

- 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 7–9pm – observing all COVID-19 regulations.

**Elphin Diocese's Parish Pastoral Council Mission Awareness & Training**

**Consultation:** See [www.elphindiocese.ie/ppc-consultation](http://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](http://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.

**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.

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.

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

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

**BUMBLEance Charity**

Our thanks to everyone who has so far donated to this charity. The shave off is planned for the evening of July 23<sup>rd</sup>. My long time barber Alfie has come out of retirement specially for the event. The event can be seen through the ahamlish parish facebook page <https://www.facebook.com/pg/ahamlishparishsligo/about/>.

Thanks again to everyone who donated either by idonate/ Fr. Christy McHugh or by cash to me personally. The donation page closes on July 31<sup>st</sup> - [https://www.idonate.ie/fundraiser/11387930\\_fr-christy-mchugh-s-page.html](https://www.idonate.ie/fundraiser/11387930_fr-christy-mchugh-s-page.html).

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](http://www.bumbleance.com) or email [info@BUMBLEance.com](mailto:info@BUMBLEance.com).

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

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

*Parish of Ahamlish and Inishmurray  
Grange ♦ Cliffoney ♦ Mullaghmore*



Rev. Christy McHugh

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Issue 182, Saturday 18<sup>th</sup> July 2020

**16<sup>th</sup> Sunday in Ordinary Time**



*Visit us on [ahamlish.com](http://ahamlish.com)*

**&**

***Ahamlish Parish Sligo Facebook Page.***

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



### Masses Cliffoney

Sun 19 <sup>th</sup> July	10.30am	Mary O'Connor (3 <sup>rd</sup> Anniversary) Paddy Gallagher (6 <sup>th</sup> Anniversary) Thomas McGee (7 <sup>th</sup> Anniversary)
Wed 22 <sup>nd</sup> July	10am	Feast of St. Mary Magdalene
Fri 24 <sup>th</sup> July	10am	Feast of St. Declan
Sun 26 <sup>th</sup> July	10.30am	
<b>Altar Society</b>	<b>July: C. Kelly</b>	
<b>Sunday Collection:</b>	<b>€434.20</b>	

#### **The Life of St. Ignatius, whose feast day is 31<sup>st</sup> July**

*There is much that each of us can learn from the life of St. Ignatius.*

**Lesson One: Community is Vital** – After his religious conversion, St. Ignatius came to realise that the insights God was giving him had to be shared, and he sought out like-minded people with whom to do so. Much of his early ministry was focused on the sharing of his Spiritual Exercises with various women, who would form the financial and prayerful backbone of the Society of Jesus (Jesuits). Ignatius's voluminous correspondence contains many letters to these women, showing how their friendship and prayers motivated him into greater service of God.

His apostolic zeal was strong, but he also saw that he needed help in bringing his Spiritual Exercises to a broader audience. This motivated him to join with his roommates at the University of Paris, St. Peter Faber and St. Francis Xavier, to found the Jesuits, and they encouraged others to join them. Ignatius learned he could not go it alone and that relationships with others are meaningful.

**Lesson Two: Change is OK** – St. Ignatius had his life mapped out for him. He was going to be a soldier. God had other plans, though, and the impact of a cannonball not only shattered his leg but left his plans in tatters, too. In a world where we are expected to have everything in order and certainty is so important, we leave little room for life-changing events. While all change is not necessarily good, we have to make room for change and to explore where it can lead us.

St. Ignatius did not embrace the change productively at first. His early endeavours were often met with failure and disappointment. Things got so bad that he even considered taking his own life. At this moment he caught a glimpse of hope, which helped him to carry on. While his unfortunate encounter with the cannonball caused his existing plans to be destroyed, St. Ignatius opened himself to exploring change. Over time he came to see that the change turned out to be beneficial and brought him infinitely more satisfaction than the certainty of his previous life.

**Lesson Three: Make Time for Contemplation** – While recuperating from his wounds, St. Ignatius spent a good deal of time in bed. He had a lot of free time and was looking for entertainment. Initially, he wanted to read popular works of fiction to satisfy his active imagination. He was disappointed to find out that the books he wanted were not available, and he had to make do with holy books instead. Reading these books left him time to think about Jesus and the lives of the saints. At first, he preferred to imagine more worldly things, but progressively he found greater pleasure in daydreaming about Jesus and the lives of the saints.

By making space for something new, Ignatius began to contemplate things beyond his standard frame of reference. He began to consider the possibility that God loved him and wanted to be in a relationship with him. By opening his mind to this, Ignatius was able to make sense of things and see that he was called to a greater form of service that he has previously envisioned. The more Ignatius moved into contemplation, the less relevant his previous enjoyments came to be. In their place he discovered real fulfilment and contentment.

### Masses Grange

Sat 18 <sup>th</sup> July	8pm	Mae Sheerin Months Mind
Sun 19 <sup>th</sup> July	10.30am 12.00	Elizabeth + Richard Kilcoyne John Moran
Tue 21 <sup>st</sup> July	9.30am	For the People of the Parish
Thur 23 <sup>rd</sup> July	9.30am	Feast of St. Brigid of Sweden
Sat 25 <sup>th</sup> July	8pm	Patsy Foley Months Mind
Sun 26 <sup>th</sup> July	12.00	Rose + Frank Brennan Martin (15 <sup>th</sup> Anniversary) + Dymphna O'Dea
ALTAR SOCIETY	<b>July: Imelda Gilroy, Camilla Kerins, Cathy McCarry</b>	
<b>Sunday Collection:</b>	<i>July 4<sup>th</sup>/5<sup>th</sup> &amp; July 11<sup>th</sup>/12<sup>th</sup> : €2070</i>	

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

**Margaret Elliott (92)** died 12<sup>th</sup> July, Farrigans, Leitrimacaward, Co. Donegal. Our sympathy to her son Aidan, Mount Edward, Grange + daughters Eleanor Henry, Munninane + Mary O'Boyle, Barness, Grange. Funeral service in Church of Ireland, Leitrimacaward on Tue 14<sup>th</sup> July with interment in the adjoining cemetery.

#### **Returning to Church - Opened**

Dear parishioner,

Please note what we are asked to do – only this – keep your distance. In church, there is assigned seating denoted by the sign. Please sit there.



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](http://ahamlish.com)

If you have any questions/ queries, do please feel free to contact me at any time on 087 7986602.

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

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

#### **Tobernalt Holy Well 24<sup>th</sup>-26<sup>th</sup> July**

In the interest of safety and Government Directives Garland Weekend Ceremonies at the Holy Well have been cancelled for this year. We are planning to broadcast a Mass from the Holy Well on [churchtv.ie/carraroe](http://churchtv.ie/carraroe) on Garland Sunday at 3pm. Please continue to visit the Holy Well throughout the week and especially on Garland Weekend as we recall our sacred Christian Heritage.

#### **16<sup>th</sup> Sunday In Ordinary Time**

**Prayer:** That with dedicated spirits, we will beg the Lord of the Harvest to provide an abundance of vocations to the priesthood and consecrated life in our diocese who will help gather the wheat of souls into His barn, Lord Hear Us.

**Thought:** "For each one of us, there is only one thing necessary: to fulfil our own destiny, according to God's will, to be what God wants us to be." — **Thomas Merton**