

CANA At Home

Free on-line couple retreat hosted by CANA Ireland. CANA Ireland has been serving couples and marriage in Ireland since 2012. In order to continue to serve couples during this challenging time we are providing a free online retreat via our You Tube Channel CANA Journey. This retreat will happen fortnightly from 29th January for 6 Broadcasts. www.canairland.org

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 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**.

Online Prayer and Talks for Young People

Join the Youth 2000 Lockdown sessions at 7.30pm on Monday, Wednesday and Fridays. Monday – Youth 2000 bring you ‘workshops’. These are talks and lectures with a time for Q&A on the topics you request. Come along, listen in, join in, it is your chance to join a group of other young people interested in learning more about Catholicism and Jesus. Wednesday – Join our online prayer group. It is led by young people from around Ireland each week and has music, lead prayer and most importantly live Adoration of Our Lord! Friday – Join the Youth 2000 Quiz – General knowledge, music, picture rounds, join for the fun, the craic and banter, also good to bring tea/coffee! To join any of these events send an email to Emma at office@youth2000.ie with the tagline “I’d like to join!”. www.youth2000.ie

Weaving the Tapestry of Death and New Life - Lenten and Easter Scripture Based Opportunity. Details available @ www.elphindiocese.ie/lent-easter. All welcome.

Lenten Reflection Podcasts for Busy People. See Fr. Niall Ahern's reflections @ www.elphindiocese.ie/reflections

Lenten Way of Gentleness, Mondays 8 - 9 pm, www.churchservices.tv/strandhill All welcome.

Cliffoney NS Enrolment September 2021

Parents wishing to enrol their child for September 2021 can email the principal at principalcliffoneyns@gmail.com or can download an enrolment form from our school website www.cliffoneyns.com

Holy Hour Online

Elphin Youth Ministry with Elphin NET Team will host a Holy Hour every Tuesday evening which will be broadcast on Facebook live and Instagram. It can be accessed via any of the links below. Music, Prayer, Reflection, Healing and Blessing. Facebook Live: <https://www.facebook.com/elphindiocese/live> Instagram: [Instagram.com/elphinnetteam](https://www.instagram.com/elphinnetteam)

Age Action Ireland

Now more than ever it is important to have internet skills and to keep in touch with family and friends so Age Action is offering 5 hours of free remote tutoring by phone / video call to help older people use their smartphone, computer, tablet or iPad. The programme called **Getting Started KIT** takes place in your own home at a time that suits you and includes a free guide. For further information call 01 4756989 or e-mail gettingstarted@ageaction.ie

Covid-19: One Year On – A Pastoral Message from the Bishops of the Tuam Province

“Many of us will be familiar with the experience of arriving at what we thought was the top of a mountain only to discover that there is still further to climb. Sometimes the last bit can be the hardest of all. We understand the experience of disappointment and frustration that many people feel, at the news of an indefinite extension of lockdown.” Read the message in full at www.elphindiocese.ie

Living with Addiction in the Family: Mick Devine, March 27th, 10.00-12.30 (via Zoom).

Families that live with addiction experience shame, guilt and anxiety and feel it is 'all my fault.' The pressures of the past year have made this even harder. Recovery is possible This workshop will offer positive tools for managing addiction in the family so that all family members can work towards greater wellbeing.

Cost €10 or €20 per family. Register and link: info@galilee.ie. **All Welcome**

Parish of Ahamlish and Inishmurray

Grange ♦ Cliffoney ♦ Mullaghmore

Rev. Christy McHugh

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Issue 216, Saturday 13th February 2021



Fourth Sunday of Lent

The Son of Man must be lifted up...

HAPPY
mother's
DAY

A Very Happy St. Patrick's Day to All!

Visit us on ahamlish.com

&

Ahamlish Parish Sligo Facebook Page.

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

Pope's Intention (universal) for March 2021

Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.

Elphin Diocesan-wide Prayer Support Initiative for our world's 25 million+ refugees + 4.2million asylum seekers is under consideration. To find out more please visit: www.elphindiocese.ie/prayer4refugees

Thanks for your donations which I really appreciate at the difficult time for many people.

You can continue to give in the usual way or at ahamlsh.com or by direct debit or by handing it in through the letter box, Parochial House, Grange.

Cliffoney to Clifden Challenge: 4th April – 6th June (9 Weeks)

You can Walk, Jog, Run or Cycle the distance of 180 kilometers. You can register now via the Club's Facebook Page or the Online Platform organised by My Run Results. People who register will automatically be entered into a free draw with 1st, 2nd, 3rd & 4th prizes.

<https://www.facebook.com/cliffoney.celtic>

<https://www.myrunresults.com/events/cliffoney%20to%20clifden%20180km%20challenge/4075/details>

Badges will be given for reaching each of the 8 stages; 1) Cliffoney to Sligo, 2) Tubbercurry, 3) Charlestown, 4) Bohola, 5) Castlebar, 6) Leenaun, 7) Letterfrack and 8) Clifden. You can also order Club Merchandise (e.g. Club t-shirts, hats and medals): Available through My Run Results who handle orders directly. Registration Fees: Individual €20, Couple €30, U16s €10, Family €40. All debit and credit cards accepted. In aid of Cliffoney Celtic FC's Development Project for new dressing rooms.

