

SOLUTION HOUSE OF WORSHIP
invites you to our
7th Anniversary Conference 2009

"But now the Lord my God hath given me rest on every side, so that there is neither adversary nor evil occurrent"
- 1 Kings 5:4

Fri. 17th April @ 6.00pm
Sat. 18th April @ 5.00pm
Sun. 19th April @ 11.00am

GUEST MINISTERS:



Prophet Bright Martey
(Bright Martey Ministry)



Rev. Steven Ojo
(Victory Believer Bible Ministry)

Hosts
Pastors Jerry & Betty Okojie

Venue:
The Old Hat Factory
Beside Chadwicks Stores,
Newport Rd.,
Castlebar, Co. Mayo

Contact:
094 90 28670
086 3920967
086 0541670

Features:

- Live Gospel Music
- Prophetic & Inspirational Biblical Teachings
- Prayers for the Sick, Peace of Mind, & A Touch of God
- Experience the Reality of God's Presence & power in your life & affairs
- God truly cares for you

Admission Free! People of all religions are welcome

Quiz Night In aid of Mayo SPCA

On Friday 17th April the MSPCA is holding a Quiz Night at the Gateway Hotel, Swinford, commencing 9pm. Monster raffle with great prizes to be won. Please come along and have a most enjoyable evening, all welcome! All proceeds are to help pay veterinary expenses for our rescued animals. We look forward to seeing you and thank you for your support.

PARENT & CHILD SWIM CLASS COURSE

Looking for a fun way to interact with your child?

Why not join the new Parent & Child swim classes in Castle Leisure Club at Mayo Leisure Point. The classes are designed for parents with children under 2 years. It introduces your child to the water and allows you both to have great

interaction with each other. The classes are enjoyable for everyone and it's great to see your Child develop their water skills.

A new course is starting Friday 17th April at 10am. The course is for 6 weeks. Limited places are available so contact Helen at Castle Leisure Club, Mayo Leisure Point, Castlebar on (094) 90 26749

Days Hotel

Enjoy a Boozy Snoozy Lunch in The Harlequin RESTAURANT

Set Price
Three Course Lunch & 2 bottles of wine
Total €75 for 4 people

Boozy Snoozy Times
Saturday 12.30 - 3.30
Sunday 12.30 - 3.00
Tel - 094 928 6200

Crimlin National School Summer Style Fashion Show

Welcome Inn Hotel, Wednesday 15th April 2009 @ 8pm

Great Spot Prizes on the night. Tickets €15 from Mary 087 6335938, Bridie 087 6364590, Pauline 087 9900573

Children's clothes modelled by the School Children.

Please support this great night & spot the local models!

Mass will be celebrated for **Mr Laurence Sweeney** in Breaffy Church by Fr. John McCormack on the Saturday 18th April at 10am. Interment of ashes immediately afterwards in Breaffy Cemetery. He was a member of an old family born and reared in Breaffy and will be sadly missed by family, neighbours and friends. Immigrated to London and lived there all his life with his late wife Patricia. He looked after and helped many young people to get jobs in the 50's, 60's, 70's and 80's from Castlebar and Breaffy areas.

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Healthy Ageing Day in Achill

St. Colman's Care Centre, Keel, Achill is hosting a Healthy Ageing Day on Wednesday April 22nd at 10.30 am - 4pm in Ostán Oileán Acla, Achill Sound, Co. Mayo. The event will include information stands, short talks and workshops in the morning and a guest speaker in the afternoon. Topics covered include health screening, information on entitlements, leisure activities and general lifestyle issues. Croi (West of Ireland Cardiology foundation) and Age Action are among the organisations participating. All are welcome to attend and it may be of particular

interest to individuals aged over 55 years, community groups and people working in related areas. There will be issues and activities to interest both men and women. Lunch and light refreshments will be served. This is the 3rd year that this event will be held, and was very well attended in the past. The feedback from previous years was that people found the day both enjoyable and informative. Transport will be provided. Advance booking is essential to facilitate catering. Further information is available from St. Coleman's, Keel, Achill. Tel: 098 43248.

Lose up to 14lbs in 14 days

"I lost 7 stone in 7 months"

"I just want to tell you how excited I am about FabShape. I couldn't believe it after the first week I had lost 5 pounds. Now 7 months later I have lost 7 stone (100lb)!! I am as enthusiastic today as I was on the day I started, I don't feel hungry and my energy is at an all time high! The support I recieved from my FabShape agent was great, she never judged, but always encouraged & supported me. FabShape changed my life. I never thought weight loss could have been so easy."
- Derek (Co. Kerry)

"18lbs in 1 month"

"After having my children, I put on a lot of weight. I tried a lot of diets but to no avail. Through a friend I discovered FabShape and guess what!!! It worked, I have lost my cravings for chocolate and still eat my normal dinner."
- Amanda (Co. Galway)

"3 Stone in 3 months"

"Since I started FabShape I have lost 42lb. I am a chocoholic. When I am on FabShape I don't feel the need to eat chocolate, I feel fabulous and confident about my body"
- Gillian (Co. Tipperary)

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- and keep it off - While enjoying normal food each Day

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CONTACT DONNA ON
086 8227818 OR
094 9544945 (AFTER 6 PM)
E-MAIL: fabshapewest@gmail.com
WWW.MYFABSHAPE.COM

INDIVIDUAL RESULTS VARY WEIGHT AND INCH LOSS IS DEPENDANT UPON A NUMBER OF FACTORS WHICH INCLUDE YOUR BODY METABOLISM, EXERCISE AND FOOD INTAKE.
RESULTS ARE IMPLIED OR GUARANTEED