

THE NATIONALIST CommunityNotes

Local notes and community news from your area

Help for children of alcoholics

A new support group for the adult children of alcoholics and dysfunctional families will meet at 8.00pm every Wednesday at the Cathedral Parish Centre. For more information contact Alan O'Dwyer on 059 9134865.

CRISP
Intermediate Computers Course starts on Wednesday 30 September at 7pm.

ECDL will be starting on Thursday 1 October at 7pm in the Crisp Computer Training centre.

The Intermediate course will prepare you for ECCL which is an important certificate if you are seeking office work. Contact Phil or Freda on 059 9143972.

COFFEE MORNING FOR COUNTY CARLOW HOSPICE
Askea Parish Centre is holding a coffee morning for the County Carlow Hospice on Thursday 17 September from 10am to 12 noon.

FETAC
Occupational First Aid course takes place on 21 and 28 September and 5 October (FETAC Level 5). There is also a FETAC Level 5 Childcare course starting shortly. For full details please contact Vision Training on 059 9142208, 086 1704157.

BREASTFEEDING SUPPORT
Carlow's La Leche League's monthly

informal meeting is on tomorrow morning, Thursday 17 September at 10.30am in 32 Cill an Óir, Graiguecullen.

The topic is the Advantages of Breastfeeding for Mother and Baby. The meeting is open to all women interested in breastfeeding. Babies are always welcome. For further details, please contact Madeleine on 087 939 4586, Monica on 059 916 3019 or Christine on 053 9377 835.

BRIDGE REOPENS
The Barrow Bridge Club reopens tomorrow night, Thursday 17 September at the Seven Oaks Hotel at 7.30pm. New members are very welcome.

COPING WITH STRESS
A one-day course in coping with stress, anxiety and anger will take place at 74 Cathedral Walk, College Street, Carlow for more details phone 085 1600999 or 059 9171909. There will be only eight persons per workshop, so early booking is advisable.

EMOTIONAL FREEDOM TECHNIQUE WORKSHOP
Freedom from anxiety, panic attacks, phobias, life long fears, anger, addictions, grief, guilt, low self-esteem and cravings can be sought in Harvest Fare, Blessington on Friday September 25 from 7pm to 10pm. This will cost €50 including a DVD. Phone Clodagh at 0402 38033 for

Carlow/Askea

CONTACT: CHARLIE MURPHY 059 9141742/086 3787988 or 086 3787988
EMAIL: KANDBMURPHY@EIRCOM.NET



more information.

RAINBOWS
Rainbows is for children and young people aged 5 to 12 years who have experienced loss or changes in their families as a result of death, separation or other painful transition. Rainbows support the normal process of adapting to change. The Rainbows Programme runs for 14 weeks in Askea Parish Centre. The next Rainbows will start in November. For further details contact the Parish Centre on 9142565/9134995.

FÉILE AN FHÓMHAIR '09
Carlow's popular Autumn Festival, will run from 7 to 15 October. Details of events to be included in the festival programme should be forwarded to Glór Cheatharlach 059 9158105, 085 1340047 or emma@glorcheatharlach.ie.

FIFTH CARLOW TOWN SCOUT GROUP
invites all former members to its 80th birthday celebration on Sunday 13 September from 2pm to 5pm at the newly refurbished Scout Den, Green Lane, Carlow.

COME-AND-TRY
A series of come-and-try-it evenings for people with a physical disability across the south east will happen on

Fridays in September for people with a physical disability. There is no cost involved. The evening runs from 5pm to 7pm.

Archery and wheelchair basketball will take place in St Kieran's College, Kilkenny on Friday 16 September.

At the Presentation College, Askea on Friday 23 September there will be tennis and badminton. On Friday 30 September in Cill Barra Sports Centre, Ballybeg Drive, Waterford there will be athletics, powerchair football and basketball. For more details contact Jenna Doyle, Sports Inclusion Disability Officer, County Carlow Sports Partnership, McGrath Hall, Stationhouse Road, Bagenalstown on 059 9172450 or 087 2568189 or by fax at 059 9721009.

