

**Social Dance Class – Cliffoney Hall, Sun 8<sup>th</sup> Sept, 8 - 9.30pm.**

A fun night of dancing and exercise. Everyone welcome.

**RES**

RESTART-EMPOWER-SUPPORT (RES), a FREE back-to-work programme is designed for women, age 35 plus who have been out of the workplace for 3-years plus for the development of new-job related skills.

Contact Brenda Donagher, Rural Enterprise Skillnet, for further information 087 6858550.

**September is World Alzheimer's Month - Dementia Information Day Level 3 Main Foyer.**

Being held in Sligo University Hospital & CHO1 Sligo University Hospital Tuesday 10<sup>th</sup> September. All Welcome to drop in between 10am - 3 pm

**Donegal Dyslexia Group**

We the Parents of **Dyslexic children** along with **Assist Dyslexia** would like to extend an invitation to you to attend an information evening including Talk and Workshop on Dyslexia. Takes place in St. John Bosco Centre, Donegal Town, F94 PHWS, Tue 10<sup>th</sup> Sept from 6pm to 10pm. Cost: €10 (normally €50) this includes Tea/Coffee. To Book your place please contact **0863912090 / 0877742818**.

**Remembering the Armada: 20<sup>th</sup>-22<sup>nd</sup> Sept**

**Fri 20<sup>th</sup> Sept:** 11am-5pm: Tour of a Spanish OPV naval vessel, bus leaves courthouse at 11am Cost: €50

9pm – The De Cuéllar Suite, Grange Church. Cost: €15, online booking.

10pm – Festival Club, Lang's Bar, Grange for free.

**Sat 21<sup>st</sup> Sept:** 9.30am-1pm – Armada Lecture Series, Spanish Armada Visitor Centre, cost: €10

3pm-4.30pm: Remembering the Armada, Streedagh Beach, for free.

9pm – The De Cuéllar Suite, Grange Church. Cost: €15, online booking.

10pm - Festival Club, Moran's Bar, Grange for free.

**Sun 22<sup>nd</sup> Sept:** 12.00: Armada BK Road Race, starts + ends Streedagh, cost: €10.

2pm-5pm: Family Fun Day at Village Green, free access.

10pm: Festival Club, Moran's Bar, Grange for free.

For Booking visit <https://www.spanisharmadaireland.com/>

**Adult Creative Writing Course (6weeks) – Mon 19<sup>th</sup> Sept, 6.30-8.30pm, Yeats Building, Sligo.**

Youth Writing Course begins Sat 28<sup>th</sup> Sept for 4 weeks. Essay Writing for Leaving Cert Exams Oct 6<sup>th</sup>

Courses run by Gerard Beirne. He has taught writing for 28 years and holds an MFA in Creative Writing (USA). He has published 6 books.

**North Sligo AC Adult Running resuming Tue 10<sup>th</sup> Sept, 8.30pm, Sports Centre Track, Grange**

New members welcome. Training every Tuesday & Thursday at 8.30pm.

**Benbulbin Comhaltas Monthly Music Session resumes Sun 15<sup>th</sup> Sept, Moran's Bar, 4-6pm**

**Armada 8km Run/ Walk**

The Inaugural Armada 8km Run and Walk along The De Cuéllar Trail starts and finishes at Streedagh Beach. Runners and walkers will then take the route along the main Streedagh road before turning right for Staad Abbey, turning left towards the main road before turning back over the Streedagh Road to finish at the beach. This is an event which will suit both the serious competitor and the fun runner and walker. Take part in this - the first ever Armada 8km and there's still plenty of time to get fit for the event. Thank you Dave McLoughlin for the specially commissioned Benbulbin Pottery for category winners, including unique pottery for the first International male and female home! Enter online at [www.spanisharmadaireland.com/](http://www.spanisharmadaireland.com/) on the day.

