

- 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.
- 24hr Eucharistic Adoration every 3rd Wed + Thur of the month in Cliffoney Church

Holy Communion will be given into your hand, solely.

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

In Conversation with Elena Tice

John Scally interviews Elena, Ireland's youngest hockey star about the role faith has played in her life and career.

The COVID-19 crisis has deprived us of many sporting events this year. It has been a difficult period for stars like Elena Tice. She was a prodigy. By the age of five, she was out the back, with her father and older brothers hitting, kicking and playing. Cricket, soccer and then hockey. At thirteen, she became the second youngest player in the history of cricket, male or female, to play in a one-day international match. Four years later, in fifth year, Elena made her senior international debut for the Ireland women's hockey team. She has also excelled academically, winning a scholarship to study Economics in UCD.

Playing in the World Cup hockey final was a joyous experience for Elena. 'And then finally you just achieve something that is beyond everything you've ever dreamt of. Everything, in that moment, seems worth it. It kind of justifies it. I'll never forget that moment. I was just hugging my Mum and Dad and crying inconsolably. It was just such a blessing and I have to be thankful to the Lord I got to experience that. So many people worked hard to make that happen and I was just fortunate to be there.'

Elena's reaction to reaching that final was not typical. She tweeted: 'All the 5.30 alarms, all the freezing nights, all the blood, swear and tears. All of it. And now, tomorrow, we will play in the World Cup final #GreenArmy#Philippians 4: 13. ("I can do all this through him who gives me strength. ")'

On the morning of each game Elena would draw a cross on her left forearm and, for the World Cup final against Netherlands, she wore a white wristband with a black cross as a representation of her faith, a reminder of her biggest motivator and a source of reassurance in the biggest game of her young career.

'My faith is massive part of my life. It's the biggest part of my life, it's more important than hockey and it's more important than Tokyo or World Cups. It's lasting and it doesn't change, God's love for me doesn't change if I do well or I don't do well and that's what's amazing about it.

'It gives you a different perspective, I suppose. I try and think about how I can honour God in the way I can play as opposed to just thinking about competing with people around me. It's the biggest motivator to work hard. I feel like I've been given these gifts to be able to play sport and it's a blessing to have all the opportunities to play and therefore I want to work as hard as I can to use these gifts to glorify him. It's a huge a part of my life and, unlike hockey which will come and go, my faith will sustain me and is very much lasting.'

Faith provides Elena with a compass to navigate through life. 'I spend a lot of time praying before games and not just for myself but praying for my team-mates as well. It's a reassurance that you're not alone out there on the field and the Lord has you in his hands and he's guiding you too. I don't know if I call it an edge but it gives you a sense of peace and takes a bit of the anxiety away. I get quite nervous around games so I have to lean on my faith those times.

'it allows you to have joy even when it's not going so well. My family are all really strong Christians and they give me a lot of guidance and support through everything. When I say really difficult times, its still enjoyable, its hard. We obviously love what we do, but I always have my faith and can always just lean on the Lord and turn to him and turn to my Bible when times are really difficult.

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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*“Even the crumbs from
the Master's table will do”*



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

&

Ahamlish Parish Sligo Facebook Page.

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



Masses Cliffoney		
Sat 15 th Aug	10.30am	Feast of The Assumption
Sun 16 th Aug	10.30am	
Tue 18 th Aug	10am	For the People of The Parish
Wed 19 th Aug	10am	
Sat 22 nd Aug		Confirmation Ceremonies * 12.30pm Carns NS * 3.30pm Cliffoney NS + Castlegal NS Baptism
	4.30pm	
Sun 23 rd Aug	10.30am	
Sunday Collection:€464 Sick + Retired Priest Collection: €122		

Pope's Universal prayer for the month of August

We pray for all those who work and live from the sea, especially sailors, fishermen + their families.

A new pilgrimage on Lough Derg's lakeshore.

Walk and Pray in the Lough Derg tradition on 16, 18, 22, 26 & 30 August. At times in the 1600s and 1700s when Station Island was closed by the Penal Laws, pilgrims undertook a form of pilgrimage on the lough shore. Walk in their footsteps. Contact 0 (0353) 71 9861518 or info@loughderg.org for details.

Numbers are limited. Advance booking essential.

Sacrament of Confirmation

Confirmation Ceremonies for our parish will be celebrated on 22nd Aug and we welcome Bishop Kevin to confer the Sacrament on our 60 candidates. Because of the restrictions around numbers in our church which remain at 50 max, we have had to create four ceremonies, two in each church. Thanks to everyone for their cooperation and for Bishop Kevin's willingness to celebrate these four ceremonies and for the church cleaning teams involved after each ceremony. Please try during this week to look through the Confirmation material sent to you for your child from the school.

