

An Abhainn

A Limerick City Parish Newsletter

Easter 2026

Vol 9 Issue 1

www.lcp.limerick.anglican.org
anabhainnparish@gmail.com

From the Dean

Dear Parishioners,

Something to think about...

The great gift of Easter is hope

Basil Hume



Reflection

During Holy Week I shall be reflecting on symbols mentioned in the appointed readings for that week. As we journey to Easter Day all thoughts turn to the ultimate symbol of Easter – the empty cross.

The empty cross stands at the heart of Christian hope. It reminds us that the One who suffered there did not remain there. The cross is no longer only a sign of suffering and sacrifice; it is a sign of victory.

The empty cross calls us to hold together both Good Friday and Easter morning. It tells us that Christ truly entered human pain, bearing the weight of sin and sorrow. Yet because the cross is empty, it also proclaims that death did not have the final word.

When we look at the empty cross, we are invited to bring our own burdens to Christ—our failures, griefs, and fears. The cross assures us that God meets us in suffering. Its emptiness assures us that resurrection and new life are always possible through God's grace.

So, the empty cross becomes a quiet but powerful proclamation: Christ has died. Christ is risen. Christ will come again. And in that truth, the Church continues to live with hope.

Ordination

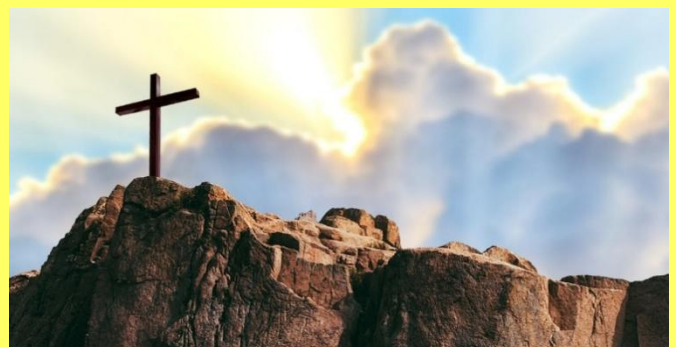
On Saturday 30th May at 4pm in the cathedral, the Rev'd Scott Elliott will be ordained priest. This is a significant event in Scott's life (indeed in the life of any priest). I warmly encourage you to join us at this service to celebrate a new chapter in ministry and to support Scott.

A happy and blessed Easter to you all,

With every blessing,

Niall

Dean & Rector



From the Editor



Dear All,

While the first signs of Spring are all around us and new colours are peeping out amongst the dry winter leaves, we are also waiting with anticipation for Christ's resurrection and ascension, even if we are entering a period of mourning leading up to the crucifixion.

You will notice that colour and its significance is a theme that runs throughout this Easter edition of An Abhainn. In the last Christmas edition, it was very much about starry nights and winter, whereas now, we are looking at the sunrise, Eastern church windows, the relevance of colours in the church year and new beginnings.

My wishes for one and all are new bright mornings, new beginnings and the fulfilment of new promises.

Happy Easter and hope you'll have many opportunities to celebrate the colours of Spring and Summer.

Jeanne



The Ministry of a Deacon: A Year of Learning And Service - By the Rev'd Scott F. Elliott



As I approach my ordination to the priesthood on 30 May 2026,

I find myself reflecting with gratitude on my time serving as a deacon over the past year in Limerick. The diaconate is sometimes described as a transitional ministry, yet it is far more than a step along the way. It is a year that offers a profound opportunity to learn what it means to serve Christ and his people in practical, pastoral, and spiritual ways.

This year, I have had the privilege of serving and getting to know the parishioners of Limerick City Parish as their curate assistant. The year has been joyful, fun, and spiritually invigorating, offering opportunities to preach, assist in the liturgy, and become more involved in parish life in various outreach endeavours. Perhaps the greatest privilege of serving as a deacon has been journeying alongside people through the highs and lows of life, celebrating baptisms, book launches, confirmations and offering support in times of illness, sorrow, or farewell.

A deacon's ministry is fundamentally one of service, rooted in the Greek word *diakonia*, reminding us that ordained ministry is not about status but about attentiveness to the needs of others and faithfulness to the Gospel. Even as I transition to the priesthood, I will never stop being a deacon, for that foundational call to serve, to walk alongside others, and to embody Christ's compassion remains at the heart of all I do.

I am especially grateful to Dean Sloane for his patient guidance, wisdom, and encouragement throughout this year. His mentorship has been invaluable in shaping my understanding of ministry and helping me grow in confidence and faith. I am also thankful to Bishop Burrows, my colleagues across the Diocese of Tuam, Limerick, and Killaloe, and to the parishioners of Limerick City Parish for the warm welcome, trust, and relationships that have made this year so meaningful.

As the day of priesting approaches, I carry forward the lessons of this year with gratitude. The diaconate has been a time of formation, discovery, and deepening faith. Above all, it has been a reminder that ministry is ultimately about walking with others in the presence of God.



Prayer for Renewal

Lord, as the world
around us blooms
anew, renew our
hearts. Fill us with new
life, new hope, and
new joy, just as You
renew the earth with
spring's light

Facing the Rising Light: Direction, Symbolism, and the Body in Christian Worship - By the Rev'd Scott E. Elliott

Christian worship has never been concerned solely with words. From the earliest centuries of the Church, the faithful have understood that the body itself participates in prayer. Posture, movement, and even direction have been used to express theological truth. Among these practices, the ancient custom of turning toward the east in prayer stands out as one of the most enduring and symbolically rich traditions within the Christian liturgical heritage.

The practice of facing east, often described by the Latin phrase *ad orientem*, rests upon several strands of biblical and theological symbolism. In Scripture, the east is associated with light and renewal. The prophet in the Book of Malachi speaks of the coming of the “sun of righteousness” who will rise with healing for the people of God. Early Christians interpreted this image christologically, understanding it as a poetic anticipation of Christ, whose coming dispels the darkness of sin and death.



This imagery is reinforced in the New Testament. In the Gospel attributed to John the Evangelist, Christ declares himself to be “the light of the world.” This statement resonated deeply with a community accustomed to seeing the rising sun as the most immediate symbol of light overcoming darkness. For the early

Church, the rising sun served not as an object of devotion but as a powerful natural sign pointing beyond itself to Christ's redemptive work.

The association of the east with Christ was also shaped by eschatological hope. In the Gospel according to Saint Matthew, the coming of the Son of Man is likened to lightning that flashes from east to west. Such imagery led many early Christians to associate the eastern horizon with the anticipated return of Christ. To pray facing east was therefore to express a posture of expectation. The Church stood watch for the coming kingdom.

