

- Exposition of The Blessed Sacrament returns every Thursday evening to Grange Church from 7 – 10pm – observing all COVID-19 regulations.
- Exposition of The Blessed Sacrament returns every Wednesday evening to Cliffoney Church from 7–10pm – observing all COVID-19 regulations.

Elphin Diocese's Parish Pastoral Council Mission Awareness & Training
Consultation: See www.elphindiocese.ie/ppc-consultation for details. Interested adults welcome to participate in forthcoming online meetings.

Thanks for all the donations made through 'Make a Donation' on ahamlish.com and by hand to the Parochial House, Grange

COVID-19 Support Line for Older People

ALONE manage a national support line and additional supports for older people who have concerns or facing difficulties relating to the outbreak of COVID-19. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

Mary's Meals

[Present for my teacher](http://www.marysmeals.ie) campaign on www.marysmeals.ie is where parents and guardians can buy an online gift for their children's teachers in exchange for a donation towards the work of Mary's Meals Ireland. It's really two presents in one – a beautiful e-card that kids can safely send to their teacher by email and the promise of daily school meals for children in some of the world's poorest communities. Donations of any amount are gratefully accepted; it costs just €18.30 to feed a child for an entire school year and at least 93% of all donations are spent on charitable activities. It's a simple idea that works. In schools where children receive Mary's Meals, enrolment goes up, fewer children skip lessons or drop out of school, students find it easier to concentrate in class and exam results improve.

The Irish Hospice Foundation Bereavement Support Line

Have you been impacted by a bereavement during COVID-19? Are you finding it more difficult to cope with a pre-Covid bereavement at this time? Would it help to talk to someone in confidence about your loss? The Irish Hospice Foundation Bereavement Support Line is a national freephone service 1800 80 70 77 which is available from 10am to 1pm, Monday to Friday. The line aims to provide comfort and emotional support.

Abortion in 2019

On June 30th, the Department of Health announced 6666 abortions were performed in the Republic of Ireland, 24 of which were on medical grounds and 100 due to possible fatal foetal abnormalities. The vast majority of babies who were aborted, 6542 of them are euphemistically described as having been terminated in early pregnancy.

See full report on our website ahamlish.com or at catholicireland.net

Prayers at Home

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/>

- **WASH YOUR HANDS**
- **KEEP YOUR DISTANCE**
- **WEAR A MASK**

The use of face covering is strongly recommended for indoor settings.

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
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**“It's been said that if your name is held
 in the hearts of others, you will never truly die”**



Visit us on ahamlish.com

&

Ahamlish Parish Sligo Facebook Page.

Join us every Sunday at 12 noon for Mass through our FB Page



Masses Cliffoney

Sun 12 th July	10.30am	
Wed 15 th July		
Fri 17 th July		
Sun 19 th July	10.30am	Mary O'Connor (3 rd Anniversary) Paddy Gallagher (6 th Anniversary)
Altar Society		July: C. Kelly

Please remember in your prayers:

Aileen Henry (nee O'Hara) Ardrasna, Ballinfull, Co. Sligo died 8th July at North West Hospice. Our sympathy to her husband Alex, sons John, Fergal, Ronan, daughters Loretta + Edel, grandchildren, nieces + nephews and close friends. Funeral Mass took place on Friday at 11.30am with burial afterwards in Carrigans' Cemetery.

Jack Charlton (85) died at his Northumberland Home. Gave us the best of our soccer memories

Volunteers required for cleaning + stewarding during/ after Masses. Contact Fr. Christy - 0877986602.

Holy Communion will be solely given into your hand. Stretch out your hand to the minister of Communion so they can drop the sacred host onto the palm of your hand without touching you. Holy Communion will be given after Final Blessing and you can exit directly afterwards. Do not hang around after.

Courage & Strength

- It take strength to be firm.
- It takes courage to be gentle.
- It takes strength to stand guard.
- It takes courage to let down your guard.
- It takes strength to conquer.
- It takes courage to surrender.
- It takes strength to be certain.
- It takes courage to have doubt.
- It takes strength to fit in.
- It takes courage to stand out.
- It takes strength to feel a friend's pain.
- It takes courage to feel your own pain.
- It takes strength hide your own pain.
- It takes courage to show them.
- It takes strength to stand alone.
- It takes courage to lean on another.
- It takes strength to love.
- It takes courage to be loved.
- It takes strength to survive.
- It takes courage to live.

"Poems from a Lockdown" authored by Michael O'Connor, Bunduff.

Congrats Michael. The muse never left you even on the windy island of Fueraventura.

Masses Grange

Sat 11 th July	8pm	Feast of St. Benedict, Patron of Europe P.J. Gillen (Anniversary) Catherine + John Rooney + daughter Teresa Mc Cay + granddaughter Sharon Conway
Sun 12 th July	12.00	Annie + Jimmy Mc Sharry
Tue 14 th July	9.30am	
Thur 16 th July	9.30am	
Sat 18 th July	8pm	Mae Sheerin Months Mind
Sun 19 th July	10.30am 12.00	Elizabeth + Richard Kilcoyne John Moran
ALTAR SOCIETY		July: Imelda Gilroy, Camilla Kerins, Cathy McCarry

Returning to Church - Opened

Dear parishioner,

As you are aware, we have opened our churches on 29th June, which means our first weekend with a congregation will be on July 4th and 5th, a happy turn of events. Our three Churches have remained open for prayer and visits to the Blessed Sacrament every day, seven days a week, even throughout the pandemic, because of the help of volunteers and I thank them sincerely for doing this vital ministry.

Reopening places us under serious restrictions on the number of people that will be allowed into the church at any one time and these we can only respond to on a first come first serve basis. Both Grange and Cliffoney churches are restricted to 50 people at any one time. Both these churches have side aisles (walking around area and entry and exit points and so the two metre social distancing can be maintained easily).

The Oratory in Mullaghmore is very restricted to much smaller numbers as there is little entry and exit areas and walking around area is restricted due to the fact that it has no side aisles. We have to work within these new regulations for the time being, so it will not be possible to have public celebrations of the Sacraments in the Oratory in Mullaghmore presently.

IF you wish to have a look at the regulations placed before us then see the bishops document 'Nothing Can Separate Us From The Love Of God' at ahamlish.com
If you have any questions or queries on this, do please feel free to contact me at any time on 087 7986602.

BUMBLEance Charity

Fr. Christy will have his beard shaved on the 23rd of July for this charity – see idonate in order to give to this worthy cause.

BUMBLEance is the official Children's National Ambulance Service of Ireland.

It is the world's first interactive ambulance service purposefully designed for children. BUMBLEance ensures that the journey of a sick child is as safe and comfortable as possible. Their aim is to distract, comfort and entertain Ireland's youngest and most critically ill patients as they travel to and from hospitals and paediatric treatment centres nationwide. For more info visit their website www.bumbleance.com or email info@BUMBLEance.com.

You can listen for advertising of this fundraiser on iRadio as they have sponsored the airtime.