CARLOW ACTIVE RETIREMENT
Fun aerobics resumes on Wednesday 16 September from 2pm to 3pm. For more information please contact 9130832.

ART CLASSES
Art classes for all ages and levels will start at the end of September. Contact Mary at Artforms Gallery and Studio on 086 8244280 or on 9139728.

BADMINTON
Junior badminton coaching will

be recommencing on Friday 25 September at Carlow Lawn Tennis Club. Registration will be held on Friday 18 September between 6pm and 8pm. Badminton nights for adults start again on Monday 14 September at 8pm. For further details please contact club on 059 9143775 or see www.carlowtc.ie.

MONEY ADVICE
Feeling stressed by financial difficulties? For free and confidential money advice contact Carlow MABS at 72D, Tullow Street, Carlow. If you wish to learn more please contact 059 9140977.

YOGA
Pam Butler's Tullow classes start on Tuesday 29 September and Thursday 1 October, 8-9 pm, at Teach Bride in Tullow. Beginners and continuers welcome. The Yoga Business Lunch, for those wanting a mid-day energy boost, will start in Carlow in mid-October and run from 1-2pm. Please contact Pam if you're interested. 059 915 5037, 086 089 1141 or yoga@astraea.net.

CARLOW REGIONAL PTAA
The monthly meeting of the Carlow Regional Pioneer Total Abstinence Association will be held in Rathvilly Centre on 18 September. Mass will be celebrated in the church at 7.30 pm. The meeting will take place in the committee room of St Patrick's committee and sports complex after mass.

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Parish envelopes ready to go

Boxes of envelopes are at the doors of both our churches and we ask each family to take a box and use the envelopes to make your contribution to the Parish Development Fund and other special collections. Also at the church doors there is a financial statement for the last year 2008 with some explanations. Parishioners should read it to have a better understanding of the workings of the parish. We take this opportunity to thank all parishioners who have regularly contributed financially to parish funds and helped the work of the parish. Your prayers, generosity and support are very much appreciated. If you have any queries please feel free to attend a public meeting on Wednesday 23 September at 8pm in the Parish Centre.

HOSPICE COFFEE MORNING
There will be a coffee morning in Graiguecullen/Killeshin Parish Centre on September 17 in aid of Hospice. Your support would be very much appreciated.

PARISH FINANCE COMMITTEE
The parish finance committee will meet this Wednesday at 9pm in the Parish Centre.

OISÍN HOUSE
Set dancing classes take place in Oisín House, Rossmore every Thursday from 8.30pm to 11pm. Beginners are welcome. There will be a ceilí on Friday next 18 September at Oisín House with music by the Copperplate Ceilí band. Admission is €10.

ROSARY
Rosary will be recited every evening at 3.30pm in St Clare's Church. Everyone is welcome. Also rosary will be recited at the shrine in Rossmore, Killeshin every Sunday at 3pm.

COMPUTER CLASSES
There are limited places still available for beginners' computers course in Oisín House. It started on Tuesday from 7pm till 9pm and lasts for five weeks. The cost of the course is €50 so contact Geraldine on 086 0551025 if you would like to join.

FIACC'S FOLK MAGAZINE
The Welcome Group is reviving the Fiacc's Folk Magazine to be published in time for Christmas. If any group or individual wishes to submit articles, photographs or interviews for consideration please forward to the Parish Centre by 30 September. Email: gkparish@gmail.com

BACK EDITION OF FIACC'S FOLK SOUGHT
Someone here in Carlow is

looking for the 1974 edition of Fiacc's Folk. If anyone has a copy of the 1974 edition possibly they could lend it to the person? There is an article in it which they would like to read. Contact 087 9807348 or john.scott@tcarlow.ie

PARENTS' MEETINGS ABOUT FIRST HOLY COMMUNION
Meeting for parents of St Fiacc's NS will take place on this Wednesday September 16 at 8pm in the Parish Centre and for parents of Killeshin NS on Thursday September 17 at 8pm in the Parish Centre. Those meeting are to outline the parish preparation programme for first penance and first eucharist.