Forms of Friday Penance

The following are suggested as ways of fulfilling Friday penance:

- Abstaining from meat or some other food;
- Abstaining from alcoholic drink or smoking;
- Making a special effort at involvement in family prayer;
- Making a special effort to participate in Mass on Fridays;
- Visiting the Blessed Sacrament;
- Making the Stations of the Cross;
- Fasting from all food for a longer period than usual and perhaps giving what is saved to the needy;
- Helping the poor, sick, old or lonely.

Do You Want To Fast This Lent? – In the Words of Pope Francis

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints; contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness; fill your hearts with joy.
Fast from selfishness and be compassionate.
Fast from grudges and be reconciled.
Fast from words; be silent and listen.

Prayer for Mothers – By Michael Hollings

Lord, did your mother fuss? Mine does like mad: I'm sure yours didn't if she's like what we are told about her. Yet I remember she was upset when you went off to the temple on your own. I hope she did fuss a bit and then you'll understand how I feel! It helps when I know that you had to put up with the sort of things we have to and that you didn't shout at her to shut up the way I do. I don't want to shout really but I get fed up with her fussing. Show me how to stay calm and to soothe her down so I can tell her that I know what I'm up to, and know how to look after myself. This would be such a help, Lord.

My baby

St. Patrick's Day Mass will be offered in St. Molaise Church, Cliffoney at 12.00am available on FB.

Masses Grange

Sat 13 th Mar	11am	Funeral Mass for Maeve Conway at St. Molaise Church, Cliffoney
Sun 14 th Mar		4 th Sunday of Lent Aidan McGowan, Carns Owen + Nora B. Healy, Mount Edward Mark Hannon (10 th Anniversary) Eileen Gallagher, Cliffoney (4 th Anniversary)
Mon 15 th Mar		For the People of the Parish
Tue 16 th Mar		Sharon Carleton
Wed 17 th Mar		St. Patrick's Day Mass Danny McHugh Hugh O'Reilly
Thur 18 th Mar		Feast of St. Cyril of Jerusalem Private Intention
Fri 19 th Mar		Private Intention
Sat 20 th Mar		Private Intention
Sun 21 st Mar		Fifth Sunday of Lent Eileen Haran, Rinroe (1 st Anniversary) John + Mary Meehan, Mullaghmore Brigid Kennedy – Breaghwy

Grange Sunday Collection: €

Please remember in your prayers:

Nora Ewing (nee Donlon) Collooney + formerly Moneygold, Grange, died 5th March at Nazareth House, Sligo. Our sympathy to her husband Pearse, children Robert, Marie, Kevin, Pearse Jnr., Connie, Damien, Lorraine and Adrian, grandchildren, brother Martin Donlon, Moneygold, sister, nephews + nieces. Funeral Mass took place in Church of the Assumption, Collooney with burial in St. Nathy's Cemetery.

Maeve Conway, 11 Brookfield, Cliffoney died 10th March unexpectedly. Predeceased by her husband Vivian + son Fergal. Our sympathy to her sons Denis, Jack, Vivian + Seamus + Rory, daughters Fionnuala + Lorraine, grandchildren, brothers + sisters, nieces + nephews. Funeral Mass took place in St. Molaise Church on Sat 13th Mar at 11am with burial in Ahamlish Cemetery.

Edward (Ted) Tuohy, Tipperary + Kerry died March 6th in his 96th year; the last member of the Tuohy Family, Shelagh Rhatigan, Cliffoney, being his sister. Our sympathy to his wife Lucy + six children, 11 grandchildren and 9 great-grandchildren. Funeral Mass took place in the Church of the Assumption, Ballygary on March 8th with burial in adjoining cemetery.

Ted Jones, Belfast + Mullaghmore died March 5th. Our sympathy to his wife Kate + children Lizanne, Nick, Rachel + Judith, grandchildren, sister Eilish. Funeral Mass took place at Newtownabbey Church on March 9th. May he rest in peace.

John Nimnock, Derry + Carns. Predeceased by his wife Mai Gillen (of John Franks) Canada Road. Our sympathy to his daughters Margaret + Dolorus Peoples and grandchildren. Burial takes place on Mon 15th March in Colrairie.

Springtime: A Prayer Guide for the Season of Lent

Download the Lenten Prayer Guide at www.elphindiocese.ie

Accord – Relationship Counselling

Accord is open for relationship counselling in these difficult times. Professional Counsellors are available to help explore any difficulties you may have in your relationship in a safe and friendly atmospheres. Please contact Ann at 087-6765425 for more information. All HSE guidelines observed for Counselling.

Affordable Live-in Homecare provides live-in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Eileen or Tom today on 087 9916791 or 087 7440729. Our website is www.alhomecare.ie