

### 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.

### Pope Francis Words

*Do you want to fast this Lent?*

- Fast from hurtful words and say kind words
- Fast from sadness and be filled with gratitude
- Fast from anger and be filled with patience
- Fast from pessimism and be filled with hope
- Fast from worries and trust in God
- Fast from complaints and contemplate simplicity
- Fast from pressures and be prayerful
- Fast from bitterness and fill your heart with joy
- Fast from selfishness and be compassionate to others
- Fast from grudges & be reconciled
- Fast from words and be silent so you can listen.

### CLIFFONEY/GRANGE COMMUNITY GAMES: IMPORTANT DATES

#### Swimming Competition

**Venue:** Leisure Centre Ballyshannon

**Date:** Sunday, 17<sup>th</sup> April @ 11am

#### Athletic Competition

**Venue:** North Sligo Sports Complex Grange

**Date:** Sunday, 24<sup>th</sup> April @ 2pm

**Please Note: Competitors must live in the area in which they compete.**

### Vacancy for Environmental Worker

CE Scheme, in Rathcormac. Dept of Social Protection conditions apply. Please contact Dympna O'Carroll on 0877854940 for more information.

### Fundraising Barn Dance for Ethiopia

**A BIG THANK YOU** to all those who supported and helped in any way in making our Annual Dance a great success. Your generosity will help improve the lives of those less fortunate.

### An tAthair Micael OFlannagain.

La Fheile Pdraig ceol, rince agus craic. Halla Cliafuine 17th Marta 5.00 - 8.00.  
Tae agus bia. Failte Roimh Chach.

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



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Postal Address: Parochial House, Grange, Co. Sligo. F91 HR26 Issue 10, Saturday, 5<sup>th</sup> March 2016



### A LENTEN PRAYER

*Gracious God, during this Lenten season, as I ponder your word of life,  
may these words take root in my heart.*

*Jesus, you told us that we do not live on bread alone, but on every word  
that comes from the mouth of God.*

*As I ponder the word of life, may I hear God's word for me.*

*Holy Spirit, open my heart that I may embrace the word of God and live it  
in truth and freedom. Amen.*



### *Celebration of the Eucharist*

**ST. MOLAISE, CLIFFONEY**

*Sunday: 10:30 a.m.*

*Wednesday, 7:00 -8:00 pm: Adoration of the Blessed Sacrament*

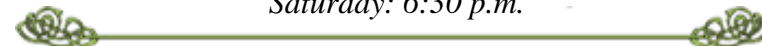
### **CHURCH OF MARY IMMACULATE, GRANGE**

*Saturday: 8:00 p.m.*

*Sunday: 12:00 noon*

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

*Saturday: 6:30 p.m.*



| MINISTRY ROTAS, <u>CLIFFONEY</u>                              |  |   |
|---|--|---|
| MINISTERS OF HOLYCOMMUNION                                    |  | MINISTERS OF THE WORD   |
| Sun, 6 <sup>th</sup> March                                    | Anne O' Dare, Mary Doyle, Ali Conway           | Patricia Hickey   |
| Sun, 13 <sup>th</sup> March                                   | Mary Doyle, Ali Conway, Frank Kielty           | Anne O' Dare, Kathleen Sheerin  |
| <b>Altar Society</b>  | <b>March:</b> M. Clancy, P. Burns, P. O'Connor |   |
| MASS INTENTIONS in CLIFFONEY & MULLAGHMORE                    |  |   |
| Sat, 5 <sup>th</sup> March                                    | 5.00pm<br>6.30pm                               | Cliffoney: Baptisim<br>Mullaghmore: Patrick Barry (30 <sup>th</sup> Anniv)<br>Rosie Mc Gonigle, Bunduff |
| Sun, 6 <sup>th</sup> March                                    | 10.30am  | Cliffoney: Michael Kelly (2 <sup>nd</sup> Anniv)  |
| Fri, 11 <sup>th</sup> March                                   | 10.00am  | For those on the Book of Enrolment  |
| Sat, 12 <sup>th</sup> March                                   | 6.30pm   | Mullaghmore:  |
| Sun, 13 <sup>th</sup> March                                   | 10.30am  | Cliffoney: Karen Fowley (19 <sup>th</sup> Anniv)  |
| <b>CLIFFONEY OFFERINGS: € 897 February Renovations : €496</b> |  |   |

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

**Children's version of stations of the cross**

Will be celebrated each Wednesday of Lent at 3.05pm in Grange Church.