CHILDREN'S CHOIR
Practice has begun again on Mondays from 5.30pm to 6.30pm in the Parish Centre. The children's choir is open to all children from third class in primary school to first year in secondary.

CONFIRMATION PROGRAMME
The Parish Preparation Programme begins next Sunday with enrolment ceremonies at the 10.15am mass in Holy Cross and the 11.30am mass in St Clare's. Preparation for confirmation incorporates the home, school and parish. These preparation masses afford the parish community an opportunity to support the young people as they prepare to become full members of our Christian community.

CHILDREN'S SWIMMING LESSONS
Children's swimming lessons in Graiguecullen swimming pool have started again since Monday from 6 to 7pm. These lessons are very effective and extremely well attended so don't delay in enrolling your child. Contact: Ali: 087 8231276

YOUNG READERS
Any secondary school student who would like to become a reader in St. Clare's or Holy Cross is invited to attend a four-night course, beginning on Monday 21 September at 8pm in the Parish Centre.

YOUTH CHOIR
Practice each Saturday from 12.45pm to 2pm in St. Clare's Church. Choir is open to all secondary school students and young adult's musicians are also welcome.

SLEATY GIRL GUIDES
The Girl Guides is open to all girls aged between 10 and 15 years old and takes place in the Graiguecullen Parish Centre starting Thursday next, 17 September from 7.30pm to

Graigcullen/Killeshin

9pm. To book contact Frances on 083 3442256

LEGION OF MARY OUTING TO KNOCK
Sunday 27 September a bus will leave Bradley's at 8.15am. The cost is €20. Contact Kathleen on 086 1577190.

PARISH NOTES
News from the parish is very welcome each week. Any group or individual wishing to publicise events in Graiguecullen/Killeshin please e-mail full details to parishnotes.john@gmail.com

ST CATHERINE'S COMMUNITY SERVICES CENTRE
Enrollment is now taking place for courses at St Catherine's Community Centre. Pamela on 059 9138700 has the details or you can drop into the centre.

COUNTRY MARKET
The market takes place every Saturday in the Old School Hall, Portlaoise Road, Graiguecullen, opposite Aldi. Home-made produce, art and craftwork are for sale and support is welcomed.

LADIES CHOIR
The ladies' choir practises every Wednesday at 8pm in the Parish Centre. New members are more than welcome.

DR O'BRIEN CENTRE
The Dr O'Brien Centre has reopened after a summer break. Looking forward to seeing all our old faces and welcoming new faces. Dinner will be served on Monday and Wednesday. There is a social evening every Thursday at 7.30pm with bingo, music and refreshments. Transport is available on Thursday night only, so contact Frances 059 9131461.

ST. FIACC'S HALL
The hall is available for hire and some hours are available on Wednesdays, Thursdays and Fridays, so contact 059 9140330

CHARITY NIGHT
Ladies Charity Night in Éire Óg Club House on Friday 18 September at 9pm in aid of the Margaret Burke Fund. The admission is €5 and tickets can be bought on the door. All welcome

AL-ANON FAMILY GROUP SUPPORT
If you, family member or a friend are affected by someone else's drinking, you can get

support at the Al-Anon Family Group meeting in the new Parish Centre, at back of St Clare's Church, Graiguecullen, every Saturday morning at 10.30am.

KILLESHIN JUVENILE SOCCER
New members are welcome and the club needs help with coaching and managing teams. Registration fees should be paid by 1 November. The cost is €40 for the first child, €35 the second child and €30 the third child in same family. Contact Dick Farrell 085 1415791 for more details.

ST. FIACC'S OVER 35S
The over-35s have soccer training every Wednesday at 8pm in St Fiacc's School. Contact Davie on 087 9658678.

