

Sean Nós Dancing Classes With Bróga Bríomhar Dance School Taught By All Ireland Champion Dancer Eiméar Mulvey - Grange Community Hall

Starting on *Tuesday 21st 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 café - Thur 9th 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 13th 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 off you! (metabolic age measured at week 1 and week 7). Come along at 6.30 on Monday the 13th of January and register to take part (Reg. fee = €50). Also on the 13th 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 14th 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 schoolsliaison@itsligo.ie for more information. Everyone welcome.

Altar Society

Our thanks to these volunteers to keep our three churches beautiful + clean; neat + festive. Its always nice to hear feedback from visitors who express their awe at how we keep our churches. Sincere thanks to you all for the necessary help throughout 2019. Know it's appreciated.

First Friday Calls will be done on Fri 3rd Jan 2020

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 153, Saturday 28th December 2019



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

Masses Cliffoney & Mullaghmore		
Sat 28 th Dec	6.30pm	Mullaghmore: Philamena Barry + Deceased of the Lockhart Family
Sun 29 th Dec	10.30am	Cliffoney: Sean McGowan, Cloyspara (6 th Anniversary)
Fri 3 rd Jan 2020	10am	Cliffoney: First Friday Mass
Sat 4 th Jan	6.30pm	Mullaghmore:
Sun 5 th Jan	10.30am	Cliffoney: Kate + Jimmy Herity, Drumfad (6 th + 38 th Anniversary)
Mon 6 th Jan	10.30am	Cliffoney:
Date	Eucharistic Ministers	Ministers of the Word
Sun 29 th Dec	Mary Doyle, Anne O' Dare	Mary McGowan
Sun 5 th Jan 2020	Marie Clancy, Karen McGloin	Keren Mulgrew, Anne Gallagher
Altar Society	January: G. Horgan, M. McHugh, M. O'Connor	
Cliffoney Offerings:	<i>Sunday Collection: €748</i>	

Family Retreat Day – Sligo

Family Retreat Day with Living Family on Saturday the 4th of January 2020 in Summerhill College Sligo. Registration at 10am - Closing 6pm. Suggested Donation per family is €80 / £70 - Refreshments and Lunch Included. To Book your family call Therese on 086 8228174 or email info@livingfamily.ie

Visa Headache for Visiting Religious

Priests and religious from outside the European Community applying to come to Ireland for the purposes of ministry or study are faced with a stringent, and often rigid system when they apply for visas for a longer period of time. The department stopped issuing Minister of Religion (MoR), Stamp 3 visas for almost four months from January 2018 while they reviewed their scheme. The new rules which were then introduced have proved difficult, provoking the claim from missionary orders that they were far too stringent and unworkable. They speak of delays and even denial of visas. The Government body in charge of the MoR visa says that the new procedures were meant to "streamline" the process. Religious intending to take part in the popular international formation programme at Loreto House in Dublin, for example, cannot apply for a student visa, as Loreto House does not issue a Government-certified qualification. Sisters accordingly have to apply for a Minister of Religion visa, which requires preclearance. Rules for preclearance require a full colour copy of the applicant's current passport, and all former passports with all the pages included. This can cause difficulties for older people who may not have retained copies of all their former passports.

5th Annual Healing & Renewal Retreat: 17th-19th 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

Masses Grange		
Sat 28 th Dec	12.30 8pm	Wedding: Edel + Mark Kathleen + Vincent Tivnan (7 th + 16 th Anniversary)
Sun 29 th Dec	12.00	Margaret Regan, Drumfad (15 th Anniversary) Seán Gilmartin + Evelyn + Seamus + parents Kate + John; Drumfad Margaret Gillen, Cloontypruckish (5 th Anniversary) Dan Gilroy
Mon 30 th Dec	12.30	Wedding: Breege + Niall
Tue 31 st Dec	12.30	Wedding: Estevan + Claire, Belleek
Wed 1 st Jan 2020	10.30am	Feast of Mary, Mother of God World Day of Peace
Sat 4 th Jan	2pm 8pm	Baptism Willie O'Loughlin Brendan Rooney (5 th Anniversary)
Sun 5 th Jan	12.00	Paddy Watters, Newtownward
Mon 6 th Jan	12.00	Feast of The Epiphany John Pat Devins (16 th 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: Anne McLean, Helen McLean	
Grange Offerings:	<i>Sunday Collection: €1036</i>	

Please remember in your prayers:

Peggy Casserly – Drumlish. Funeral Mass took place at Drumlish Church on Dec 24th. Our sympathy to her family + nephew Mel (Streedagh).

Prayer for the Family

Father in heaven, you called Louis and Zelig Martin to Holiness through their married life. You gave them as mother and father to St. Terese of Lisieux. Through their intercession we ask you to bless the married couples of our parish and those who are preparing for marriage. Bless our children and our grandchildren. Guide us by your Holy Spirit to bear witness in our lives to the beauty of the sacrament of marriage. Guide us as citizens to make the kind of decisions that will support family life, protect marriage and respect the dignity of children.

Adoration of the Blessed Sacrament

Mullaghmore 6pm-6.30pm every Sat

Cliffoney 7pm-10pm every Wed

Grange 7-10pm every Thursday

“A lovely thing about Christmas is that it's compulsory, like a thunderstorm, we all go through it together” – **Garrison Keillor**