These theological associations gradually found expression in the architecture and orientation of Christian churches. Many historic churches were constructed with the altar placed at the eastern end of the building. This arrangement enabled both clergy and congregation to face the same direction during prayer and the celebration of the Eucharist. In doing so, worshippers symbolically turned together toward the source of light and toward the promise of Christ's return. The building itself became a kind of theological narrative, guiding the faithful from entrance to altar along a symbolic path of redemption.

Within this symbolic geography, the west also held meaning. The western end of the church, often the place of entry, was traditionally associated with the world still marked by sin and darkness. In certain early baptismal rites the candidate would first face west in order to renounce evil and the powers of darkness. Only afterward would the candidate turn toward the east to profess faith in Christ, often reciting the Nicene Creed. The act of turning physically from west to east embodied the conversion of the Christian life. It represented a deliberate turning away from darkness and toward the light of Christ.



Posture also played a role in this liturgical symbolism. Prayer facing east was commonly undertaken while standing, a position traditionally associated with the dignity of the resurrection and the hope of new life. In some early Christian art and practice, believers raised their hands in the ancient *orans* posture, signifying

openness and receptivity before God. By contrast, the westward renunciation in baptism was marked not by prayer but by rejection. It was a declaration that the candidate was leaving behind the realm of darkness before turning toward the light of faith.

Such practices remind us that Christian worship has always engaged the whole person. Theology is not merely spoken but enacted. Direction, movement, and posture become visible expressions of belief, enabling the faithful to inhabit the story of salvation with both mind and body.

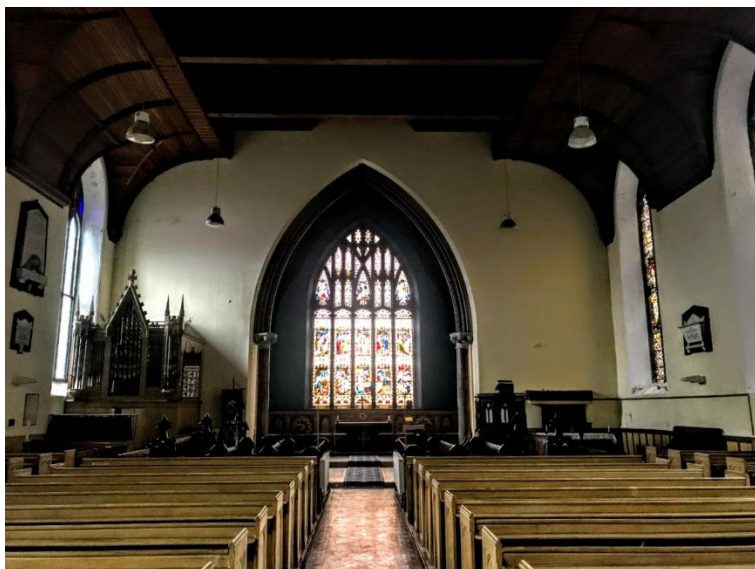
In contemporary Anglican worship, strict adherence to eastward orientation is not always observed, particularly in churches designed according to more modern architectural principles. Yet the underlying symbolism remains instructive. The Church continues to confess Christ as the light who overcomes darkness and as the one who will come again in glory. Whether through architecture, liturgy, or the language of Scripture, Christians are invited to orient their lives toward that light.

Ultimately, the ancient custom of facing east reminds us of a simple yet profound truth. Christian worship is an act of hope. Each prayer, each creed, and each gathering of the faithful expresses the Church's enduring confidence that the light of Christ continues to rise upon the world.

*Satisfy us in the morning with your unfailing love,
that we may sing for joy and be glad all our days.
Isaiah 50:4*



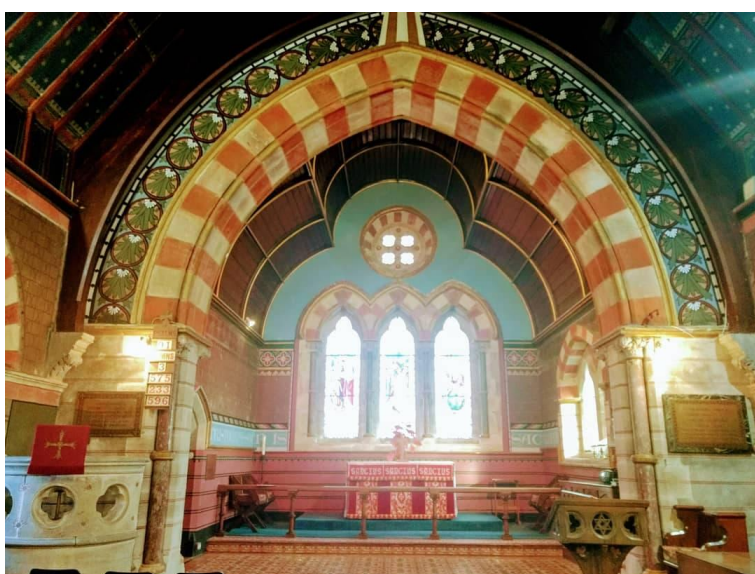
Eastern Windows in our Parish Churches



Saint Michael's Church



Saint Mary's Cathedral



Saints John and Ailbe, Abington

The mighty one, *God the Lord*,
speaks and summons the earth
from the rising of the sun to its
setting.

Psalm 50:1

It is of the LORD's mercies
that we are not consumed,
because his compassions fail not.
They are new every morning:
great is thy faithfulness.
Lamentations 3:22-23

“

Dear Lord, thank you so much for another day of life on Earth. Thank you for another beautiful sunrise to enjoy. Thank you for the wonderful sounds of nature, from the cool breeze brushing through the trees to the birds singing melodies. You are a wonderful God, full of grace and mercy. I praise you for allowing me another day to spend with my family.”

UNKNOWN

woman's day

Easter Sunrise Sermon: Darkness into Light by Shannon Blosser

<https://shannonblosser.com/2013/03/31/easter-sunrise-sermon-darkness-into-light/>

As we gathered this morning, there has been a cloud of darkness that has covered us. The darkness is quite understandable. It is early in the morning. Sunrise today is not scheduled for a few moments yet, so we are just now starting to see some of the first glimpses of the light of a new day.



