

St. Vincent De Paul Volunteers - we are here if you need us.
All calls are confidential. St. Teresa's Conference Grange.
Contact: **087 186 8490**

“A Youth 2000 **day-retreat** takes place on **April 25 at Knock Shrine, Co. Mayo**. Youth 2000 provides an opportunity for young people (16-35) to develop their relationship with God, learn more about the Catholic faith & meet other young people through a structured retreat programme. Talks, testimonies & games. Donation only. Check out Youth2000.ie to register or contact connaught@youth2000.ie for more information.”

Accord needs you: Information night in the Sligo Park Hotel, 26th March at 7pm. ACCORD Catholic Marriage Care Service CLG is currently recruiting volunteers to train as marriage preparation programme facilitators to support couples preparing for the Sacrament of Marriage. The marriage preparation programmes are fun, interactive, and very popular with couples. The closing date for receipt of applications is Friday 29th May 2026. Contact Ann at Accord Sligo at 071 – 9145 641 or 087 6765 425 or marriagepreparation@accord.ie

Accord – Couples Counsellor / Therapist – Information night in the Sligo Park Hotel 26th March 2026 at 7pm. Accord are recruiting experienced Practitioners to train in the Specialism of Couple Counselling/ Therapy. Successful applications will follow a 20-day (10 weekends, 160 hours class) contact in-person Certificate programme – equivalent to Graduate Standard Certificate. Application forms are available on <http://www.accord.ie/join-accord> or contact Ann at Accord Sligo at 087 6765 425. Closing date for applications is April 30th 2026.

Easter Mass Cards will be available from Tuesday in local shops in Cliffoney and Grange and Grange PO.

Drink Tea for MND
Helping others. It's everyone's cup of tea.
Join us for Tea & Cake!
Grange Medical Practice,
Grange, Co. Sligo
10am to 6pm

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 place please contact Clint 087 216 0662 | email v121gym@yahoo.co.uk *First class free - €10 thereafter per class.*

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 22nd March 2026

FIFTH 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 March	6:30pm	Fifth Sunday of Lent
Saturday 28 th March	6:30pm	Madge & Pat Wymbs
<i>Monthly Eucharistic Healing Service: 7.30-9.00pm – Mon 13th April 2026</i>		

Cliffoney Masses

Sunday 22 nd March	10:30am	Karen Fowley (29 th Anniv)
Wednesday 25 th March	6:00pm	First Confession Ceremony, Cliffoney & Carns NS – All Welcome
Friday 27 th March	10:30am	Enrolment Mass
Sunday 29 th March	10:30am	Frances Crotty (20 th Anniv)
Collection € €		

Grange Masses

Saturday 21 st March	8:00pm	Eileen Haran, Rinroe (6 th Anniv)
Sunday 22 nd March	12noon	Fifth Sunday of Lent Mass offered for the People of the Parish
Monday 23 rd March	9:30am	Mick & Bridie Boyle Gloria Keegan, Drumfad Funeral Mass in Luton
Tuesday 24 th March	9:30am	Feast of St. Oscar Romero
Wednesday 25 th March	9:30am	Feast of the Annunciation
Wednesday 25 th March	1:00pm	First Confession Ceremony Grange Church - All welcome
Thursday 26 th March	9:30am	
Saturday 28 th March	3:00pm	Baptism
Saturday 28 th March	8:00pm	Mick Haran (1st Anniv) Mary Feeney, Grogagh (9th Anniv)
Sunday 29 th March	12noon	Rodger Gillen, Streedagh (8th Anniv) Ann Healy, Streedagh & deceased family Mary McGowan, Mt. Ed. (26th Anniv)
Collection €1160 Dioc Needs €25		

Dates for your Diary

- 11am - SACRAMENT OF Confirmation – April 30th 2026 Grange Church
- 11am - FIRST HOLY COMMUNION May 09TH 2026 GRANGE CHURCH
- 11am - FIRST HOLY COMMUNION May 16th 2026 CLIFFONEY CHURCH

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

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

Please remember in your prayers: Betty Gavin (nee Gilmartin Drumfad.
Funeral arrangements later.

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.

Legion of Mary: The Statue of Lady of Fatima can be given to any home that wishes to receive it for a week that suits them, which brings graces to the life of the family. If you would like to receive it, there is a book at the back of Grange Church in order to book the Statue.

Phone for any info 087 2554 554. Francis

Eucharistic Ministers: Our parish is always in need of new Eucharistic Ministers, an important ministry in the celebration of the Eucharist as well as in bringing Holy Communion to the sick and housebound. There is a training course for new and existing ministers taking place in Summerhill College beginning Monday 13th April from 8-9:30pm. If you would like to be a minister contact Fr. Christy **071-9163100**.

Community Alert Meeting – Wednesday March 25th @8pm
Venue: Tom Haran Meeting Room Molaise Gaels | All welcome!
Local Guards will be in attendance.

Reconciliation Service for Easter – Sligo Cluster of Parishes invite you to join us in Holy Cross Friary for the annual Easter Reconciliation Service. It will be held on Monday 30th March at 7.30pm. All are welcome!

The Annual Cliffoney Spring Clean
Will be on Saturday 18th April from 10am till 12, meeting at Chapel Road.

The Annual “Acies” ceremony for the **Legion of Mary** will take place in St. Josephs Church on Saturday 22nd March at 4pm. All members both active and auxiliaries are invited to this beautiful ceremony, when each year we renew our consecration to Mary, Our Queen and Our Mother.

Star of the Sea Mullaghmore
Monthly Eucharistic Healing Service – Mon 13th April 2026

Led by Deacon Frank McGuinness and Louise McGuinness. All Welcome!
The healing service will take place on the Second Monday in each month beginning at 7:30pm and finishing at 9:00pm. Dates: Jan 13th; Feb 10th; Mar 10th; Apr 13th; May 12th; Jun 9th; Sept 8th; Oct 13th; Nov 10th; Dec 8th.

Free Event