

## TIME FOR GOD?

It can be hard to find time for others in our hectic world, and it seems sometimes as though things are only getting busier. It can be the case that we let some relationships slide – friends we gradually lose contact with, or people in our community that we could make more time for but choose not to do so. We are all guilty of it to some extent. For many of us, there are legitimate reasons for this. Many people are working very long hours, trying to make mortgage repayments or hold down jobs. Or perhaps our time gets filled by taking the kids to sports events on the weekend. This is all part of life, but inevitably we get to a point where we need some “time-out”.

Unsurprisingly, we have witnessed a surge in interest in new-age spirituality, in mindfulness courses, and in holistic retreats. This is a sign, surely, of a growing awareness among people of the importance of creating space for oneself as well as others. In the course of caring for those around us, we risk neglecting our own needs.

It is the same with our relationship with God. We must make time for God in our lives. This third commandment in part reminds us of that. But “making holy the Sabbath” is about more than just going to Mass on Sundays, especially if it is done to merely socially conform. “Understanding the purpose of the third commandment is understanding what God wants for us. That is, like all of the commandments, the third one exists because God wishes to form us through it ... God gave us the third commandment so that we would ‘rest’, ‘celebrate’, and ‘gather.’ For these reasons God commands us to keep the Lord’s day holy” (James Keenan *Commandments of Compassion* 15). This three-fold mandate – to rest, to celebrate and to gather – captures the very essence of this commandment.

We are called to rest, to be gentle with ourselves, to play, and to find time for the people who are most important. Someone once told me to find the thing that truly makes me happy, and then go and do it as much as possible! It is good advice, and for me, that’s cycling up mountains. But whatever it may be, we must discover what best helps us to flourish, and then surround ourselves with that as much as possible.

## SUNDAY MASS

But as Christians, the Sabbath is about celebration, the summit of which is the Eucharist. This is our celebration (and thanksgiving) of the Christ event; this brings us closer to God, and helps sustain our relationship with Him. This in turn brings us into communion, with God and with those around us. This “gathering”, however, also pushes us out into the world, and calls us to have a positively transforming effect on it. Thus, the Christian faith is a public faith. It embraces the world rather than shying away from it. The Eucharist must have a transformative effect in our lives.

There are challenges in all this of course. Some of those challenges are personal – I may need to change my lifestyle in order to live more authentically in communion with God and others. But there are social challenges also. What does this day of rest and reverence say to our busy world? Ours is a society of zero-hour contracts, of human trafficking for the labour and sex industries, of homelessness. Surely this day of Sabbath demands that we work more courageously for the oppressed and marginalized of our time and place. ■



## Today's readings

**Ecclesiasticus 27:30–28:7**  
**Romans 14:7-9**  
**Matthew 18:21-35**

Jesus’ answer to Peter’s question tells us that there should be no limit to our forgiving others, and the parable goes on to illustrate this. The sign of peace declares that we are indeed at peace with those with whom we celebrate the Eucharist.

## GOD’S WORD TODAY

Forgive us our trespasses ... if we were to take this to mean forgive us our debts in the same measure as we forgive those who are in debt to us, we might appreciate better the seriousness of what we are actually saying each time we use the Lord’s Prayer. We are actually asking the Lord to use our own attitude to others to determine the Lord’s attitude to ourselves. Scary stuff, is it not?

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# Soul Space

SERIES: THE TEN COMMANDMENTS  
IN A MODERN WORLD

Season colour: **GREEN**

In this series, **Suzanne Mulligan** looks at the commandments and their relevance for our world.



THIRD  
COMMANDMENT  
**KEEP HOLY  
THE LORD'S  
DAY**

“Remember the Sabbath day, and keep it holy.” (Exodus 20:8)

The third commandment directs us in a very obvious way towards our relationship with God. If we think back to the definition of morality offered in the first of our articles, we see that morality is fundamentally about relationship – relationship with God, others, the world around us, and ourselves. As with all relationships, our relationship with God needs time, commitment, and effort. We can find ourselves very quickly neglecting it, or taking it for granted. This commandment reminds us to make space for God in our lives, to nurture and strengthen our bonds with Him, but also to allow space for rest, celebration, and community.

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**TWENTY-FOURTH SUNDAY IN ORDINARY TIME**  
**17<sup>th</sup> September 2017**

There are times when we may be angry with another and resentful. An important antidote to this is a proper appreciation of our own experience of forgiveness. Once we have received the healing forgiveness of God there should be no place for unforgiving or vengeful behaviour in our lives - that would be to destroy the very forgiveness we have received.

