

2017 is a year to remember for Mona.

2017 marks the year that Mona McSharry became a World Champion, after collecting the gold medal in the 100m breaststroke at the World Junior Swimming Championships in Indianapolis USA during last summer. It's a remarkable achievement in its own right, but the fact that Mona's first place finish makes her the first Irish swimmer to win gold at the World Junior Swimming Championships, adds another layer of prestige to it all. Her winning time of 1:07.10 surpasses Fiona Doyle's 2015 Irish Record of 1:07.15 by five hundredths of a second. Mona also excelled on the continent this year. She came home from the European Junior Swimming championships in July with two gold medals in the 50m breaststroke and the 100m breaststroke. She also pocketed a silver medal finish in the 200m breaststroke to bring her overall haul of podium finishes to three at that competition. Mona rounded off the year with a stunning campaign at the European Short Course Swimming Championships in Copenhagen in December. In her debut year competing as a senior international swimmer, she worked her way into the final of the 100m breaststroke, where she came home in fifth place — just two tenths of a second away from a bronze medal. Despite being just 17 years of age, Mona set a new Irish senior record in the process. To top that off Mona was awarded Swim Ireland's performance athlete of the year and the inaugural RTÉ's young sportsperson of the year award. We are delighted for Mona and very proud of her achievements. With such a solid foundation laid for 2018, we wish Mona every success as she continues to set new targets for herself. Thank you Mona for sharing your success with us.

Samaritans Spring Recruitment Campaign - Open/Selection Evenings

Thur 18th Jan 7.30pm -10.00pm. Tue 23rd Jan 7.30pm -10.00pm

VENUE - Samaritans Centre 3, The Mall, Sligo.

Come whichever night suits you. Friendly atmosphere. Refreshments served.

St. Michael's Family Life Centre, Church Hill, Spring Summer

Brochure now available with a variety of interesting courses/workshops. Contact us at 071 9170329, email stmichaelsfamilylifecentre@eircom.net or check out our website stmichaelsfamilylife.com or pick up a copy in the Centre, at back of Church.

This six weeks course presented by Vince Murray, retired Director of Religious Education at St. Angela's College, Sligo will facilitate participants in coming to their own personal response, exploring the ideas of four contemporary Christian thinkers/theologians: Jose A. Pagola; Peter McVerry S.J; Daniel J O'Leary; Cynthia Bourgeault. Vince had journeyed a deepening and widening spiritual path and wishes to present this course in the hope that it will awaken in the participants an awareness of Jesus' message of the divine beauty within us all

6 Thursday evenings 7.30-9.30 starting 1st February. Cost €60

Parish of Ahamlish and Inishmurray

Grange ◊ Cliffoney ◊ Mullaghmore

Rev. Christy McHugh

Web address: www.ahamlish.com

Postal Address: Parochial House, Grange, Co. Sligo. F91 HR26 Issue 56, Saturday 13th January 2018

Tel: 071 9163100

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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



DATE	EUCCHARISTIC MINISTERS	MINISTERS OF THE WORD
Sun, 14 th Jan	Mary Doyle, Anne O'Dare	Anne O'Dare, Kathleen Sheerin
Sun, 21 st Jan	Ali Conway, Frank Kielty	Frank Kielty, Jacinta Feehily
Altar Society	January: G. Horgan, M. McHugh, M. O'Connor	
MASS INTENTIONS in CLIFFONEY & MULLAGHMORE		
Sat, 13 th Jan	6.30pm	Mullaghmore: Dan McGloin (9 th Anniversary)
Sun, 14 th Jan	10.30am	Cliffoney:
Sat, 20 th Jan	6.30pm	Mullaghmore:
Sun, 21 st Jan	10.30am	Cliffoney: Pakie Connolly, Castlegal (25 th Anniversary)
Cliffoney Offerings: <i>Sunday Collection: €975</i>		

40th Senior Citizens Party – 1st Feb, Yeats's Tavern

If you are living alone, retired or a senior citizen, you are welcome! For tickets contact Helen McLean 0860641562.

