

### 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.

### Words from Pope Francis on Mercy

Mercy is the force that reawakens us to new life and instils in us the courage to look to the future with hope

### Scoil Naomh Molaise N.S. Grange

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

### 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.

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



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Postal Address: Parochial House, Grange, Co. Sligo. F91 HR26 Issue 9, Saturday, 28<sup>th</sup> February 2016

### THIRD SUNDAY OF LENT



#### 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*

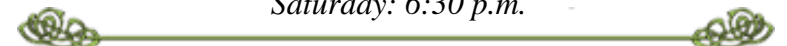
#### **CHURCH OF MARY IMMACULATE, GRANGE**

*Saturday: 8:00 p.m.*

*Sunday: 12:00 noon*

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

*Saturday: 6:30 p.m.*



MINISTRY ROTAS, CLIFFONEY		
MINISTERS OF HOLYCOMMUNION		MINISTERS OF THE WORD
Sun, 28 <sup>th</sup> Feb	Claire Mc Hale, Thomas Maguire, Anne O' Dare	Anne O' Dare, Kathleen Sheerin
Sun, 6 <sup>th</sup> March	Anne O' Dare, Mary Doyle, Ali Conway	Patricia Hickey
<b>Altar Society</b>	<b>March:</b> M. Clancy, P. Burns, P. O'Connor	
MASS INTENTIONS in CLIFFONEY & MULLAGHMORE		
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
Sat, 5 <sup>th</sup> March	6.30pm	Mullaghmore: Patrick Barry (30 <sup>th</sup> Anniv) Rosie Mc Gonigle, Bunduff
Sun, 6 <sup>th</sup> March	10.30am	Cliffoney:
<b>CLIFFONEY OFFERINGS: €</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 Friday 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

#### **Tea Party for Senior Citizens**

In **Grange Hall on Saturday, 5<sup>th</sup> March at 3pm**. All proceeds going towards the North West Hospice. Come and enjoy a great afternoon not to be missed held by Grange Foroige.

#### **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)

#### **Book Launch Sligo**

You are cordially invited to the launch of Dermot Layden's new book, *The Winding Road of Life*, by Bishop Kevin Doran in the Gillooly Hall, Sligo, on Friday 4<sup>th</sup> March at 5.30pm (book will be on sale until 7pm). The book launch price is a mere €5. Light refreshments served.

#### **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>**

#### **400 club Results**

##### **January:**

- 1<sup>st</sup> Brian Drury, Doonowney
- 2<sup>nd</sup> Marie Casserly, Streedagh
- 3<sup>rd</sup> Teresa Keegan, Carns

##### **February:**

- 1<sup>st</sup> Bridget Kelly, Oakfield Park, Sligo
- 2<sup>nd</sup> Eileen Coyne, Carns
- 3<sup>rd</sup> Pakie Haran, Rinroe

MASSES, GRANGE		
Sat, 27 <sup>th</sup> Feb	8pm	Kathleen & Mickey Mc Sharry
Sun, 28 <sup>th</sup> Feb	12noon	Agnes Watters (13 <sup>th</sup> Anniv)
Mon, 29 <sup>th</sup> Feb	9.30am	Private Intention
Tue, 1 <sup>st</sup> March	7.30pm	Mass and Prayers for Tammy
Wed, 2 <sup>nd</sup> March	9.30am	Feast of St. David, For the people of the Parish
Thur, 3 <sup>rd</sup> March	9.30am	
Fri, 4 <sup>th</sup> March	1pm	Wedding: Ciarain & Carloine
Sat, 5 <sup>th</sup> March	8pm	Marian Carney Months Mind
Sun, 6 <sup>th</sup> March	12noon	
March	SATURDAY	SUNDAY
<b>OFFERTORY COLLECTORS</b>	Pat Wymbs, Moneygold; Joe Currid, Ballyscannell; Sean Feeney, Carns; Joe Herrity, Aughagad	Michael Feighney, Streedagh; Francis Brennan, Newtownward Martin McLean, Aughagad
<b>ALTAR SOCIETY</b>	<b>March: Anne McLean, Helen McLean, Kathleen Lockhart.</b>	
<b>GRANGE OFFERINGS: €</b>		



#### **PLEASE REMEMBER IN YOUR PARYERS**

**Dylan Mc Loughlin:** 16yrs Naas, Co. Kildare, suddenly Feb 16<sup>th</sup>. Our sympathy to his parents John & Beatrice Mc Loughlin, Bunduff Funeral took place on Sunday 21<sup>st</sup> Feb in Naas Co. Kildare.

**Tom Smyth:** Shrarevagh, Ballinfull, Feb. 22nd, peacefully at Sligo University Hosp. (former Sligo Co. Council employee), Our Sympathy to his wife Mary, sons Thomas and Brendan, daughter Catherina (Moran), son-in-law Adrian, daughters-in-law Avril and Lorraine, grandchildren, sister Kathleen (Goode), brothers Frank and Don (Cork), sisters-in-law, nephews, nieces, cousins, neighbours and friends.

#### **Parents of Confirmation Children**

A meeting of parents of **confirmation candidates** will be held on **Mon. 29<sup>th</sup> Feb. at 9pm in S.N. Molaise, grange**. Meetings are for the attention of parents in our **four parish schools**.

#### **TROCAIRE PACK**

Available for every family through church or school. Last year we gave €1450 in Grange and €525 in Cliffoney. Sincere Thanks for your donations.

#### **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.

#### **Encounter Weekend youth Retreat**

Will be held on Fri 22<sup>nd</sup> April- Sun 24<sup>th</sup>. The Cost is €60 p.p.s Full Board and free bus. For more deatils contact Frank Mc Guinness: Ph: 0879880690 E-mail: [frankmcguinness@hotmail.com](mailto:frankmcguinness@hotmail.com) or Fr. Christy Mc Hugh: 0877986602

#### **Crogh Patrick- Youth Pilgrimage**

Saturday 14<sup>th</sup> May 2016. Free Transport. For more details please contact Frank Mc Guinness: Ph: 0879880690 E-mail: [frankmcguinness@hotmail.com](mailto:frankmcguinness@hotmail.com) /Fr. Christy Mc Hugh: 0877986602