



## WEEKLY NEWSLETTER

*Saint Mary's, Saint Michael's and Ss John & Ailbe – Lent 1 – 22<sup>nd</sup> February 2026*

### COLLECT AND READINGS

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. Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: Create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord.

### THE FIRST READING GENESIS 2:15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.' Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

### PSALM 32

- 1 Happy the one whose transgression is forgiven, ♦ and whose sin is covered.
- 2 Happy the one to whom the Lord imputes no guilt, ♦ and in whose spirit there is no guile.
  - 3 For I held my tongue; ♦ my bones wasted away through my groaning all the day long.
- 4 Your hand was heavy upon me day and night; ♦ my moisture was dried up like the drought in summer.
  - 5 Then I acknowledged my sin to you ♦ and my iniquity I did not hide.
- 6 I said, 'I will confess my transgressions to the Lord,' ♦ and you forgave the guilt of my sin.
  - 7 Therefore let all the faithful make their prayers to you in time of trouble; ♦ in the great water flood, it shall not reach them. 8 You are a place for me to hide in; you preserve me from trouble; ♦ you surround me with songs of deliverance.
  - 9 'I will instruct you and teach you in the way that you should go; ♦ I will guide you with my eye.
- 10 'Be not like horse and mule which have no understanding; ♦ whose mouths must be held with bit and bridle, or else they will not stay near you.'
- 11 Great tribulations remain for the wicked, ♦ but mercy embraces those who trust in the Lord.
- 12 Be glad, you righteous, and rejoice in the Lord; ♦ shout for joy, all who are true of heart.

## THE EPISTLE ROMANS 5:12-19

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man’s sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man’s trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man’s trespass led to condemnation for all, so one man’s act of righteousness leads to justification and life for all. For just as by the one man’s disobedience the many were made sinners, so by the one man’s obedience the many will be made righteous.

## THE GOSPEL SAINT MATTHEW 4:1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, ‘If you are the Son of God, command these stones to become loaves of bread.’ But he answered, ‘It is written, “One does not live by bread alone, but by every word that comes from the mouth of God.”’ Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, ‘If you are the Son of God, throw yourself down; for it is written, “He will command his angels concerning you”, and “On their hands they will bear you up, so that you will not dash your foot against a stone.”’ Jesus said to him, ‘Again it is written, “Do not put the Lord your God to the test.”’ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, ‘All these I will give you, if you will fall down and worship me.’ Jesus said to him, ‘Away with you, Satan! for it is written, “Worship the Lord your God, and serve only him.”’ Then the devil left him, and suddenly angels came and waited on him.

## 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					
<b>Saint Michael’s</b>	207	489	400	218	
<b>The Cathedral</b>	207	687	553	635	

Services are recorded and may be viewed online on <https://www.churchcamlive.ie/limerickstmarys> and [www.saintmaryscathedral.ie](http://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 <https://www.churchcamlive.ie/limerickstmarys> and [www.saintmaryscathedral.ie](http://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 22 <sup>nd</sup> February <i>Lent I</i>	10.00	Morning Prayer	Ss John & Ailbe, Abington
	10.00	Holy Communion	St Michael’s
	11.15	Morning Prayer	The Cathedral
Monday 23 <sup>rd</sup> February	10.30	Morning Prayer	The Cathedral
Tuesday 24 <sup>th</sup> February	10.30	Morning Prayer	The Cathedral

	14.30	The Tuesday Club	The Cathedral
Wednesday 25 <sup>th</sup> February	10.30	Morning Prayer	The Cathedral
Thursday 26 <sup>th</sup> February	10.30	Holy Communion	The Cathedral
Friday 27 <sup>th</sup> February	10.30	Morning Prayer	The Cathedral
Saturday 28 <sup>th</sup> February	10.30	Morning Prayer	The Cathedral
Sunday 1 <sup>st</sup> March <i>Lent II</i>		NO Service	Ss John & Ailbe, Abington
	10.00	Morning Prayer	St Michael's
	11.15	Holy Communion	The Cathedral

## THIS WEEK'S NOTICES

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

**Newsletter Notice:** Please submit all requests for inclusion in the weekly newsletter by 12:00 noon each Wednesday. Due to space limitations, announcements must be 50 words or fewer.

