

### Have a spiritual spring clean this Lent

During Lent you can take a look at how you can combine what you are giving up with how you can give back. For example what about giving up Facebook for Lent? How much time would you save by not perusing what everyone is up to? Could that time that you're saving be used better elsewhere. Even if you only use Facebook for 20 minutes a day, could you call an elderly relative that might be lonely in that time. What about giving up watching your favourite tv programme during Lent & spending that hour a week doing some spiritual reading or putting time aside to learn about a specific area of your faith. You could of course go further & fast from watching TV on Wednesdays & Fridays. Think of the extra hours you have gained, can you now use that time to volunteer somewhere? Maybe you have decided to give up coffee or alcohol during Lent? Imagine if you took the money you spent on your daily cup of coffee each day for 40 days how much that would add up to & how much of a difference that money could make to a worthy cause. ([www.irishcatholic.ie](http://www.irishcatholic.ie))

### Castlegal NS

Enrolment forms available from the School Ph: 0719166785 E-mail: [castlegalns@yahoo.ie](mailto:castlegalns@yahoo.ie)

### Carns NS

Enrolment night takes place on February 25<sup>th</sup> from 7-8pm  
Ph: 071 9 173081 E-mail: [scoilbridecarns@yahoo.com](mailto:scoilbridecarns@yahoo.com)

### Scoil Naomh Molaise N.S. Grange

Enrolment day takes place on Thursday 3<sup>rd</sup> March from 9.45am -11am

### Lenten Scripture Sharing Groups

Gospel passages and reflections now available to download from [www.elphindiocese.ie/len](http://www.elphindiocese.ie/len)  
For support in establishing a new group please contact Justin @ 087 6171526.

### "TIME FOR NEW FRIENDS, NEW CHALLENGES".

Are you interested in becoming a Facilitator with ACCORD Catholic Marriage Care Service? Do you care about couples facing the challenges of Christian Marriage? ACCORD is looking for couples/individuals to train as pre-marriage course facilitators for the Sligo centre. As a volunteer you will be helping people support their marriage and family relationship. The centre will be responsible for selection and training costs. Full details are available on the ACCORD website, [www.accord.ie](http://www.accord.ie) or from ACCORD, Sligo, Tel: 9145641 OR email [accordsligo@eircom.net](mailto:accordsligo@eircom.net). The course is accredited by Pontifical University, St Patrick's College Maynooth. Closing Date for applications is 29<sup>th</sup> April, 2016.

### Carers Liaison and Support Service

Are you supporting someone close through a difficult time? Free listening support for Carers, Relatives or Friends who support people going through mental health issues. Carers Liaison and Support Service (CLASS) provides free support through a team of trained volunteers who may have been through similar experience. The support is provided on a one to one basis in a safe, neutral and confidential environment. Areas we cover are Sligo, Leitrim and South Donegal. If you would like to receive support, please contact Family Carers Ireland at 071 9143123 or 087 8188716 for more information

### Holy Hour for Life – Sligo

A weekly Eucharistic Holy Hour for Life will take place EVERY MONDAY evening from 6.45pm until 7.45pm in the small chapel in St. Anne's Church, Sligo.

## *Parish of Ahamlish and Inishmurray Grange ♦ Cliffoney ♦ Mullaghmore*



Rev. Christy McHugh

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Postal Address: Parochial House, Grange, Co. Sligo. F91 HR26 Issue 7, Saturday, 13<sup>th</sup> February 2016



*The Temptation of Jesus*

### *Celebration of the Eucharist*

#### **ST. MOLAISE, CLIFFONEY**

*Sunday: 10.30 am*

*Wednesday, 7-8 pm: Adoration of the Blessed Sacrament*

#### **CHURCH OF MARY IMMACULATE, GRANGE**

*Saturday: 8 pm*

*Sunday: 12 noon*

#### **OUR LADY STAR OF THE SEA ORATORY, MULLAGHMORE**

*Saturday: 6.30 pm*

MINISTRY ROTAS, <u>CLIFFONEY</u>		
MINISTERS OF HOLYCOMMUNION		MINISTERS OF THE WORD
Sun, 14 <sup>th</sup> Feb	Mary Mc Gowan, Anne Roper Anne Gallagher	Pauline Maguire, Anne Mc Gloin
Sun, 21 <sup>st</sup> Feb	Anne Roper, Grainne Mc Gowan, Claire Mc Hale	Mary Mc Gowan
<b>Altar Society</b>	<b>February:</b> K. McGloin, E. McGloin, T. O'Connor	
MASS INTENTIONS in CLIFFONEY & MULLAGHMORE		
Sat, 13 <sup>th</sup> Feb	6.30pm	Mullaghmore:
Sun, 14 <sup>th</sup> Feb	10.30am	Cliffoney: Owen & Molly Conway
Sat, 20 <sup>th</sup> Feb	1.00pm 6.30pm	Cliffoney: Wedding: Christopher & Gemma Mullaghmore:
Sun, 21 <sup>st</sup> Feb	10.30am	Cliffoney: Attracta Boyle (1 <sup>st</sup> Anniv)
<b>CLIFFONEY OFFERINGS: € 784.00      Renovation for January: € 465</b>		

**Rosary** First Saturday of every Month in the Star of the sea Oratory Mullaghmore at 10am

**HSE- understanding self harm Training**

The training is suitable for people such as youth worker, teachers, residential care staff, Gardai, parents those who work in alcohol & addiction services. Training in Sligo is March 8<sup>th</sup> for info call Belinda Taylor: 071-9135061.

