
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.

Amanda Gorman's Catholic Faith

Long before she read her poem at President Biden's inauguration, Amanda Gorman had been reciting her poetry to the parishioners of St. Brigid Church in Los Angeles. St. Brigid's pastor, Fr. Kenneth Keke, says he didn't just see Gorman as a solo act but that she represented the entire parish in South Central Los Angeles, which is predominantly African-American but now has a growing number of Latinos, Filipinos and white members, also. "Everyone here is important," Fr. Keke said. "Whatever belongs to the parish belongs to everyone; in our parish, the success of anyone is the success of all. It's also the pride of all." The parish displayed pictures of their daughter, friend and parishioner with pride after she became the youngest in history to perform at an presidential inauguration. When she was accepted into Harvard University, Gorman received a scholarship donation from her parish. On her visits home, she never forgot her spiritual home and would visit regularly.

Gorman, who had been writing and developing her style since she was a young girl, was named the Youth Poet Laureate of Los Angeles at 16. Around that time she wrote a poem for a Mass at St. Brigid's commemorating the Rev Dr. Martin Luther King Jr.

Her inaugural poem, 'The Hill We Climb', speaks of a country "bruised but whole, benevolent but bold, fierce and free," adding: "We will not be turned around or interrupted by intimidation." It ends with the promise of rebirth and reconciliation: "Our people diverse and beautiful will emerge, battered and beautiful... For there is always light, if only we're brave enough to see it. If only we're brave enough to be it." St. Brigid's parish is planning to celebrate Gorman's achievement in some small way soon and in a more significant way once COVID-19 restrictions are lifted.

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

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

Issue 215, Saturday 6th February 2021



Third Sunday of Lent

Let us worship in spirit and truth

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 ahamlish.com or by direct debit or by handing it in through the letter box, Parochial House, Grange.

Pope To Visit Syria & Iraq

Remembering in prayer Pope Francis' mission visit to Syria and Iraq, Mar 5th – 8th.

Commentary on Our Third Sunday Scripture

Reading I

Since civil and religious laws were so intimately intertwined in Hebrew culture, we must read the laws of the Old Testament with this in mind. Civil laws and laws clearly conditioned by time and culture (e.g., dietary laws) do not bind us any longer. The Ten Commandments, however, are timeless. Millions of Christians and Jews alike go by these laws. There is not only human but also divine wisdom imbedded in them. But remember, in observing laws, we Christians should be motivated by love: "You did not receive a spirit of slavery leading you back into fear, but a spirit of adoption through which we cry out, 'Abba!' (that is, 'Father')."

Reading II

Jews demand "signs" (Gospel). They want the spectacular. Greeks want "wisdom." Everything must be clearly understandable. There is no room for intuition, vision, mystery. It may be that Paul's Jews and Greeks characterize two kinds of Christians. The first comprises those who hanker for the spectacular in worship. It must be exciting, or else they will not come. They are the people who ask, "What does a worship service offer me?" and not, "What can I do to make it meaningful?" The second comprises the rationalists who crave wisdom, analysis, insight, but do not realize that values like mystery, intuition, love, or faith cannot be analysed without being destroyed. Paul offers his vision to both groups, namely, the cross, Christ crucified. What is your stand? There is a law of worship! (Reading I; Gospel).

Reading II

In chapter two, John relates the wedding at Cana as the first of Jesus' "signs." Then he relates the cleansing of the temple. Again "signs" are in the picture. "What sign can you show us?" "Many believed. . . , for they could see the signs he was performing." John wants to teach that Jesus finished the old way of worship (in the temple), and inaugurated a new worship "in Spirit and truth" (Jn 4, 23). This transition was accomplished by Jesus' death and resurrection. Organized worship and laws for participating in it only make sense if worship is motivated by Spirit and truth! God is not interested in hypocritical display. Make your worship meaningful today!

Pope Francis' Struggle with Sciatica

Pope Francis was forced to cancel a number of public appearances during Christmas and the start of the year due to recurring problems with sciatica. The 84-year-old pope was unable to celebrate Mass marking the Sunday of the Word of God in St. Peter's Basilica, or to preside at vespers for the conclusion of the Week of Prayer for Christian Unity. The pontiff has suffered with the painful nerve condition for several years. (Sciatica is caused by pressure or rubbing on the sciatic nerve, which starts in the lower back and runs down the back of the thigh and leg to the foot.)

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.

Masses Grange

Sat 6 th Mar		Ann Currid Feast of St. Colette
Sun 7 th Mar		Third Sunday of Lent John Harrison (1 st Anniversary) Gus McHugh Eileen Gray (4 th Anniversary) Kenneth McGowan (4 th Anniversary) Peter + Nora Healy, Mount Edward Patrick Barry, Mullaghmore (35 th Anniversary) Rose McGonigle (19 th Anniversary) Gerry McHugh, Sligo + Castlebar Months Mind Martin Currid, Mullaghmore Months Mind
Mon 8 th Mar		Feast of St. John of God Mass for People of the Parish
Tue 9 th Mar		Kenneth McGowan (4 th Anniversary) Derrylahan
Wed 10 th Mar		Tony Geraghty
Thur 11 th Mar		Feast of St. Aengus
Fri 12 th Mar		Joey Murphy
Sat 13 th Mar		Sharon Carleton
Sun 14 th Mar		4 th Sunday of Lent Aidan McGowan, Carns Owen + Nora B. Healy, Mount Edward
Grange Sunday Collection: € 630		Cliffoney Sunday Collection: €800

Please remember in your prayers:

Dr. Philomena O'Hagan-McManus, Manorhamilton, Co. Leitrim died 3rd March. Our sympathy to her husband Desmond, children Liz, John, Maeve + Derval, grandchildren, brother Fergus (Moneygold) sisters, Leon O'Grady (Mullaghmore) and Norleen + Mai. Funeral Mass took place in St. Clare's Church, Manorhamilton.

Mary (Mai) Cunnane (nee Gilmartin) Glenview, Grange died 4th March at North West Hospice. Our sympathy to her husband Michael, sons, Sean, Donal + Liam, grandchildren Aoife + Eoin, and sister Phil Hartigan, Sligo. Funeral Mass took place at Church of Mary Immaculate, Grange on Sat 6th March at 12.00 with burial in Sligo Cemetery.

Springtime: A Prayer Guide for the Season of Lent

The restrictions in place because of Covid-19 mean that as a Christian Community we cannot gather for our usual religious services. This situation challenges us to find new ways of reflecting on our faith and praying in our homes as the "Domestic Church". It is hoped that this guide, prepared by the Diocese of Clonfert and the Diocese of Elphin, will assist you in doing just that. When we gather again in Church, let us not forget to enrich our spiritual lives by continuing to pray at home. 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.

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)