**Livestreaming:** Please note services from the Cathedral are now accessible on the following hyperlink - <https://www.churchcamlive.ie/limerickstmarys>

**Table Quiz:** Please note a Table Quiz will be held in Saint Michael's Church on Friday 27th March at 19.30. For your comfort and safety, numbers will be limited to 15 tables (60 persons) so please ensure to reserve your table so you won't be disappointed. Do not leave it till the last minute. The cost is only €10 per person (which includes supper), which should be paid to your Churchwardens or Tracey in advance. There will be a raffle for amazing prizes (tickets available on the night), and we look forward to your support for this. Anyone who is willing to donate a prize for the raffle, please contact Tracey on 086-6486197. To reserve your place/table send email to [traceylyttle@gmail.com](mailto:traceylyttle@gmail.com). Proceeds will support the restoration works. For further details, please contact Tracey Lyttle.

**World Day of Prayer:** "I will give you rest" is the theme of this year's service which has been prepared by the women of Nigeria. Hosted this year by the City Parish, there will be two interdenominational services: in Villiers Square on Thursday 5th March at 11.00am and on Friday 6th in St. Michael's at 7.30pm. Everyone (men and women) is welcome to either service and we especially hope that people with connections to Nigeria will join us. If you need a lift or have any queries contact Margaret on 087 2200216.

**Tuesday Club:** The next meeting is on Tuesday, 24th February 2026, at 2:30 pm in Saint Mary's Cathedral. The Ukulites will entertain us and they may allow you to join in! They are a group of ukelele artistes from Limerick, who play together. They offered to come to the Tuesday Club to treat us to their repertoire. Light refreshments will be served as well. Please come along and bring a friend.

**The End of Life Care Committee:** is appealing for donations of knitted hearts to give to individuals and families who have lost a loved one. If you are able to knit a heart, please bring it to the Dean, the Curate, or the Parish Office. Thank you for your kindness and support.

**Update on Cathedral Food Donation Box:** The Clergy wish to express their sincere gratitude for the food donations received in recent months. We are appealing for further donations of long-life food items and hygiene products (soap, toothpaste etc.).

**Bishops Peregrinating:** On 7th March, the Bishop will be visiting Limerick at 1:30pm and Abington at 4:00pm. As part of the festivities, the clergy are appealing for vintage vehicles. If you would like to bring a vehicle, please contact the clergy or the parish office.

**Saint Michael's Sunday Club:** Sunday School will meet today, Sunday 22nd February during the service.

**Lunch time Concerts & Talks:** The Lunchtime Concerts are back in 2026 starting Tuesday 3rd March at 1.15 pm. Further details on the website.

**The Commission on Ministry:** is organising two Church Growth Conferences in 2026, offering a balanced and varied perspective on the theme of Church Growth. Please note these important dates: Saturday 18 April 2026 at the Stormont Hotel, Belfast, and Saturday 25 April 2026 at the Radisson Blu Royal Hotel, Dublin (further details and booking information will follow).

**Office Works:** Please note that, due to upcoming building works, the Parish Office will relocate to Saint Mark's Chapel. During this period, the Parish Office area will be **strictly out of bounds to all members of the public and parishioners.**

**Family Carers Ireland** invites family carers in our parish to take part in the State of Caring 2026 survey, Ireland's largest study of unpaid caring. The online survey takes 30 minutes and closes 4 March 2026. Paper or phone support: Joanne Murphy, [jmurphy@familycarers.ie](mailto:jmurphy@familycarers.ie), 086 032 6187.