**North Sligo Agricultural Show**



Is holding a Valentine's Day Tractor Run 14<sup>th</sup> February @ 1pm. Starting and finishing at Gilroys yard. Prizes for the most Romantic Couple and the Best Dressed Farmer. Refreshments afterwards in Moran's Bar. So come along for a fun day out.

Please Support **Mary Cullen** on the Road to Rio



**A Night at the Races** Yeats Tavern, Drumcliffe **Friday, 26<sup>th</sup> February; 9.30 pm** Your support to help get our local North Sligo athlete to the Olympics will be greatly appreciated.

**AGM of Cliffoney Hall Committee**



Takes place on **Thursday 18<sup>th</sup> at 8pm in Cliffoney Hall**. The hall in Cliffoney serves a wide section of the local community and therefore requires a lot of help to keep it up and running. Anyone interested in joining the committee or helping out in any way is welcome to come along.

**Saint Vincent de Paul**

Would like to thank **Rainbow Rhythm** for last Saturday night's raffle, a very generous 473 euro was raised. All this money will be spent locally. **Thank you.**

**Sacrament of Holy Communion, 2016**



First Holy Communion St. Molaise Church, Cliffoney **May 29<sup>th</sup> @ 10.30am**  
First Holy Communion Church of Mary Immaculate, Grange **May 21<sup>st</sup> @ 11.00am**

**Sacrament of Confirmation, 2016**

Takes place in St. Molaise Church, Cliffoney **13<sup>th</sup> May at 11 am**

Church Gate Collection: For the Irish Pilgrimage Trust. Will take place on Feb 13<sup>th</sup> /14<sup>th</sup>

MASSES, GRANGE		
Sat, 13 <sup>th</sup> Feb	8.00pm	Paddy Watters Months Mind Maureen Caraway Charles & Mary Costello
Sun, 14 <sup>th</sup> Feb	12noon	Mick Gilloon Martin & Dymrna O' Dea
Mon, 15 <sup>th</sup> Feb	9.30am	For People of the Parish
Tue, 16 <sup>th</sup> Feb	9.30am	
Wed, 17 <sup>th</sup> Feb	9.30am	
Thur, 18 <sup>th</sup> Feb	9.30am	
Sat, 20 <sup>th</sup> Feb	8.00pm	Mary Kelly, Carnamaddow & deceased Family
Sun, 21 <sup>st</sup> Feb	12noon	Jimmy Christie (6 <sup>th</sup> Anniv) Padraig Gilmartin, Grange Agnes Hopkins
February	SATURDAY	SUNDAY
<b>OFFERTORY COLLECTORS</b>	Mary Feeny, Grogagh; Kathleen Feeny, Kiltykere; Nora Fitzpatrick, Moneygold; Mary Currid, Mt Edward; Mary Burns, Moneygold	Padraig Clancy, Moneygold; Tom Currid, Lislarry; Bill Carney, Breaghwy; Joseph Brady, Breaghwy
<b>ALTAR SOCIETY</b>	<b>February: Eileen Coyne, T. Warnock T. Kelly &amp; R. Lafferty</b>	
<b>GRANGE OFFERINGS: € 1240      Restoration: € 315</b>		

**PLEASE REMEMBER IN YOUR PARYERS**



**Gene Stewart:** Killeshil, Dungannon Co. Tyrone. Pre deceased by his sister Marianna Feeny, Newgrange. Sadly Missed by wife Breege, Children Barry, Karen & Colin, grandchildren, sister Winifred, brothers Jimmy & Raymond and all extended family and music fans.

**Sonny Glenane:** Currandrum, Cumber, Tuam, Galway. Our sympathy to his son Liam and family, Cliffoney.

**Holy Hour of Adoration**

Adoration of the Blessed Sacrament in **Cliffoney Church** on **Wednesday from 7pm-8pm** beginning with Evening Prayer of the Church & Silent adoration after concluding with Benediction.

**Parents of Communion and Confirmation Children**

A meeting for parents of **1st Holy Communion children** will be held in **S.N. Molaise Primary School, Grange on Monday 15<sup>th</sup> February at 9pm.**

A meeting of parents of **confirmation candidates** will be held on **Monday 29<sup>th</sup> February at 9pm in S.N. Molaise, grange.**

These meetings are for the attention of parents in our **four parish schools.**

**Stations of the Cross**

Children's version of station of the cross will be celebrated each Friday of Lent at 3.05pm in Grange Church.