

Social Dancing - Carraroe Community Centre, Sligo every Wednesday night.
Dance class 8.30 to 9.30. Dance from 9.30 to 11.30.pm -Wed 3rd of April Carmel Mc Loughlin. No dance partner necessary. Contact Frank on 0879809432.

Have you been thinking about doing something for yourself?

Well look no further. Get up, Get out and Get moving! Men and women, any age and ability, this is your opportunity to do something for yourself. Qualified coaches will help you go from the couch to running or jogging 5K in 5 weeks. Meet your neighbours, make new friends and get those endorphins going every Monday and Wednesday at 7 pm for 5 weeks at North Sligo Sports Complex, Grange.

This is being run by North Sligo AC and supported by St. Molaise Gael's Healthy Club who will provide talks on various topics such as nutrition, weight loss etc during the 5 weeks.

Please note we particularly encourage men of all ages to take part and take this opportunity to get back on the health & wellness trail.

The Tidy Towns Committee EGM – Mon 1st April, 8.30pm in Grange Hall

We ask that all those living + working in the area please support the committee by attending.

County Fleadh – June Bank Holiday Weekend 2019

The closing date for Fleadh entries is Saturday 6th April 2019. Entries to your Branch secretary on or before this date. For more info contact Tim Mulcahy at 0876296899

email: sligocce.secretary@gmail.com

Grange 400 Club March Draw

1 st Teresa Regan,	Newtownward
2 nd Mia + Isla Ryan,	Streedagh
3 rd Fergus Geelan,	Cloontypruckish

St. Vincent de Paul – Sligo

SVP Sligo is currently looking to recruit members throughout the county to serve to those in need through person-to-person contact and assistance. If you are interested in becoming a member of St. Vincent de Paul and would like to find out more about the work of the Society, please ring the Sligo SVP Area Office on **0719160713** or email sligoarea@gmail.com or contact you local conference to arrange a conversation with current members of the Society.

Public Info Meeting on Invasive Species – North Sligo Sports Complex, Grange

Friday, 5th April at 7 pm. All invited to attend to hear more.

Church Gate Collections in your area for North West Hospice – 6th/7th April

NW Hospice provides specialist care with compassion to those living with life-limiting illness in our community. To maintain our current level of service, we must raise €1 million every year through voluntary contributions, donations and fundraising events. This is a huge task and we can only do it through the generosity and support of people like your parishioners in our community. For more info visit www.northwesthospice.ie or contact info@northwesthospice.ie / 0719170523.

Grange Good Friday 5K Run at 7 pm in aid of Friends of Sligo University Hospital

Walk-Jog-Run (adults, children, families, buggies.) **All welcome.**

Registration: From 6pm at North Sligo Sports Complex **Entry:** €12 Adults - €5 Children.

Starts near North Sligo Sports Complex. Refreshments afterwards.

Parish of Ahamlish and Inishmurray

Grange ♦ Cliffoney ♦ Mullaghmore

Rev. Christy McHugh

Tel: 071 9163100

Web address: www.ahamlish.com Email: ahamlishparish@gmail.com

Postal Address: Parochial House, Grange, Co. Sligo. F91 HR26

Issue 114, Saturday 30th March 2019



A Prayer for Mother's Day

On this special day set aside to honour mothers we ask for a special touch from the Lord for each and every one of them. May each mother be granted a special blessing, and may all of the work of her hands not be forgotten in your sight. Let her example to her children be a guiding force in their lives, and may wisdom be passed down to the next generation of mothers.

Amen.

Mission Prayer

Lord Jesus, enter our hearts as we prepare to welcome you in a deeper way over the days of our Mission. We pray for the Franciscan Friars who will minister to us. Give them insight, wisdom, and the healing power of your Holy Spirit. Through prayer may abundant graces may be received by all. Help all to find a little time for you O Lord and may they experience the love of the father, the redemption of the Son and the guidance of the Holy Spirit. Amen.

Celebration of the Eucharist

ST. MOLLAISE, CLIFFONEY

Mass Sunday: 10:30 a.m.

Wednesday, 7:00pm -10:00 pm: Adoration of the Blessed Sacrament

7pm(Wed) – 7pm(Thur):24hr Adoration every 3rd Wed of the Month

CHURCH OF MARY IMMACULATE, GRANGE

Thursday, 7:00pm – 10.00pm: Adoration of the Blessed Sacrament

Mass Saturday: 8:00 p.m

Mass Sunday: 12:00 noon

OUR LADY STAR OF THE SEA ORATORY, MULLAGHMORE

Mass Saturday: 6:30pm

Saturday, 6:00pm –6.30pm: Adoration of the Blessed Sacrament

Date	Eucharistic Ministers	Ministers of the Word
Sun 31 st Mar	Mary McGowan	Sean Rooney
Sun 7 th Apr	Ali Conway, Frank Kiely	Anne O'Dare, Kathleen Sheerin
Altar Society	April: E. O'Connor, M. Clancy, Mark Clancy	
MASS INTENTIONS in CLIFFONEY & MULLAGHMORE		
Sat 30 th Mar	6.30pm	Mullaghmore: 4 th Sunday of Lent Ellie McGloin, Castlegal
Sun 31 st Mar	10.30am	Cliffoney: Gus + Dan McHugh
Thur 4 th Apr	10am	Cliffoney: Enrolment Mass
Fri 5 th Apr	12.30pm	Cliffoney: Wedding – Adrian + Marie Therese
Sat 6 th Apr	6.30pm	Mullaghmore: Paddy + Mary Gorevan
Sun 7 th Apr	10.30am	Cliffoney: Henry Conway (16 th Anniversary) Mary Conway (3 rd Anniversary) + parents
Cliffoney Offerings:		<i>Sunday Collection: €748</i>

Words from Pope Francis:

“Where should we fix our gaze along the journey of Lent? On the Crucifix. Jesus on the Cross is the compass of life that points us to Heaven.”