GRAIGUECULLEN GAA
Graiguecullen GAA Club's Dinner Dance will be held in the Seven Oaks Hotel on Saturday 14 November. Tickets will be priced at €25 each. If anyone wishes to pay for tickets by giving a few euros over a number of weeks, they can do so on Monday nights in the Cubhouse.

KILLESHIN LOTTO
This week Numbers, 6, 8, 16 and 22 there was no winner. Cash prizes were won by Tommie Brennan, John Sheehan, Hickey Family, Una and Martin Scully and Michael Brennan. The jackpot is now €5,500. Volunteers are needed for stewarding at upcoming Ploughing Championships, contact Mark 087 6716890.

ST FIACC'S FC LOTTO
Bonus Ball 17. The winner was Ray Bolger of Henry Street.

GRAIGUECULLEN GFC LOTTO
The numbers drawn were 2, 10, 17 and 18. There was no winner. Next week's jackpot is €10,000. There were five Match 3s, winning €40 each: Pa Brennan, Kate Mulholland, Peggy Brennan, Junior Keogh and Eric Ryan.

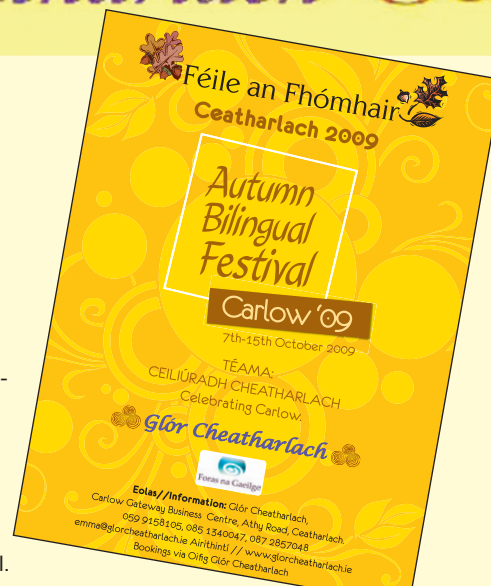
TABLE QUIZ FOR HANDBALLERS
A fun table quiz to help Kate Moran, Melanie Byrne and Martin Mullins represent Ireland at the World Handball Championships in Portland, USA in October, will take place in Tinryland clubhouse on Friday 18 September at 8.30. Entry for a table of four adults cost €40 and four juveniles €20. There will also be a raffle.



Féile an Fhómhair

Reachtáir Féile an Fhómhair '09 i gCeatharlach idir 7ú agus 15ú Deireadh Fómhair. Is féile dhátheangach le béim ar an timpeallacht í Féile an Fhómhair atá ag dul ó neart go neart bliain i ndiaidh bliana le cúig bliana déag anuas. Lionann an fhéile folús siamsaíochta na háite tar éis fuadair an tSamhraidh agus roimh theacht an Gheimhraidh. 'Sé téama na bliana seo ná Ceiliúradh Cheatharlach. Tá coiste Ghlór

Cheatharlach gnóthach i láthair na huairé agus tá imeachtaí fíor-thainemhacha á n-ullmhú acu do chlár na féile. Beidh ocaíid agus imeachtaí den scoth ar súil thar naoi lá na féile le neart ceoil, amhránaíochta, drámaíochta, damhsa agus cursaí litríochta an-tréan i mblíana. Beidh Clár Fhéile an Fhómhair '09 ar fáil go luath. Beifear ag súil le tacaíocht láidir ón bpobal. Bigí linn agus fáilte.



Glór na nGael ag díol are líne!

Sheol Glór na nGael suíomh nua ar líne do lucht na Gaeilge le déanaí - www.udar.ie. Tá deis ag Gaeilgeoirí timpeall an domhain earráid éagsúla a bhaineann leis an saol gaeilge a cheannach ón suíomh nua seo don chéad uair riamh.

