

The Spirituality of Recovery: A Unique day for Families Affected by Addiction - With Mr Sean Harty.
Spirituality is a personal search for meaning in life, for connection with all things and for the experience of a power beyond oneself. This day of reflection and support will allow us all to express and discuss the importance of spirituality and Addiction Recovery. Shared experiences and mutual respect for each other will allow this day to take us on a journey. February 15th, Galilee Spirituality Centre, 10.30-3.30. Numbers Limited:
Booking: info@galilee.ie 071-966-4101/ €20 or €25 per family. €10 unwaged. Light lunch included.

24 Hour Monthly Eucharistic Adoration – Cliffoney Church, every 3rd Wednesday, Wed 7pm-Thur 7pm
Thanks to all who come to adore. From 12-6pm on Thur afternoon we need people to fill these hours. If you would like to help, contact Gerard 087 2433684 or Patricia 087 9905637.

Senior Citizens Party – Yeats Tavern, Feb 13th at 6.30pm
If you are living alone, retired, or a senior citizen, you are welcome to our 42nd Senior Citizens Party. Tickets available till the 12th from Committee members, ph: Helen 0860641562 or Kathleen 0876111269.

North Sligo Agricultural Show - Valentines Tractor Run, 16th Feb at 1pm.
Starting at Grange Business Park (Gilroys) Route takes about an hour, €20 per tractor. Refreshments afterwards in Morans Bar Grange. Spot Prizes on the day.

Maugherow AGM – 12th Feb, 8pm in Maugherow Hall
Yearly subscriptions can be renewed on the night. Launch of the Senior Alert Scheme on the night, also Road Safety supplies available free of charge. All welcome.

Alzheimer Café – Thur 13th Feb, 11am-1pm in Glasshouse Hotel, Sligo
Speaker on the day is: Louise Mc Geever, R.S.A.
This cafe session is open to all members of the public. It is not confined solely to people affected by Alzheimers/Dementia. Look forward to seeing you all there. For further Information, please call Margaret Hallahan on 0878536603/margaret.hallahan@alzheimer.ie

Benbulbin Comhaltas - Ellen's Bar, Sun 16th Feb from 4pm-6pm.
Come along and join in. It is a great environment for younger musicians to practice a few tunes. Sun 15th Mar, Morans Bar, Grange. Sun 19th Apr, Jordans Lounge, Maugherow. All from 4-6pm.

Church Gate Collection – 15th / 16th Feb.

Dates for the diary:
Sligo County Fleadh: from Sat 30th - Sun 31st May 2020. Closing date for entries is Sat 28th March. Contact County Secretary, Louise King, 086 3916761 email: louisec.king@yahoo.com
Knocklane Festival: This event will take place Fri 19th -Sunday 20th June 2020

Enrolment Morning - Scoil Naomh Molaise, Thur 13th Feb, 9.45-11am
Parents and children due to start school in September 2020 are invited to attend. The children will have an opportunity to get to know the school and some of our staff while the parents can enjoy a cup of tea/coffee and listen to a brief presentation about our school. Please contact the school office on 071 9163419 or email snmolaise@gmail.com for more information or to request an enrolment form. We look forward to meeting our new pupils and their families soon.

Rinka Kids Fitness & Wellness classes starting in Grange Thur 20th Feb
Our classes range in activity from high-energy games and athletic skills to gymnastic skills, dance and movement and mindfulness. We ensure that your child is introduced to a range of skills and experiences in a class that is full of positivity and happy vibes! Info phone Audrey on 0860792516 or email audrey@rinka.ie.

SVP
Your local SVP (St. Theresa's Conference) are looking for new members. If you would like to become a volunteer. Please contact us on 087 1868490.

Valetine's Social Dance
Come along and celebrate Valentine's Night at the Social Dance in Cliffoney Hall on Friday 14th. Dance the night away to the music of Brendan and Pat Magee. Spot prizes for the most romantic couple to name but a few. Music is from 10pm-1am. Supper served.

