

FROM THE DIOCESE

Virtual Holy Hour

Elphin Youth Ministry with Elphin NET Team will host a Holy Hour every Tuesday evening which will be broadcast on Facebook live and Instagram. It can be accessed via any of the links below. Music, Prayer, Reflection, Healing and Blessing. Facebook Live: <https://www.facebook.com/elphindiocese/live> Instagram: [Instagram.com/elphinnetteam](https://www.instagram.com/elphinnetteam)

Alpha for Youth & Young Adults

Elphin Youth Ministry with Elphin NET Team will host 2 separate Alpha Courses on line via Zoom. For Youth aged 16 & 17 the Alpha Course will be on Wednesday evenings from 7:30pm to 8:30pm beginning on Wednesday 10th of February for 9 weeks (taking a two week break for Easter). For Young Adults aged 18 to 25 the Alpha Course will be on Thursday evenings from 7:30pm to 8:30pm beginning on Thursday 11th of February for 9 weeks (taking a two week break for Easter). To register please email Frank McGuinness, Director of Youth & Young Adult Ministry on frank.mcguinness@elphindiocese.ie or visit www.elphindiocese.ie/alphayouth for more details. Those wishing to participate in the Alpha Course for 16 & 17 year olds will need to complete a parental/guardian consent form.

The Diocese of Elphin, Trócaire & Galilee Spirituality Centre

Online conversation focussing on *Caring For Our Common Home*, 7.30 - 8.30 pm, 16th & 23rd Feb. See www.elphindiocese.ie/conversations/ for details.

CANA At Home

Free on-line couple retreat hosted by CANA Ireland via our YouTube Channel *CANA Journey*. CANA Ireland has been serving couples and marriage in Ireland since 2012. This retreat will happen fortnightly from 29th January for 6 Broadcasts. www.canaireland.org

Online Prayer and Talks for Young People

Join the Youth 2000 Lockdown sessions at 7.30pm on Monday, Wednesday and Fridays.
Monday: Talks and lectures with a time for Q&A on the topics you request.
Wednesday: Join our online prayer group. It is led by young people from around Ireland each week and has music, lead prayer and most importantly live Adoration of Our Lord!
Friday: Join the Youth 2000 Quiz – General knowledge, music, picture rounds, join for the fun, the craic and banter, also good to bring tea/coffee!
To join any of these events send an email to Emma at office@youth2000.ie with the tagline “I’d like to join!”. www.youth2000.ie

Accord – Relationship Counselling

Accord is open for relationship counselling in these difficult times. Professional Counsellors are available to help explore any difficulties you may have in your relationship in a safe and friendly atmospheres. Please contact Ann at **087-6765425** for more information. All HSE guidelines observed for Counselling.

COVID-19 Support Line for Older People

line is open seven days a week, 8am - 8pm by calling **0818 222 024**.

CATHEDRAL

TODAY - The Fifth Sunday in Ordinary Time 7th February

In today's Gospel *Mark 1:29-39*, Christ brought healing, strength, and relief to those He met and those who encountered Him in His Ministry. More so, He still found time to pray to God to assist Him in His Ministry. For us, as we carry out our daily duties, let us continue to put in our best—not forgetting to pray to God, like Christ, asking for His Divine Assistance to help us through each day.

5th Week in Ordinary Time, Monday 8th February

OPTIONAL MEMORIAL OF ST. JEROME EMILIANI

10.30am Mass: Brendan O'Connor (First Anniversary)

7.00pm Mass: Mary Henry (Anniversary Mass)

5th Week in Ordinary Time, Tuesday 9th February

10.30am Mass: Madge Gilmartin & deceased members of Gilmartin family
(Anniversary)

7.00pm Mass:

5th Week in Ordinary Time, Wednesday 10th February

ST. SCHOLASTICA, VIRGIN

10.30am Mass: John Sweeney (Recently Deceased)

7.00pm Mass:

5th Week in Ordinary Time, Thursday 11th February

MEMORIAL OF OUR LADY OF LOURDES

10.30am Mass:

7.00pm Mass:

5th Week in Ordinary Time, Friday 12th February

10.30am Mass:

7.00pm Mass:

5th Week in Ordinary Time, Saturday 13th February

10.30am Mass:

7.00pm Mass:

This week's Newsletter
is not sponsored.

Sunday Readings for 14th February

1st Reading: Lev 13:1-2; **2nd Reading:** Cor 10:31-11; **Gospel:** Mark 1:40-45.

REST IN PEACE

Your prayers are kindly asked for the repose of the souls of:

**MATT CLINTON, ELIZABETH COEN &
CHRISTOPHER FALNNERY**

MAY GOD GRANT THEIR ETERNAL REST IN HIS HEAVENLY KINGDOM AND COMFORT AND CONSOLE
THEIR FAMILIES AND FRIENDS.

Parish Office Hours

Monday to Thursday: 9.30am-4pm & **Friday:** 9.30am-2pm

Phone: 071 9162670

Email: info@sligocathedral.ie

Restoration Fund website: www.saveaslate.com

Join us online with live WEB STREAMING on our website: www.sligocathedral.ie

If you would like to donate to the Cathedral Parish during this difficult time please make
cheques payable to the following A.I.B. bank account:

Elphin Diocese Cathedral No.1 Parish account.

THANK YOU for your support of our Parish and Cathedral.