

Sean N6s Dancing Classes With Br6ga Briomhar Dance School Taught By All Ireland  
Champion Dancer Eim6ar Mulvey - Grange Community Hall

Starting on \*Tuesday 21<sup>st</sup> Jan 2020\* for a 6 week term.

- 6:30-7pm - Beginner Children
- 7-7:30pm - Intermediate Children
- 7:30-8pm - Teenage & Adult Class

Limited places available - Booking is essential - Contact [0862584465](tel:0862584465)

**The Alzheimer caf6 - Thur 9<sup>th</sup> Jan 2020, 11am to 1pm in The Glasshouse, Sligo.**

Speaker on the day: Orla Walsh, Citizens Advice.

**Operation Transformation PLUS (St Molaise Gaels Healthy Club)**

This is a **Healthy Club Community Wide initiative** which will commence on Monday the 13<sup>th</sup> January. It is a 7 week-long event aimed at improving your health in the areas of weight loss, cholesterol lowering, improving well-being and much more. It can even take years of you! (metabolic age measured at week 1 and week 7). Come along at 6.30 on Monday the 13<sup>th</sup> of January and register to take part (Reg. fee = €50). Also on the 13<sup>th</sup> There will be a Baseline Health Assessment + guest a talk from our first guest speaker Cathal Gallagher who will share his TV Operation Transformation journey with us).

**What the 7 weeks includes:**

Baseline **Health Assessment Measurements** on week 1 and follow up Measurements on week 7 to measure your progress. **Guest Speakers** on weigh in night (Mondays) (Professionals in the field) **Exercise Classes**, Circuit Training, Strength and Conditioning (Thursdays); Pilates, Yoga (Saturdays) Saturday Morning **Walking group**. Just to note that **individuals** and **teams** can take part. So please come along on your own if that suits or come along with some friends and then you all can support each other to achieve your goals.

**IT Sligo – CAO Information Event, Tue 14<sup>th</sup> Jan from 5pm - 8:30pm**

Visit us to discover the courses we have to offer which are specifically designed to meet the skills required by employers. Talk to lecturers & support services to discover your full time on campus and part time online study options including apprenticeships. Contact 071 91 37325 or email [schoolsliasion@itsligo.ie](mailto:schoolsliasion@itsligo.ie) for more information. Everyone welcome.

**Grange 400 Club December Draw**

1 <sup>st</sup> Corina Barber,	Barnadearg
2 <sup>nd</sup> Sean Herron,	Cloontypruckish
3 <sup>rd</sup> Eric Gilroy,	Carns

**5<sup>th</sup> Annual Healing & Renewal Retreat: 17<sup>th</sup>-19<sup>th</sup> Jan 2020**

Central Hotel, Donegal Town, Co. Donegal. Conference Fee: €25.

Led by Mr. Eddie Stones. Guest speakers include: Fr. John Keane, Mr. Jim Browne, Mr. Gerard Ogbede, Fr. Matthew Martinez OP., Fr. Bill Keogh, Fr. Brendan Kilcoyne.

Conference Times: **Friday** – 2-10pm, **Saturday** – 9.30am-10pm, **Sunday** – 9.30am-5pm

For booking ph: 0749721027. More info ph: 0877847304 or 0879432846

**Diamond Jubilee of Marriage**

Congrats to Joe + Kathleen Herity who celebrate their Diamond Jubilee on Jan 4<sup>th</sup>.

Wishing them every blessing of health and happiness.

*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 154, Saturday 4<sup>th</sup> December 2019



“To all who did accept him,  
he gave power to become children of God”

John 1:12

**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 4 <sup>th</sup> Jan	6.30pm	Mullaghmore:
Sun 5 <sup>th</sup> Jan	10.30am	Cliffoney: Kate + Jimmy Herity, Drumfad (6 <sup>th</sup> + 38 <sup>th</sup> Anniv)
Mon 6 <sup>th</sup> Jan	10.30am	Cliffoney: William +Teresa Guilfoyle
Fri 10 <sup>th</sup> Jan	10am	Cliffoney: Enrolment Mass
Sat 11 <sup>th</sup> Jan	6.30pm	Mullaghmore: Dan McGloin – Castlegal Brigid Healy, Drumfad (1 <sup>st</sup> Anniversary) Joe Callery, Mullaghmore (1 <sup>st</sup> Anniversary)
Sun 12 <sup>th</sup> Jan	10.30am	Cliffoney:
Date	Eucharistic Ministers	Ministers of the Word
Sun 5 <sup>th</sup> Jan 2020	Marie Clancy, Karen McGloin	Keren Mulgrew, Anne Gallagher
Sun 12 <sup>th</sup> Jan	Mary McGowan	Frank Kielty, Jacinta Feehily
<b>Altar Society</b>	<b>January:</b> G. Horgan, M. McHugh, M. O'Connor	
Cliffoney Offerings:	<i>Sunday Collection: €743</i>	