Resurgam Choir at Sligo Cathedral
Resurgam Choir Dublin perform Monteverdi Mass and Magnificat with Sligo Cathedral Choir under the direction of Mark Duley on February 14th in the Cathedral of the Immaculate Conception, Sligo at 7pm.

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 159, Saturday 8th February 2020



“We are to be Salt of the earth”

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 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 8 th Feb	6.30pm	Mullaghmore: Day of Prayer Against Human Trafficking
Sun 9 th Feb	10.30am	Cliffoney: Tommy Maguire (3 rd Anniversary) Sean Dolan Months Mind
Fri 14 th Feb	10am	Cliffoney: Feast of St. Valetine
Sat 15 th Feb	3pm 6.30pm	Cliffoney: Baptism - Lukas Mullaghmore:
Sun 16 th Feb	10.30am	Cliffoney:
Date	Eucharistic Ministers	Ministers of the Word
Sun 8 th Jan	Anne Gallagher, Claire McHale	Patricia Hickey
Sun 16 th Feb	Mary Doyle, Anne O' Dare	Anne McGloin
Altar Society	February: B. Watters, S. Leonard, A.M. Rooney	
Cliffoney Offerings:	<i>Sunday Collection: €857</i>	

ARISE – Young Adult 18+ National Event takes place in Knock Shrine on Saturday March 7th 2020. There will be inspirational speakers, music, celebration, fun, a chance to meet with other young adults and much more. Registration is from 10am and the day will finish at 4:30pm, Cost €10. For more information, booking, etc. Please contact Frank McGuinness, Director of Youth & Young Adult Ministry, Diocese of Elphin. Text, Whatsapp, Call, etc. to 087 9880690 or email: frank.mcguinness@elphindiocese.ie For up to date information please see Diocesan Website at <https://www.elphindiocese.ie/arise/>

COMMUNITY GAMES – KEY DATES FOR 2020

- Art/Model Making in Scoil Naomh Molaise, Grange on Sat 7th Mar U8 & U10 at 10 am. U12 and up at 11 am. All age groups for model making starts at 10 am.
- Swimming in Ballyshannon Leisure Centre on Sun 8th Mar at 11 am
- Athletics in North Sligo Sports Complex on Sun 26th Apr at 2 pm (SHARP)

Please note competitors must live in the area in which they register. Check out the Cliffoney/Grange Facebook page for all updates + reminders. Enquiries: Donal Gilroy (087) 938 6694/ Catherine Timoney (087) 418 5192.

Dates for your Diary

- First Confession at Grange Church for Pupils of 2nd Class at SN Molaise Grange, Castlegal NS, Cliffoney NS + Carns NS on 12th March at 7pm.
 - 1st Holy Communion in Grange Church on 16th May at 11am
 - 1st Holy Communion in Cliffoney Church on 24th May at 10.30am
- Sacrament of Confirmation at Cliffoney Church on 28th May at 11am

Tobernalt Holy Well

We welcome visitors to the Holy Well throughout the year. If you are organised a group and would like to arrange a tour, Prayer Service or Mass please contact the Presbytery in Carraroe at 071-9162136. The Holy Well is open to visitors 24/7 during day light hours. Web site is available at www.holywellsligo.com

Beginning Experience

Weekend for people who have lost a spouse through death, divorce or separation 3-5 April 2020 at Redemptorist Centre Esker Athenry Co. Galway, Tel; Maureen 0876646896 or Mary 0879384446.

Annual Mass to Remember Victims of Crime

You are invited to attend a special Mass to remember victims of crime on Sunday, 23rd February at 12 noon in Knock Basilica. This Mass is in association with the Federation for Victim Assistance and supports European Victim of Crime Day to remember all who suffer at the hands of criminals throughout the island of Ireland and Europe. For more details please contact Mary in the Victim Assistance head office at Enterprise House, Aiden Street, Kiltimagh, Co. Mayo. T: 086 3938871 or Freephone 1 800 277 477.

