

POPE'S LENTEN MESSAGE: Abstain from harsh words and rash judgement

Ahead of the start of Lent, Pope Leo XIV invites Catholics to open ourselves to listening, fasting, and community, urging us to abstain from words of hatred in order to make space for words of hope and peace. "I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbor." Pope Leo XIV made that invitation at the heart of his message for Lent 2026, which was released on Friday. As Lent begins on Ash Wednesday, February 18, the Pope said this liturgical season offers Christians an opportunity to place the mystery of God back at the center of our lives. Every journey of conversion, he said, begins by letting God's word touch our hearts, so that we may renew our commitment to follow Christ in the mystery of His saving passion, death, and resurrection. Pope Leo focused on the importance of listening to God and to those around us, allowing ourselves to enter into authentic relationships. "In the midst of the many voices present in our personal lives and in society," he said, "Sacred Scripture helps us to recognize and respond to the cry of those who are anguished and suffering." Christians, said the Pope, can cultivate inner openness to listening, as God does, by growing in awareness that the poor challenge our lives and economic systems, as well as the Church. Pope Leo XIV then turned to how fasting helps open us to the deep desire for justice, which he said frees us from complacency. "Precisely because it involves the body, fasting makes it easier to recognize what we 'hunger' for and what we deem necessary for our sustenance," he said. "Moreover, it helps us to identify and order our 'appetites,' keeping our hunger and thirst for justice alive". Fasting, he added, teaches us to govern our desire by purifying, freeing, and expanding it, in order to direct our desire toward God and good deeds. However, we must fast in faith, humility, and communion with the Lord, and not in a way that leads to pride, said the Pope, adding that other forms of self-denial also lead to a more sober lifestyle. Pope Leo then pointed to an under-appreciated form of abstinence, which is refraining from hurtful words. "Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves," he said. "Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities." If we do so, we will let words of hatred "give way to words of hope and peace." Pope Leo went on to emphasize the communal aspect of listening and fasting, which can be lived out in our parishes, families, and religious communities. By listening to the cry of the poor and setting our hearts on a path of conversion to Christ, we train our conscience and improve the quality of our lives and relationships, he said. "It means allowing ourselves to be challenged by reality and recognizing what truly guides our desires—both within our ecclesial communities and as regards humanity's thirst for justice and reconciliation."

Pope Leo XIV concluded his 2026 Lenten Message with a call for Christian communities to become places where those who suffer find welcome.

"Let us ask for the strength that comes from the type of fasting that also extends to our use of language," he said, *"so that hurtful words may diminish and give way to a greater space for the voice of others."* <https://share.google/ziuG6fxJZMMC5euGb>

TO MINISTER DARRAGH O'BRIEN - Stop a Canadian corporation harvesting huge forests of seaweed from the west coast: Handing over rights to a large corporation would leave communities with no input into how their land and environment was being treated. Seaweed forests are crucial for protecting communities and homes against coastal erosion, providing the bedrock of the food chains, being a nursery for fish populations, while also being a rich part of the heritage and folklore along the west coast.

For more information and to sign the petition visit:

https://my.uplift.ie/petitions/stop-canadian-company-harvesting-huge-forests-of-seaweed-from-the-west-coast?source=whatsapp&utm_campaign=blast6739&utm_medium=myuplift&utm_source=whatsapp&share=f38a9c14-7119-469b-b518-75d5d948b060

Parish of Ahamlish and Inishmurray

Grange ✠ Cliffoney ✠ Mullaghmore

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Sunday 15th February 2026

SIXTH SUNDAY IN ORDINARY TIME



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 14 th February	6:30pm	Vigil of Sixth Sunday in Ordinary Time Feast of Sts Cyril, Methodius & Valentine
Saturday 21 st February	6:30pm	
<i>Monthly Eucharistic Healing Service: 7.30-9.00pm – Mon 09th Mar 2026</i>		

Cliffoney Masses

Sunday 15 th February	10:30am	Sixth Sunday in Ordinary Time
Tuesday 17 th February	11:30am	Mass in Cliffoney Hall – All Welcome.
Wednesday 18 th February	10:30am	Ash Wednesday: Leahy
Sunday 22 nd February	10:30am	First Sunday of Lent
Collection Feb 1 st €854		