I measc na n-earraí atá ar fáil ar an suíomh nua seo tá leabhair agus leabhair scoile, DVDanna, cártaí beannachta, An Fáinne, léarscáileanna agus dlúthdhioscanna éagsúla. Chomh maith leis sin tá earráid spraoi mar t-éinte le mana Cailín Dána agus Buachaill Dána agus fiú Bristíní greannmhar! Tá an suíomh nua seo an-úsáideach chun earráid agus leabhair Gaeilge a chur ar fáil go furasta ón idirlíon. Is suíomh an-easca le húsáid é agus beidh suim ag Gaeilgeoirí, Béarlóirí agus iadsan atá ag foghlaim na teanga ann. Rinne Glór na nGael an cinneadh chun an siopa ar líne a bhunú mar gheall ar éileamh mór ar na



hearráid éagsúla ó choistí agus ó dhaoine aonarachá timpeall na tíre. Tá rogha leathan ar an suíomh le rud éigin do gach éinne ó earráid oideachasúla go hearráid siamsaíochta. Tá sé ar intinn ag Glór na nGael cur leis an suíomh thar am agus cuirfidh siad fáilte roimh smaointí faoi earráid nua nach bhfuil ar díol acu faoi láthair. Gné eile den suíomh ná gur féidir liosta de chúrsaí i gcoláistí samhraidh a aimsiú agus fiú is féidir clárú dóibh agus íoc astu ar líne le do chárta creidmheasa. Gach eolas ar www.udar.ie agus

bain taitneamh as an siopaóireacht!

GLUAIS - GLOSSARY
suíomh - site
cártaí beannachta - greeting cards
léarscáileanna - maps
dlúthdhioscanna - compact discs
tionscnamh - project
go furasta - easily
cinneadh - decision
rogha leathan - wide choice
earraí oideachasúla - educational goods
aimsíú - locate
cárta creidmheasa - credit card

Sceideal an Fhómhair ar TG4

Fógraíodh Sceideal an Fhómhair TG4 le déanaí agus is féidir linn a bheith ag súil le scéiméireacht, seanchas agus siamsaíocht ar an stáisiún an fómar seo.

Tá drámaíocht nua den scoth, cláracha fíorasacha faisnéise a thugann léargas nuálaíoch ar an oidhreacht Ghaelach, ceol, damhsa agus amhránaíocht ó mhaistrí na n-ealaíon sin, clúdach eiseach ar na cluichí Gaelacha, forbairt mhór ar an soláthar do dhaoine óga mar aon le soláthar nuachta agus cursaí reatha i measc na ngnéithe is suntasaí de Chlársceideal Fómhair TG4. 'Sé ceann de na cláracha drámaíochta nua ar an sceideal ná Rásaí na Gaillimhe. Mórshraith seacht glár ina bhfuil an paiséan agus an greann agus an ghruaim ag féile mhór rásaíochta



an tSamhraidh mar chúla le snáth-anna éagsúla an scéil. Cuirtear an dráma i láthair thar sheachtain iomlán na féile agus téama breise le gach eagrán. Tá sár-aisteoirí tugtha le chéile don sraith ina measc Don Wycherley, Tom Ó Súilleabháin, Ruth Bradley agus Frankie Mc Cafferty. Ar ndóigh beidh sraith úrma den sobaldhráma Ros na Rún ag filleadh. Nil aon mhaolú ar an

ngreann, ar na haignis agus ar na mílte eacra is dual don sraith dúchasach seo. Agus beidh Tadhg ag dul i ngleic leis an saol nuaphóta agus le tuismitheoireacht. Beidh GAA Beo, Nuacht TG4 agus 7 Lá ar ais chomh maith le sraith-anna faisnéise ar nós An Bóthar go dhí an White House, Cowboyboys agus Teorainn. Mar is gnáthach beidh an ceol go láidir ar an sceideal le Amhrán is Ansa Liom, An Jig Gig,

Gach eolas ar imeachtaí Gaeilge ó: Glór Cheatharlach, Carlow Gateway Business Centre, Bóthar Átha I, Ceatharlach. (059) 9158105 / (085) 1340047 emma@glorcheatharlach.ie www.glorcheatharlach.ie