



WEEKLY NEWSLETTER

Saint Mary's, Saint Michael's and Ss John & Ailbe: 9th March 2025 ~ The First Sunday in Lent

COLLECTS AND READINGS

Collect for the week: Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: Give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ our Lord.

Old Testament: Deuteronomy 26: 1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number; and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Psalm 91 1-2, 9-16 (BCP p.698)

Whoever dwells in the shelter of the Most High ♦ and abides under the shadow of the Almighty,

Shall say to the Lord, 'My refuge and my stronghold, ♦ my God, in whom I put my trust'

Because you have made the Lord your refuge ♦ and the Most High your stronghold,

There shall no evil happen to you, ♦ neither shall any plague come near your tent.

For he shall give his angels charge over you, ♦ to keep you in all your ways.

They shall bear you in their hands, ♦ lest you dash your foot against a stone.

You shall tread upon the lion and adder; ♦ the young lion and the serpent you shall trample underfoot.

Because they have set their love upon me, therefore will I deliver them; ♦ I will lift them up, because they know my name.

They will call upon me and I will answer them; ♦ I am with them in trouble, I will deliver them and bring them to honour:

With long life will I satisfy them ♦ and show them my salvation.

Epistle Reading: Romans 10: 8b-13

But what does it say? The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

Gospel: Luke 4: 1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."' Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written "Worship the Lord your God, and serve only him."' Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

Post Communion Prayer: Lord God, you renew us with the living bread from heaven. Nourish our faith, increase our hope, strengthen our love, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord.

HYMNS				
Saint Michael's	207	211	425	117
The Cathedral	207	554	553	

Services are recorded and may be viewed online on www.churchservices.tv/limerickstmarys and www.saintmaryscathedral.ie within the following 90 days. After that time recordings will be destroyed; however, exceptions may apply and recordings could last longer if the Cathedral requires it. Occasional services may be recorded and will be advertised on www.churchservices.tv and www.saintmaryscathedral.ie other Cathedral communication channels. If you would like further information on a particular event, please contact the Cathedral office. If you do not wish to appear in the recording, please advise Churchwardens who will guide you to an area which will not be filmed and will make arrangements for you to receive Holy Communion there. *NRSV (Anglicized Edition), copyright 1989, 1995 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America; Material in this service reproduced from BCP under licence © RCB 2004; One License Number: A738650; Use QR code to donate to Saint Mary's online.*



SERVICES & EVENTS

Date	Time	Event	Venue
Sunday 9th <i>1st Sunday in Lent</i>	10.00	Morning Prayer	Ss John & Ailbe, Abington
	10.00	Holy Communion	St Michael's
	11.15	Choral matins with Holy Baptism	The Cathedral
	16.00	Choral Evensong	The Cathedral
Monday 10 th	10.30	Morning Prayer	The Cathedral
Tuesday 11 th	10.30	Morning Prayer	The Cathedral
	13.15	Lunchtime Concert	The Cathedral
Wednesday 12 th	10.30	Morning Prayer	The Cathedral
	20.00	Committee Meeting	St Michael's
Thursday 13 th	10.30	Holy Communion	The Cathedral
	14.30	Healer Prayer Group	The Cathedral
Friday 14 th	10.30	Morning Prayer	The Cathedral
Saturday 15 th	10.30	Morning Prayer	The Cathedral
Sunday 16 th <i>2nd Sunday in Lent</i>	9.30	Holy Communion	Ss John & Ailbe, Abington
	10.00	Morning Prayer	St Michael's
	11.15	Holy Communion	The Cathedral

THISWEEK'S NOTICES

(Where attachments are mentioned, hard copies are available through the parish office upon request)

Choral Evensong with a celebration of bell ringing: On Sunday 9th March at 4pm a special service will be held in the cathedral to give thanks for the gift of bells in our cathedral. During the service recent works to the tower will be dedicated and all are invited to afternoon tea afterwards.

Saint Michael's Committee Meeting: Wednesday 12th March at 8pm in St Michael's Church. All Welcome.

Dea Scéala: The new diocesan magazine is now available free of charge in all of our church buildings.

EGV: Notice is given that the annual Easter General Vestry (in effect the AGM of the Parish), will be held on Sunday 6th April 2025 in St Mary's Cathedral at 12noon. The meeting will be preceded by a united service of Holy Communion beginning at 11.15am.

St Partrick's Weekend: The band parade takes place on Sunday 16th March and this will affect traffic to both city churches. For those attending St Michael's – the School has kindly agreed to us using the carpark (access via Joseph St) – we can then enter Pery Square via the School. At the Cathedral, we shall monitor the timing of the service to allow worshippers a prompt exit from the Cathedral before the parade reaches Bridge St.

Seasons For Growth-Living with Grief, Loss and Change: This Free course provides adults with the opportunity to examine how loss, change or grief has impacted on their lives and provides knowledge, skills, and attitudes to understand and manage these experiences. Our short courses (20hrs over 8 weeks) offer a safe and enjoyable space for people to learn more about themselves and how they relate to others. Venue: Moyross Community Enterprise Centre, Moyross, V94F0NP, starting Thursday March 20th – May 16th from 7.00-9.30pm. For more information please contact Norma Roche 085-8619468, norma.roche@socialandhealth.com

SafeTALK Training: Friday 2nd May at Mount St. Anne's Retreat Centre, Killenard, Co. Laois, 10am-4pm. The Church of Ireland Youth Department, supported by the Church of Ireland Mindmatters campaign, is offering free training in supporting people with thoughts of suicide. The content will apply to all people, including teenagers and adults, at risk of suicide. Given the content, SafeTALK is not recommended for anyone bereaved by suicide in the last 12 months. More information can be found at: <https://www.amh.org.uk/services/amh-menssana/safetalk/#:~:text=Most%20people%20with%20thoughts%20of,safety%20and%20invitation%20for%20help>. SafeTALK is open for anyone who is likely to come into contact with people suffering from suicidal ideation: clergy, volunteer leaders, chaplains, youth leaders and DYOs. The training is completely free and includes a 3-course lunch at Mount St. Anne's. Places are limited so please book soon by contacting Luke on Luke@CIYD.org.

