



**Safeguarding:** If you are concerned about the welfare & safety of children or vulnerable adults contact the **Diocesan Designated Liaison Person (DLP) – Ms. Joan Treacy** Mob: 085-8021633, e-mail – [dlp@kandle.ie](mailto:dlp@kandle.ie)

### Accord Carlow

#### Pre – Marriage Courses 2019

<b>March</b>	<b>8<sup>th</sup> &amp; 9<sup>th</sup></b>	<b>Friday &amp; Saturday</b>
<b>April</b>	<b>5<sup>th</sup> &amp; 6<sup>th</sup></b>	<b>Friday &amp; Saturday</b>
<b>May</b>	<b>10<sup>th</sup> &amp; 11<sup>th</sup></b>	<b>Friday &amp; Saturday</b>
<b>June</b>	<b>7<sup>th</sup> &amp; 8<sup>th</sup></b>	<b>Friday &amp; Saturday</b>
<b>September</b>	<b>6<sup>th</sup> &amp; 7<sup>th</sup></b>	<b>Friday &amp; Saturday</b>
<b>October</b>	<b>4<sup>th</sup> &amp; 5<sup>th</sup></b>	<b>Friday &amp; Saturday</b>

To reserve a place book on line at [www.accord.ie](http://www.accord.ie). For further information please contact: Mary at Accord Carlow phone no 059 9138738, St Catherine's Community Service Centre, St Joseph's Road, Carlow. Email: [accordcarlow@eircom.net](mailto:accordcarlow@eircom.net)

### *THOUGHT FOR THE WEEK*

#### *THINGS THAT MAKE YOU FEEL GOOD*

- ☺ Laughing so hard your face hurts.
- ☺ A hot shower.
- ☺ No queues at the Super Market.
- ☺ Taking a drive on a pretty road.
- ☺ Hearing your favourite song on the radio.
- ☺ Lying in bed listening to the rain outside.
- ☺ Hot towels out of the dryer.
- ☺ Finding the sweater you want is on sale for half price.
- ☺ A bubble bath.
- ☺ Giggling.
- ☺ A good conversation.
- ☺ The beach.
- ☺ Finding a €20 note in your coat from last winter.
- ☺ Laughing at yourself.
- ☺ Having someone tell you that you're beautiful.
- ☺ Laughing at an inside joke.
- ☺ Friends.
- ☺ Accidentally overhearing someone say something nice about you.
- ☺ Waking up and realizing you still have a few hours left to sleep.
- ☺ Your first kiss.
- ☺ Making new friends or spending time with old ones.
- ☺ Playing with a new puppy.
- ☺ Having someone play with your hair.
- ☺ Road trips with friends.
- ☺ Song lyrics printed inside your new CD so you can sing along without feeling stupid.
- ☺ Going to a really good concert.
- ☺ Seeing smiles and hearing laughter from your friends.
- ☺ Holding hands with someone you care about.
- ☺ Running into an old friend and realizing that some things (good or bad) never change.
- ☺ Riding the best roller coasters over and over.
- ☺ Watching the expression on someone's face as they open a much desired present from you.
- ☺ Watching the sunrise.
- ☺ Getting out of bed every morning and thanking God for another beautiful day.
- ☺ I believe that friends are quiet angels who lift us to our feet when our wings have trouble remembering how to fly.

### *HAVE A WONDERFUL WEEK*