

FROM THE DIOCESE

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

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm by calling **0818 222 024**.

World Day of Prayer for Consecrated Life

Bishop Kevin will celebrate Mass for World Day of Prayer for Consecrated Life on Tuesday 2nd February at 10.30am in the Cathedral. You are invited to join online at www.sligocathedral.ie

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 8:30 pm 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 8:30 pm 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.

CATHEDRAL

TODAY - The Fourth Sunday in Ordinary Time 31st January

In today's Gospel from St. Mark (1:21-28), Christ taught the people and left a deep impression on them. More so He healed a man possessed by a demon (unclean spirit) who acknowledged Him as "THE HOLY ONE OF GOD".

Christ showed He was really THE SON OF GOD.
Let us continue to have confidence in Christ who has the power to grant our prayers.

4th Week in Ordinary Time, Monday 1st February

ST. BRIGID, ABBESS, SECONDARY PATRON OF IRELAND FEAST

10.30am Mass: Patrick (Paddy) J. Feeney (First Anniversary)

7.00pm Mass:

4th Week in Ordinary Time, Tuesday 2nd February

THE PRESENTATION OF THE LORD

10.30am Mass: Frances Lynch (Anniversary)

7.00pm Mass:

This week's Newsletter
is not sponsored.

4th Week in Ordinary Time, Wednesday 3rd February

OPTIONAL MEMORIAL OF ST. BLAISE, BISHOP AND MARTYR

10.30am Mass: Kevin Hopkins (Anniversary)

7.00pm Mass:

4th Week in Ordinary Time, Thursday 4th February

10.30am Mass:

7.00pm Mass:

4th Week in Ordinary Time, Friday 5th February

ST. AGATHA, VIRGIN AND MARTYR

10.30am Mass:

7.00pm Mass: Deceased members of the Conlon Family (Anniversary)

4th Week in Ordinary Time, Saturday 6th February

SS. PAUL MIKI AND COMPANIONS, MARTYRS

10.30am Mass: David Best (Month's Mind)

7.00pm Mass: Paul Byrne (Months Mind)

Sunday Readings for 7th February

1st Reading: Job 7:1-4, 6-7; 2nd Reading: Corin. 9:16-19; Gospel: Mark 1:29-39.

REST IN PEACE

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

**KRZYSZTOF KLODNICKI, ROSALEEN SMITH, SHARON CARLETON
& ANGELA WADE**

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.