**Parishioners are invited to Wellspring, Brook, Lake, Sea**, a new online journaling series facilitated by Dr Jessica Brown. Sessions take place on Zoom in March. For more info visit: [www.ministryofhealing.ie](http://www.ministryofhealing.ie)

**Mother and Baby Institutions Payment Scheme:** Please note, Information leaflets for the Mother and Baby Institutions Payment Scheme are available at the back of the church.

Appeal (Please contact either the Dean or the Curate for further details):

- The Clergy are seeking expressions of interest for the donation of two memorial brass vases for the Cathedral.

**Sunday Clubs:** The Sunday Club is open to those of primary school age. It meets regularly with appropriate vacation breaks. Accompanied by a carer those not yet attending Primary School are welcome too. Clubs meet in all three churches throughout the month (Cathedral 1st and 3rd, St Michael's 2nd, Abington on 2nd and 4th).

**The Church of Ireland Youth Department (CIYD) National Youth Forum 2026** is happening from Friday evening 6th to Sunday 8th March 2026 and will take place at Dromantine Retreat Centre, Newry. This event will be an opportunity for 15 - 18-year-olds to come together with delegates from each of the dioceses of the Church of Ireland. It is hoped that each diocese will have approximately 8-10 representatives.

**Cycles of prayer: Porvoo:** Church of England: Diocese of Peterborough, Church of Ireland: Diocese of Meath and Kildare; **Anglican Cycle of Prayer:** The Church of Ireland

**Prayers for the Sick:** Irene Trousdell, Terry Gibson, Martin Hogan, Sarah B, Mary Alicia Downes, David, Elayne and Hilary Noonan, Hazel, Mac, Dean Sandra Pragnell, Layla, Karine Egan, Uzoma Kabi. Lillian O'Connell, Kevin Sullivan, Alan Kennedy, Noah Copley-Brown, Mark.

**Remembrance Book:** Denis O' Malley, Eileen Roy Kingston, Kathleen Fitzpatrick, Thomas Fitzpatrick, Gerald Cooper, Ned Cullen, Rev'd Bill Olnested, Dorothy Carey, Thomas James Gardiner, Nora Amelia Howes, Ronald Howes, Gordon Cowpar, Detective Garda Ben O'Sullivan

*NOTE: If you wish to place a name on the list, please email it to [limerickcityparishnews@gmail.com](mailto: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

	22 <sup>nd</sup> February	1 <sup>st</sup> March	8 <sup>th</sup> March	15 <sup>th</sup> March
<b>Refreshments</b>				
<b>St Michael's</b>	Susi Eckhardt	Keith & Sheelagh Morrow	John & Kayt Shier	Richard & Margaret Brickenden
<b>Cathedral</b>	Karen Wilson & Evelyn Sloane	Liz Lynam & Joe Lynam	Jemimah Egbulam	Brian Sheppard
<b>Readers</b>				
<b>St Michael's</b>	Cormac O'Connell	Richard Allen	Tracey Lyttle	Daire McNamara
<b>Cathedral</b>	Noreen Ellerker	Lindsay Boyle	Paul Cable	Tamasin Plowman

#### CONTACT DETAILS

The Very Rev'd Niall J.W. Sloane (Dean): The Deanery, 7 Kilbane, Castletroy

Email: [dean@limerick.anglican.org](mailto:dean@limerick.anglican.org); Tel: 061-338697. Day off: Friday

The Rev'd Scott E. Elliott (Curate): The Curatage, 50 Ballinvoher, Fr Russell Road, Dooradoyle

Email: [curate@limerick.anglican.org](mailto:curate@limerick.anglican.org); Mob: 0871951766. Day off: Monday

Clergy Emergency Number: Tel: 087-3524046. (Strictly Emergency Calls Only).

The Parish Office: Saint Mary's Cathedral, Bridge Street, Limerick, V94E068.

Limerick City Parish

Email: [cathedral@limerick.anglican.org](mailto:cathedral@limerick.anglican.org); Tel: 061-310293

[www.lcp.limerick.anglican.org](http://www.lcp.limerick.anglican.org)