Grange Masses

Saturday 14 th February	8:00pm	Feast of St Valentine Paddy Mitchell
Sunday 15 th February	12noon	Sixth Sunday in Ordinary Time
Monday 16 th February	9:30am	Mass for the People of the Parish
Wednesday 18 th February	12noon	Ash Wednesday Cathal Prior
Thursday 19 th February	9:30am	Aonghus Leydon
Friday 20 th February	9:30am	Day of Prayer for Survivors & Victims of abuse Mary Clarke
Saturday 21 st February	8:00pm	Tom Smyth (10 th Anniv) Micky & Kathleen McSharry Padraic & Una Gilmartin & parents Patrick & Agnes & deceased of the Gilmartin & Moffitt Families
Sunday 22 nd February	12noon	Tommy Maguire Maura McSharry Jim McMorrow (3 rd Anniv)
Collection Feb 1 st €1385 Feb 8 th €990		

The Way of Gentleness – Lent 2026 – Saint Patricks Church Strandhill

A faith enrichment journey - Mondays 8pm | 2026
February 23rd | March 2nd | March 9th | March 23rd

Also online: [St. Patricks Strandhill - St. Patricks Church, Strandhill, Ireland](#)

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.

For Lent – Following on from last year,

Stations of the Cross in Cliffoney Church every Friday at 3pm.

Bingo every Saturday night in Cliffoney Hall @ 9pm. All Welcome!

Please remember in your prayers: Kathleen Crocock (nee Bowe) 25 Martin Savage Tce, Sligo & formerly of Finner, Co. Donegal. Died Feb 4th. Funeral Mass was offered on Feb 6th at St Anne's Church, Sligo. Our sympathy to her family – in particular her daughter Aideen McGloin & family Castlegal.

Michael Danny Waters, Dunfore, Ballinfull, died Feb 1st. Our sympathy to his wife Zita, son Daniel, daughter Alicia Munnely, son-in-law Gerard, grandchildren, Michéal, Fiadh & Senan, his brothers, sisters & extended family. Funeral Mass was offered in St Patrick's Church Maugherow on Feb 4th with burial in Carrigeens Cemetery.

Pam Keyes, Rosses Point died 2nd Feb. Our sympathy to her sons & daughters, in particular Paul & family, Aughagad, Grange. Funer Mass was offered at St Columba's Church on Feb 4th with burial in adjoining Cemetery.

Shelia Murphy (nee Heraghty) Dublin, formerly Sligo, daughter of Dr Heraghty – Innismurray. Our sympathy to her family. Funeral Mass was offered at St Brigid's Church Blanchardstown on Feb 13th.

Valerie Kerrigan, Coolbeg, Drumcliffe died at SUH on 13th Feb. Our sympathy to her mother Nora, sister Jackie McCann & brothers Paul, Damien & Ronan, aunts Bridie & Ida, brother-in-law James McGowan & extended family. Predeceased by her father Paddy & sister Marie McGowan; infant sister Orla & brother-in-law Danny. Funeral Mass will be offered at St Colmcille's Church, Rathcormac on Monday Feb 16th at 11.30 with burial in Drumcliffe Cemetery.

Eucharistic Healing Conference – Jesus Keep me Near the Cross "Be not far from me, for trouble is near" – Psalm 22:11

"Remember Me"

20th, 21st & 22nd MARCH 2026

GREAT NORTHERN HOTEL BUNDORAN
REGISTRATION FRIDAY 20th @ 10AM *€50

Speakers

Fr. John Keane, Mr. Aidan Byrne, Mr. Eddie Stones
Fr. Enabong, Fr. Joseph Ucherewe, Deacon Thady O'Connor,
Deacon Don Devaney, Ms Colette Furlong

For more information Tel: 086 315 2460 | 086 154 6099 | 087 784 7304

Programme Times:

Friday: 2pm – 9pm

Saturday: 9am – 9pm

Sunday: 9am – 4pm

Holy Mass | Adoration

Confessions

Surrender to the Cross Healing Service

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.