ELPHIN DIOCESE YOUNG ADULT PILGRIMAGE TO ASSISI AND ANCIENT CHRISTIAN ROME

23rd June – 1st July, 2018 open to young adults between the ages of 18 and 35. Cost €599. see www.elphindiocese.ie for details. For further information please contact Frank McGuinness, director of youth & young adult ministry, St. Mary's, Temple Street, Sligo, tel: 0879880690.

INHFA

The Irish Natura & Hill Farmers Association invite you to a very important meeting on Forestry & your Environment, they are hosting in The Bush Hotel, Carrick-on-Shannon, on Fri 19th Jan at 8pm. We're seeing massive growth in the development of commercial forestry across our region, startling facts and figures from recent research are being revealed on this very contentious issue. Your attendance is vitally important to make your voice heard on what are the best solutions for your community's future.

Volunteers needed

We are also looking for volunteers to help us with coaching for our Juniors and Teenagers. We have a rota system that we operate so that nobody is overloaded. If you have time to help out for an hour or two every week or even once a month we would love to hear from you. You can contact Karen Gillen on 086 822 6034.

Classes are starting soon - The Crafter's Basket, Cliffoney

If you have always wanted to learn Cake Decorating, Card making, Patchwork, Crochet or Dressmaking now is your chance. Visit our website www.craftersbasket.com, phone 071 9166515 or call in to the shop for details. Beginners are very welcome.

North Sligo AC back for a new term

Athletics training has now resumed at Carney & Grange for North Sligo athletes. Juniors 6.30 to 7.30 pm and Teenagers 7.30 to 8.30 pm every **Tuesday & Thursday** in Grange. 7-8 pm every **Monday & Wednesday** in Carney. Adults train every **Tuesday & Thursday** 8.30 -9.30 at the track in Grange. New adults are always welcome. You do not need to be an elite athlete to join, all levels of walkers, joggers & runners will benefit from the very experienced coaching that is available. Why not bring a friend.

MASSES, GRANGE		
Sat, 13 th Jan	8pm	Willie O'Loughlin
Sun, 14 th Jan	12.00pm	Ursula McGarvey Maureen Moffatt (1 st Anniversary) Phyllis Foley (8 th Anniversary)
Sat, 20 th Jan	8pm	Maireanna Feeney (19 th Anniversary) Frank O'Connor (7 th Anniversary)
Sun, 21 st Jan	12.00pm	Dynpna O'Dea (Anniversary)
January	SATURDAY	SUNDAY
OFFERTORY COLLECTORS	Seamus Feeney, Newgrange; John Herron, Mount Edward; Philip Lang, Streedagh	Michael Feighney, Streedagh; Cormac Feeney, Kiltykere
ALTAR SOCIETY	January: Eileen Coyne, Teddy Kelly, Rose Lafferty, Phyllis Mulvaney	
Grange Offerings: <i>Sun 7th Jan: €1190 Sat 6th Jan: €355 Restoration:€150</i>		

Cliffoney/Grange Community Games 2018

Our AGM will take place on Mon 22nd Jan at 9pm in the North Sligo Complex, Grange. We are always looking for new committee members and helpers - please come along if you are interested and want to help out.

Community Games provides opportunities for children and young people aged between 6 and 16 to develop active healthy lives in a safe environment by taking part in a wide range of sporting and cultural activities. Community spirit and co-operation is at the heart of Community Games with a big focus on participation rather than winning. The Organisation believes that every young person should have the opportunity to take part in sports and art in their local community and grow up understanding the positive impact this can have on your life. Children can participate in a wide range of individual and team events in their local area and then go on to compete at County Level and finally in the Annual Festival which takes place every August. Community Games works with 200,000 children, 10,000 volunteers and over 1.3 million supporters in about 560 areas throughout 30 Counties.

Childminder Needed

In the Cliffoney area for 2 days a week, 1 school going and 1 toddler. Please contact 0879876767.

The recent Astha Society of Ireland Church Gate Collection amounted to €125.

Many thanks to those who contributed to the collection.

Cliffoney Events:

Sacrament of Confirmation – 24th May in Cliffoney Church at 11am
First Holy Communion – Cliffoney Church, 27th May at 10.30am.

Grange Events:

First Holy Communion – Grange Church, 21st April at 11am
First Confession for our parish primary schools - 12th Feb in Grange Church at 7pm.