

FROM THE PARISH

The Rosary a Path to Peace -- One Day retreat Saturday, October 18th @ Fr Peyton Centre, Attymass, Ballina Co. Mayo F26 X884. Join us to explore how the Rosary can open your heart to the peace of God's presence. Beginning at 11am and concluding at 4.30pm, the day includes: spiritual talks, reflection, quiet time, rosary and Mass. The cost is €25, which includes tea, coffee on arrival & light lunch. Booking is essential. For enquiries and booking contact Fina 096 45374 / 087 681 6821

R.C.I.A.: Enrolment for adult's who wish to be baptised next year are asked to please contact the Parish Office 071 9162670 to be registered before the **31st October 2025**.

Healing Service: Eddie Stones will be visiting The Cathedral of the Immaculate Conception on Friday 24th October 7.30pm. Enquires contact 085 7765294/087 6998397.

Parish Office: All Anniversary Masses are to be booked through the parish office Monday—Friday 9am to 5pm **071 9162670**.

First Friday Calls: If anyone would like to receive a house call on the First Friday of each month, please kindly contact the Parish Office on **071 9162670**.

Parish Shop: The Parish Shop in the Gillooly Hall is open on Saturdays **from 11am to 2pm**.

Cathedral Restoration Fundraiser Appeal: *'Buy a Tin of Paint'* €50 per tin. Please contact the Parish Office 071 9162670 or the Parish Shop. Cheques made payable to Elphin Diocese Cathedral No.1 Parish account

Sunday Collection: Income 5th October - €3,400

Parish Expenditure - €11,571

You can also scan the QR Code to make a donation.

Thank you for your on going contributions, we deeply appreciate your continued Financial support.

Tap & Go System at the back of the Cathedral for donations.



FROM THE DIOCESE

Prayers for the Pre-Synodal Assembly of the Catholic Church in Ireland: All Catholics are invited to pray for a special gathering that will take place in Kilkenny on 18th October, called a Pre-Synodal Assembly of the Catholic Church in Ireland. This assembly is an important juncture on the journey towards a National Synodal Assembly to be held in 2026.

Eucharistic Healing Service – Sligo: Eucharistic Healing Service on the second Monday of each month - October 13th, November 10th and December 8th in Our Lady Star of the Sea Public Oratory, Mullaghmore, Co. Sligo, F91 CC98. Led by Deacon Frank McGuinness and Louise McGuinness. Free Event. All Welcome!

Talk on Pope Leo: Michael Kelly, ACN Ireland and former editor of the Irish Catholic will visit St. Anne's, Sligo on Wednesday, 29th October to speak about the new Pope. The talk will take place in St. Anne's Day Chapel, followed by tea afterwards. Admission free. All welcome.

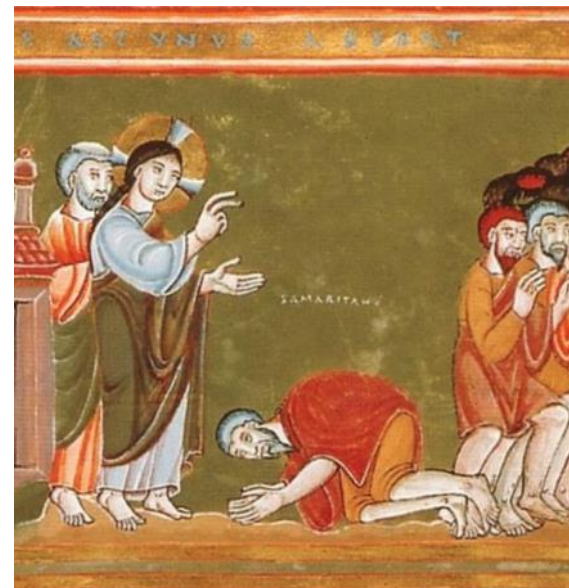
Whisper of God: This one day silent retreat at Knock Prayer Centre takes place on Saturday, November 1st, from 10am to 5pm. Take sacred time to step away from the noise of daily life and reconnect with God in the peaceful, prayerful atmosphere at Knock Shrine. Further details: www.knockshrine.ie



CATHEDRAL OF THE IMMACULATE CONCEPTION, SLIGO NEWSLETTER Sunday 12th October 2025



TWENTY-EIGHTH SUNDAY IN ORDINARY TIME PRISONERS' SUNDAY



CATHEDRAL MASS TIMES

Monday—Thursday 8.00am & 10.30am

Friday & Saturday 10.30am & 7.00pm

Saturday Vigil Mass at 7pm

Sunday at 8.30am, 10.30am, 12 Noon & 7pm

Confessions Saturday 2pm-4pm

Tap and Go System now operational at the back of the Cathedral.