Old Testament Presentations

Fr. Richard Clifford, S.J., Ph.D, in Columbanus House, Church Hill, Sligo on the Tuesdays & Thursdays of Lent, at 7.30pm to 9.30pm. Admission free. Bring a Bible.

Galilee Centre, Boyle

Communicating with God: A Lenten faith formation series. Tuesdays April 2nd, 9th from 10.30am – 12.00pm, led by Ian Neylon and Anne Francis. Donation €10 per person or couple or €40 for the five sessions. Come to any or all. No need to book.

Beginning Experience

Beginning Experience weekend 05-07 April for those who have lost a spouse through death divorce, or separation Esker Retreat Centre Esker, Enquiries Gerry 0863855090 Maureen 0876646896.

Adoration of the Blessed Sacrament

Mullaghmore 6pm-6.30pm every Sat **Cliffoney** 7pm-10pm every Wed

Grange 7pm-10pm every Thur.

Thanks to all the volunteers who make this possible. Everyone is welcome.

Anyone wishing to help out + commit to an hour phone Patricia 0879905637 or Fr. Christy 0877986602.

Lenten Scripture Sharing Groups

Resources available to download @ www.elphindiocese.ie/lent. Support for new groups also available.

Day of Reflection in Preparation for Holy Week

Walking in the footsteps of Jesus. Led by Colette Furlong, Catechist and Liturgist. Sat 13 April 11am – 3pm, Star of the Sea Centre, Mullaghmore. To book call 087-6132985.

Time change – Spring forward one hour

Chrism Mass

This annual Mass will be held in Sligo Cathedral, Wed 17th Apr at 7.30pm where the Bishop blesses the oil used by the priests during the forthcoming year at Baptism, Confirmation and the Last Rites.

Everyone is welcome. Cuppa after in Gillooly Hall.

First Friday Calls will be done on Thur 4th April

Masses Grange		
Sat 30 th Mar	8pm	Sally Feeney (20 th Anniversary) Mary McGowan, Augharrow Keith Hargadon (3 rd Anniversary)
Sun 31 st Mar	12.00pm	Rodger Gillen, Streedagh (1 st Anniversary) Patricia Tivnan (10 th Anniversary) Ann Healy (11 th Anniversary)
Mon 1 st Apr	7.30am 7.30pm	Feast of St. Ceallach (Celsus) Armagh Evening Mass of the Mission
Tue 2 nd Apr	7.30am 7.30pm	St. Francis Paola Evening Mass of the Mission
Wed 3 rd Apr	7.30am 7.30pm	Morning Mass Evening Mass of the Mission
Sat 6 th Apr	8pm	Mary Feeney, Grogagh (2 nd Anniversary) Paddy + Mary Kate Leonard, Augharrow John Patrick + Nora + Cormack Feeney
Sun 7 th Apr	12.00pm	Fifth Sunday of Lent
March	SATURDAY	SUNDAY
OFFERTORY COLLECTORS	Sean Meehan, Moneygold Gerry Kilfeather, Kiltykere Desmond Rooney, Breaghwy Michael McLoughlin, Breaghwy	Jim Rooney, Aughagad Cormac Feeney, Grogagh John Feeney, Cloontyprucklish Sean Taheny, Pine Grove
ALTAR SOCIETY	April: Christina McGarry, Eileen McGowan, June Woulfe	
Grange Offerings:	<i>Sunday Collection: €1170</i>	<i>Diocesan Needs: €10</i>

Please remember in your prayers:

Carmel Harte, Luton – England; died 9th March. Predeceased by her husband Patsy Harte, Carns, Moneygold. Our sympathy to the Harte Family, Carns.

John McClafferty, Falcarragh (died 24th March). Funeral Mass took place on 28th March in St. Finian's Church, Falcarragh. Our sympathy to his wife Ann, daughters Madge, Annmarie and Caroline Coyle, Ballincastle Cliffoney, sons JohnPaul + James, 9 grandchildren + 3 brothers.

Ahamlish + The Islands Parish Mission – April 1-3rd at Church of Mary Immaculate, Grange

The Grey Friars will introduce themselves + the Mission at Masses in our three Churches over this weekend. The Mission will have two Masses each day, 7.30am and 7.30pm. Fr. Joseph + Fr. Bernadino will be with us this weekend to introduce our Mission. During the Mission, if you would like one of the visiting priests to visit the homebound you can do so by contacting 0877986602. Rosary begins at 7.10pm each evening of the Mission. Everyone is welcome to join us. The Franciscan Friars are from the USA originally but are now based in Moyross, Limerick. They have great experience in giving retreats and missions. Lent is a time of coming closer to Jesus, to experience His Love and Mercy. Our Mission, we pray, will be a powerful experience for each one who attends. Jesus loves each one of us no matter how far from Him we may think we are. Come and experience the joy of Christ!

Stations of the Cross - Grange Church

For children every Monday during Lent at 3.05pm (15mins).