The darkness that surrounds us, and the glimmer of light shining through, is appropriate this morning. It allows us, I believe, to more fully experience the joy of Easter morning. Today, we gather to announce good news to the entire world. Good news that Jesus Christ, our Lord and Savior, is not dead! He is alive! Good news that hope has won! Good news that joy is victorious! Good news that darkness has been defeated by light!

However, it was darkness that described how the disciples entered that first Easter morning. It is a darkness that does not just speak of the lack of light, but the darkness of one's soul and emotional state. Following Jesus' death, the followers of Christ were in deep despair over what they saw.

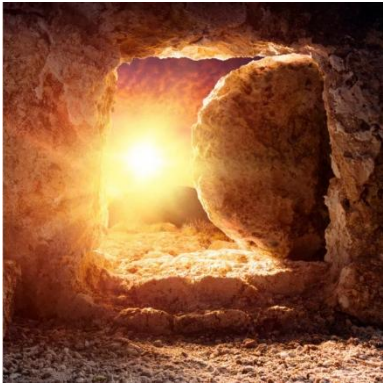
Just a few short days earlier, many of Jesus' disciples experienced what they believed was the tragic end of his ministry. They had witnessed his betrayal from within. They saw his unjust trial that led to a conviction on charges he did not commit, which led to a punishment he did not deserve. They saw him tortured, abused, mocked, and, ultimately, killed on the cross. They thought it was over and they were in pain, because they believed that in Jesus was the One they had been waiting for.



The hours immediately preceding Jesus' death were the darkest in human history. No one knew what to expect or how to react. They didn't know what would happen. Would the Roman government and religious leaders come after them? Were they next?

That Sunday morning began as a dark morning, but that didn't stop their devotion to the Lord. That is especially true for the women who went to the tomb to

further prepare Jesus' body for his burial. John tells us the anointing process began in Bethany, prior to his death, but in the rush to remove Jesus' body before the start of the Sabbath, the full anointment had likely not been completed. So, the women head to the tomb to finish this task.

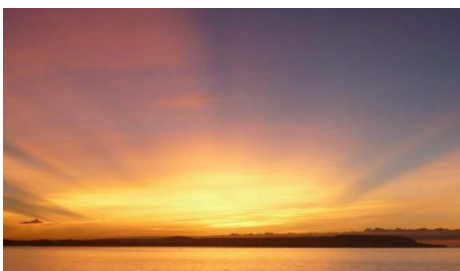


John doesn't focus on all the women, but only Mary Magdalene. She was the first to visit the tomb. She saw that something had happened. The tomb's stone had been rolled away and Jesus was not there. Mary began to fear that someone had stolen the body. Grave robbing was a common crime in those days. She runs to report the disappearance to Peter and John, who both immediately head off to search the tomb for answers.

All three didn't know what to expect that morning when they returned to the tomb. In their darkness, we could assume that they figured the worst. Someone had stolen the body and they would have to search for Jesus' body. When they arrived, Peter and John noticed that the grave clothes were there, tucked away as if no longer needed. They left knowing that something amazing had happened. Mary, however, stayed behind and was able to see it for her own eyes.

What was it that they saw that Easter morning? They saw the Light break into the darkness.

Truly, as the light that is beginning to shine on us this morning, so was it the case that Easter morning so long ago. Mary, Peter, and John were the first to witness that the Light of the World had returned. Jesus is not dead. He is alive!



Today, we gather to celebrate the fact that death could not keep our Lord. Easter is the celebration of what took that gave the world hope. We do not worship a Lord who is dead, but a Lord who is alive! That is hope. We shout with joy of the Good News of the resurrection.

Jesus' resurrection is the victory we need. It is the victory over sin. It is the victory over the powers of evil. It is the victory over death. It is the victory over darkness. What the resurrection does is replace all these things with the light of love. It is a light that only comes through the living presence of Christ.

Christ is alive. His light is with us today. That is the good news of the resurrection. No matter what darkness we face, Christ's light is there. The darkness of our sin


is overcome by the light of Christ's hope. The darkness of death is replaced by the light of everlasting love with the Father, through faith in Christ, by the power of the Holy Spirit. The darkness of this world is replaced by the world's true light.

On this Easter morning, all of us face some kind of darkness in our lives. It could be the darkness of family discord. It could be the darkness of personal struggles. It could be the darkness of not having a relationship with the Lord in a deeply personal way. Whatever darkness we face, the truth of the resurrection is this: Christ's light has broken through the darkness that this world has over us and gives us an everlasting hope.

Mary, Peter, and John saw the light in their own ways that Easter morning. Peter and John looked in the tomb and saw that Jesus was not there and left knowing that something had happened. Mary saw it for herself. What about us? How will we experience the Light this Easter?

In our darkness, we have gone to the tomb searching for what was. My prayer is that we leave this encounter with the light that is with us, in us, and all around us. That is the living Light that is Christ Jesus.

Darkness did not and will not win. Christ is alive! The Light is here! Glory to God in the highest!



*From the rising of the sun
to the place where it sets,
the name of the Lord is
to be praised.
-Psalm 113:3*

Morning Prayer

Dear Lord, thank You for waking me up this morning and giving me the breath of life. I know that I've reached this day not by luck, but by Your grace. Thank You for all the good things You have done for me. Today, I commit myself to You; please guide my every step. In this world that often seems grey, help me to live with a positive mindset. Let me hear Your voice, follow Your will, and may all I do bring glory to You. May Your hand lead me through this day. I pray this in the name of Jesus.

Amen

Easter

Prayer Is Needed Every Day...
We Express Our Thanks
Each In Our Own Way...
Faith & Prayers Said Daily
Express Our Love....



As Angels Watch From Above...
Jesus Died For All Our Sins...
He Gave His Life...
So We Could Live...
Easter. The Lily. And A Cross

Remembrances Of Jesus...
As He Shared His Love...
Hearts Are Warmed, And
Prayers Are Answered
Jesus Loves... One And All...

Poem by Carmen Strawn

THE XO FACTOR



FOR GOD SO LOVED THE WORLD

that He gave His

Only Begotten Son

THAT WHOSOEVER



believeth in Him

SHOULD NOT PERISH BUT HAVE

everlasting

life.

JOHN 3:16

My  belongs to Jesus 

Who is who in our Parish

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
- The Rev'd Scott E. Elliott (Curate): The Curatage, 50 Ballinvoher, Fr Russell Road, Dooradoyle
Email: 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, V94 E068.
Email: cathedral@limerick.anglican.org Tel: 061-310293.