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

TODAY - Twenty-Eighth Sunday in Ordinary Time

BEARERS OF GRATITUDE

The researcher Dr Brené Brown found that in twelve years of research she never found someone that describes themselves as joyful who did not practice gratitude. It wasn't that people who were joyful were grateful as a consequence. Neither was not a false "attitude of gratitude" (expressions of thankfulness) or merely the feeling of gratitude. It is actively and intentionally practicing gratitude by different methods such as keeping a gratitude journal, or after saying grace before meals finding the one thing you are grateful for before the meal. A Benedictine monk Brother David Steindl-Rast wrote: "It is not joy that makes us grateful; it's gratitude that makes us joyful." As part of our daily examen at the end of the day we should include those things we are grateful for. The one foreign leper who was healed by Jesus was actively practicing gratitude (Luke 17:11-19). The word for **Eucharist** comes from the Greek *εὐχαριστία* (*eucharistia*), or giving thanks, or being grateful. The leper who gave thanks received two gifts whereas the other nine received only one: physical healing and a joyful relationship with Jesus Christ. Our relationship with Christ will inevitably lead to gratitude and that will be the source of deep joy. Pope Francis in his general audience 30th December 2020 said: "Therefore, brothers and sisters, let us seek to remain always in the joy of encountering Jesus. Let us cultivate joyfulness. The devil, instead, after having deluded us -- with whatever temptation -- always leaves us sad and alone. If we are in Christ, there is no sin and no threat that can ever prevent us from continuing joyfully on our way, together with many other companions on the road." The more we emulate the grateful leper who was healed the more we can be bearers of gratitude for ourselves and for those we meet in our daily lives.

28th Week in Ordinary Time, Monday 13th October

8am Mass: Annie & Thomas Cawley (Anniversary)

10.30am Mass: Michael & Helen Foley & their children, Quigley & Foley

Families (Anniversary)

28th Week in Ordinary Time, Tuesday 14th October

St. Callistus I, Pope & Martyr (Optional Memorial)

8am Mass: Special Intention

10.30am Mass

28th Week in Ordinary Time, Wednesday 15th October

St. Teresa of Ávila, Virgin & Doctor of the Church (Memorial)

8am Mass: Special Intention

10.30am Mass

28th Week in Ordinary Time, Thursday 16th October

St. Hedwig, Religious (Optional Memorial)
St. Margaret Mary Alacoque, Virgin (Optional Memorial)
St. Gall, Abbot & Missionary (Optional Memorial)

8am Mass: Special Intention

10.30am Mass

28th Week in Ordinary Time, Friday 17th October

St. Ignatius of Antioch, Bishop & Martyr (Memorial)

10.30am Mass: John McLoughlin (Anniversary)

7.00pm Mass: Joe McNiffe & James McNiffe (Anniversary)

28th Week in Ordinary Time, Saturday 18th October

St. Luke, Evangelist (Feast)

10.30am Mass: Jacqueline Fox (Months Mind)

7.00pm Mass

This week's Newsletter is sponsored in memory
of Christopher & Christine Jones.

Sunday Readings for 19th October

1st Reading: Ex 17:8-13; 2nd Reading: 2 Tm 3:14-4:2;
Gospel: Lk 18:1-8.

REST IN PEACE

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

Sr. Saint Bernadine Hannan, Joseph Fox, Anna Monica McLoughlin.

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

Parish Office Hours

Monday to Thursday: 9:30am-5pm & Friday: 9:30am-4pm 071 9162670

Email: info@sligocathedral.ie

If you would like to donate to the Cathedral Parish 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.