

What is Lent all about?

The highlight of the year for Christians is Easter, the day when our Lord rose from the dead. Lent is a forty-day season of preparation for Easter. Lent always begins on a Wednesday, called Ash Wednesday. Why 40 days? Because, Jesus fasted and was tempted in the wilderness for 40 days. Lent, then, is our time of fasting, prayer, temptation and repentance. Lent is not required anywhere in scriptures, but it has been a custom, which Christians have practiced for most of the last two thousand years. In many languages, the word "Lent" actually means "fast." This is where the custom of giving up something for Lent originated. However, just to confuse things, Lent is actually 46 days rather than 40 days. Why? Because the 40 days of Lent are supposed to be days of fasting, which means days of discipline and self-restraint. But Sunday, the Lord's Day, should never be a day of fasting, but a day of celebration! So each Sunday we suspend our Lenten disciplines and celebrate. Lent is 40 "fasting" days spread out over a total of 46 days beginning on Ash Wednesday.

The focus of Lent was always threefold:

It was a time to prepare new converts for baptism through intensive classes and instruction. It was a time for long-standing Christians to review their lives and renew their commitment to Jesus Christ. It was a time for backsliders to be restored to the faith.

In every case, it is a time for serious, disciplined self-examination, a time spent in intensive prayer and repentance before the cross of Calvary. To represent the dark and serious business of Lent, one custom has been to strip the sanctuary of all flowers, candles, and colors during Lent. This custom helps us to turn inward and examine ourselves, even as it reminds us of the dark and colorless Sabbath day when Jesus lay dead in the tomb.

Put simply, Lent is a time to examine ourselves carefully. Here are some questions upon which you might pray and meditate during Lent: Am I sharing gladly what I have with others, especially the stranger and the poor? Do I have a gracious and patient attitude with others, especially those who irritate me? Do I feel the power of connection to God and the church in corporate worship? How is my devotional and prayer life progressing? Am I listening to God more and complaining less? Is it time for a change or a growth in my Bible study and prayer life? What are the lurking sin problems, which still plague me? Am I as thoughtful and forgiving of family as others, or do I take my frustrations out on them? Do I speak up for the maligned and oppressed, or do I remain silent in order to remain popular?

First Confession

The Sacrament will be celebrated on Mar 9th at 7.30pm in Grange Church for the students of 2nd class in Castlegal NS, Cliffooney NS, Carns NS + Grange NS. Welcome to their families on the night and if anyone wants to join us, you are welcome. There will be two other priests and myself available for confession from 7pm, one in the confessional at the rear of the church and one in the family room. Confession available Mar 9th at 7-8.30pm in Grange Church.

Parish of Ahamlish and Inishmurray

Grange ♦ Cliffooney ♦ Mullaghmore

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A Journey Through Lent

Celebration of the Eucharist

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: 6:30pm

MINISTRY ROTAS, <u>CLIFFONEY</u>		
DATE	EUCCHARISTIC MINISTERS	MINISTERS OF THE WORD
Sun, 5 th Mar	Mary Clancy, Karen McGloin	Patricia Hickey
Sun, 12 th Mar	Mary McGowan, Anne Roper	Pauline Maguire, Anne McGloin
Altar Society	March: K. McGloin, E. McGloin, T. O'Connor	
MASS INTENTIONS in CLIFFONEY & MULLAGHMORE		
Sat, 4 th Mar	6.30 pm	Mullaghmore: Patrick Barry (31 st Anniversary) Rose McGonnigle
Sun, 5 th Mar	10.30 am	Cliffoney:
Sat, 11 th Mar	6.30pm	Mullaghmore:
Sun, 12 th Mar	10.30am	Cliffoney: Tommy Maguire Months Mind Mark Hannon (Anniversary) Gus McHugh (30 th Anniversary) + Dan McHugh
Cliffoney Offerings: Sunday Collection: €1095 Renovation Feb: €274.50		

Congratulations

Congrats to Úna Shelly – Cliffoney and Home Economics Teacher at Grange Post Primary School who recently published Modern Home Economics for Leaving Cert Ordinary and Higher Level. This is now being introduced in every secondary school in Ireland. Well done Una!

Lenten Retreat 2017 – Galilee Community

Saturday, Mar 25th. Presenter: Fr. Jim Noonan OCD.

Will begin at 10.30am with tea/coffee, a light lunch at 1pm.

Day will end with Mass at 4.30pm. Costs €25, Contact for info +353-71 - 9664101

Citizen's Assembly

The Irish Catholic Bishops have made a submission to the Assembly entitled two loves, one life. Copies of document are available in the Church porch or on Diocese of Elphin website.

Trócaire

This year the focus is on Honduras, on life-threatening floods up to 5 times a year, coast-line erosion and the work of Trócaire to create security for people in the area. See Trócaire pack for details.

Station Masses

Anyone interested in hosting the Station Mass in their home- you might please contact Fr. Christy.

Awakening

“To the beauty of you”

At Star of the Sea Retreat Centre, Mullaghmore, Co. Sligo.

Friday 24th Mar – Sun 26th Mar 2017.

A weekend of inspiring music, song, poetry and meditative movement.

Booking essential to Margaret @ 0749384015 or 0719176722.

MASSES, <u>GRANGE</u>		
Sat, 4 th Mar	8pm	
Sun, 5 th Mar	12.00	Maureen Moffatt Months Mind Agnes Watters, Cloonaghbawn
	1pm	Baptism
Mon - Fri	7pm	Weekday Masses
Sat, 11 th Mar	8pm	Tommy + Annie Gilroy
Sun, 12 th Mar	12.00	Aidan McGowan (1 st Anniversary)
	1pm	Baptism
March	SATURDAY	SUNDAY
OFFERTORY COLLECTORS	Pat Wymbs, Moneygold; Joe Currid, Ballyscannell; Sean Feeney, Carns; Joe Herrity, Aughagad	Michael Feighney, Streedagh; Francis Brennan, Newtownward; Martin McLean, Aughagad
ALTAR SOCIETY	March: Imelda Gilroy, Patricia Campbell, Cathy McCarry	
Grange Offerings: Sunday Collection: €1230 Renovation: €157		

Please Remember in your Prayers

Kevin Kelly, South end, England and formerly Tipperary. Our sympathy to his sister Mary McGowan, Streedagh

Eileen Gray, Sea View Park, Cliffoney + Ashford, Wicklow. Reposing Funeral Home, Cliffoney on Sat 6-8pm. Mass + Burial in Wicklow. Our sympathy to her husband Tony and sons David + Anthony + daughter-in-law Mary.

Forms of Friday Penance

The following are suggested as ways of fulfilling Friday penance:
Abstaining from meat, some other food, alcoholic drink or smoking;

Making a special effort at involvement in family prayer;

Making a special effort to participate in Mass on Fridays;

Visiting the Blessed Sacrament;

Making the Stations of the Cross;

Fasting from all food for a longer period than usual and perhaps giving what is saved to the needy;

Helping the poor, sick, old or lonely.

Cliffoney Country Market

Takes place in Cliffoney

Community Hall this Sun 5th Mar from 11am-1pm.

New and in conjunction with the market which is a local community based initiative we are launching The Stock Exchange which aims to provide a table for the exchange/sale of good quality vintage second hand or used items which will allow individuals or local groups to fund raise. If you would like to book the table call :[087 4422865](tel:0874422865) Terms & conditions apply. Remember - Shop Irish Shop Local.