The Parish Panels (Safeguarding Trust) Responsibilities include:

- interviewing persons willing to serve as workers in the parish
- advising workers on their responsibilities in respect of the Code
- advising the Select Vestry in respect of its responsibilities

The Parish Panel Members are:

The Dean; The Curate; Ms Ros Stevenson; Mr Kieran Sparling



Who is who in our Parish: The Select Vestry

Churchwardens

Saint Mary's Cathedral
Saint Michael's Church
Ss John & Ailbe, Abington

Rector's

Jane Holmes
Richard Blennerhassett
Elizabeth Stanley

People's

Frank Sheahan
Richard Brickenden
Bertie Swanton

Glebewardens

Brian Sheppard

Victor Brown

Ordinary Members

Adrienne Baron, Lindsey Boyle, Margaret Brickenden, Bill Cullen, Susi Eckhardt, Prof. Niamh Hourigan, Shawn Jamieson, Joe Lynam, Tracey Lyttle, Keith Morrow, Ian Mulvey, Meghan Mulvey.

Hon. Secretary The Curate

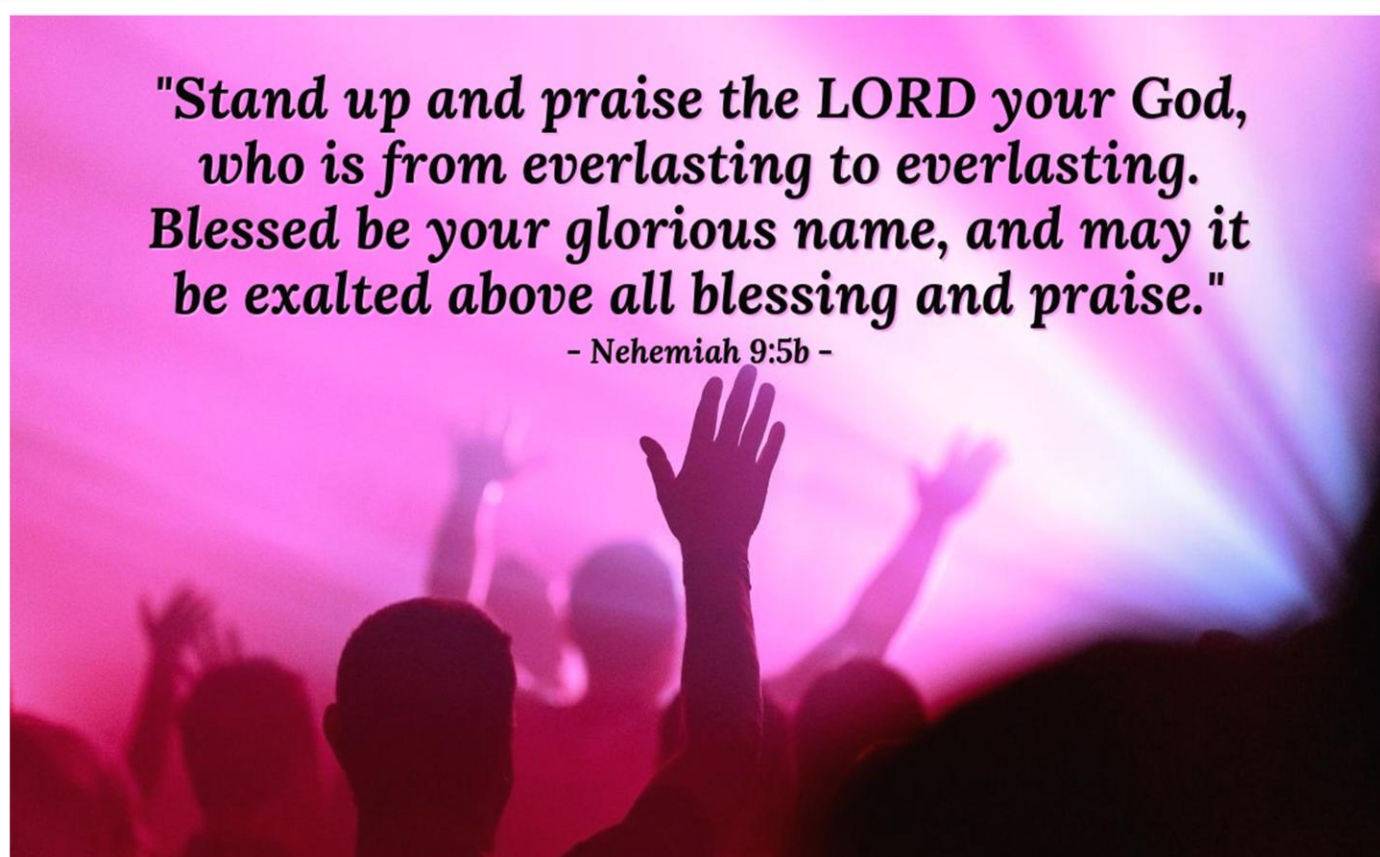
Group Treasurer/Treasurer Saint Mary's Cathedral Lynn Perkins

Hon. Treasurer St Michael's Daire McNamara

Hon. Treasurer Ss John & Ailbe, Abington Felicity Roche

***"Stand up and praise the LORD your God,
who is from everlasting to everlasting.
Blessed be your glorious name, and may it
be exalted above all blessing and praise."***

- Nehemiah 9:5b -



Parish News

From the Registers

Baptism

8th February 2026 (in Saint Mary's Cathedral) – Gabriel Ishmael Orji

Sympathy

We offer our deepest sympathy to:



- Kay and the Bannister family of the death of her husband, David.
- Dan, Clive and the Lawless family on the death of Dan's mother, Nancy.
- the Davies' family on the recent passing of Mark.
- our School secretary, Annette O'Neil, on the sudden death of her brother.
- the Rev'd Jackie McNair and his family on the death of his father, John.
- the family and friends of Fr Tom Ryan, sometime PP of Murroe and Boher and a great support to the community in Abington.
- the family and friends of Elish Cooney following her tragic death at Abington.
- the family and friends of Jean Cooper
- the friends and family of Patricia Hadnett
- Anne Holmes and her family on the death of her mother.
- the family of Nick Griffin on the death of his niece.
- the Draper family on the death of Victor's sister.



We hold them in our thoughts and prayers at this difficult time.

Jean Cooper



Jean died in February with her funeral being held in the Cathedral. So much of Jean's life was overshadowed by illness, but she managed to maintain a diverse range of interests during her long illness – jigsaws, tapestry, knitting, coin and stamp collecting. However, what outshone all these is the significant number of pen pals she had throughout the world. Despite having an illness that hinders communication – Jean outmanoeuvred these obstacles. A fitting legacy to a remarkable person.