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

Rev. Christy McHugh

Tel: 071 9163100

Web address: [www.ahamlish.com](http://www.ahamlish.com) Email: [ahamlishparish@gmail.com](mailto:ahamlishparish@gmail.com)

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

Issue 137, Saturday 7<sup>th</sup> September 2019



**PRAYER FOR GRANDPARENTS**

Lord Jesus, you were born of the Virgin Mary, the daughter of Saints Joachim and Anne. Look with love on grandparents the world over. Protect them! They are a source of enrichment for families, for the Church and for all of society. Support them! As they grow older, may they continue to be for their families strong pillars of Gospel faith, guardian of noble domestic ideals, living treasuries of sound religious traditions. Make them teachers of wisdom and courage, that they may pass on to future generations the fruits of their mature human and spiritual experience.

Lord Jesus, help families and society to value the presence and roles of grandparents.

May they never be ignored or excluded, but always encounter respect and love.

Help them to live serenely and to feel welcomed in all the years of life which you give them.

Mary, Mother of all the living, keep grandparents constantly in your care, accompany them on their earthly pilgrimage, and by your prayers, grant that all families may one day be reunited in our heavenly homeland, where you await all humanity for the great embrace of live without end.

Amen.

***Celebration of the Eucharist***

***ST. MOLAISE, 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 3<sup>rd</sup> 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***

Masses Cliffoney & Mullaghmore		
Sat 7 <sup>th</sup> Sept	6.30pm	Mullaghmore: Martin O' Rourke Ann Roper (1 <sup>st</sup> Anniversary)
Sun 8 <sup>th</sup> Sept	10.30am	Cliffoney: Damien Golden (3 <sup>rd</sup> Anniversary) Peter McGonigle
Thur 12 <sup>th</sup> Sept	10am	Cliffoney: Feast of St. Ailbe
Sat 14 <sup>th</sup> Sept	6.30pm	Mullaghmore: Thomas O'Rourke
Sun 15 <sup>th</sup> Sept	10.30am	Cliffoney: John Warnock
Date	Eucharistic Ministers	Ministers of the Word
Sun 8 <sup>th</sup> Sept	Mary McGowan	Patricia Hickey
Sun 15 <sup>th</sup> Sept	Ali Conway, Frank Kiely	Anne McGloin
<b>Altar Society</b>	<b>September:</b> P. Hickey, M. Gallagher	
Cliffoney Offerings:	<i>Sunday Collection: €787 Diocesan Needs: €180.50</i>	

**Words from Pope Francis:**

"I invite you, each within your own heart, to pray for our brothers and sisters who have lost their lives or who are suffering because of the hurricane in the Bahamas".

**Diocese of Elphin's Autumn/Winter Adult Religious Education Opportunity: 'Coming to Confidence in Our Catholic Faith'.** For more info visit [www.elphindiocese.ie/adult-ed/](http://www.elphindiocese.ie/adult-ed/) or attend Information Meeting, 8 - 8.40 pm in Sligo Park Hotel on Tuesday Sept. 17<sup>th</sup>.

**Padre Pio relic will be at the Cliffoney First Friday Mass on October 4<sup>th</sup> at 8pm**

**Triduum – Feast of St. Padre Pio, Franciscan Friary, Rosstown, Fri 20<sup>th</sup> – Mon 23<sup>rd</sup> Sept**  
There will be Mass, Homily and Blessing of Relic at 7.30pm. Mass each evening. Preacher will be Fr. Pius McLaughlin, OFM who met Padre Pio. All are very welcome for these prayerful celebrations.

**North Sligo AC Registration Night, New members, Mon 9<sup>th</sup> Sept from 7-8pm**  
**In North Sligo Complex, Grange.**

As numbers are very limited, enrolment will be on a 'first come first served' basis. When places are full remaining applicants will go on a waiting list. We have **three** groups, as follows:

Little Athletics (age 7 - 9):	Limited places
Junior Group (age 9 to 5th class):	Limited places
Teenage Group (6th class to age 19):	FULL

**Training times** for these groups are as follows:

Little Athletics (age 7 - 9):	Friday, 6:30pm - 7:30pm
Junior Group (age 9 to 5th class):	Tues & Thurs, 6.30pm – 7.30pm
Teenage Group (6th class to age 19):	Tues & Thurs, 7.30pm – 8.30pm

**Parents Plus – Children's Programme (8week course)**

Starting Wed 2<sup>nd</sup> Oct from 10am-12.30pm, Community Centre, Kinlough. Cost: €10  
For Info ph: 0719146315 or text 0879143646. Early booking advisable.