Masses Grange		
Sat 8 th Feb	8pm	John Patrick + Ellen Moffatt, Gortnaleck John + Brigid + Mick Brennan, Derry Charles + Mary Costello, Kilcat
Sun 9 th Feb	12.00	Philamena Rice (1 st Anniversary)
Mon 10 th Feb	9.30am	Feast of St. Scholastica
Tue 11 th Feb	9.30am	Feast of Our Lady of Lourdes World Day of Prayer for Sick Anointing of Sick at the Mass
Wed 12 th Feb	9.30am	Mick + Bridie O'Boyle, Cloontypruckish
Thur 13 th Feb	9.30am	
Sat 15 th Feb	8pm	Marian Carney, Breaghwy
Sun 16 th Feb	12.00	Dympna + Martin O' Dea
February	SATURDAY	SUNDAY
OFFERTORY COLLECTORS	Kathleen Feeny, Kiltykere; Nora Fitzpatrick, Moneygold; Mary Currid, Mt Edward; Mary Burns, Moneygold	Padraig Clancy, Moneygold; Tom Currid, Lislarry; Bill Carney, Breaghwy; Joseph Brady, Breaghwy
ALTAR SOCIETY	February: Ann Currid, Ann Hargadon, Kathleen Feeny	
Grange Offerings:	<i>Sunday Collection: €1255</i>	

Please remember in your prayers:

Marie Cleary, 39 St. Belinda's Avenue, Ballyshannon. Funeral Mass will be held in St. Patrick's Church, Ballyshannon on Mon 10th Feb at 11am with burial in St. Patrick's Cemetery, Beleek, Co. Fermanagh. Our sympathy to her family and daughter Bernie Burns, Cliffoney.

Mary Timoney, Castle St., Donegal Town; died 30th Jan at home in care of her family. Funeral took place at St. Patrick's Church, Donegal Town with burial in Clár Cemetery. Our sympathy to her husband Eamon, daughters Catherine Keogh, Newtown, Grange, Mary + Deidre, sons Paul, Damien + Eamon + 13 grandchildren. Mass will be offered in Grange. Church at 7pm on Feb 20th.

Mary Kate Harrison (89). Cartron, Cliffoney; died at Mowlam Nursing Home on 4th Feb. Funeral took place at St. Molaise's Church, Cliffoney on Friday 7th with burial in Ahamlish Cemetery. Our sympathy to her cousins and her neighbours.

Irene Oates (nee Gallagher) Luton + formerly Gortakeerin, Coolaney, and Aughagad, Grange; died at her daughter Eileen's residence on Fri 7th Feb. Funeral arrangements later.

Thought for the Week on Vocation:

Down through the centuries, in the tradition of the Church, it is clear that all the Baptised are called to be what Pope Francis now calls "missionary disciples" (active followers of Jesus). Another way of putting this is to say that, by Baptism, we share in the priesthood of Christ by offering the gift of our own lives in service. (*Bishop Kevin, Some Definite Service, Pastoral Letter on Discipleship/ Mission in Changing Times, 2019*)

The Snowdrops Memory Choir is for people living and coping with dementia and is supported by the HSE. – The first get together takes place in The Glasshouse, Sligo on the 13th February 3pm – 4pm and the 2nd Thursday of every month thereafter. It will be a relaxing hour of singing some of the old classics and a cuppa. For further information please contact Audrey 087 950 96 92 or audreymcg@hotmail.com

Holy Cross Friary Sligo – Annual Novena in honour of Our Lady of Lourdes

Mon 3rd Feb to Tue 11th Feb at 7.30pm each evening.

Anointing of the Sick on Sun 10th Feb at 3pm.

Preacher: Fr. Colm Mannion O.P

Pilates Classes – Grange Hall, Tuesdays, 10am. Info <http://fitbod.ie/pilates/>