



CHARITY VEHICLE RUN



In aid of *Mums in May* and the
 grant funds



SUNDAY 4th AUGUST @ 3pm
LITTLEWOOD HALL (R93 FC78)

Registration and Assembly from 2.30pm

Cost €25 per vehicle
 including SUPPER for DRIVER

Enquiries to:
 087 6233912
 085 8890029

All are welcome for supper
 @ €10 per person

Certificate of
 Participation
 Awarded
 Raffle Prizes

Revenue Commissioner Number 5161
 Registered Charity Number 20007331



Mums in May fundraising
Concert
 BIG HYMN SING

Friday the 9th of August – Christ Church, Gorey at 7.30pm



**If anyone needs extra tickets, please contact Lesley on
 085 8890029 – tickets will also be available at the door**

With special guests:

Arklow Shipping Silver Band
Lir Female Ensemble

Ticket Price €10 including entry into Raffle
 Doors open at 7pm (Bring a Cushion)
 MUE Stall selling cards, books, etc.

Revenue Commissioner Number 5161
 Registered Charity Number 20007331

July: Transformation of relationships

As we share our lives together, we pray to reflect the perfect relationship between Father, Son, and Spirit; perfectly loving, perfectly equal, united in total harmony. For then we will see true transformation as we value each other above ourselves. Amen.



**We continue to pray for an
 end to all war and conflict.**



Tuesday at 8pm
 2nd, 16th + 30th July
 13th + 27th August

Mothers' Union Enterprise

Contact Naomi on
 087 7674447 or
cfomuenterpriase@gmail.com

For all your MU cards, gifts,
 badges, and merchandise.

Payment by credit card available

St. Mary's Carlow
7th November
at 11.30am

Everyone Welcome

Diocesan

**HOLY
 COMMUNION**





Away from it all



Mothers' Union in Cashel, Ferns and Ossory
 now offers financial help, through 3 grants schemes.

AFIA Re-imagined (Away From It All): covers expenses for short breaks, children's camps and school trips, travel costs for medical appointments, and much more....

SUBB (School Uniform and Book Bursary): helps with back-to-school expenses.

Helping Hands: is our new Cost of Living grant, which we hope will help to alleviate some of the financial pressure, for those struggling to make ends meet.

Application forms for any of our **3 grant schemes** can be obtained from
cfmothersuniongrants@gmail.com

All applications are treated in the strictest confidence and with the utmost respect.

Reg. Charity 2007331

Revenue 5161



Dates for your Diary

Charity Vehicle Run - Sunday 4th August
 Littlewood Hall at 3pm (R93 FC78)
 Big Hymn Sing Concert - Friday 9th August
 Christ Church Gorey at 7.30pm
 National Ploughing Championships 17th, 18th
 + 19th September Ratheniska, Laois
 Autumn Council - Saturday 26th October
 Dolmen Hotel Carlow from 10.30am
 CFO Diocesan Holy Communion - Thursday
 7th November St. Mary's Carlow at 11.30am
 16 Days of Activism Against Gender-Based
 Violence November 25th - December 10th



As Mothers' Union continues to encourage branches and churches to **RISE UP** against domestic abuse, this month we feature Men's Aid Ireland.

Men's Aid is Ireland's national dedicated domestic abuse support service for men, their children and families experiencing domestic violence including coercive control. It is victim focused and provides a national service underpinned by a victim centric and human rights proofed approach aimed at ensuring all male victim survivors receive the required support.

In 2022 their domestic abuse frontline service supported over 9,500+ contacts, a 73% increase in demand. These calls for help and support are from men, 18 years – 92 years, from every county in Ireland, from all walks of life, and from all nationalities.

Government research shows at least 1 in 4 women and 1 in 7 men will experience an abusive relationship during their lifetime. The emerging situation in terms of the escalation of domestic abuse and associated crimes, shines a spotlight on how important it is for society to understand and recognise that domestic abuse is a crime.

If you are impacted by reading this material, please call Men's Aid Ireland for support on the National Confidential Helpline 01 554 3811 or email hello@mensaid.ie. Know that you are not alone, they are there to support you, and are standing by to offer assistance and help.



For most men, making the first telephone call to this service is the first step towards healing and getting support. Picking up the phone, dialling their number and speaking about the abuse you experienced, sometimes for the first time, can be the most daunting and frightening moment – they know this and they understand this. So, take your time, take a breath, as long as you want to talk, they are there to listen and support you.