

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 and 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 and fast from watching TV on Wednesdays and 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 and how much of a difference that money could make to a worthy cause.

Words from Pope Francis

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 and be reconciled*
- *Fast from words and be silent so you can listen.*

Castlegal N.S.

Enrolment forms available from the School - Ph: 071 9166785. E-mail: castlegalns@yahoo.ie

Carns N.S.

Enrolment night takes place on February 25th from 7:00 - 8:00 p.m.
Ph: 071 9 173081 E-mail: scoilbridecarns@yahoo.com

Scoil Naomh Molaise N.S. Grange

Enrolment day takes place on Thursday 3rd March from 9.45am -11:00 a.m.

CLIFFONEY/GRANGE COMMUNITY GAMES: IMPORTANT DATES

Art/Model making competition

Venue: St. Naomh Molaise National School Grange on Saturday, 27th February, 2016.

Details - **10:00 a.m.** for U. 8 & U.10 and **11:00 a.m.** for U. 12, U.14 & U.16.

Those wishing to do **model making** please come at 10:00 a.m. Please bring your own pencils /crayons & modelling clay. Paper will be provided.

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

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Well done to all the **Benbulbin Operation Transformation** participants. The final weigh-in is this Tuesday, 23<sup>rd</sup> February from 8-9 p.m. in the Sports Complex. The celebration night is on Saturday Night, February 27<sup>th</sup> in Lang's at 10:00 p.m. The winning participants and teams will be announced and there will be music, dancing, food (plenty of food) and a Raffle for some great prizes. Also the total amount of weight loss will be revealed (it will astound you!). So, come along for a great night and bring your friends.

## *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 8, Saturday, 20<sup>th</sup> February 2016*



### *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*

#### **Words from Pope Francis on Mercy**

*Whoever sees Jesus sees the Father. Jesus of Nazareth, by his words, his actions, and his entire person reveals the mercy of God*

| MINISTRY ROTAS, <u>CLIFFONEY</u>           |                                                      |                                                                      |
|--------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------|
| MINISTERS OF HOLYCOMMUNION                 |                                                      | MINISTERS OF THE WORD                                                |
| Sun. 21 <sup>st</sup> Feb                  | Anne Roper, Grainne Mc Gowan,<br>Claire Mc Hale      | Mary Mc Gowan                                                        |
| Sun. 28 <sup>th</sup> Feb                  | Claire Mc Hale, Thomas Maguire,<br>Anne O' Dare      | Anne O' Dare,<br>Kathleen Sheerin                                    |
| <b>Altar Society</b>                       | <b>February:</b> K. McGloin, E. McGloin, T. O'Connor |                                                                      |
| MASS INTENTIONS in CLIFFONEY & MULLAGHMORE |                                                      |                                                                      |
| Sat. 20 <sup>th</sup> Feb                  | 1.00pm<br>6.30pm                                     | Cliffoney: Wedding: Christopher and Gemma<br>Mullaghmore:            |
| Sun. 21 <sup>st</sup> Feb                  | 10.30am                                              | Cliffoney: Attracta Boyle (1 <sup>st</sup> Anniv)                    |
| Sat. 27 <sup>th</sup> Feb                  | 6.30pm                                               | Mullaghmore: Johnny Barry & deceased family (25 <sup>th</sup> Anniv) |
| Sun. 28 <sup>th</sup> Feb                  | 10.30am                                              | Cliffoney: Ellen & Tom Kennedy Creevymore                            |
| <b>CLIFFONEY OFFERINGS: € 724.00</b>       |                                                      |                                                                      |

**Rosary:** First Saturday of every Month in the Star of the Sea Oratory, Mullaghmore at 10:00am

**Children's version of stations of the cross** will be celebrated each Friday of Lent at 3:05p.m. in Grange Church.

**Parents of Confirmation Children** A meeting of parents of **Confirmation candidates** will be held on **Monday 29<sup>th</sup> February at 9:00 p.m. in S.N. Molaise, Grange.** These meetings are for the attention of parents in our **four parish schools.**

**Please Support Mary Cullen on the Road to Rio A Night at the Races** in Yeats Tavern, Drumcliffe **Friday, 26<sup>th</sup> February; 9:30 p.m.** Your support to help get our local North Sligo athlete to the Olympics will be greatly appreciated.

