

- 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 3<sup>rd</sup> Wed + Thur of the month in Cliffoney Church**

**Notice about Covid-19 By Bishop Kevin**

In our churches, parish teams and hundreds of volunteers work hard to ensure your safety and we thank them most sincerely for that. Because of their commitment and hard work, we are able to continue our liturgies safely – weekday and Sunday Masses, Baptisms, Weddings, First Holy Communions, Confirmations and Funerals. However, each one of us must continue to play our own part and take personal responsibility. We must continue practising good hand hygiene, respiratory etiquette and physical distancing, make ourselves aware of the symptoms of Covid-19 and keep up to date with public health advice. Please sanitise your hands as you enter and exit the church. You may wish to bring your own hand sanitiser with you and sanitise your hands before you receive Holy Communion. We encourage you to wear a face covering and keep 2 metres apart from anyone who is not from your household. If you have any symptoms of Covid-19, please stay at home and follow Mass online or parish radio. It is understandable that we are all growing weary of this virus but it is now part of our daily lives and will remain so for the foreseeable future. We are all vulnerable to Covid-19. Stay safe and keep each other safe.

**Dealing with Fear**

**Expressing Yourself** – It is important not to keep fear to yourself but to talk about it. Fear develops much better in secret. Talking about fear with someone you trust can help to counteract the logic of fear, which grows by itself. The necessary condition is, however, that the person who listens does not confirm the fear and reinforce it.

**Critical Examination of the Facts** – A second piece of advice is to critically examine the facts that cause fear. Often the perception of these facts is confused, incorrect or incomplete. Wrong connections are made and wrong conclusions are drawn. The conversation with a trustworthy person we have just mentioned, is perhaps the ideal opportunity to bring more objectively.

**The Deception of Fear** – The most important thing is to remember that the strength of fear lies first and foremost in the conviction that fear is justified. Fear is able to present subtle and relevant arguments like no one else could. We honestly believe that we are right to feel anxious. After all, these arguments prove that we have no choice but to be afraid. That is exactly where the deception of fear lies. Often it is true that what we are afraid of will actually happen. So, we should not be afraid. We can deal with the problems.

**Fear Prevents Us from Living in the Present** – Our fears are often linked to problems, imagined or unimagined, of an ambiguous future. The insidious consequence of this can be that the fear of that future that does not yet exist prevents one from living fully in the present that does exist. Here too, the exchange with another person can be comforting.

Jade, a young teenage girl, cries in her bed, When her mother comes to say good night, she tells her what is happening. Jade is afraid that her friends will turn their backs on her one day. There is no indication of this at the moment. Yet the young girl is in the grip of fear. The short conversation with her mother may quickly bring Jade back to peace. Fear is a bad counsellor. It is not good to follow its logic. It is wiser to consciously choose to trust. The path to a richer and more abundant life is indicated by trust and hope, not by fear. It is not for nothing that Jesus keeps saying: ‘Do not be afraid’.

**Can Choice be Made in Time of Crisis?**

A crisis is often accompanied by a chaotic succession of conflicting feelings. In the event of a crisis, Ignatius suggests not doing what one would do spontaneously.

When one is in crisis, one usually wants to get out of it as quickly as possible. Ignatius’s advice on this subject is diametrically opposed to this reflex. In time of crisis, it is better to refrain from making choices. He advises, as far as possible, not to change anything. It is better to stick to the decisions you have made before. You can assume that at that time you were calm and that you had bearings. Choices made in those circumstances are more reliable than the precipitous changes that could be made now. It is therefore preferable not to question too quickly the choices made previously. Calm will return. At that time, we will be able to discern what we must do.

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



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Issue 187, Saturday 22<sup>nd</sup> August 2020

*21<sup>st</sup> Sunday in Ordinary Time*

*“Who do you say that I am”*



*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

Sat 22 <sup>nd</sup> Aug	4.30pm	Confirmation Ceremonies * 12.30pm Carns NS * 3.30pm Cliffoney NS + Castlegal NS Baptism
Sun 23 <sup>rd</sup> Aug	10.30am	Patricia Gilmartin, Mullaghmore (7 <sup>th</sup> Anniversary)
Tue 25 <sup>th</sup> Aug	10am	
Thur 27 <sup>th</sup> Aug	10am	Feast of St. Monica
Sun 30 <sup>th</sup> Aug	10.30am	

**Sunday Collection: €454**

**Sick + Retired Priest Collection: €160.55**

#### 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 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 lough shore. Walk in their footsteps. Contact 0 (0353) 71 9861518/ [info@loughderg.org](mailto:info@loughderg.org) for details. Numbers are limited. Advance booking essential.

#### Sacrament of Confirmation

Confirmation Ceremonies for our parish was celebrated on 22<sup>nd</sup> 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.

**Carns National School** – Cian Gallagher, Keaney Gallagher, Luca Mc Sharry, Grace Sexton, Diarmuid Ward, Keelan Gilmartin, Cora Gallagher, Conor Langan.

