

Prayer to Our Lady

Take my hand, O Blessed Mother,
Hold it firmly lest I fall,
I am nervous when I'm walking,
so to thee I humbly call.
Guide me over every crossing,
Watch me when I'm on the stairs,
Help me with my undertakings,
Lessen many of my cares.
Then when darkness falls around me,
And I fear to be alone,
Take my hand O Blessed Mother,
Once again guide me home.

A Spiritual Communion (when unable to receive the Blessed Eucharist)

My Jesus, I believe that you are present in the Most Blessed Sacrament.
I love You above all things and
I desire to receive You into my soul.
Since I cannot now receive You sacramentally,
Come at least spiritually into my heart.
I embrace You as if You were already there,
And unite myself wholly to You.
Never permit me to be separated from You.
Amen.

Vocations Prayer Focus for Lent - Diocesan Year of Vocations.

“Ask the Lord of the harvest to send labourers into His harvest” (Mt 9:38). During the season of Lent you are encouraged to offer your prayers and good works on Thursdays for the intention of an increase of vocations to the priesthood, diaconate and religious life in our diocese. In particular if you can spend some time in adoration or pray all or part of the Luminous Mysteries of the Rosary. Our diocese needs your help in responding to this critical command of Jesus to pray for vocations. Please contact Frank McGuinness, Director of Vocations for all matters related to the encouragement of vocations.

First Friday People

Remembering in our prayer, our First Friday people who are homebound. Hope you can join in prayer over Holy Week with us or you can certainly join a congregation on TV – RTÉ at 10.30am everyday or EWTN or CHURCHTV.com.

Prayer

During the week, I offer Mass privately for all your intentions. Call me at anytime for anything specific. 0877986602.

Communion & Confirmation

To our 1st Holy Communicants and 6th Class candidates for Confirmation – You will by now realise that all is postponed for now but we will get together at a future date. Keep living the gift of the Holy Spirit – Love, joy, peace, patience and kindness.

Trócaire

Annually we think of those less well off than ourselves – those who fear hunger. If you have a Trócaire envelope or box do return next weekend to our church or directly to me or donate online to Trócaire.ie or through our parish website – ahamlish.com.

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 167, Saturday 4th April 2020

Palm Sunday

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

COVID-19 Support Line for Older People

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

Ahamlish Parish Sligo Facebook Page

We will be broadcasting our Sunday Mass live via the Parish fb page at 12 noon.

I want to welcome everyone to this page so that we can continue to join together as a congregation around Holy Mass every Sunday while we continue to self-isolate. We live in such an extraordinary time and by praying together we will be able to continue our community action together. We are blessed with a marvellous community and there have been many good things that have happened in spite of the crisis around us. I continue to offer Mass privately everyday for all our parishioners and your intentions.

Prayers at Home (hard copies will be delivered to parishes over the weekend)

In these extraordinary times when we cannot gather for Mass, we would encourage you to download and print out this prayer booklet for use at home. We hope to have printed copies available later in the week. Perhaps consider printing off some copies to pass on to people who may not have internet access. While you can pray this at any time, a good time to do so would be at the time Mass is normally celebrated in your local parish. <https://www.elphindiocese.ie/prayers-at-home-when-gathering-for-mass-is-not-possible/>

Please remember in your prayers:

Mary Mulligan (nee English) Naas, Co. Kildare (died April 1st). Our sympathy to her husband Tom, daughter Amy, son-in-law Gerry, granddaughter Kate and sister-in-law Margaret Murray, Grange. We remember this weekend the 30th Anniversary of Paddy Mulligan.

Radio Maria Ireland

Daily Mass will be aired at 10am each day from their studio chapel, including Sundays for those who would like to tune in. Television – Saorview, Channel 210, (Freeview in NI). RADIO MARIA IRELAND is an Irish-run Catholic Talk-Radio Station. Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies – all commercial free –Download our FREE APP - “RADIO MARIA IRELAND”, streaming on www.radiomaria.ie or via PHONE – get live radio feed by telephoning +353 (0) 1 437 3277 (no extra charges apply). Please join our growing faith family!

RTÉ will air Mass every weekday at 10.30am from St Eunan's and St Columba's Cathedral, Letterkenny, on RTÉ News Now.

Easter Cards available in Gala, Cliffooney + Grange Post Office

Volunteers

Many people have asked me to keep them in mind as volunteers in case I would receive requests for help. So please feel free to call me on my mobile number 0877986602 anytime, as there are number of volunteers ready and willing to help.

Seanfhocail - Words by which to live

Is giorra cabhair Dé ná an doras

[God's help is nearer than the door]

Níl aon uasal ná iseall nach mbíonn thuas seal agus thíos seal

[The rich and the poor have their own ups and downs]

Health is a crown worn by those who are well but only admired by those who are ill.

Kindness is the language which even the blind can see and the deaf can hear.

Mass Celebrated in Churches with webcams can be found on www.churchservices.tv

Recommendations from Pope Francis during the World Meeting of Families 2018

It is important to pray together as a family;
speak of good and holy things,
and let our Mother Mary into your life
and the life of your family.

No family can grow if it forgets its roots.

Children will not grow in love if they do not learn how to converse with their grandparents. So let your love sink deep roots! Let us never forget that “all the blossoms on the tree draw life from what lies buried beneath.”

Masses

• **Sunday Mass – April 5th, 12.00**

John Ryan, Grange + Glasgow (2nd Anniversary)

John Harrison, Cartronkillerdoon, Cliffooney – Months Mind

John Patrick + Nora + Cormac Feeney

• **Easter Sunday – April 12th, 12.00**

Jimmy Kilcoyne, Ballymote

Paddy Burns (3rd Anniversary)

Brendan Kiernan, Grange (2nd Anniversary)

Notice

Our three Churches are open. When visiting to pray, follow the Covid-19 instructions which are displayed in the porch.

Church Services for Holy Week

Holy Thursday, Mass of The Lord's Cupper at 7pm. See FB Ahamlish Parish Sligo.

Good Friday – Veneration of The Cross at 7pm

Stations of The Cross at 8pm

Holy Saturday – Ceremony at 7pm

Easter Sunday Mass at 12.00

Serenity Prayer

God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

Local History – By Michael Farry

Coolaney is mentioned in a number of Irish songs especially songs from Ulster of the type where the poet writes of travelling the country in search of his lost love. One such song is Seachran

Chairn tSiaghail which contains this:

“Bhí me I Muine Mor is I gCaislean Caba,

I mBaile Uí Dhalaigh is I Lios na Sgiach;

Bhí me I Muineachan is ar an Ghrainsigh

‘S ag Droichead Chuil Aine le tuilleadh’s bliadhain.

I was in Moneymore and in Cape Castle (Co. Antrim)

In Ballygawley (Co. Tyrone) and in Lisnaskea,

I was in Monaghan and in Grange (Co. Sligo)

And at Coolaney bridge for more than a year.

I came across this during the week (idle reading) and I see that I've managed to spend time in two of the places mentioned – **Fr.Christy**