### **No More Secret Archives**

The Vatican has often been accused by researchers of concealing important historical documents in a 'secret archive' to which access is very carefully restricted. Pope Francis, in a motu proprio (a document issued on his own initiative) has declared that the Vatican Secret Archive has changed its title to Vatican Apostolic Archive, in order to avoid the negative associations of the word 'secret'. All public archives have regulations to restrict access to documents, for reasons such as privacy or because the issues they treat are still current. The Vatican Secret Archive has preserved, since the beginning of the 17<sup>th</sup> century, documents and books of historical and cultural importance to the church and to the world. It originated from the private archives of the popes – hence the title 'secret'. Since 1881, it has been open to qualified researchers on request. According to the new regulations, access is free of charge and open to qualified scholars with a five-year university degree (doctorate) or equivalent research experience. Access for the present is only allowed to documents up until the end of the papacy of Pius XI (February 1939). One of the most contentious points surrounding the Vatican archives has been the restricted access to material from the period of Second World War, relating to the role of the Holy See's negotiations with states on both sides and particularly relations with the Jewish people

### **Mc Lean's Ballyscannell**

Hugh + Helen would like to say a sincere word of thanks to Fr. Christy and the community for the lovely presentation on the occasion of our retirement. It was a pleasure to work and live in the parish. Thanks to all our customers for your support and best wishes. While Mc Lean's as a business will no longer exist, please god we will continue to live in the parish in the years ahead.

““One can never have enough socks” said Dumbledore. “Another Christmas has come and gone, and I didn't get a single pair. People will insist on giving me books.””

JK Rowling

Masses Grange		
Sat 4 <sup>th</sup> Jan	2pm 8pm	Baptism Willie O'Loughlin Brendan Rooney (5 <sup>th</sup> Anniversary) Dominic + Jane Harte and sons Patsy + Dominic + sons-in-law Eric + Danny
Sun 5 <sup>th</sup> Jan	12.00	Paddy Watters, Newtownward
Mon 6 <sup>th</sup> Jan	12.00	Feast of The Epiphany John Pat Devins (16 <sup>th</sup> Anniversary)
Tue 7 <sup>th</sup> Jan	9.30am	For the People of the Parish
Wed 8 <sup>th</sup> Jan	9.30am	
Sat 11 <sup>th</sup> Jan	8pm	Terry Meehan (29 <sup>th</sup> Anniversary)
Sun 12 <sup>th</sup> Jan	12.00	Ursula McGarvey Phyllis Foley (10 <sup>th</sup> Anniversary) Margaret O'Reilly
January	SATURDAY	SUNDAY
<b>OFFERTORY COLLECTORS</b>	Seamus Feeney, Newgrange; John Herron, Mount Edward; Philip Lang, Streedagh	Michael Feighney, Streedagh; Cormac Feeney, Kiltykere
ALTAR SOCIETY	<b>January:</b> Anne McLean, Helen McLean	
Grange Offerings:	<i>Sunday Collection: €1050</i>	

### **Please remember in your prayers:**

Those caught in the bushfires in Australia and remembering all those working in the emergency services.

### **Adoration of the Blessed Sacrament**

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

“When we were children, we were grateful to those who filled our stockings at Christmas time. Why are we not grateful to God for filling our stockings with legs?” **GK Chesterton**

### **Collection Senior Citizens Party – 11<sup>th</sup>/12<sup>th</sup> Jan + Party held on 13<sup>th</sup> Feb**

#### **Triple P**

Triple P is a FREE parenting programme. It gives practical tips and strategies to help parents cope positively with the challenges of raising children and managing misbehaviour making family life more enjoyable. It is flexible and allows parents to choose what they need at a particular time : a seminar, a workshop on a specific topic or to attend a group for a number of weeks. Details of courses are advertised in your local community, schools, creches and healthcare settings. Courses and updates on Triple P will be posted on Sligo Leitrim Parent Hub facebook -<https://www.facebook.com/SligoLeitrimParentHub/>, or for more info/ booking contact Aolish at [aolishsligochildcare@gmail.com](mailto:aolishsligochildcare@gmail.com) or 0877391569.

“Christmas is joy, religious joy, an inner joy of light and peace.” **Pope Francis**