First Communions

First Holy Communion for SN Molaise, Grange + Carns NS at the Church of Mary Immaculate, Grange on 19th Sept at 11am

Please note the directives around this on elphin.ie

First Holy Communion for Cliffoney NS + Castlegal NS at St. Molaise Church, Cliffoney on 3rd Oct at 11am

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.

Time is a rare luxury which can never be purchased at any cost. So, when someone spends it for you, it defines the depth of care they have for you. Good morning.

Collection Baskets

These are not used in our churches for COVID-19 reasons. There are boxes situated at entry points to the church. Place your donations there.

Thanks to Michael Watters, Tom Heraghty + Dessie O'Connor who painted the surrounding walls at Cliffoney Church during the week.

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

Masses Grange		
Sat 15 th Aug	8pm	
Sun 16 th Aug	12.00	Michael Langan (18 th Anniversary)
Mon 17 th Aug	7pm	
Thur 20 th Aug	12.00	Feast of St. Bernard Mass of the Resurrection for Eileen Mulhern (nee Watters) Peterborough, England + Streedagh
Fri 21 st Aug	9.30am	
Sat 22 nd Aug	8pm	Confirmation Ceremony - 11am + 2pm for Grange NS Annie (3 rd Anniversary) + Tommy Gilroy
Sun 23 rd Aug	12.00	
ALTAR SOCIETY	August: Ann Hargadon, Kathleen Feeney	
Sunday Collection: € 330 Sick + Retired Priest Collection: €25		

Please remember in your prayers:

Johnny Duignan, Gortnahowka, Ballinrillick died suddenly Aug 12th. Funeral took place at St. Brigid's Church, Ballinrillick on Aug 14th with burial in Keelogues Cemetery. Our sympathy to his wife Noreen, son Seamus, daughters Eibhlín, Rita + Noelle, grandchildren, siblings + extended relatives + former teaching colleagues + friends.

20th Sunday In Ordinary Time

Prayer: That more men and women will have the faith to hear God's call in their lives and respond with hope in His promise and love for the Saviour by following Him as priests, deacons and in the consecrated life.

Thought: "The two ideas, justice and vocation, are inseparable.... It is by way of the principle and practice of vocation that sanctity and reverence enter into the human economy. It was thus possible for traditional cultures to conceive that "to work is to pray." — **Wendell Berry**

Returning to Church - Opened

Dear parishioner, assigned seating in church, please sit there and nowhere else.

Brave Woman! – 20th Sunday in Ordinary Time: Reflection on Today's Gospel

Matthew sees the ministry of Jesus the Messiah as directed towards the house of Israel. Only when the Gospel has been offered to them will it be extended to "all nations" through the preaching of the church (Mt 28:19).

Tyre and Sidon were two coastal towns just north of Israel. Matthew has compared them favourably to the lake-side towns in Galilee that rejected the message of Jesus(11:21-22). As Jesus and his disciples walk along, they are hailed by a Canaanite woman. Canaanite was the Old Testament name for the original non-Jewish inhabitants of Israel. She greets him as "Lord, Son of David" – an astonishing confession for a non-Jewish woman to make. Her daughter is badly tormented by a demon and she wants a cure. Jesus, who is normally so compassionate towards anyone in need, does not even deign to answer her. The disciples are becoming annoyed at her unwanted attention and ask him to send her away. In keeping with Matthew's sense of his mission, Jesus replies that he is only sent to "the lost sheep of the house of Israel" – a phrase Jesus used when he told his disciples to restrict their preaching to them (Mt 10:6).

The story now becomes a dialogue between Jesus and the woman. She makes just a short plea – "Lord, help me!" Jesus' reply seems rough and unmannerly: "It is not right to take the bread of the children and throw it to the dogs." Dog is a term of abuse that Jews sometimes used for Gentiles. This apparent put-down opens a small chink of light for the woman, and she proves herself to be a better debater than Jesus! Pet dogs are allowed to eat the crumbs of food that fall from the family table: all she is asking for is just one of those crumbs! Jesus is forced to concede defeat, and probably even to smile at the woman's ready wit. He praises her great faith – remember how last Sunday he reproached Peter for being "a man of little faith". Just as the servant of the centurion is healed at a distance because his master's faith ("truly, in no one in Israel have I found faith like this" Mt 8:10), so the girl will be healed from that moment because of her mother's faith.