**Cliffoney National School** – Kathleen Flanagan, Dylan Fox, Zack Harrison, Hannah Moore, Cathal Ward.

**Castlegal National School** – Finian Feehily, Kayleigh Foy, Grace O'Sullivan, Adam Roberts, Emily Davison, Jamie Young, Ebonee Wilson Simms

**Scoil Naomh Molaise** – David Barry, Blaithín Brady, Conor Cannon, Matthew Colleran, Alanna Conneely, Dante Currid, Ryan French, Diarmuid Gillen, Darragh Gilmartin, Oisín Gilmartin, Victoria Gladka, Fiachra Grogan, Adam Harte, Caragh Harte, Adele Haugh, Leela Haugh, Heath Jeffery, Darragh Keane, Erin Lang, Darragh Mc Gee, Grace Mc Nelis Lee, Daniel Mc Sharry, Jack Noone, Sophie O'Boyle, Sarah Jane O'Brien, Ailbhe O'Connell, Caitlín Rooney, Isla Ryan, Ava Wrenne.

#### First Communions

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

Please note the directives around this on [elphin.ie](http://elphin.ie)

First Holy Communion for Cliffoney NS + Castlegal NS at St. Molaise Church, Cliffoney on 3<sup>rd</sup> 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 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.

**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.

### Masses Grange

Sat 22 <sup>nd</sup> Aug	8pm	Confirmation Ceremony - 11am + 2pm for Grange NS Annie (3 <sup>rd</sup> Anniversary) + Tommy Gilroy John McHugh (20 <sup>th</sup> Anniversary) Bishop Dominic Conway (24 <sup>th</sup> Anniversary)
Sun 23 <sup>rd</sup> Aug	12.00	
Mon 24 <sup>th</sup> Aug	9.30am	John Feeney, Grogagh (34 <sup>th</sup> Anniversary)
Wed 26 <sup>th</sup> Aug	9.30am	For the People of the Parish
Fri 28 <sup>th</sup> Aug	9.30am	Feast of St. Augustine
Sat 29 <sup>th</sup> Aug	3pm 8pm	Baptism
Sun 30 <sup>th</sup> Aug	12.00	
ALTAR SOCIETY	<b>August:</b> Ann Hargadon, Kathleen Feeney	

**Sunday Collection: € 785**

**Sick + Retired Priest Collection: €80**

#### Please remember in your prayers:

**Marie (SIS) Murray** – Coogan, Avon, New Jersey – 97. 2<sup>nd</sup> cousin of Fr. Christy + last of Murray Family died Aug 16<sup>th</sup>. Mass offered on Wed Aug 19<sup>th</sup> at 10am in Cliffoney Church.

**Joan Patricia O'Connell** (died 19<sup>th</sup> Aug) London + Bundoran. Service of Remembrance at McGloin Funeral Home held on Friday 21<sup>st</sup> Aug at 7pm. Our sympathy to her sisters Anne O'Connell – Cliffoney, Rita McGowan – Kinlough, Angela McGonigle – Finner; relatives + friends.

**Kathleen Shaw (nee Bailey)** Cloonaghbabawn, Ballinful, Co. Sligo; died at St. John's Community Hospital, Sligo. Funeral Service took place at Feehily's Funeral Home with burial in Drumcliffe Cemetery on Friday 21<sup>st</sup> Aug. Our sympathy to her family + friends.

**Philomena (Phil) Doherty (nee Gilmartin)** Pearse Rd., Sligo + formerly Springfield, Sligo. Funeral will take place on Sunday evening, reposing at her home 4-7pm. Requiem Mass Monday at 11am in St. Anne's Church with burial in Sligo Cemetery. Our sympathy to her husband Plunkett, son Pearse and his partner Hazel, daughter Pamela grandchildren sisters Angela Leonard + Kathleen Rooney, Grange.

**Robert Barber**, Castlegarron died 20<sup>th</sup> Aug suddenly at St. James' Hospital, Dublin. Our sympathy to his wife Valerie, son Willie, daughter-in-law Margaret, grandchildren Alfie and Lucy, sisters Tina + Iris. Reposing at his residence on Sunday. Arriving at St. Columba's Church, Drumcliff, on Monday for 2pm Funeral Service with burial afterwards in the adjoining churchyard.

**Frank Harney** – Athlone. Funeral Mass took place last Tuesday at Drum Church. Our sympathy to his family, wife Kitty, daughter Lorraine Feeney – Streedagh + Athlone.

#### 21<sup>st</sup> Sunday In Ordinary Time

**Prayer:** That trusting in Christ's words to Peter, all those called to follow the Lord as priests, deacons and in the consecrated life will recognize the gift of their call and follow Him faithfully, Lord Hear Us.

**Thought:** "The old and honourable idea of 'vocation' is simply that we each are called, by God, or by our gifts, or by our preference, to a kind of good work for which we are particularly fitted" - **Wendell Berry**

#### Returning to Church - Opened

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

#### Child Minder

Child minder required for 2 children for collection and drop off to Grange N.S. and to mind a 2yr old.

For more information contact Aideen 0863171646.

**Holy Communion will be given into your hand, solely.**

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