**BAPTISMS** We welcome into God's family ZAC MURRAY who was recently baptised in our Cathedral.

**SLIGO GOSPEL CHOIR** is continuing practices in the Presbyterian Church Hall (near the Hawks Well Theatre) at 7.30 p.m. on Thursday, 21<sup>st</sup> September. If you would like to sing joyous and inspirational gospel music in a relaxed, sociable setting, come along then or on any Thursday following (except Sept. 28th). There is no audition, and you won't be asked to sing on your own. All welcome. [www.sligogospelchoir.com](http://www.sligogospelchoir.com)

**DIGITAL SKILLS FOR CITIZENS** is a basic internet class run for people with no or a limited knowledge of the internet and is run by Sligo Leader Partnership Co. The course is being delivered in community centres in Gurteen, Tubbercurry, Collooney, Geevagh, Enniscrone, Easkey, Dromore west, Grange, Ballintrillick and Sligo town. This free course comprises of five two hour classes. Computers and training manuals will be provided. The aim of the programme is to increase people's confidence in using the internet for a variety of everyday tasks, such as shopping on line, Skype, sending emails, taxing your car, viewing missed TV programmes etc. Please ring David/Paula at 071 9141138 for further details.

**NORTH WEST HOSPICE COFFEE MORNING**

A sincere thank you to St. Mary's office staff who organised the coffee morning, under the guidance of Hilary Somers and Ray Murtagh, in aid of North West Hospice in the Gillooly Hall on Thursday last. Thank you also to all who supported the coffee morning. The total amount collected was €480. Well done all.

**PLEASE RESERVE SATURDAY, 7<sup>TH</sup> OCTOBER** for our *annual Diocesan Gathering* in Boyle. More details later.

**SUNDAY READINGS for 24<sup>th</sup> September:** 1<sup>st</sup> Reading: Is. 55:6-9; 2<sup>nd</sup> Reading: Phil. 1:20-24. 27; Gospel: Matt. 20:1-16.

**BINGO, GILLOOLY HALL, TONIGHT,**  
**SUNDAY 17<sup>th</sup> September at 9.00pm**  
 TONIGHT'S JACKPOT €2,250.

Raffle at interval with refreshments available. All welcome.

**SLIGO CATHEDRAL PARISH – 2200 FAMILIES**  
 SUNDAY, 10<sup>th</sup> September **PARISH ENV: €1,812 PL/STAND. ORD: €1,410**  
 THANK YOU for your contribution.

**ST MARY'S PRESBYTERY ☎ 071 9162670 SACRISTY ☎ 071 9161261**  
 ☎ email us at [info@sligocathedral.ie](mailto:info@sligocathedral.ie) We welcome your comments.

**SLIGO CHARISMATIC PRAYER GROUP** are climbing Knocknarea on Saturday, 23<sup>rd</sup> September to pray for Ireland. Join us at Glen Rd. Carpark (Ransboro side of Knocknarea) at 3pm for Rosary followed by singing and prayer at the base of the mountain and on top of the mountain. Please invite family and friends especially children.

**RETOUVAILLE - A LIFELINE FOR MARRIED COUPLES** Do you feel lost, alone or bored in your marriage? Are you hurt, frustrated or angry with your spouse? Does talking about it only make it worse? The Retrouvaille programme can help marriages at all stages. Next programme starts 6th – 8th October 2017. For information contact Tony & Anne (01) 495 3536, Mike & Anne (01) 450 0922, text or call 086 413 5440, or email [info@retrouvaille.ie](mailto:info@retrouvaille.ie) or visit [www.retrouvaille.ie](http://www.retrouvaille.ie).

**LEGION OF MARY** – celebrating its 96<sup>th</sup> year this year! Frank Duff, founder, held the very first meeting on 7<sup>th</sup> Sept 1921 in Dublin. The Legion of Mary has survived to this day, and continues in its role as a worldwide, lay apostolic organisation at the service of the Church. We hope to recruit new members, and invite you to look around the Cathedral at Banners and literature to find out more about this powerful witness of outreach in our Parish, under the guidance of Our Blessed Mother. Members will be here to meet with you and answer any questions you may have, or please call 086 8383725. Thank You.

**ANNUAL FR. FLANAGAN MASS / GET-TOGETHER** will take place in Ballymoe on Sunday 24<sup>th</sup> September, starting with Mass at 10.30am, when the chief celebrant will be Bishop Kevin Doran. All are cordially invited thereto. In addition to the usual proceedings after the Mass, you will have the opportunity to view the beautiful Fr. Flanagan Visitors' Garden opened not too long ago in Ballymoe.

