

St. Brigid, A Woman for Today – According to historians, Brigid was born around 450 A.D. and died around 523. Her father's name was Dubtach or Duffy, a chieftain whose residence was at Knocknageallach, about three miles outside Kildare town. Her mother Brocseach was a Christian. **Where was Brigid from?** There are conflicting claims to her birthplace; some say Faughart, Co. Louth; others Kildare; and some would say Croghan, Co. Offaly. She built her monastery in Kildare at the end of the 5th century. Some historians attribute the foundation of monastic life in Ireland to St. Brigid. What matters is that her spirit lives on today – 1500 years after her death. A recent painting of St. Brigid depicts her dancing the dance of the New Life of Creation – carrying the spirit of Jesus into the 21st century. Brigid was a woman who modelled her life on Gospel values. There is a whole revival of interest in Brigid, not just in Ireland but worldwide. There are many reasons for this.

1. Groups who are interested in the environment and the care of the Earth look to Brigid as a woman who has great reverence and respect for the land. Brigid is associated with the ploughing, the sowing, the milking, the butter-making and even the brewing of ale. Brigid would certainly be protesting today at the pollution of our rivers and the destruction of our environment.

2. Brigid's life inspires hope in those who yearn for the full equality of men and women in Church and in society today.

3. Brigid embodies the spirit of Christian and pre-Christian Ireland. There is a whole revival of interest in our own history and in our Celtic roots.

Today, our spirituality is nourished by experience and one's personal story – this is another reason Brigid is being reclaimed in our day. She had great compassion for the poor people of her day e.g. the story of Brigid giving away her father's precious sword to a poor man – to go and exchange it for food for his family.

This gesture of Brigid has much to teach us. It's a lesson for our world which spends a million pounds a minute on weapons and at the same time millions go hungry in Rwanda, North Korea, Central Africa and Asia.

It's a lesson too, for our world where 25% of the earth's population own and consume 75% of the resources. (that's like ¼ of us eating ¾ of the cake) Brigid not only shared her bread with those in need but she also assured them of their dignity as people. She challenges us today to build a world where people and our earth are more important than power and profit. What was it that inspired and nourished Brigid's and the Celtic Christians of her day? I believe it was their awareness of the presence of God in themselves and in all creation.

Bratach Bríd – Saint Brigid's Cloth Tradition – Long ago people left out some cloth/ribbon on the outside windowsill of their home on the eve of St Brigid's day. It is believed that St Brigid blessed the cloth. The cloth could be used in the home if anyone had a sore throat, ear, head etc. People would have rubbed it on the area or put it under a baby's mattress to keep it safe. It was also used to help animals.

The role of Healthcare Chaplain (part time) at Sligo University Hospital is now advertised. Details are available on our social media – Facebook and Instagram and also on www.elphindiocese.ie and www.chonrydiocese.org as well as irishjobs.ie

JOE'S FAITH.com – Joseph Wilson was born Dec 12th 1994: died 20 Dec 2011. Joe lived in Carfin, Scotland with his parents Alan & Veronica & his younger sister Angela, he had tremendous faith & attended Mass daily. When he died, his family discovered a diary which has now been put into a book. His thoughts & delights on his growing faith is caught by his words. The local grotto to Our Lady of Lourdes was a favourite place for Joe to pray. Since his death, the grotto has seen hundreds gather to pray. The church in Scotland has begun the process of canonization, completing the first stage & sending his life history & testimony of many to Rome.

*"After going to Mass on Sunday I feel I have returned home.
I've gone back to where I belong"* ~ Joe 31 August 2009

Parish of Ahamlish and Inishmurray

Grange ✠ Cliffoney ✠ Mullaghmore

Fr. Christy McHugh

Tel: 071 9163100

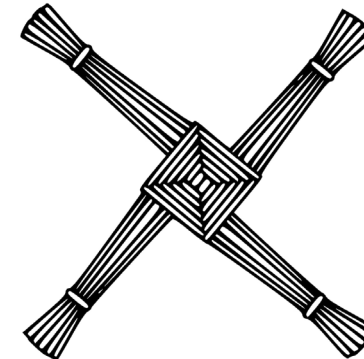
Web: www.ahamlish.com

Email: ahamlishparish@gmail.com

Facebook: Ahamlish Parish Sligo

Sunday 01st February 2026

FEAST OF SAINT BRIGID



Online Mass

Every Mass from Grange Church available on our Facebook Page

Adoration

Every Thursday, 7-9pm, Grange Church

Every Wednesday, 7-9pm Cliffoney Church

Weekend Mass Times

Saturday – Mullaghmore 6:30pm

Saturday - Grange 8:00pm

Sunday – Cliffoney 10:30am

Sunday – Grange 12noon

Mullaghmore Masses

Saturday 31 st January	6:30pm	Vigil Mass of feast of St Brigid
Saturday 7 th February	6:30pm	
Saturday 14 th February	6:30pm	
<i>Monthly Eucharistic Healing Service: 7.30-9.00pm – Mon 09th Feb 2026</i>		

Cliffoney Masses

Sunday 01 st February	10:30am	Feast of St Brigid Eddie Higgins , Castlegal Kathleen Oates (4 th Anniv) Packie & Kathleen Harrison (14 th & 23 rd Anniv) Anna Lyon (11 th Anniv) Jim Crotty (15 th Anniv)
Sunday 8 th February	10:30am	Ann Hoey (2 nd Anniv) Gordon McKinney (2 nd Anniv)
Saturday 14 th February	3:00pm	Baptism – Cillian
Sunday 15 th February	10:30am	Sixth Sunday in Ordinary Time
Collection €1045		

