

Totus Tuus Eucharistic Conference 2023

Totus Tuus Eucharistic Conference 2023 is live on **Radio Maria**, Ireland from **2pm on Saturday 4th February**. Speakers include Fr. Columba Mary Toman, OP, Fr. Patrick Cahill, O.J.S.S., Fr. Patrick Lagan (Derry Diocese), Maura Murphy (Holy Family Mission). Radio Maria, Ireland can be listened to by downloading the Radio Maria Ireland APP, Saorview Channel 210 or listen live at (01)4373277.

Cliffoney Dramatic Society

Cliffoney Dramatic Society presents 'MOTHER KNOWS BEST' on **Friday 3rd and Sunday 5th February** in Cliffoney Hall, with an amazing cast, features many local celebrities and some new talent. Come early to avoid disappointment. Doors open @ **7:30pm**. Play starts at **8:00pm** sharp.

Enrolment Evening

The enrolment evening of Cliffoney National School will be on the **31st of January @ 7:00pm**. We are looking forward to meeting all prospective pupils and parents.

HEALING & RENEWAL (WEEKEND RETREAT)

Generational healing of the family tree; healing of memories; unbound ministries (freedom through Christ). Date: **17th, 18th, 19th February 2023**. Venue: **Tara Hotel, Killybegs, Co. Donegal**. Activities: **Holy Mass & Adoration, Confessions & Healing Services, Praise and Worship**. Led by: Fr Brendan Kilcoyne, Fr Luke Oheimi, Deacon John Taaffe, Deacon Pat Butterly, and others. For booking & Info, contact: **Mary Leonard 0877 847 304, Mary Corcoran 0863 152 460**. Donation for 3-day retreat: **35 euro Per Person**.

ALONE Volunteers

Would you be willing to provide companionship to an older person locally? ALONE are **seeking volunteers in your area. Full training and support provided**. If interested, please contact **Karen on karen.byrne@alone.ie** or on **086 057 6401**. If you are over **60years** and would like to know more about the services ALONE can offer you, please call **0818 222 024**.

Congratulations

We send congratulatory words to the **Catholic Schools across Ireland** as they conclude with the Catholic Schools' Week today, **Sunday 29th January**.

Parish of Ahamlish and Inishmurray

Grange • Cliffoney • Mullaghmore

Fr. Christy McHugh

Parochial House, Grange, Co. Sligo F91 HR26

Tel: 071 9163100 **Web:** www.ahamlish.com **Email:** ahamlishparish@gmail.com

Facebook: Ahamlish Parish Sligo

Sunday 29th January 2023

4th Sunday in Ordinary Time A



Online Mass

Every Mass from Grange Church available on our Facebook Page

Adoration

Every Wednesday, 7-9pm, Cliffoney Church

Every Thursday, 7-9pm, Grange Church

Mullaghmore Masses

Saturday 28 th January	6:30pm	Fourth Sunday in Ordinary Time
Saturday 4 th February	6:30pm	Fifth Sunday. Martin Currid (2 nd Ann)

Cliffoney Masses

Sunday 29 th January	10:30am	Fourth Sunday in Ordinary Time
Friday 3 rd February	10:00am	St. Blaise
Sunday 5 th February	10:30am	Fifth Sunday. Kathleen Oates (1 st Ann) + brother, Eddie Higgino

Collection: €586

Grange Masses

Saturday 28 th January	8:00pm	Fourth Sunday. Kevin Drugan (2 nd Ann)
Sunday 29 th January	12noon	Fourth Sunday. Agnes Clancy (1 st Ann)
Monday 30 th January	9:30am	St. Aiden. John Harity (6 th Ann)
Tuesday 31 st January	9:30am	St John Bosco. 2 nd Class Pupils
Wednesday 1 st February	9:30am	St. Brigid. 6 th Class Pupils
Thursday 2 nd February	9:30pm	Feast of the Presentation of the Lord
Saturday 4 th February	8:00pm	Fifth Sunday. Marian Carney (7 th Ann)
Sunday 5 th February	12noon	Fifth Sunday. Anthony Lockhert (14 th Ann)

Collection: €915

Church Father on "the Beatitudes"

"When I have learned contentment in poverty, the next lesson is to govern my heart and temper. For what good is it to me to be without worldly things, unless I have besides a meek spirit? It suitably follows therefore, Blessed are the meek... Soften therefore your temper that you be not angry, at least that you be angry, and sin not. it is a noble thing to govern passion by reason; nor is it a less virtue to check anger, than to be entirely without anger, since one is esteemed the sign of a weak, the other of a strong mind." - St. Ambrose, quoted in St. Thomas Aquinas' *Catena Aurea*, as translated by St. John Henry Newman -

Please Remember in Your Prayers:

☩ Phil Mc Ardle, sister of Catherine Kelly, who died on the 13th of January, in Trim. Funeral took place on Wednesday 18th January 2023. Our sympathy to her husband Jim, sisters and brothers Catherine, Geraldine, Mick, and Pat; extended family and her many friends.

Legion of Mary: The Legion of Mary members would be organizing a rosary at the Cliffoney Church, @ 12noon, on **Wednesday 1st February**, St Bridget's Day. All are welcome to join.

Family Day - Sligo

Organized by "Living Family". A family retreat day will take place in the **College of the Immaculate Conception, Summerhill, Sligo**, on Sunday **February 5th, 2023**, beginning @ **10:30am** and closing with a **Eucharistic family blessing @ 5pm**. To book, visit facebook.com/livingfamilyireland or contact **Therese on 0868228174** or info@livingfamily.ie

The Serenity Prayer:

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference, living one day at a time; enjoying one moment at a time; taking this world as it is and not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen. - Reinhold Niebuhr-

Confessions in the Parish

Mullaghmore: Saturday, 6:00pm to 6:30pm before Mass. **Cliffoney:** Friday, 9:30am to 10:00am before Mass.

Grange: Thursday, 8:00pm to 8:30pm, with the Adoration of the Blessed Sacrament

Communion Round and Confession to the Homebound is **Thursday 2nd** and **Friday 3rd February. Be prepared.**

Cliffoney/Grange Community Games 2023

AGM on Tuesday, **31st January @ 8:30pm North Sligo Sports Complex, Grange**
We are keenly looking for few people to help out at Community Games. If you would like to help out, please attend our meeting which will take place in North Sligo Sports Complex, Grange.