**Set Ceili** in Ballintogher Community Centre **Friday 13<sup>th</sup> September '19 - 9.30pm**  
Music by Duntally Céili Band (Eir F91 XW 71) *Fáilte roimh gach einne.*

Masses Grange		
Sat 7 <sup>th</sup> Sept	8pm	Catherine Mahon – Silverhill (12 <sup>th</sup> Anniversary) Tom McDonald, Munnninane (4 <sup>th</sup> Anniversary)
Sun 8 <sup>th</sup> Sept	12.00	
Mon 9 <sup>th</sup> Sept	9.30am	Feast of St. Ciarán of Clonmacnoise Missa Pro Populo
Tue 10 <sup>th</sup> Sept	8pm	Feast of St. Peter Claver
Wed 11 <sup>th</sup> Sept	9.30am	
Fri 13 <sup>th</sup> Sept	11.30am	Feast of St. John Chrysostom
Sat 14 <sup>th</sup> Sept	8pm	Mollie O'Loughlin Mary Brennan (8 <sup>th</sup> Anniversary)
Sun 15 <sup>th</sup> Sept	12.00	John + Tom McCann, Carns (6 <sup>th</sup> + 15 <sup>th</sup> Anniversary)
September	SATURDAY	SUNDAY
<b>OFFERTORY COLLECTORS</b>	Seamus Feeney, Newgrange; John Herron, Mount Edward; Phillip Lang, Streedagh	Michael Feighney, Streedagh; Cormac Feeney, Kiltykere Sean Taheny, Pine Grove
ALTAR SOCIETY	<b>September:</b> Ann Currid, Ann Hargadon, Kathleen Feeney	
Grange Offerings:	<i>Sunday Collection: €1102 Renovation: €102 Diocesan Needs: €144</i>	

**Please remember in your prayers:**

**Sally Sheridan (nee Kelly)** (95) East End House, Cliffoney. Predeceased by her husband John and siblings Maisie, John + Paddy Joe. Our sympathy to her son + five daughters and grandchildren. A Months Mind Mass will be offered for Sally in St. Molaise Church, Cliffoney on Oct 16<sup>th</sup> at 6pm.

**John Connolly**, Maynooth, Co. Kildare (died 24<sup>th</sup> Aug 2019) formerly Aghamore, Mayo. Our sympathy to his wife Margaret, sons + daughters, grandchildren and sister Mary Gillen, Streedagh.

**Fr. Gregory Hannon**, Gurteen, Co. Sligo formerly P.P. Ballysadare and retired P.P. Ballymote (died 3<sup>rd</sup> Sept). Our sympathy to his family.

**Adoration of the Blessed Sacrament**

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

**Elphin-Kumba Mission Agreement**

Please remember a prayer for the Elphin Kumba Mission Project

**Holy Land and Fatima Pilgrimages**

Christmas Pilgrimage to the Holy Land, Also Holy Land 31<sup>st</sup> October for 8 nights Taking in Bethlehem, Jerusalem Mount Tabor, Cana, Nazareth, Jericho, River Jordan, Dead Sea and Sea of Galilee. Also Special Fatima Pilgrimage 10<sup>th</sup> October for Miracle of the Sun ex Dublin. Info: James Treacy 0860572216.

**The Rosary for Faith and Life – 13<sup>th</sup> October 2019**

We are asking you to find a location in your area and join us in praying the Rosary there at 2.30pm on the 13th of October. We are joining with countries all around the world on that day to pray for a return to the Faith and for the protection of the unborn. For further information or to register your location please go to [www.coastalrosaryireland.ie](http://www.coastalrosaryireland.ie)

**Digital Skills for Citizens**

Sligo Leader Partnership is delivering a programme for people who would like to learn how to use the internet. Course is free and available in Grange. For more info ring David or Paula 0719141138.