

Good Humour

During his address to the Roman Curia on the occasion of the presentation of Christmas greetings, Pope Francis affirmed: "A bit of good humour is very good for us! It will do us much good to pray St Thomas More's prayer frequently: I pray it every day, and it helps me."

Here is the text of the prayer:

Prayer for Good Humour

Grant me, O Lord, good digestion, and also something to digest.
Grant me a healthy body, and the necessary good humour to maintain it.
Grant me a simple soul that knows how to treasure all that is good and that doesn't frighten easily at the sight of evil, but rather finds the means to put things back in their place.
Give me a soul that knows not boredom, grumblings, sighs and laments, nor excess of stress, because of that obstructing thing called "I."
Grant me, O Lord, a sense of good humour.
Allow me the grace to be able to take a joke, to discover in life a bit of joy, and to be able to share it with others.

by St. Thomas More



Recent Baptisms



We welcome through Baptism:
Cohan Thomas Joseph Coburn
Shay Paul fox

Recent Weddings



Congratulations to the following couples:
Amy Reid & Adrian Kelly
Helen McPeake & Jason Smith

Recent Deaths



We pray for the parents of:
Baby Mila Goulding, Main St, Mountfield
We pray for the families of:
Patrick McAleer, Brickhouse, Cloughfin
Henry John McKinney, Tattynure Rd
May they rest in peace

Pioneer Annual Bus Trip to Knock

Takes place on Sunday 21st July. Cost: £40, includes breakfast and dinner. For more information contact Mickey Livingstone: 07808395338. Everyone welcome.

Parish Office Closed

On Wednesday 10th July & Friday 12th July. In an emergency only phone the emergency mobile: 07561838455.

Thank you for your donation

Weekly: £ 3,576 Peters Pence: £1,378

July Ministers of the Word: Killyclogher

9am: Joe Martin 11am: Elisha Duddy
1st-6th: Joe Martin. 8th-13th: Michael Duffy
15th-20th: Margaret Keenan. 22nd-27th: Rosaleen McCartan. 29th-3rd Aug: Bridie Hamdam



Parish Dance

Dance will be held on Friday 12th July at 9.30pm in the Parish Centre. Music by "Sprig of Heather with supper served. Admission: £5.

Saint Padre Pio Pilgrimage to Knock

Cappagh St Padre Pio Group will lead a pilgrimage to Knock on Saturday 21st September, returning Sunday 22nd September 2019. Cost: £115pps includes, bed & breakfast, evening meal and coffee stops. For information, contact Clare: 07778025587 or Marie: 077799112224. Limited spaces available.

Parish Draw Winners / July 2019

£2,000: Declan McGarvey (*Don Campbell*)
Promoters Prize, £100: Don Campbell
£200: Margaret Cummins (*John Hutchinson*), Margaret Moohan (*Tommy Moohan*), Cecilia McMenamin (*Pat O'Connor*), Regina Breen (*Kate McGinn*), Declan McAleer (*Pat O'Connor*), Peter McAleer (*Lorna McGrath*), Kate McKinney (*Michael Kelly*), Francie Maguire (*Phil O'Donnell*), Rose Mellon (*Roddie Tierney*)

Safeguarding Children Contact Details for Relevant Agencies and Services

PSNI 0845 600 8000 | Gateway Services 028 8283 5043

Alternatively, if you or anyone you know has a child safeguarding concern in relation to any member of church personnel and wishes to report it to church authorities please contact one of the diocesan designated persons, who will, in turn, report this concern to the relevant statutory authorities.

Noel O'Donnell 075 9650 0793 | Celine McKenna 075 9666 7773

Pope Francis Tweets



In difficult times, even more than in times of peace, the priority for believers is to be united to Jesus, our hope.

Summer Mass Schedule

St Mary's Church, Killyclogher

Sunday Mass: 9am, 11am.
 Daily Mass: Mon-Sat 10am.
 Confessions: Sat after 10am
 Rosary: Mon-Sat 9.10am
 Adoration: Fri 3pm-7.20pm
 Our Lady of Perpetual Help Novena: Tues 10am
 Divine Mercy Chaplet: Sun 3pm
 Mothers Prayer Group: Fri after 10am Mass

St Mary's Church, Knockmoyle

Sunday Mass: 10am / Weekly: as announced

Christ the King Church, Strathroy

Sunday Mass: Vigil 7pm, 12noon
 Daily Mass: Not during July & August
 Confessions: Mon&Wed: 7-7.20pm. Sat 5.45-6.20pm
 Rosary & Divine Mercy Chaplet: Wed 6.45pm
 Adoration: Mon 6-7pm, Thurs 7-8pm &
 Sun 3.30-6.30pm
 Pro-Life Prayer Group: Mon 6-7pm during adoration

Corpus Christi Church, Mountfield

Sunday Mass: No Mass during July

Killyclogher : Thursday Walking Group

The walking group continues through the summer. Group meets at the Parish hall at 10.30am. Everyone is welcome to come along and join us. Nothing strenuous - tea & a chat after!

