a 1 point victory over Listowel Emmett's in Listowel last night.

A huge thank you to local man Mike Rice for his generous sponsorship of new socks and shorts for our Senior Team.
Your support is greatly appreciated and helps ensure the team looks the part on match day.
Thanks again, Mike, for backing the club—we're very grateful for your continued support!

Weekly Lotto Draw: 25th July
Jackpot €4800 - Numbers Drawn: 05, 09, 24, 30
There was no winner - Lucky Dips
€20 Layla, Paddy & Ada Kennelly Ballyline
€20 John Stack Photographer
€20 Martina O Connor Asdee
€20 online Mary "Mudge" Kelly Rusheen
Free tickets x 3 Bridget O Connor Inchamore
Next week's Lotto €4850

BALLYDONOGHUE GAA

Lotto Draw results:
The numbers drawn for Friday 31st July 2026, were as follows, 5, 8, 9, 15. The Jackpot was €6,500 and there was no Jackpot winner.

The following won 30 euro lucky dips:
Aoibhin McNamara Moore - Online.
Eilish Walsh - Online.
Tom O' Keffe - Martin Sheehy.
Angela Kissane - Lacca.
Pat Collins - Pat Griffin.

The following won three free tickets:
Eilish Walsh - Online.
Jack O' Connor c/o Eileen O' Connor.
Billie Keane - Garyard House.

Next Jackpot will be €6,600 and it will take place at the usual day and time Friday 8th August 2026, will be held in the Coolard Clubhouse, at 9p.m.

Results:
Heartbreak for our lads tonight, but what a performance they produced.
After two hours of football in total, the County Minor Football League Division 1 Shield Final finished level at 2-11 a piece after extra time.
While the result didn't go our way, every single player can hold their head high. The effort, courage and determination shown throughout the game was outstanding. They fought for every ball, supported each other and represented their club with immense pride from the first whistle right through to the final moment.
These are the games and occasions that build character, and this group

showed the true meaning of teamwork, commitment and resilience. To come through such a demanding and intense contest and leave everything on the field is something they should be incredibly proud of.
To our players and management team, thank you for the memories and for giving the club such a proud evening of football. It wasn't to be this time, but you have done yourselves, your families and your club proud.Keep the heads up lads — the future is very bright.

Team Lined out as follows:
Northern Gaels: Christian O'Donnell, Fionn Egan (C), Fionn Byrne, Gavin Denihan, Oisín Loughnane, Liam O'Flaherty, Mikey Carmody, Cathal Byrne, Donal Finucane, Michael Finucane, Tadhg O'Connell, Tadhg Dalton, Dylan Buckley, Shane Mason, Thomas Lynch, Orhan Barry, Pa Dillon, Ronan O'Sullivan, Richie Kissane, Cathal Hahill. Seamus Corrie, Lee Moriarty, Jack Purcell, Seán O'Connell, Mikey Burns, Gearóid McNamara, Seán Mulvihill.

Management Team
Manager: John O'Connell
Selectors: Blake O'Connell, Mike Higgins, Sean Carr, Pádraig Moroney, Seán Coolahan, Mike Hanrahan, Martin O'Mahony.

U16 County League Semi-Final Result
Northern Gaels 7-14 -v- Castleisland Desmonds 5-12

Fixtures:
Lee Strand Under 16 County Football League Division 6 - Final
Northern Gaels v An Ghaeltacht
Caherslee Tralee - Thursday 6th August @ 19.00

Kerry Petroleum Intermediate Football Club Championship Group 2 - Round 1
Ballydonoghue v Kilcummin
Sunday 9th August 2026 @ 3pm in Brosna.

KERRY PITCH AND PUTT

While it was a quiet weekend on the county Pitch & Putt scene, last Sunday's Bruff Scratch Cup in Limerick saw the final trial for the Kerry Senior Mens Pitch & Putt team take place.

The county will be represented at the Munster and National Inter-County events by the following: Damien Fleming (Deerpark), Jason Cregan (Tralee), Chris Gibney (Listowel), John McGrath (Deerpark), Jamie Blake (Tralee) and Michael Conway (Tralee). The team will be managed by Deerpark's James Fleming as also at the Bruff event last Sunday, Damien Fleming's total of 17 under par was good enough for him to win the 36 hole Gross prize.

The coming weekend sees the first of three weekends of National Singles Championships with the Mens events taking place in both Tullamore in Offaly and Killebeggan in Westmeath. Defending Senior champion Damien Fleming enters as holder of the Munster Senior title as well this year with Listowel's Ajay Barrett entering the Intermediate event as Munster Champion in the grade also.

The County Board wishes all 20 Kerry players taking part in the three grades this weekend the very best of luck this weekend as well as a safe journey to and from both Midlands venues.

KERRY FC BLOW COBH AWAY IN FIRST HALF FRENZY

Kerry FC 3-0 Cobh Ramblers - By Conor Hogan

Roy Keane was in attendance at Mounthawk Park on Bank Holiday Monday as Kerry FC beat Cobh Ramblers 3-0 in an emphatic home performance. Keane, who started his career in Cobh, was seated with the home fans, who likely enjoyed the first half much more than he did.