Parish Table Quiz: This is your chance to get your brains working for our fun table quiz. For your comfort and safety, numbers will be limited to 15 tables (60 persons) - 4 to each table. Please reserve your place/table by email to pipdoc2@gmail.com. The cost is only €10 per person (which includes supper), which should be paid to your Churchwardens in advance. There will be a raffle for amazing prizes (tickets available on the night), and we look forward to your support for this. Where: St Michael's Church Hall . When: Friday March 28th at 7.30 pm
If you are unable to attend, perhaps you would be willing to donate a prize for the raffle, please contact Tracey on 086-6486197.

Healer Prayer Group: The next gathering will be at 2.30pm on Thursday 13th March in St Mark's Chapel (Cathedral). For more information, please contact the Dean.

Free lunchtime concert in the Cathedral: A Lunchtime Concert will be held on Tuesday 11th March at 1.15pm with Lorraine Galvin (soprano) and Irina Dernova (piano).

The next Lunchtime Concert will be on Tuesday 18th March at 1.15pm with Leila Clarke-Carr (violin) and Yonit Kosovske (harpsichord) - Faith and Fantasy, as part of the Limerick Early Music Festival.

The Church's Ministry of Healing Ireland: Is delighted to announce that Dr Jessica Brown, is facilitating its online Lenten course, "Invitation into Wholeness". This be held on Zoom at 7.30pm on March 19th, March 26th, April 2nd, and

April 9th. These are gentle, reflective and nourishing sessions exploring the concept of wholeness in new ways: Week 1: Brokenness and Newness; Week 2: Trees, Stone, Seas; Week 3: Sounding out the Heart and Trusting our Voice; Week 4: Joy & Sorrow on the Same Page. Our facilitators are Dr Jessica Brown and Ms Lydia Monds. Jessica is a second-year ordinand in the Church of Ireland, who also works in the creative writing field as a poet, novelist, singer-songwriter, teacher, mentor, and narrative practitioner. Go to our website, www.ministryofhealing.ie, for the Eventbrite link to book a place or email lydia@ministryofhealing.ie if you have any problems with Eventbrite

Cathedral Flowers: The flower rota is being updated. If you wish to have your name added or removed to the list of arrangers; or would like to 'sponsor a Sunday'/donate flowers. please contact the Cathedral office on 310293 or speak to the flower co-ordinator, Adrienne Baron.

Whist Drives:

Villiers Square - Saturday 22nd March @ 7.15pm
St Michael's Church Hall - Saturday 8th March @ 7.30pm

Choir Supervision: The Dean and Organist are looking for volunteers to help occasionally with supervision (a panel of adults that can be present in the room to adhere to Safeguarding guidelines) of the Junior Choir. Enquires to either individual.

Cycles of prayer: Porvoo Church of England: Diocese of Chelmsford; Church of Sweden: Diocese of Karlstad. *Anglican:* The Anglican Church of Canada.

Remembrance Book: Albert Lyttle, Chris Rice, Peggy Kavanagh, George McElmurray, Ivor Wills, Arthur Knight, Mike Pomeroy, Swig Stokes, Bill McGowan,

Prayers for the Sick: Terry Gibson, Martin Hogan, Jerry Murphy, Sarah B, Mary Alicia Downes, Kathleen Leddin, John Sparling, Patricia Bourke, David, Elayne and Hilary Noonan, Hazel, Mac, Dean Sandra Pragnell, Pashcal, Layla, Karine Egan.

NOTE: If you wish to place a name on the list, please email it to limerickcityparishnews@gmail.com. Under GDPR please ensure you have the consent of the named person(s). For confidentiality reasons the clergy would appreciate NOT being asked on the status of people. Whilst we appreciate people are showing care and concern, it can compromise the relationship between pastor and parishioner. Thank you.

ROTAS

	9 th March	16 th March	23 rd March	30 th March
REFRESHMENTS				
St Michael's	<i>Susi Eckhardt</i>	<i>Keith & Sheelagh Morrow</i>	<i>John & Kayt Shier</i>	<i>Richard & Margaret Brickenden</i>
Cathedral	<i>Liz Lynam</i>	<i>Keith O'Neill</i>	<i>Brian Sheppard</i>	<i>Shawn & Carrie Jamieson</i>
READERS				
St Michael's	<i>Tracey Lyttle</i>	<i>Richard Allen</i>	<i>Margaret Schutz</i>	<i>Daire McNamara</i>
Cathedral	<i>Tamasin Plowman</i>	<i>Muyiwa Okeneye</i>	<i>John St George</i>	<i>Heather Peirce</i>

CONTACT DETAILS

The Very Rev'd Niall J.W. Sloane (Dean): The Deanery, 7 Kilbane, Castletroy
Email: dean@limerick.anglican.org; Tel: 061-338697. Day off: Friday
Clergy Emergency Number: Tel: 087-3524046. (Strictly Emergency Calls Only).
The Parish Office: Saint Mary's Cathedral, Bridge Street, Limerick, V94 E068.
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Limerick City Parish ~ Weekly Newsletter – Deadline for notices 12 noon every Wednesday.
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