

The Desert Monk

One day a desert monk, Father Anthony, was relaxing outside his cell when a hunter came by and rebuked him for idling. Anthony said, "Bend your bow and shoot an arrow", and the hunter did so. "Bend it again and shoot another", Father Anthony repeated. And the hunter did so – again and again.

The hunter said, "Father Anthony, if I keep my bow always stretched, it will break".

"So it is with us", replied Father Anthony. "if we push ourselves beyond measure we will break".

It is right for us from time to time to relax our efforts. People travel to wonder at the might of the mountains, at the rolling waves of the sea, at the long course of rivers, at the vast compass of the ocean, at the circular motion of the stars and they pass by themselves without wondering.

St Augustine

Balancing Work & Leisure

Life has become about making a living, when really one makes a living so as to have a life. Of course, this means that life itself must be directed towards something else, something which gives it meaning. If we wish to discover what this is, we need only look at Genesis and discover therein God's plan for man.

The culmination of Creation is the Sabbath when God rests from His labours. Elsewhere, Jesus tells us that the Sabbath was made for man. What does this mean? Man does not rest in order to be able to work: he works in order that he may be able to rest. It is for that reason that he was created, and it is this that raises him above other creatures. The Catholic philosopher, Josef Pieper expresses this point by a rather provocative expression, saying that we work in order to have leisure. To our ears this sounds almost immoral, but one must understand correctly what Pieper means by leisure. The heart of leisure

is celebration, and its pinnacle is contemplation of God. Leisure is not about indulging in gratifying activities for the sake of sensual or intellectual pleasure. It is certainly not just about non-activity, even though that is necessarily implied. Leisure is the ability to simply be and to rejoice in being. It is to recognise oneself as a creature, who for all one's labours, does not sustain oneself in existence.

Rather, we recognise a *givenness* to our existence. Life, existence, being, are all something we have received from another as gift, and precisely as immeasurable gifts, they can only be celebrated. This applies not only to our own self, for we find ourselves in a world that is also a gift. This is why Pieper is able to say, 'the exaggerated value which is set upon hard work [is] this: man seems to mistrust everything that is effortless; he can only enjoy, with a good conscience, what he has acquired with toil and trouble; he refuses to have anything as a gift'. This also explains why the pinnacle of leisure is contemplation, since leisure is about being receptive, and contemplation is ultimately a pure gift of grace. The clearest sign that our culture has made an idol out of work, has been the obliteration of Sunday as a day free of servile work. If then, one was to draw a lesson in this year of St. Joseph from his model as a true worker, one would not go wrong in returning work to its proper place in our lives.

A step in this direction is the recovery of Sunday, to resist the temptation to fill it up with 'relaxing' activities. By an action of 'emptying', one creates the opportunity to be filled by God. When we restore His place (overrun by work) to Him, we will discover our place in Him.

Back to Church

Everyone is welcome to come to Mass. There will be an upper limit of 50 people in attendance. Please maintain social distance when in the church, sanitise your hands on the way in and the way out and wear a mask.

Pentecost Sunday 23rd May Collection is by special envelope –

Available in the church porch. This collection forms part of the priest income. Thank you for your continued support.

Tarsus Scripture School

The Tarsus Scripture School Pentecost Programme consists of 3 pre-recorded presentations: "Babel to Jerusalem and beyond: Acts 2:1-11" (Jessie Rogers), "There is a variety of gifts but always the same Spirit: 1 Corinthians 12:3-7, 12-13" (Kieran O'Mahony), "Breathing new life: John 20:19-23" (Sean Goan). The programme is free of charge. To register visit www.tarsusscriptureschool.ie

Parish of Ahamlish and Inishmurray

Grange ♦ Cliffoney ♦ Mullaghmore

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Trinity Sunday

“... not a puzzle to be solved
But a truth to be lived”

Visit us on ahamlish.com

&

Ahamlish Parish Sligo Facebook Page.

Join us for every mass online through our FB Page at Grange Church

Masses Cliffoey		
Sun 30 th May	10.30am	Feast of The Holy Trinity
Fri 4 th June	10am	First Friday Mass Enrolment Mass
Sun 6 th June	10.30am	Corpus Christi Vivien + Fergal + Maeve Conway Tina Currid, Mullaghmore (8 th Anniversary) Mary + Jack McHugh

Pope's Intention (universal) for June 2021

Let us pray for young people who are preparing for marriage with the support of a Christian community: may they grow in love, with generosity, faithfulness and patience.