Grange Masses

Saturday 31 st January	8:00pm	Josephine Woods - Carton (1 st Anniv)
Sunday 01 st February	12noon	Anthony Lockhart (17 th Anniv) Michael Feeney Months Mind Kevin Drugen (5 th Anniv)
Saturday 7 th February	8:00pm	Charles & Mary Costello John Pa Leonard (4 th Anniv) and parents Pa & Bea Marian Kennedy (3 rd Anniv) J.J. & Maura Sheerin
Sunday 8 th February	12noon	Fifth Sunday in Ordinary Time
Saturday 14 th February	8:00pm	Feast of St Valentine
Sunday 15 th February	12noon	Sixth Sunday in Ordinary Time
Collection €694		

St. Vincent De Paul Volunteers St. Teresa's Conference Grange.
We thank you for the generous response to our Christmas appeal.
Your support will help us reach out to those in need in our local community.
If you need us contact: **087 186 8490 – All calls are confidential.**

Rediscover the Bible - Venue: Summerhill College Sligo
Every Tuesday evening, Beginning Feb 3rd and ending on 24th March
7:30pm to 9:30pm. Cost €100. Price includes a free Bible & resource kit
Led by: Deacon Frank McGuinness. For booking contact Frank at
frankmcguinness@hotmail.com or 087 9880690 www.resdisciverthebible.ie
Booking essential. Places limited! Your Word is a light for my Path!

St Brigid's day – Legion of Mary will offer the Rosary
at Cliffoney Church @ 3pm on Feb 1st.
St Brigid's well can be visited after the Rosary weather permitting.

Please remember in your prayers: Maura Sheerin & her husband J.J. who died in Surrey, England on Oct 8th & Oct 23rd 2025. Our sympathy to J.J.'s sister Margaret Waters, Streedagh.

Lorcan McMahon, (61), Blessington, Co. Wicklow. Our sympathy to his wife Claire, son & daughter & his brother Ronan of Dublin & Mullaghmore.

Cathy Dunleavy, Ballinfull, died 25th Jan. Our sympathy to her mum Shelia, brothers, John, Connor & Brian & extended family. Funeral Mass was offered at St Patricks Church, Maugerow on Jan 28th with burial in Carrigeens Cemetery.

John O'Boyle (65) died at SUH on Jan 28th, Doonfore, Ballinfull. Our sympathy to his family. Funeral Mass was offered on Sat 31st Jan in St. Patricks Church, Maugerow, followed by Cremation.

Gilbert Muldowney, Ballinameen, Roscommon (23yrs). Our sympathy to his parents. Deacon David Muldowney) formerly Chair of the Board of Management of Star of The Sea, Mullaghmore and Meg Muldowney, his sisters Rachel & Kate & extended family & friends & fellow soldiers. Died 25th Jan 2026 at Northumbria, England.

It's Back! 3Hail Mary's – by Tommy Marren

Kiltyclogher Community Centre
Friday 6th and Saturday 7th February
Tickets €22 | Book now | Selling fast!

*“Anois teacht an Earraigh
Beidh an lá dul chun shineadh
Is taréis na feil Bride
Ardoigh mé mo sheol”*

Caretaker needed at Scoil Naomh Molaise - We are seeking a reliable, proactive and friendly person to join our school community as caretaker at Scoil Naomh Molaise. This is a key role in ensuring our school remains a safe, welcoming, and well-maintained environment for pupils, staff, and visitors. The successful candidate must be Garda vetted, and should have:

- Experience in maintenance, caretaking, or a similar facilities/site role.
- Strong DIY skills and confidence in carrying out routine repairs.
- Effective communication skills and the ability to work well as part of a team.
- A positive, solution-focused attitude and the capacity to work independently.

Interested individuals should contact the principal at applications@molaise.com or the school office on 0719163419 for details on how to apply.

Closing date for applications: 11th February 2026

Fitness Classes for men and women of all age – Starting on Thursday 12th February

Beginners most welcome | A mixed level class

Venue: Grange Hall | **Class 1-** 6.30pm to 7.15pm | **Class 2 -** 7.3 to 8.15pm

To book your pace please contact Clint 087 216 0662 | email v121gym@yahoo.co.uk

First class free - €10 thereafter per class.

N15 GRANGE ACTIVE TRAVEL SCHEME – PUBLIC CONSULTATION

A public consultation on the N15Grange Active Travel Scheme will run from **Tuesday 3rd February 2026 to Tuesday 3rd March 2026**. This consultation is being held on line through a public consultation portal which will be accessible at

<https://consult.sligococo.ie>

An in-person event will be held in TEMPERANCE HALL, 1 CHAPEL RD, GRANGE, CO. SLIGO, F91 CC85 ON TUESDAY 24TH FEBRUARY FROM 2PM TO 8PM. Closing date for submissions is 4pm on Tuesday 3rd March 2026.

The Project Team including recently appointed **Tobin Consulting Engineers** will attend the in-person public consultation event and will be available to listen to the public regarding the proposed project to identify key constraints & opportunities & gather feedback to help shape emerging designs.