

FROM THE DIOCSE

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

Week of Prayer leading to Feast of St Joseph and Family Year

On 19th March 2021, the Church will celebrate five years since the publication of Pope Francis' Apostolic Exhortation *Amoris Laetitia* (*The Joy of Love*) on the beauty and joy of love in the family. Pope Francis will launch a year dedicated to the family which will conclude on 26th June 2022 on the occasion of the Tenth World Meeting of Families in Rome. Resources for A Week of Prayer from 13th March to 19th March (the Feast of Saint Joseph) are available at www.elphindiocese.ie. The resource comprises a page for each day of the Week of Prayer. Each day has a theme reflecting on family life through the lens of Saint Joseph. The resource has at its centre the prayer from Pope Francis which he wrote for the Year of St Joseph.

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/elphinneteam](https://www.instagram.com/elphinneteam)

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.

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.canaireland.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



CATHEDRAL OF THE
IMMACULATE CONCEPTION, SLIGO

NEWSLETTER

Sunday 14th March 2021
FOURTH SUNDAY OF LENT

Elphin
Diocesan
Year of
Prayer for
Vocations

FOURTH 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**

March 17th - The Solemnity of St. Patrick, The Principal Patron of Ireland
March 19th - The Solemnity of St. Joseph

Please take both the newsletter and missalette home. Thank you.

TODAY - Fourth Sunday of Lent, 14th March

Christ said to Nicodemus in today's Gospel; God gave His only son (*John 3:14-21*) so that everyone who believes in Him may not be lost but may have eternal life. However, Christ also added that whoever refuses to believe is condemned already. This is something we have to be conscious about. Our lives on Earth is limited but we can use this time to believe in Christ and have a friendship with Him. So as we transit this life in death, we may continue that friendship with Him in Heaven.

4th Week of Lent, Monday 15th March

10.30am Mass: May, John & Michael Howley and deceased members of the Howley, Boland & Hallinan families

7.00pm Mass: Eileen O'Connor (First Anniversary)

4th Week of Lent, Tuesday 16th March

10.30am Mass: Caroline Feeney (Birthday Remembrance)

7.00pm Mass: Mary Gallagher (Anniversary)

4th Week of Lent, Wednesday 17th March

ST. PATRICK, BISHOP, PRINCIPAL PATRON OF IRELAND

10.30am Mass: No Mass Intentions

7.00pm Mass: No Mass Intentions

4th Week of Lent, Thursday 18th March

OPTIONAL MEMORIAL OF ST. CYRIL OF JERUSALEM, BISHOP AND DOCTOR OF THE CHURCH

10.30am Mass: Nora Fallon (Anniversary)

7.00pm Mass: Dan & Muriel Currid (Anniversary)

4th Week of Lent, Friday 19th March

SOLEMNITY OF ST. JOSEPH, HUSBAND OF THE BLESSED VIRGIN MARY

10.30am Mass: Dennis O'Sullivan (Anniversary)

7.00pm Mass: Kathleen & William Kelly (Anniversary)

4th Week of Lent, Saturday 20th March

10.30am Mass: Terry Martyn (Month's Mind)

7.00pm Mass: John P. McMorrow (Month's Mind)

This week's Newsletter is not sponsored.

Sunday Readings for 21st March

1st Reading: Jer 31:31-34; **2nd Reading:** Heb 5:7-9; **Gospel:** John 12:20-30.

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.