Congratulations

We extend our congratulations to:

- Benedict and his family on the arrival of their baby boy.
- Our Curate, the Rev'd Scott E. Elliott who recently graduated from the University of Dublin (T.C.D.) with a Masters in Theology
- Our former Bishop, the Rt Rev'd Edward Darling who recently celebrated the 40th anniversary of his consecration as Bishop.
- Bishop Burrows and Claire Jackson on the birth of their first grandson, Ruari.
- Ian and Megan Mulvey on the birth of their daughter, Violet. A little sister for Cecily.
- Joe Lynam and his family on the birth of his grandson.

Congratulations!

Every blessing to them all.

Dates for your diary



**DIALOGUE OF FRIENDSHIP:
FAITHFULLY
CARING FOR
CREATION**

Keynote Speaker:
The Revd David Coleman
Environmental Chaplain,
EcoCongregation Scotland

Saturday, 16 May 2026
10.30 AM - 3.30 PM
Dundrum Methodist Church

Co-organised by:
Sanctuary in Faith
Places of Sanctuary Ireland

Ordination

Please note that the Rev'd Scott E. Elliott will be ordained to the Priesthood by the Rt Rev'd Michael Burrows at Saint Mary's Cathedral on **Saturday 30th May 2026 at 4:00pm**. All are welcome to attend

Please keep an eye on social media pages and the weekly newsletter for information about upcoming events in the Cathedral and Parish.

General news

World Day of Prayer

The annual ecumenical service was hosted this year by Limerick City Parish and was held in Saint Michael's Church. We are grateful to Margaret Schutz who has been the parish representative on the organising committee of this event.

Hearts

The End-of-Life Care Committee at University Hospital, Limerick 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. (See pattern later in the magazine)



Small Hearts, Big Compassion: A Heartwarming Afternoon in Limerick

On a peaceful afternoon, inside Saint Mary's Cathedral, a quiet but very meaningful act of kindness unfolded. On Sunday 1st March the Cathedral welcomed a group of knitters who gathered with one purpose: to create small handmade hearts for people experiencing bereavement.

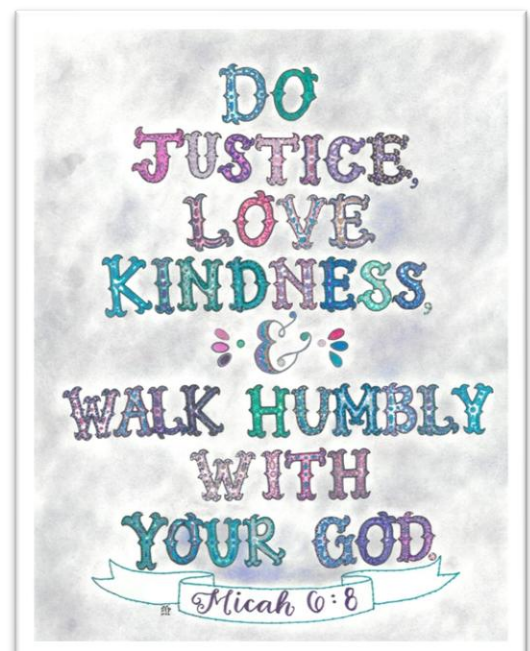
The Dean of Limerick, the Very Rev'd Niall J. W. Sloane, together with the Curate Assistant, the Rev'd Scott E. Elliott, warmly greeted the knitting group and expressed their joy at seeing the Cathedral become a place not only of worship but also of compassionate service.

Throughout the afternoon, volunteers worked carefully and lovingly, knitting small hearts that will be given to families who have lost loved ones. Though simple in appearance, each heart carries a powerful message, a tangible reminder that they are not alone, and that they are held in the prayers and care of the community.

This thoughtful initiative is supported by the End of Life Committee at University Hospital Limerick, whose ongoing dedication to supporting families during life's most difficult moments is deeply appreciated.

The response to the Cathedral's call for help has been overwhelming. Volunteers generously offered their time and skills, preparing materials and welcoming participants, while members of Limerick Craft Meet Up joined the gathering and helped make the afternoon especially memorable.

In a world that often feels hurried and distant, the quiet rhythm of knitting needles in the Cathedral created something extraordinary, a moment of community, compassion, and hope.



Mission Sunday



The 8th of March was Mission Sunday and this year the Diocesan Council for Mission is supporting the work of the bishop's peregrinations. Thank you for your support.

The Bishop's
Peregrination:
In Limerick....



Abington

Easter General Vestry

The Easter General Vestry will be held in person at Abington Church on Monday 20th April at 7:30pm. Only Registered Vestry Members are eligible to vote in and be nominated in the elections. Contact the Dean (Chair) or the Curate (Hon. Secretary) for any further enquiries.

Dialogue of Friendship - Bookings open

Dialogue of Friendship event on Saturday 16 May, at Dundrum Methodist Church in Dublin. The theme is 'Faithfully Caring for Creation' and the keynote speaker is the Revd David Coleman. Further details and online booking:

<https://www.eventbrite.com/e/dialogue-of-friendship-faithfully-caring-for-creation-tickets-1979854887264?aff=oddtcreator>

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. If you are interested in attending, please contact the Dean.

Mothers' Union (Update from Lucy)

I would like to sincerely thank all those who have donated to our hamper appeal. We are delivering gifts and a hamper to Thomond House, a hamper and children's clothing to Adapt House and a hamper and clothing to Br. Russell House. Your generosity is greatly appreciated, thank you!



Ministry of Healing Prayer Group

This is a means to:



- consider that in the world which needs prayer,
- to reflect on Scripture,
- provide a prayer tree, accepting requests from our congregation and the public, which will be prayed for.

All are welcome to attend, pray, and be part of our Ministry of Healing prayer group, which meets monthly on a Thursday in the Cathedral. Next meeting date will be published in the weekly newsletter.

Food Donation Box

A food donation box has been placed by the Clancy Bench inside the Cathedral. The clergy are appealing for donations of imperishable food items such as cereals, pasta and canned goods etc. Donations will support the work of Limerick Island Community Partners.



Church giving

There are many ways in which you can support your church and parish – time, talents, prayers, treasures. For those interested in supporting financially, there are a number of ways to do this, please speak with a church treasurer or a member of the clergy to find out more.

