

St Joseph the Saint who sleeps and prays – My friends often wonder how I manage to sleep through anything and everything. I don't know if it is a gift or a problem, but I can tell you that once I close these eyes, I am gone! My friends tease me about it all the time. But whenever they do, I think of the Sleeping St. Joes of the Bible and no, not the political ones! I'm talking about Joseph the dreamer in the Old Testament, and Joseph the carpenter in the New Testament. Both of them did some of their most important "work" while they were asleep. Joseph in Genesis received dreams that saved nations from hunger. And Saint Joseph, the foster father of Jesus, received messages that shaped the very direction of the Holy Family. In fact, every time he had a big decision to make, God spoke to him in a dream. While he slept, he listened to God.

It is from this idea that people began to grow in devotion to the Sleeping Saint Joseph. Even Pope Francis encouraged it – he used to keep a little statue on his desk and slip petitions under it, trusting that Saint Joseph would take them to God. A gentle reminder that God works even while we rest, and that trusting in God sometimes looks like quiet, peaceful sleep.

Now when I think about sleep, there are two Bible verses that always come to mind. The first is **Psalm 127.2** *In vain you rise early and stay up late, toiling for food to eat – for he grants sleep to those he loves.* (NIV) that verse fills me with peace. It reminds me that God is still working, even when I'm not. The second is **Proverb 6:10-11** *A little sleep, a little slumber, a little folding of the hands to rest and poverty will come on you like a thief and scarcity like an armed man.* That one makes me laugh because it sounds like something an African mother would shout at you when they think you are wasting your life away. So, which one should we follow? Sleep and trust, or stay awake and work? For me, this is where the devotion to the Sleeping Saint Joseph becomes helpful. Joseph wasn't lazy. He wasn't avoiding responsibility. He was a hard working carpenter, a responsible husband, a loving father. But he also knew how to rest in God. He knew how to be quiet enough to hear God's voice. In our busy world we love to be active. We love to move, plan, respond, and organize. Sometimes we think that if we are not doing something every minute, we are failing. But spirituality is not just about doing. It is also about being, being present, being calm, being open to God, being still enough for God to speak and sometimes that is not easy. It is much easier to keep running around than to slow down and trust. So, whenever I look at the little statue of Sleeping Saint Joseph, I think of a man who trusted God enough to rest. A man who understood that even while he slept, God was guiding his life and protecting his family. And maybe that is the little reminder for us, trust God more. Allow yourself moments of rest. Make space in your heart for God to speak even in the quiet. Sure, my friends might say I love sleep so much that I even wrote an article about it. But if you ever see me snoozing, remember – I am practicing my Saint Joseph spirituality.

After all, Psalm 127:2 reminds us that God grants sleep to those He loves... though Proverbs 6:10-11 would probably tell me not to overdo it – sleeping saints need to work too!

Fr Jozséf Jibrin, from Gusau, Zamfara State in northern Nigeria, was ordained in 2024.

After his ordination, he was appointed to work in the Society's Promotion Office in Kiltegan, Ireland

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 costal 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

North Sligo Athletic Club:

Annual Table Quiz will be held in Moran's Pub, Grange Friday March 13th at 9pm. For fun and friendly competition and a great night's craic.

Parish of Ahamlish and Inishmurray

Grange ✠ Cliffoney ✠ Mullaghmore

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Sunday 22nd February 2026

FIRST SUNDAY OF LENT



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 21 st February	6:30pm	John Barry, (35 th Anniv) & deceased family
Saturday 28 th February	6:30pm	Royston Jones, Creevykeel, Month Mind
<i>Monthly Eucharistic Healing Service: 7.30-9.00pm – Mon 09th Mar 2026</i>		

Cliffoney Masses

Sunday 22 nd February	10:30am	First Sunday of Lent
Friday 27 th February	10:30am	Feast of St Gregory
Saturday 28 th February	1:00pm	Baptism
Sunday 01 st March	10:30am	Rose McGonigle (22 nd Anniv)
Collection Feb 8 th €807 Feb 15 th €617		

Grange Masses

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 Hugh Brennan (6 th Anniv)
Sunday 22 nd February	12noon	Tommy Maguire, Cloyspara (9 th Anniv) Maura McSharry (2 nd Anniv) Jim McMorro, Carns (3 rd Anniv) Michael Waters, Streedagh (3 rd Anniv)
Monday 23 rd February	9:30am	For the People of the Parish
Tuesday 24 th February	9:30am	
Wednesday 25 th February	9:30am	Jim McGorin, Larkfield, Manorhamilton (15 th Anniv)
Saturday 28 th February	8:00pm	Marian Carney (10 th Anniv)
Sunday 01 st March	12noon	Kevin McCann (1 st Anniv) Paddy & Agnes Watters, Cloonaghbawn Paddy & Theresa Farrell & son Mattie & grandchildren Lisa & Marcus Moore & deceased of the Farrell & Clancy families Peter, Nora Owen & Nora B Healy & Angela & Martin Savage
Collection €885		

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 - 6.30pm to 7.15pm

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

First class free - €10 thereafter per class.

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

Please remember in your prayers: Gloria Keegan, Luton & Drumfad. RIP 17th Feb 2026 at her residence in Luton. Our sympathy to her husband John James & family. Funeral arrangements later.

POPE’S MESSAGE: As Patriarch Athenagoras, a pioneer of the ecumenical movement, stated in a beautiful prayer: “I am disarmed of the need to be right to justify myself by judging others,” by waging “the hardest war, the war against myself.” When we remove the prejudices, we carry within ourselves and disarm our hearts, we grow in charity, work more closely together and strengthen our bonds of unity in Christ. In this way Christian unity also becomes a leaven for peace on earth and reconciliation of all.

Trócaire Annual Lenten Campaign - Focused this year on families in Rwanda who are facing the worst of the climate crisis. Trócaire worked with 40,000 people in at risk communities across Rwanda. Trained 2500 women in sustainable resource management. Planted 320,000 trees; provided 70,000 families with fuel efficient cookstoves. *Put your copper coins in the Trócaire Box and they will amount.*

Manorhamilton Historical Society present *Book Launch & Talk*
on Captain Francisco de Cuéllar in North Leitrim by Francis Kelly.
All welcome to Manorhamilton Library on March 3rd at 8pm

Camp Veritas: Residential Faith & Fun Camp, Clongowes Wood College, Clane Co. Kildare. June 23 – 28 2026 | 12 – 17 yrs. Explore and celebrate Faith.
For more info HOME-Ireland | campveritasireland
Phone Justin 087 617 1526 | Caroline 086 357 3502

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

For Lent:
Following on
from
last year,
Stations of
the Cross in
Cliffoney
Church
every Friday
at 3pm.

All
Welcome!

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.