**A Fundraising Dance**

In aid of Erneside Dyslexia Branch Ballyshannon will take place in **Cliffoney Hall on Friday 11<sup>th</sup> March**. Music on the night is by Brendan and Pat Magee. Supper will be served on the night, dancing from 10pm-1am, **Admission €10**. Please support this worthy cause

**Vocations Discernment Workshop**

A Vocations Discernment Workshop for men considering Diocesan Priesthood will take place on **8<sup>th</sup> – 9<sup>th</sup> April in the Star of the Sea Retreat Centre, Mullaghmore**. Further information from Rev Jim Murray, Carraroe, Sligo at 071-9162136 or Rev John Coughlan, Boyle, Co. Roscommon at 071-9662012 or email [vocations@elphindiocese.ie](mailto:vocations@elphindiocese.ie)

**Year of Mercy**

As Part of the celebrations, The Sacrament of Reconciliation will be available on the 4<sup>th</sup>/5<sup>th</sup> of March in our Cathedral of Immaculate Conception, Sligo For a full **24hours**. Starting at **8pm on March 4<sup>th</sup> and concluding at 8pm on March 5<sup>th</sup>**

**The Celtic Tenors**

**Only** Sligo date this year will be a very special & intimate concert in the beautiful Lissadell Church in the heart of Yeats County, "under bare Benbulbin's head", on **Saturday May 7<sup>th</sup>**. This promises to be a special evening. Tickets €25 and available from Drumcliffe Tea House, Liber bookshop or by calling Heather on 087 165 5880

**Grange and Armada Development Association**

Graciously request the help of a 'meitheal' to assist in the cutting back of the overgrown briars along the 'De Cuellar' walking trail from the foot of Bruen's lane to Staid Abbey. We will be convening at John Keegan's yard, Streedagh on Saturday afternoon, **12<sup>th</sup> March at 2pm and also Sunday morning 13<sup>th</sup> March at 9:30am**. Please bring either a set of hedge clippers, lopping shears or heavy duty secateurs and wear appropriate clothing. Thank you.

| MASSES, GRANGE  |   |  |
|---|---|--|
| Sat, 5 <sup>th</sup> March  | 5.00am – 6.30am<br>11.30am<br>8.00pm  | Confession: Sligo Cathedral<br>Months Mind Mass Fr. John Leogue Athleague, Co. Roscommon.<br>Marian Carney Months Mind |
| Sun, 6 <sup>th</sup> March  | 12 noon   |  |
| Mon, 7 <sup>th</sup> March  | 9.30am  | For the people of the Parish   |
| Tue, 8 <sup>th</sup> March  | 8.00pm  | Paddy Mc Sharry, Birmingham  |
| Wed, 9 <sup>th</sup> March  | 9.30am  |  |
| Thur, 10 <sup>th</sup> March  | 9.30am  |  |
| Sat, 12 <sup>th</sup> March   | 8.00pm  | Tommy & Annie Gilroy   |
| Sun, 5 <sup>th</sup> March  | 12 noon   |  |
| March   | SATURDAY  | SUNDAY   |
| <b>OFFERTORY COLLECTORS</b>   | Pat Wymbs, Moneygold;<br>Joe Currid, Ballyscannell;<br>Sean Feeney, Carns;<br>Joe Herrity, Aughagad | Michael Feighney, Streedagh;<br>Francis Brennan, Newtownward<br>Martin McLean, Aughagad                                |
| <b>ALTAR SOCIETY</b>  | <b>March: Anne McLean, Helen McLean, Kathleen Lockhart.</b>   |  |
| <b>GRANGE OFFERINGS: 21/2/16 € 1229 Restoration: €45 Diocesan needs: €31 28/2/16 Sunday Collection: € 1190 Diocesan Needs €189.</b> |   |  |

**PLEASE REMEMBER IN YOUR PARYERS**



**Jim Haran:** Ballymulderry, Cloughboley, Ballinfull. Died Feb 27<sup>th</sup>. Our Sympathy to his wife Bernie, sons Noel, Sean, Alan and Jason, daughter Linda, daughters in law Rosemarie and Maureen, grandchildren Conor, Luke, Loretta, Ellie, Liam, Emily and Niamh, brother Frank, sister in law Nora, cousins, neighbours and friends. Funeral took place on March 2<sup>nd</sup> in St. Patrick's Church, Maugerow followed by burial in Carrigans Cemetery.  
**Paddy Mc Sharry:** (92) Birmingham & formerly Kinlough Co. Leitrim. After a short illness. Our sympathy to his wife Shiela Currid, (formerly Derry, Grange) and family, especially sister in law Annie Herity Carns. Funeral in Birmingham on 17<sup>th</sup> of March.

**First Confessions**

The Sacrament of Reconciliation will be celebrated on Tuesday evening at 7.00pm in Grange Church for all those who intend to celebrate their Holy Communion in May.

**Holy Hour of Adoration**

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

**Station Masses**

**Moneygold:** Paddy Phyliss Hoey on April 15<sup>th</sup> @ 8pm  
Shrarevagh/ Breaghwy/ Lislyry/ Baile na Farraig / Doonsaskin: Mary Smyth April 18<sup>th</sup> @ 7.30pm

**Holy Year of Mercy on Lough Derg**

Pope Francis has placed pilgrimage at the heart of the Jubilee year. The 2016 Jubilee three day pilgrimage will run between Wednesday 1<sup>st</sup> June to Saturday 13<sup>th</sup> August 2016. One day retreats are also available. For more info. Contact Nuala: 071-9861518 / [www.loughderg.org](http://www.loughderg.org)