**9<sup>th</sup> NOVENA OF HOPE** in honour of St. Therese of Lisieux for the World Meeting of Families at St. Therese's Church, Ballintogher, Co. Sligo. Sunday, 24<sup>th</sup> September to Tuesday, 3<sup>rd</sup> October 2017 Mass at 7.30pm each evening. Please see leaflets at the back of the cathedral for details.

**LIFE IN THE SPIRIT SEMINAR** at Carraroe Community Centre, Sligo on each Friday from 6<sup>th</sup> October to 17<sup>th</sup> November 2017 for a 7 week period. Start time 8.00pm each Friday night. Please contact 085 7765294 or 087 6998397.

**CATHEDRAL**  
**of the**  
**IMMACULATE CONCEPTION**

*Upcoming* **EVENTS**

**THE WEEK AHEAD**

Wednesday 20<sup>th</sup> Sept **"Wednesday Tea"** after 10.30am Mass.

Saturday 23<sup>rd</sup> Sept **Confessions** from 2.00pm to 4.00 p.m.

**DATES TO REMEMBER**

**CHURCH GATE COLLECTION** in aid of the Pro Life Campaign this weekend, 16<sup>th</sup> & 17<sup>th</sup> September. Please give generously to support the right to life of the unborn.

**GERMAN BEGINNERS AND INTERMEDIATE CLASSES** at Mercy College Sligo 6.30 pm Tuesdays (from 12<sup>th</sup> September) for 10 weeks. Tel 086 7384925 for info.

**MIDLAND MOVE** is currently taking referrals for the upcoming programme for men who are abusive in their intimate relationships. For further information please contact: Cyril at 086 1720564 or 096 472174, email us at [cyril.acsc@gmail.com](mailto:cyril.acsc@gmail.com) or [ewa@moveireland.ie](mailto:ewa@moveireland.ie)

**HEART SUPPORT GROUP** meeting will be held in the Sligo Park Hotel on Wednesday, 27<sup>th</sup> September at 7pm. Speaker: Dr Abaza Moamen, Topic: Living well with heart failure.

**A DAY IN HONOUR OF OUR LADY** Calling all Families - Consecrate your families to Our Lady on Saturday, 7<sup>th</sup> October in Knock Shrine. The day will begin at 2pm with the Rosary, Stations and Main Pilgrimage Mass celebrated by Fr. Brian Mc Kevitt OP. We will then have an evening of music, food and Celebration followed by a Holy Hour from 6-7pm praying specifically for all our Bishops and their Diocese's. For more information and to book your seat on the FREE Bus from Sligo (donations welcome), please contact Human Life International in Knock on 094 9375993 or email: [mail@hliireland.ie](mailto:mail@hliireland.ie) Booking essential.

**CATHOLIC TALK-RADIO STATION IN IRELAND** RADIO MARIA IRELAND is an Irish-run Catholic Talk-Radio Station, located in Dublin with 6,000 monthly listeners in Ireland and around the world, spreading the Gospel message of Joy, Hope and Charity with a mixture of Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies – all commercial free. RADIO MARIA IRELAND is available to download FREE by App "RADIO MARIA WORLD FAMILY" on mobile devices, FREE streaming on [www.radiomaria.ie](http://www.radiomaria.ie) by clicking "LISTEN LIVE" or can be listened to on the phone via a live radio feed by calling +353 (0) 1 4373277.

**anniversary & remembrances**



DAY	8.00 a.m. Mass	10.30 a.m. Mass
MON 18 <sup>th</sup>	JAMES O'HEHIR	—
TUES 19 <sup>th</sup>	<b>SPECIAL INTENTION</b>	PHIL MCQUAID
WED 20 <sup>th</sup>	MICHAEL MORAN	PATRICIA MCMANUS
THURS 21 <sup>st</sup>	ELLEN MARY MORAN	JOSEPH & EMILY MCMANUS & SON TOM & Deceased family members
FRI 22 <sup>nd</sup>	<b>1<sup>st</sup> Anniversary</b> MARK ROONEY ☩	<b>Month's mind</b> RITA SWEENEY ☩
SAT 23 <sup>rd</sup>	JOHN MCGARRIGLE & CATHERINE HEALY	<b>Month's mind</b> MARY TOLAN ☩

**rest in peace** Your prayers are asked for the repose of the soul of: DELIA DOWDALL, Upper John Street.  
*May God grant her eternal rest and comfort and console her bereaved family and friends.*