Dea Scéala

The new diocesan magazine is now available free of charge in all of our church buildings, it may also be viewed online at www.tlk.ie/3d-flip-book/dea-sceala/



Alone

ALONE is a national organisation that enables older people to age at home.



“We at ALONE work with all older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties. We provide an integrated system of Support Coordination, Practical Supports, Support & Befriending, a variety of Phone Services, Social Prescribing, Housing with Support, and assistive technology.”

Gazette



The Select Vestry has agreed to support the Church of Ireland Gazette by purchasing 3 subscriptions (one for each church). A copy will be left in each church for parishioners to read and pass around. This initiative is designed to encourage people to take out their own personal subscription.



Contact details

Has your email address changed?

Are you new to the Parish?

Would you like to receive news from the Parish and / or an electronic copy of An Abhainn?

If you would like to update your contact details please email:

limerickcityparishnews@gmail.com and Anabhainparish@gmail.com

Livestreaming



Log onto:

www.churchservices.tv/limerickstmarys

Services will be on air at 11.15am on Sundays and 10.30am on Thursdays.

Parish Archives

We are looking for any photos, information or historical artefacts relating to any of the churches in Limerick City Parish. If you have any such records, please contact the Dean.

Limerick City Parish Eco-Theology Group: Keep an eye on the notice board in the Church on news and updates



Limerick City Parish is helping the environment and supporting a great cause – "Batteries for Barretstown." Recycling tubes for your used batteries can be found in each of the three churches. Get collecting and drop them in!

Barnardos Postage Stamps:

I have once again left a large consignment of used postage stamps into the Barnardos offices near Christ Church Cathedral in Dublin. They were very gratefully received. Please continue to collect and cause the stamps to be left in the Cathedral Office!
Many thanks, from Claire Jackson.


Barnardos



Readers & Intercessors: If you would be interested in reading at services and/or leading the Prayers of the People at Parish Communion once a month please speak to a member of the Clergy.

Hospital Visiting:

The Clergy would appreciate being told if parishioners are in hospital, going into hospital, are being transferred or if they have been discharged, and will be pleased to offer pastoral support. A selection of prayers is available from them or in the Church porches.

Cumann Gaeilge na hEaglaise/The Irish Guild of the Church:

Anyone interested in the Irish language and its role within the life of the Church of Ireland is invited to speak with a member of the Clergy team.



Thursdays in Black: Resistance and Resilience:



The campaign is simple but profound. Wear black on Thursdays - declare you are part of the global movement resisting attitudes and practices that permit rape and violence. Show your respect for women who are resilient in the face of injustice and violence. Encourage others to join you. Often black has been used with negative racial connotations. In this campaign Black is used as a colour of resistance and resilience.



Considering Marriage? Weddings are very special occasions in the life of any family and in the life of the church. When considering getting married please check possible dates with the Rector before confirming arrangements. It is expected that couples will make a regular commitment to the life of the church in preparation for marriage.

St Michael's Hall

For booking enquiries, please contact the Hall Manager, Oliver Deegan.

-Bookings-

Easter Prayer

The veil of darkness
Transformed to the brightest light.

The most dreadful end
Became the most beautiful beginning.

The depths of despair
Fade to reveal hope everlasting.

The curse of death
Defeated by eternal life.

Thank you Lord, for the wonder of Easter.



Children & Youth

Children's Ministry

We are grateful to the leaders of our Sunday Club who have organised a wide range of events and activities for the coming months. Children who wish to remain in church can avail of the Children's packs at the back of the church and/or follow along in our Parish Communion services with the '*I can join in the Holy Communion Service*' booklets.

Children are always welcome at our services and junior activities!

Sunday School

Will meet in the Cathedral on the 3rd Sunday.

Godly play will run in Abington on the 2nd and 4th Sundays. All children of primary school age and under are very welcome to attend. If any post primary children would be willing to help out with children's activities, please speak with the Dean.



St Mary's Sunday Club:

St Mary's Sunday Club is open to Primary School going children, whose carers are attending the 11.15 service in the Cathedral. Pre-school children are welcome if they are accompanied by an adult carer. Likewise, post primary school students are welcome to assist.



Gatherings take place in the vestry during the service, with children leaving during the first hymn and returning to join their families at the altar rails.

Normally on the First and Third Sunday of the month with appropriate breaks during school holidays. The first Sunday normally takes the form of Godly Play Sunday Club, members regularly contribute to the liturgy and to the hospitality after the service.

Sunday Club Cinema Trip:

St Nicholas Day was the perfect date for last year's cinema trip! The film that was shown in the Castletroy Cinema was after all Arthur's Christmas. A heartwarming story which truly entranced its audience!

The Sunday Club is greatly indebted to the parish for funding its activities.

Saint Michael's National School:

The Clergy are delighted to lead weekly assemblies in our Parish school and we are looking forward to the upcoming events in the school.

Saint Michael's National School Applications:

Please note applications for enrolment (2026/27) are now open. Please contact Saint Michael's National School for further details on the application process.

EASTER PRAYER

Thank you for the gift of new life

Lord God,

We bless your holy name for the love
you've shown us

We bless the name of our Lord, Jesus
Christ,

Who was crucified for our sake

Today, as we celebrate his resurrection,

We are more than grateful to know such
love

Thank you for the gift of new life through
his resurrection

Thank you for the privilege to come close
to you through your son

Fill our hearts with joy on this day and all
the days of our lives

Amen

News from St Michael's



Fundraising Saint Michael's Church

As referenced in the Building Works presentation at the end of September 2025, we need to raise funds for the painting of the church. Approx. €30k needs to be raised by Easter 2026.

How you can help - Choose Your Pot of Paint!

Donation Type	*Individual	Corporate
 Bronze Pot	€100	€250
 Silver Pot	€250	€500
 Gold Pot	€500	€1,000

* These amounts can be increased by 30% if Donor is a taxpayer. Saint Michaels, as a charity will apply to get tax back. This has no effect on your own tax!

Personalised certificates for all donors
Special mention in our parish bulletin or anonymous – at Donor's discretion.