Kerry looked the stronger side in the opening stages of the game and broke the deadlock after just 15 minutes. Sean O'Connell whipped an excellent free kick into the Cobh penalty area, finding former Cobh striker Cian Murphy, whose powerful header flew past Timothy Martin in the opposition goal.
Kerry kept up the pressure and doubled their lead after 28 minutes with an outstanding solo goal from captain Sean McGrath. The Ballyduff man picked the ball up just beyond the halfway line before driving at the Cobh defence. He skipped past the opposition defenders before firing home from just inside the box to double his side's lead in extraordinary fashion.
Things got even better for the hosts on the stroke of half-time when a calamitous defensive mistake from Cobh allowed Cian Bargary to approach the Cobh goal. He played the ball across to Cian Murphy, who just about managed to squeeze it past Martin from close range to put Kerry three to the good before the break. An outstanding first half from Colin Healy's men.
Cobh made some changes at the interval and looked more threatening in the second period, but it was Kerry who looked the more likely to get the next goal. Murphy had multiple chances to claim a hat-trick, and former Cobh defender Jonas Hakkinen even came close to scoring.
But the score remained 3-0 and proved to be the final result at Mounthawk Park. An important victory for the home side, who now enter the promotion play-off places for the first time this season.

It looks like it's all coming together at a good time for Kerry. They have won five of their last seven in all competitions and are unbeaten in their last ten home games. With ten league games still left to play, they have already surpassed last season's points total and could be on course for their first-ever play-off finish



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OUR LADY OF MOUNT CARMEL

Oh, most beautiful flower of Mount Carmel, fruitful vine, splendor of Heaven.

Blessed Mother of the Son of God; Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me you are my Mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in my necessity (Mention your request here)

There are none that can withstand your power. Oh, Mary, conceived without sin, pray for us who have recourse to thee (3 times). Sweet Mother, I place this cause in your hands (3 times). Amen

This prayer is never known to fail. It is to be said for 3 consecutive days. Publication on granting of the favour must be promised and done. M.K.

ST. PIO MEETING

The St. Pio Prayer Group will meet on Friday 7th August in St. Mary's Church Listowel at 6pm.
Eircode: V31YK77

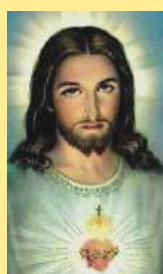
Programme for 7th August 2026:

6pm: Rosary
6.15pm: Mass, Sermon & Benediction
Also Veneration of the Relic

All are welcome.
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THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours.

This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your own favour not mine. Amen.
Say this prayer three times for three days and your favour will be granted. Never been known to fail. Must promise publication of prayer. **M.A.**

MEANING OF LIFE

"There are only 2 kingdoms, the Kingdom of God and the kingdom of Kerry."

This huge banner stood tall above the supporters in Croke Park last weekend at the All-Ireland football final between Mayo and Kerry. Eye-catching, to say the least!

It got me thinking on a more serious note. The Word of God also tells us that there are only two kingdoms. They are both invisible, yet very real. They are not political or geographical kingdoms, but spiritual ones. They exist worldwide, reaching into the hearts of people everywhere. Every person belongs to one of these two kingdoms. We cannot belong to both.

The first is the Kingdom of God—the Kingdom of Light. This Kingdom is ruled by God the Father, the Lord Jesus Christ, and the Holy Spirit. Its nature is marked by truth, eternal life, love, righteousness, and forgiveness. Its citizens are those who have trusted Jesus Christ as Lord and Saviour and seek to follow the Word of the one true and living God.

The other is the kingdom of darkness. It is ruled by Satan and the spiritual forces of evil. Its character is marked by sin, deception, rebellion against God, and spiritual blindness. Its citizens are those who continue in unbelief and reject God's rule over their lives. (Taken from teaching by Derek Prince)

The sobering truth is that every one of us once belonged to the kingdom of darkness. We were separated from God and spiritually blind. Ephesians 2:1-3 describes it like this:

"Once you were dead because of your disobedience and your many sins. You used to live in sin just like the rest of the world, obeying the devil, the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. All of us used to live that way..."

But here is the Good News:

"God has rescued us from the dominion of darkness and brought us into the Kingdom of the Son He loves, in whom we have redemption, the forgiveness of sins." (Colossians 1:13-14)

This is salvation. It is God's gracious work of res-

cuing sinners from the kingdom of darkness and transferring them into the Kingdom of His beloved Son.

The Kingdom of God is now the true home of every believer. Colossians 3:1 encourages us:

"If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth."

Then listen to this wonderful promise from Jesus:

"If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him." (John 14:23)

What an astonishing promise—that the living God would make His home with those who love and trust His Son.

Two kingdoms. One choice.

The Bible warns us not to be careless or indifferent to the message of the Gospel. Hebrews 2:3 asks this searching question:

"How shall we escape if we neglect so great a salvation?"

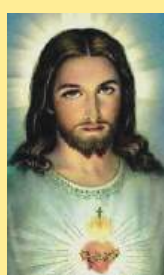
Joshua's challenge is equally direct:
"Choose this day whom you will serve." (Joshua 24:15)

And Jesus Himself leaves no room for uncertainty:
"I am the way, the truth, and the life. No one comes to the Father except through Me." (John 14:6)

There really are only two kingdoms. The question each of us must answer is: **Which kingdom do I belong to?**

If you require any further information or would like a free Bible please contact LCF at 085 7387594 or email lcferry@gmail.com

Le Grá, Bridie



THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours.

This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your own favour not mine. Amen.
Say this prayer three times for three days and your favour will be granted. Never been known to fail. Must promise publication of prayer. **A.B.**

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, You can find a way where there is no way, please hear my prayer and grant my request. Amen. Say 6 times a day for 3 days. **D.E.**

NOVENA TO ST. JUDE

A Prayer that had Never Known to Fail

A holy St. Jude, apostle and martyr, great in virtue, rich in miracle, near kinsman to Jesus Christ, faithful intercessor of all who invoked your special patronage in time of need.
To you I have recourse from the depot of my heart, and humbly beg great power to come to my assistance.

Help me in my present and most urgent petition. (Make Your Request).
In return I promise to make your name known and cause your name to be invoked.

St. Jude, pray for us and all who invoked thy aid. Amen. **A.T.**

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