

FROM THE DIOCESE

Springtime: A Prayer Guide for the Season of Lent

The restrictions in place because of Covid-19 mean that as a Christian Community we cannot gather for our usual religious services. This situation challenges us to find new ways of reflecting on our faith and praying in our homes as the "Domestic Church". It is hoped that this guide, prepared by the Diocese of Clonfert and the Diocese of Elphin, will assist you in doing just that. When we gather again in Church, let us not forget to enrich our spiritual lives by continuing to pray at home. Download the Lenten Prayer Guide at www.elphindiocese.ie

Holy Hour Online

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

Weaving the Tapestry of Death and New Life

Lenten and Easter Scripture Based Opportunity. Details available at www.elphindiocese.ie/lent-easter. All welcome.

Lenten Reflection Podcasts

For Busy People. See Fr. Niall Ahern's reflections at www.elphindiocese.ie/reflections

Lenten Way of Gentleness

Mondays 8 - 9pm at www.churchservices.tv/strandhill. All welcome.

Legion of Mary Online Youth Conference

The Legion of Mary Catholic Young Adult Conference via Zoom on March 27th from 5:30 - 7:30pm is a chance for young adults (18 – 40) wherever they are to come together online to build up their hope. The theme "Hope Springs Eternal" will be discussed in a great line up of short talks and testimonies mixed together with music and prayer. The Conference is free to attend just log in to Zoom - **ID:** 847 1984 5205 **Passcode:** 771328. Newcomers especially welcome.

COVID-19 Support Line for Older People

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

CANA At Home

Free on-line couple retreat hosted by CANA Ireland via our YouTube Channel *CANA Journey*. This retreat will happen fortnightly from 29th January for 6 Broadcasts. www.canairland.org

Getting Started Kit

Now more than ever it is important to have internet skills to keep in touch with family and friends. Age Action is offering 5 hours of *free* remote tutoring by phone/ video call to help older people use their smartphone, computer, tablet or iPad. This programme takes place in your own home at a time that suits you. Call **01 4756989** or email

gettingstarted@ageaction.ie



FIFTH SUNDAY OF LENT



CATHEDRAL MASS TIMES

Mass can be viewed live online through our website www.sligocathedral.ie/live-feed-from-cathedral/ Monday-Sunday at **10.30am & 7.00pm**

Online Adoration (After Mass in the Blessed Sacrament Chapel)
Monday-Sunday at **7.30pm - 8.30pm**

TODAY - Fifth Sunday of Lent, 21st March

Today's second reading from the Letter of the Hebrews (*Chapter 5:7-9*), talks about God designating Christ to be High Priest in the Order of Melchizedek. Christ Jesus is truly High Priest par excellence who offered Himself as a perfect sacrifice through His suffering, death and resurrection for humanity.

5th Week of Lent, Monday 22nd March

10.30am Mass: Leo Magee (Anniversary)

7.00pm Mass: Paddy Cox (Anniversary)

5th Week of Lent, Tuesday 23rd March

10.30am Mass: Geraldine O' Hanlon (Anniversary)

7.00pm Mass: James Benson (Anniversary) & Teresa Benson (Recently Deceased)

5th Week of Lent, Wednesday 24th March

OPTIONAL MEMORIAL OF ST. MACARTON, BISHOP

10.30am Mass: Patsy Diamond (Anniversary)

7.00pm Mass: Special Intentions

5th Week of Lent, Thursday 25th March

THE ANNUNCIATION OF THE LORD SOLEMNITY

10.30am Mass: Angela Stroker (First Anniversary)

7.00pm Mass: Teresa O'Brien (Anniversary) & deceased members of the Harte family

5th Week of Lent, Friday 26th March

10.30am Mass: Elizabeth Gethins (First Anniversary)

7.00pm Mass: Rosie Langan (First Anniversary)

5th Week of Lent, Saturday 27th March

10.30am Mass: Rose Burns (Month's Mind)

7.00pm Mass:

This week's Newsletter is not sponsored.

Sunday Readings for 28th March

1st Reading: Is 50:4-7; **2nd Reading:** Phil 2:6-11; **Gospel:** Mark 14:1-15:47.

REST IN PEACE

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

PAURICK FOX & JOHNNY SCANLON

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.