

- 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.

#### 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.

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



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Issue 188, Saturday 29<sup>th</sup> August 2020

## 22<sup>nd</sup> Sunday in Ordinary Time

*“If anyone wants to be a follower of mine, let them renounce themselves and take up their cross and follow me.”*



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 30 <sup>th</sup> Aug	10.30am	
Wed 2 <sup>nd</sup> Sept	10am	Private Intention
Fri 4 <sup>th</sup> Sept	10am	First Friday Mass
Sat 5 <sup>th</sup> Sept	2pm	Baptism
Sun 6 <sup>th</sup> Sept	10.30am	Anne Roper(2 <sup>nd</sup> Anniversary)
<b>Sunday Collection: €411</b>		

#### 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.

#### 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

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.

#### 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 the late donations to Bumbleance - amounted to €370

#### Return to School

As our children and our teachers return to school, we wish them every blessing on the new school year. We pray that, in spite of the difficult circumstances there may be joy in teaching and in learning. Please don't send the children to school if they, or someone at home, has flu-like symptoms.

#### Face Coverings:

Along with other Christian church leaders all over this island, Bishop Kevin has formally recommended the use of face coverings at all Masses and other liturgical celebrations, along with the ongoing maintenance of 2 metre physical distancing. Some people, for good reasons, are exempted from the wearing of face coverings, even in contexts where it is normally mandatory. Those same reasons apply when people come to Mass and should, of course, be respected.

#### The Season of Creation

In keeping with the spirit of his letter Laudato Si, on the care of the earth, Pope Francis established September 1st as an annual World Day of Prayer for the Care of Creation. The Season of Creation or Creation Time, is marked throughout the Christian world from 1 September to 4 October (Feast of St. Francis of Assisi) and celebrates the joy of creation as well as encouraging awareness-raising initiatives to protect the natural environment. Resources are available on: <https://www.elphindiocese.ie/the-season-of-creation/>

#### Serving a Wounded World

The Pontifical Council for Interreligious Dialogue, in partnership with the corresponding agency of the World Council of Churches, has published a reflection on how religious belief can contribute to solidarity in a world which is often wounded by division and how this can be especially relevant in the context of COVID-19.

[https://www.pcinterreligious.org/christian-call-reflection-action-during-covid-19-and-beyond?fbclid=IwAROK24Kp2e7wiScRkh\\_P4gr\\_NidLG49954RWS2oEOGVYknGJ5kri\\_t7BeA](https://www.pcinterreligious.org/christian-call-reflection-action-during-covid-19-and-beyond?fbclid=IwAROK24Kp2e7wiScRkh_P4gr_NidLG49954RWS2oEOGVYknGJ5kri_t7BeA)

#### Ordination of Bishop & Priest

Fr. Paul Dempsey P.P. Newbridge Co. Kildare will be ordained Bishop of Achonry on Sun Sept 3<sup>rd</sup> at St. Nathy's Cathedral, Ballaghaderreen, Co. Roscommon at 3pm. Ironically, there will be more Bishop ordinations than priests in Ireland this year. The sole priestly ordination in Ireland this year, Fr. Shane Costello, a native of Taugheen, Claremorris, Co. Mayo, took place at Knock, Basilica on Aug 23<sup>rd</sup>. We wish them both every blessing in their ministry.

### Masses Grange

Sat 29 <sup>th</sup> Aug	3pm 8pm	Baptism Sally Kelly + John Sheridan + Ann Mearns
Sun 30 <sup>th</sup> Aug	12.00	Leo Kilfeather (15 <sup>th</sup> Anniversary)
Tue 1 <sup>st</sup> Sept	9.30am	For the People of the Parish World Day of Prayer for Creation
Thur 3 <sup>rd</sup> Sept	9.30am	
Sat 5 <sup>th</sup> Sept	8pm	Claire McMorrogh and parents Bart + Beatrice, Carney (1 <sup>st</sup> Anniversary) Catherine Mahon, Silverhill
Sun 6 <sup>th</sup> Sept	12.00	Patrick + Brigid Brennan, Augharrow Vera Herron Months Mind Paddy (21 <sup>st</sup> Anniv) + Kathleen McGarraghy (4 <sup>th</sup> Anniv)
ALTAR SOCIETY	<b>August:</b> Ann Hargadon, Kathleen Feeney	
<b>Sunday Collection: € 790</b>		<b>Sick + Retired Priest Collection: €67</b>

#### Please remember in your prayers:

**Nora Fitzpatrick (nee O'Donnell)** Moneygold, Grange and formerly Dungloe, Co. Donegal; died on Aug 25<sup>th</sup> at Sligo Hospice peacefully. Predeceased by her parents Michael + Kathleen + sister Ann Mc Cluskey. Our sympathy to her husband Seamus, sister Kathleen Forker (Donegal), brothers Michéal (Wales), Anton (Glasgow) + Donál (Dungloe).

Funeral took place at Church of Mary Immaculate, Grange on Thur 27<sup>th</sup> Aug with burial in Ahamlish Cemetery. **Marguerite Travers**, Nottingham, England and formerly Bundoran died 27<sup>th</sup> Aug. Our sympathy to her 2 daughters and her family in Bundoran and her sister Anne Hoey, Cliffoney.

#### Prayer of Intercession for This Sunday:

That none of us will be a hindrance to those men and women called to take up their cross and follow Jesus as priests, deacons or in the consecrated life, Lord Hear Us.

#### Thought for this Sunday:

"Peace-making is a full-time vocation that includes each member of God's people." (Henri Nouwen)

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

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

#### Star of the Sea Retreat & Conference Centre

It is with regret that the Diocese accepted the resignation of Sr. Kathleen Rooney as Director of our Centre in Mullaghmore. Sr. Kathleen was the last remaining member of the Mercy Order retained at Mullaghmore. Our parish also sends our best wishes and thanks to Sr. Kathleen to her future ministry with the Sisters of Mercy at McAuley House in Roscommon Town.

Sr. Kathleen sends this message:

Times are changing very fast and so are things in Star of the Sea Centre. As I prepare to move to Roscommon I want to express my deepest gratitude to you all for your friendship, care and support this past nine years. I enjoyed my time in the Centre and will miss it very much. May you each be blessed and held in His loving care as we each journey our separate ways. God bless and thank you. You will always be in my thoughts and prayers.

The Diocese has appointed Louise and Frank McGuinness of Rossinver as the new Director of the Retreat & Conference Centre.

#### Sean Nós Dancing classes with Bróga Bríomhar Dance School resumes in Grange Hall, Tue 8<sup>th</sup> Sept 2020

For a new 6 week term. Beginner Kids - 6-6:30pm, Intermediate Kids - 6:30-7pm, Teens / Adults - 7-7:30pm, all new dancers welcomed. Book your place today, contact Eiméar 0862584465.

#### Returning to Church - Opened

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

**1<sup>st</sup> Friday Calls will be done on Thur + Friday 3<sup>rd</sup> + 4<sup>th</sup> Sept.**