National vocations office: Contact us, tel: 01505318, email:eric.cooney@vocations.ie

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

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)

Mary's Meals

Mary's Meals needs your help. War rages on in Tigray, Ethiopia, and much of the world remains unaware. The stories we are hearing from our trusted local partner The Daughters of Charity, about what people have gone through since the conflict began last November are nothing short of horrific. But with communication channels only partially open and much of the country still in 'blackout', global media remains largely silent. To find out more please go to www.marysmeals.ie or call Patricia Friel on 086-3140814.

Caregivers In Your Area

Are you looking for a career in caring for the elderly, have you recently retired or have your children now left home? **Home Instead Senior Care** are always looking to recruit carers. Whether you can work a couple of hours a week or you want to work full time, we would like to hear from you. Experience and FETAC/QQI level 5 qualification in Healthcare is an advantage but not compulsory as training may be provided. Your own transportation is essential. Please contact Lisa @ 071 931 7051 for further information or via email Sinead.mcdermott@homeinstead.ie

Towardshealing.ie

Free counselling service for people who have experienced abuse in the context of the catholic church.

Herb and Flower Growing for Healthy Living. With Richard Kennedy

Galilee Spirituality Centre Quiet Garden, Wednesdays June 9th and 16th, 7.30pm. Cost €5. Booking info@galilee.ie

This series was interrupted in March last year – so we finally hope to be able to hold the second two evenings! It will be relaxed, fun and practical – with time for planting and growing. Richard Kennedy is a gardening expert and owner of Courtdale Horticulture, and a Christian lay minister. He will combine these roles to lead us in a journey of discovery in the world of gardening and spirituality. *NB booking is essential for these evenings. They are dependent on the COVID restrictions and we may have to postpone at short notice.*

Masses Grange - All these masses available on Facebook		
Sat 29 th May	8pm	Feast of St. Paul VI Tony Farrell, Ballyscannell Months Mind
Sun 30 th May	12.00	Feast of The Holy Trinity Barry McSweeney Noreen McGloin, Grange + Sligo (2 nd Anniversary)
Mon 31 st May	9.30am	Feast of The Visitation of the Blessed Virgin Mary For the People of the Parish
Tue 1 st June	9.30am	Feast of St. Justin
Wed 2 nd June	9.30am	Tom Mullen, Chapelfinnerty, Ballinamore Bridge
Thur 3 rd June	9.30am	Feast of St. Kevin
Fri 4 th June	9.30am	Enrolment Mass
Sat 5 th June	12.00 8pm	Baptism Jack Hoey Janet Duffill Months Mind
Sun 6 th June	12.00 1pm	Patsy Currid, Lislary (17 th Anniversary) + parents Winifred + Patrick John Gillen, Newtownward Baptism
Sunday Collection: Sun 16 th May: €1170 Sunday 23 rd May: €640		

Please remember in your prayers:

Cecelia Glenane (nee Kee) Cloonty, Cliffoey; formerly Convo, Donegal died 28th May 2021 at her residence + surrounded by her family. Our sympathy to her husband Liam, daughters Rozarah + Eva Lily, her parents Willie + Mary Kee, her siblings Gerard, Jacqueline, Vernon + Venita, her mother-in-law Bridgie and extended family. Celebration of her life takes place at Lakelands Crematorium, Cavan on Sun 30th May at 4pm. May she rest in peace.

Star of the Sea Retreat Centre - Mullaghmore

Upcoming Events in Star of the Sea, Retreat & Conference Centre, Mullaghmore, are available to view on www.staroftheseacentre.com For more information and bookings please contact Louise or Frank at staroftheseacentre@gmail.com or on 071 9176722. Additional events will be added over the coming weeks.

Good wishes to Cian of "Gala Shop", Cliffoey who served so efficiently + gallantly for the past year. We wish him well in Cork where he studies Film + Media.

Irish Volunteer Agency Creates Online Global Network

Vitiores Christi, a faith-based development organisation has specialised in the recruitment, training and deployment of overseas volunteers since 1960. VC have just launched, along with our partner agencies in Volunteering for Humanity, a new Online Discussion Forum that is open to all! The Forum is an online community that is free for everyone to join and to start discussions about volunteering - how to become a volunteer; to share stories and to find volunteering opportunities such as the #EUAVI. To learn more about the forum go to our website www.vcvolunteers.ie

The Poetry of Loss (before we go back...) With Anne Francis (online)

A morning to acknowledge the losses of the past year through poetry and reflection. June 19th, 10.30am-12.30pm. €10 All welcome. Booking and link info@galilee.ie
Anne Francis is Director of Galilee Spirituality Centre.

First Friday Calls will resume on Thursday + Friday June 3rd + 4th.