Saint Michael's Painting Goal: €30,000



Thank you for supporting our community church

Donations can be made via:

- Church Wardens, The Dean or Daire, our Treasurer (Cash, Cheque or bank transfer)
- Any email queries can be directed to dean@limerick.anglican.org or daire.mcnamara@gmail.com
 - Donations can also be made directly to 'St Michael's Church Fund'
IBAN IE91BOFI90430915393230.
Please add narrative: Person Name followed by 'Painting'
e.g. Joe Bloggs – Painting

- **PLEASE – Spread the word. Let anyone who you think would be interested in donating know about the painting fundraising.**

I wish to make the enclosed donation towards the Painting Fund Raising

Name: _____

Amount: _____

Method: _____ (Cash, Cheque, Bank transfer)

“Love Your Neighbour”

We are inviting parishioners to support a new Donation Box in Saint Michael’s Church aiding the Society of St. Vincent de Paul. Donate non-perishable foods and essential toiletries. Each gift helps a neighbour in need and makes Christ’s command to love one another visible in our community.



“Love Your Neighbour” –

Share What You Can, Care as Christ Commands

Saint Michael's Church has introduced a Food & Hygiene Donation Box to support the essential charitable work of the Society of St. Vincent de Paul.

This initiative is rooted in the dear and direct command of Jesus:

“You shall love your neighbour as yourself.” (Mark 12:31)

These words are not optional; they stand at the very centre of Christian life. To love our neighbour is to will their good as sincerely as our own. It calls us beyond sentiment and into action. Christian love must be practical, visible, and generous. When a neighbour lacks daily necessities, love compels a response.

Through this initiative, we have a simple but powerful opportunity to live Christ’s command within our own parish community.

We invite parishioners to donate long-life (non-perishable) food items, such as:

- Pasta, rice, and noodles
- Tinned meat, fish, fruit, and vegetables
- Soup and beans
- Tea, coffee, sugar
- Cereal and long-life milk
- Cooking sauces and spreads

We also welcome essential hygiene products, including:

- Soap and shower gel
- Shampoo and toothpaste
- Toothbrushes
- Deodorant
- Sanitary products
- Toilet paper

The donation box is clearly marked and placed inside the church.

Each contribution, no matter how small, becomes a living response to Christ’s command. In loving our neighbour in this concrete way, we make the Gospel visible in Limerick today.

Thank you for your generosity and faith in action.

DISCOVER YOUR FAITH




Certificate in Christian Studies

Academic Year 2026 / 2027

Validated by St Patrick's Pontifical University, Maynooth · Level 7 · 30 Credits

"Have you ever wanted to explore your Christian faith more deeply?"

SIX MODULES

-  The Bible
-  Thinking about God
-  Liturgy & Worship
-  Mission & Ministry
-  Christian Ethics
-  Irish Church History

Online · Flexible · Recorded sessions

EVERYTHING YOU NEED TO KNOW

Who is it for?

Any adult learner — no qualifications needed, just curiosity and commitment.

How does it work?

8 online sessions per module, recorded for flexibility, plus guided reading and in-person awaydays.

What does it cost?

€300 per year. Bursaries available.

What will I gain?

A Level 7 Certificate (30 credits) and a deeper engagement with your faith.

Enrolments open now · No prior qualifications needed

dean@stflannanscathedral.com · 089 245 1601



News from the Cathedral

Cathedral Booklet:

On January 25th the newly published Saint Mary's Cathedral souvenir book was launched. The Dean thanks the book's editor, Ros Stevenson, along with the collaborators and Jenny McKinley from Kulturalis for their hard work on this wonderful project. The book is now available to purchase in the cathedral shop at a cost of €10.00.



Candelabra cleaning:

On February 21st, throughout the morning and afternoon, wonderful volunteers gathered from across Limerick City Parish to carefully clean and polish the Cathedral's candelabras. This time, care, and dedication help keep our beautiful Cathedral shining brightly for all who visit and worship here. Thank you to everyone who helped out!



Community Awards:

In early February, the Dean was pleased to welcome guests to Saint Mary's Cathedral on for the Community Awards presentations, which took place immediately after Choral Evensong.

Dean Sloane was joined by John Moran, (Mayor of Limerick), Helen O'Donnell (Limerick Tidy Towns), and Dermot Nestor (Mary Immaculate College) to present the awards.

Those recognised for their outstanding contribution to the city were Mr Randel Hodkinson, Mr Robbie Kenneally and Mr Jim McNamara.



The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

Psalm 28:7

Psalm 23

- 1 The Lord is my shepherd,
I lack nothing.
- 2 He makes me lie down in green
pastures, he leads me beside
quiet waters,
- 3 he refreshes my soul.
He guides me along the right
paths for his name's sake.
- 4 Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
- 5 You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
- 6 Surely your goodness and love will
follow me all the days of my life,
and I will dwell in the house of the
Lord forever.

Colouring as Prayer: Finding Stillness in Sacred Spaces

Prayer within the Christian tradition takes many forms. While intercessions, petitions, thanksgivings and silence are perhaps the most familiar expressions, the Church has long recognised that prayer may also arise through creative and contemplative practices. In recent weeks at Saint Mary's Cathedral, one such practice has quietly taken root through the introduction of the *Sacred Spaces Colouring Book*. What may appear at first to be a simple activity has, for many, become an unexpected doorway into prayerful reflection.

Colouring invites a slower and more attentive way of being. In an age often characterised by noise and haste, the deliberate act of filling a pattern or sacred image with colour encourages stillness. The mind gradually settles, distractions recede, and the individual becomes present to the moment. Within that stillness, many discover that prayer emerges naturally. The gentle rhythm of colouring can create a space in which the heart becomes attentive to God.

This approach resonates with older Christian traditions of contemplation. Monastic communities, for example, have long practised meditative engagement with sacred texts and images. The slow copying of manuscripts, the illumination of letters, and the careful crafting of icons were not merely artistic tasks but acts of devotion. In a similar spirit, colouring sacred patterns or images allows participants to engage visually and creatively with themes of faith.

For some, colouring becomes a quiet meditation on the beauty of creation. Colours themselves evoke elements of the natural world, from the deep blues of the sky to the warm gold of sunlight. For others, the images contained within the *Sacred Spaces Colouring Book* prompt reflection on the architecture and symbolism of the cathedral itself. As the patterns gradually take shape, participants often find themselves contemplating the sacred spaces in which they worship.

