

FROM THE PARISH

Thinking about what you might do for Lent? How about participating in the Cathedral parish's Lenten Scripture Group Initiative? Group will meet in St. Mary's Presbytery on Thursday mornings after 10.30 am Mass. More details @ www.elphindiocese.ie/matthew. All welcome.

Sligo Charismatic Prayer Group: The Power of a Renewed Mind Romans 12:2. Maria Vadia: Powerful Speaker and Intercessor for Healing with the Holy Spirit. Venue: Clayton Hotel, Sligo, Saturday 21st March 9.30am – 6.15pm. Enquires please 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**.

Sunday Collection: Income 15th February - €3,748

Parish Expenditure - €3,882

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

Trócaire Lenten Campaign: Last year, Trócaire worked with over 40,000 people in at-risk communities across Rwanda, helping vulnerable families build resilience against climate change by supporting over 2,500 women to receive training in sustainable resource management; providing over 20,000 families with fuel-efficient cook stoves to reduce firewood use, and planting over 320,000 trees across the country. You are invited to support this year's Trócaire Lenten Campaign. Further details: www.trocaire.org

Online Lenten Journey: This Lent, people across Ireland are invited to journey together through *Baptised and Sent in Lent*, a series of weekly prayer and reflection resources inspired by *Baptised and Sent*, the preparatory document for the Pre-Synodal Assembly of the Irish Synodal Pathway. Each week explores themes such as belonging, healing, renewal and mission, placing baptism at the heart of renewal in the Church in Ireland. Whether you are part of a parish group, school community, ministry team, or simply joining individually, you are warmly invited to take part in the livestreamed online sessions. To register for the sessions, log on to www.synod.ie

Way of Gentleness: Lenten Faith Enrichment Journey will take place in St. Patrick's Church Strandhill, 8pm – 9 pm on Mondays Feb. 23rd, Mar. 2nd, 9th and 23rd. Participate in person or via the internet @ www.churchservices-stpatricksstrandhill. All welcome.

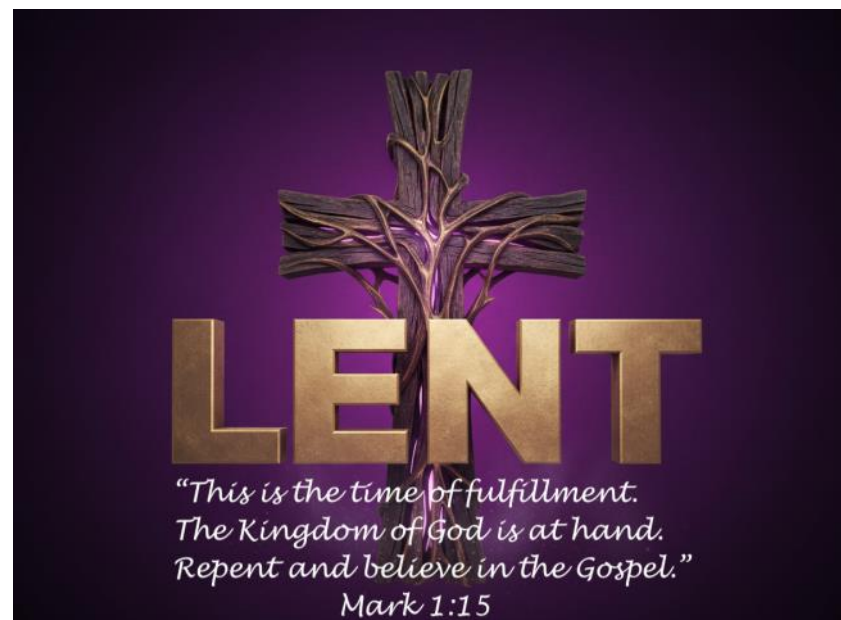


CATHEDRAL OF THE
IMMACULATE CONCEPTION,
SLIGO

NEWSLETTER
Sunday 22nd February 2026



FIRST SUNDAY OF LENT



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 - First Sunday of Lent

SPIRITUAL WARFARE

A man took his young son to a rugby match on Ash Wednesday. On the drive in the father asked the young boy what he was giving up for Lent. The boy replied, "I don't know, Dad. Maybe sweets. What are you going to give up?" His father said, "I've thought about this a lot and decided to give up the drink." When they arrived at the match the man queued up to buy himself a Guinness. His son objected, "I thought you were giving up the drink for Lent!" His dad answered, "Hard drink, son. I'm giving up the hard drink. Sure, Guinness is only a stout." The boy replied, "Well, then, I changed my mind. I'm only giving up hard sweets."

The practice of Lent is really a form of spiritual warfare. There are forces of darkness that we are all battling. And we battle them with three instruments: self-denial, good works of charity and prayer. Self-denial really has nothing to do about self but everything to do about God. Saying "no" to something that might be a little bit difficult is really saying "yes" to God. It is forcing our own natural instincts, like hunger, to be subordinated to the will of God. It says that our own human wants and needs are important, but they are less important than God's will. We put that first, everything else second. "Whoever wishes to come after me must deny himself, take up his cross, and follow me." Matthew 16:24-26

1st Week of Lent, Monday 23rd February

St. Polycarp, Bishop & Martyr (Memorial)

8am Mass: Special Intention

10.30am Mass: Herbert McCaffery (Anniversary)

1st Week of Lent, Tuesday 24th February

8am Mass: Special Intention

10.30am Mass: Arthur Harrison (Anniversary)

1st Week of Lent, Wednesday 25th February

8am Mass: Special Intention

10.30am Mass: Mai Flynn (Anniversary)

1st Week of Lent, Thursday 26th February

8am Mass: Special Intention

10.30am Mass

This week's Newsletter is sponsored
in memory of Gilbert Muldowney.

1st Week of Lent, Friday 27th February

St. Gregory of Narek, Abbot & Doctor of the Church (Memorial)

10.30am Mass: Maura Meade (Anniversary)

7.00pm Mass: Bernard Mullen (First Anniversary)

1st Week of Lent, Saturday 28th February

10.30am Mass: Raymond Palmer (Month's Mind)

7.00pm Mass

Sunday Readings for 1st March

1st Reading: Gn 12:1-4; 2nd Reading: 2 Tm 1:8-10; Gospel: Mt 17:1-9.

REST IN PEACE

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

Margaret Meehan, Bridie Earley.

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.