10 Night Pilgrimage to Poland / 21st April - 1st May 2020

Flights from Belfast, luxury coach travel and excellent accommodation. For more info, itinerary and price, email Fr Micheál McGavigan: michealmcgavigan@icloud.com

Guided Muckish Hill Climb

The Irish Pilgrimages Trust provides a pilgrimage for children and young people with intellectual disabilities, medical conditions and social needs to Lourdes every Easter and depends on fundraising to do this. The IPT is delighted to host its first Muckish Climb on Sunday 21st July, starting at 10am, with registration near Our Lady's Shrine on the R256 Falcarragh Road. For queries phone: 00353 876888230 or 00353 877962 046.

Mickey McCann Mouth Music Festival

In Dromore from Friday 19th - Sunday 21st July. Includes talk on liling and music sessions, liling workshop and competition and done day Irish course for 3 levels. Telephone 07747899249 or email kevin.goodwin@fermanaghmagh.com for information.

Pilgrimage to Knock

On Monday 4th August with Sr Breige McKenna. A day of prayer for our Bishops, Priests, Sisters and laity. Bus en-route from Cookstown. Pick ups at Crevenagh Park and Ride or Omagh Bus Station. Bus: £15. Meals (optional): €30. Contact Mona: 02886737954 or Una: 07743575969.

Holy Hour for Vocations

Fr Malachy Gallagher, CC Glendermott will lead a Holy Hour to pray for an increase to vocations to Priesthood and Religious Life in St Eugene's Cathedral on Thursday 11th July at 8:00. All welcome.

St Maria Goretti Prayer Movement

Prayer for healing for victims of abuse and reparation for the Church. First Holy Hour of Prayer in the Immaculate Conception Church, Trench Rd, Derry on Tuesday 16th July at 8.15pm, led by Fr Sean O'Donnell. The group will meet on the third Tuesday of every month thereafter. Everyone welcome.

Transfer Test Summer School

The camp will run from 2.30-5.30pm on Monday 5th - Friday 9th August in the Silverbirch Hotel, Omagh. An intensive revision week which covers all areas of the curriculum in Literacy and Numeracy. Baseline assessment and Mock Test will also take place. Contact: 07808523959.

Anniversary Mass

Thurs 11th Jul: Felix McAleer, Clonmore Gds / 10am / KC
Fri 12th Jul: Peter Smith, Campsie / 10am / KC
Sat 13th Jul: *M.Mind:* Francis Hugh Owens, Knockmoyle Dr / 7pm / CTK
Sun 14th Jul: Bridie & Frank Taggart, Brook Valley / 10am / KM
Sun 14th Jul: William & Agnes Kelly, Glenhordial / 11am / KC

Lough Derg 2019

The three-day pilgrimage is currently open. You may begin on any day until Tuesday 13th August. Advance booking is not necessary. The Lough Derg team can help you to co-ordinate public transport or link with Pilgrimage Organisers in your locality. Phone Lorraine: 00353 719861518 or email: info@loughderg.org



Vincent O'Reilly Turns 100

Congratulations to Vincent who celebrated his 100th Birthday on 3rd July. Killyclogher Senior Citizens Club commenced the birthday celebrations at the end of June with a meal in Kelly's Inn and a beautiful cake to mark the occasion. Vincent is also celebrating with a full family get together. Vincent says he is very lucky to be blessed with good health throughout this life; the secret of which he believes to be "everything in moderation." **HAPPY BIRTHDAY!**

Keep Informed & Watch Live:

www.cappaghparish.com
 facebook.com/cappaghparish

Contact the parish office to book Baptisms, Weddings, Mass Intentions, (month's minds and 1st anniversaries take precedence - booking is subject to change) Notices for CPN must be received by Wednesday at 12noon.

Parish office opening times: Mon-Thurs: 9am-3.45pm. | Fri: 9am-2.45pm | Lunch daily: 1-1.30pm

Parish Office	028 8224 3375	Emergency mobile	07561838455
Fr Kevin McElhennon PP	028 8225 8108	Fr Daniel McFaul CC	028 8225 1055
Fr Stephen Kearney	028 8225 2643	SVP KC	07738837992 CTK 07738838066