#### Star of the Sea Centre Mullaghmore

Dr. Kevin Egan will give a discussion "Is *Forgiveness Possible?*" on Saturday, 27<sup>th</sup> February, 2016 from 10:00 a.m. to 4:30 p.m. For booking – contact 071 9176722

#### Benbulbin Comhaltas

Music session takes place on Sunday 21<sup>st</sup> February from 4:30 p.m. to 7:00 p.m. at Jordan's Lounge, Maugherow. All Welcome

#### Pro-Life Campaign


You are warmly invited to a public meeting which is being held by the national organisation the Pro-Life Campaign at **7:00 p.m. on Tuesday, 23<sup>rd</sup> February,** in the **Old School House, Main Street, Kinlough.** The speakers are coming from Galway. This is an excellent opportunity to get answers to questions you may have on abortion, and vitally important in light of the upcoming election: many candidates want to repeal the Eight Amendment, which gives the equal right to life to the mother and the unborn child.

#### Pre-Election Statement from Bishop Kevin:

Bishop Kevin has issued a pre-election statement which is online at [www.elphindiocese.ie](http://www.elphindiocese.ie)

| MASSES – GRANGE                                         |                                                                                                                                          |                                                                                                         |
|---------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Sat. 20 <sup>th</sup> Feb                               | 8:00 p.m.                                                                                                                                | Mary Kelly, Carnamaddow & deceased Family                                                               |
| Sun. 21 <sup>st</sup> Feb                               | 12:00 noon                                                                                                                               | Jimmy Christie (6 <sup>th</sup> Anniv)<br>Padraig Gilmartin, Grange<br>Agnes Hopkins                    |
| Sat. 27 <sup>th</sup> Feb                               | 8:00 p.m.                                                                                                                                | Kathleen & Mickey Mc Sharry                                                                             |
| Sun. 28 <sup>th</sup> Feb                               | 12:00 noon                                                                                                                               |                                                                                                         |
| February                                                | SATURDAY                                                                                                                                 | SUNDAY                                                                                                  |
| <b>OFFERTORY COLLECTORS</b>                             | Mary Feeney, Grogagh;<br>Kathleen Feeney, Kiltykere;<br>Nora Fitzpatrick, Moneygold;<br>Mary Currid, Mt Edward;<br>Mary Burns, Moneygold | Padraig Clancy, Moneygold;<br>Tom Currid, Lislarry;<br>Bill Carney, Breaghwy;<br>Joseph Brady, Breaghwy |
| <b>ALTAR SOCIETY</b>                                    | <b>February: Eileen Coyne,</b> T. Warnock T. Kelly & R. Lafferty                                                                         |                                                                                                         |
| <b>GRANGE OFFERINGS: € 1,400.00 Renovation: € 88.00</b> |                                                                                                                                          |                                                                                                         |

#### PLEASE REMEMBER IN YOUR PRAYERS

 **Tom Herity,** Maugherow died suddenly February 13<sup>th</sup> at his residence. Funeral took place on February, 16<sup>th</sup> at St. Patrick's Church Maugherow with burial in Carrigeens Cemetery.

**John Rooney,** Moneygold, died February, 14<sup>th</sup> at St. Francis Hospice, Dublin, wife of the late John Rooney. Our Sympathy to her son Sean, daughter Cathy Hennessy, son-in-law Finbarr, grandsons John and Adam, sister-in-law Bridget (Birdie) Gallagher and family. Funeral took place in St. Molaise Church, Cliffoney on February, 17<sup>th</sup> with burial in Ahamlish Cemetery.

**Dick Woodmartin:** "Seamount" Mullaghmore, formerly "Woodville" Sligo suddenly at his residence in on February, 16<sup>th</sup>. Our sympathy to his wife Elizabeth, sons Richard and Michael, daughters Ann and Ruth, grandchildren and families. **May they Rest in Peace.**

#### TROCAIRE PACK

Available for every family through church or school. Last year we gave €1,450 in Grange and €525 in Cliffoney. Sincere Thanks for your donations.

#### 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.

#### 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> March in our Cathedral of Immaculate Conception, Sligo For a full **24 hours.** Starting at **8:00 p.m. on March 4<sup>th</sup> and concluding at 8:00 p.m. on March 5<sup>th</sup>.**

#### Annual Fundraising Barn Dance for Ethiopia

will be held in Grange Hall on **Friday 26<sup>th</sup> Feb. 9:00 p.m. to 12:00 midnight.** Music by *Country Traditions.* Admission - €8:00, including supper. All proceeds will go directly to Mr. Fintan Shannon's team of volunteers who will work with the poorest people of Ethiopia in March. All welcome.