Newsletter Sunday 01st of November 2026

Weekly Spotlight 🎬

A Big Thank You to Our Pastoral Centre Volunteers

A heartfelt thank you to everyone who joined us in The Coffee Dock last Tuesday evening for a wonderful get-together. For those who couldn't make it, you were missed!
We are so grateful to all our volunteers for the time, care and commitment you give to our Pastoral Centre. Your contribution is truly valued, and we thank you all for everything you do.

Volunteer Opportunity – Monday Bingo

Could you spare a couple of hours on a Monday afternoon? We are looking for a friendly volunteer to help with our weekly **Bingo** in the Pastoral Centre from **2.00pm to 4.00pm**, including calling the numbers and helping the session run smoothly.
If you are interested, please contact the Pastoral Centre office. We'd love to hear from you!

The Lighter Living Project

Feeling weighed down by something in your life?
What if there's another way of looking at it? What if all it takes is a fresh lens?
Join Gill Baronetti, Life & Relationship Coach, for a relaxed, practical 90-minute workshop exploring how a fresh perspective can help you feel lighter, calmer and more at ease in everyday life.
Thursday 12 November | 11:00 am – 12:30 pm
€15 per person | Contact gmbaronetti@gmail.com

New Tai Chi classes with Master Yang Dong - **Thursday, 29th October 2026**.
Time: 10:30–11:30am
Discover the healing power of Tai Chi – a gentle yet powerful practice that restores harmony, reduces stress, improves balance, and supports physical and emotional well-being.
Classes are suitable for beginners of all ages, including those aged 70 and over.
Contact Master Yang Dong 089 961 4658 | chinese.europeanculturalcentre@gmail.com

Dates for Your Diary

Join us at our upcoming Pastoral Meetups:

Senior Citizens Bingo – Monday, 2nd November - 2:00pm to 4:00pm

Crafty Angels - Thursday, 12th November - 2:30pm to 4:30pm

Patchwork Group - Friday, 13th November - 9:30am to 11:30am

Film Club – Thursday, 5th November - 2:30pm to 5:00pm ***Daddy Long Legs*** starring Fred Astaire & Leslie Caron

Book Club - Our October read is **Kirsten Harmel – *The Paris Daughter***. We will meet on Tuesday, 10th November at 10:30am in the Coffee Dock.

Hats for the Homeless - Wednesday, 11th November - Following Mass at 10:30am

We look forward to welcoming you to these enjoyable community gatherings! New faces are always welcome.

An up-to-date listing of all **activities** is available from reception in the Pastoral Centre.