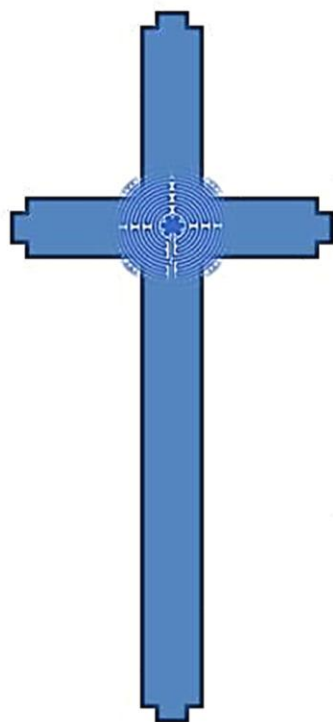
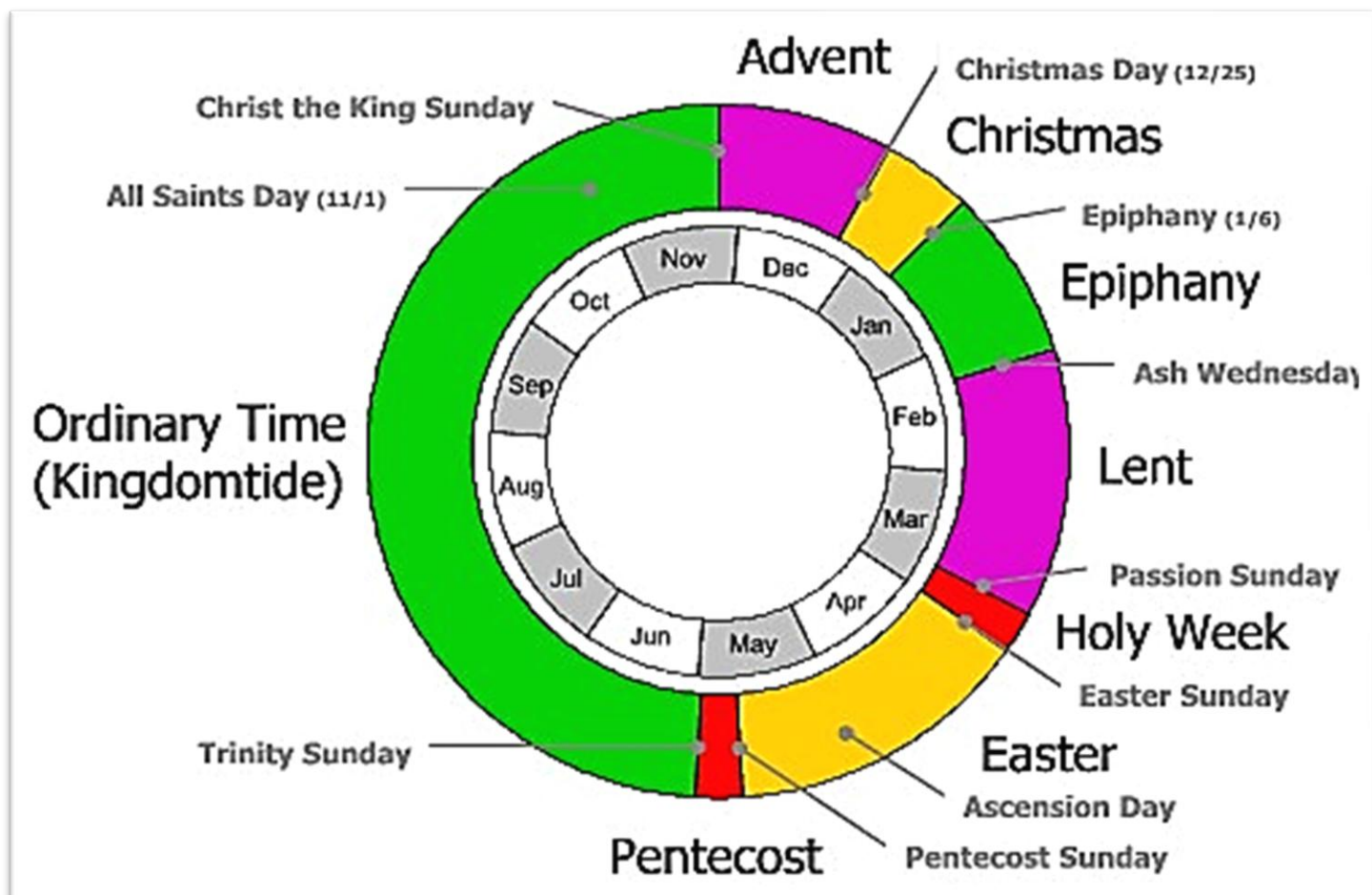
Perhaps the most valuable aspect of colouring as prayer is its accessibility. It requires no particular expertise in theology or art. Children and adults alike can participate, each engaging at their own pace. In this way, a simple colouring page becomes an invitation to pause, to reflect, and to encounter God in quiet creativity.

Within the life of the Church, such small practices can nurture a deeper awareness of the sacred. Through something as simple as colour and pattern, the faithful are reminded that prayer can take many forms, and that even the most ordinary actions may become moments of grace.



- Advent – Violet**
- Christmas – White**
- Epiphany – Green**
- Lent – Violet**
- Holy Week – Violet or Red**
- Easter – White**
- Ascension – White**
- Pentecost – Red**
- Trinity - Green**

The Church “colour codes” each season and festival of its year. **Purple:** Penitential (preparation), used during seasons when Christians examine their lives, remember their sins and need for forgiveness. **White:** Purity and used for joyful festivals. **Green:** Growth, used when Christians try to grow in faith. **Red:** Blood and Fire: Used on days Christians celebrate the lives of Saints who died for their faith and on the day marking the coming of the Holy Spirit. Also for Confirmation, Ordination and Healing when we think of the gift of the Holy Spirit.



O Lord,

Forgive us when we forget just how heavy and tragic the cross You bore was.

You carried the burden of the cross...We carry the joy of it.
 You were innocent...We are so guilty.
 You were crucified...We are forgiven.

We wear jewelry...You wore a crown of thorns.
 We tattoo our skin...Your side was pierced.
 We collect beautiful images to hang on walls...You hung there.

O Lamb of God, thank You for the kind of love that surrenders and forgives while nailed and suspended high on death's shameful and unjust cross.

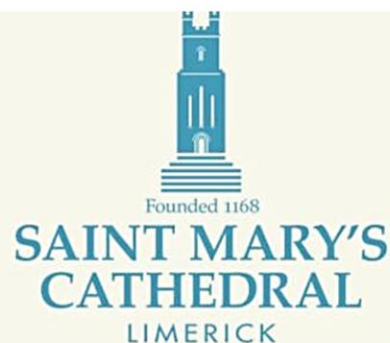
O Lamb of God, who takes away the sins of the world, forgive us when we forget just how heavy and tragic the cross was.

Amen

B.D. Harr©2013

www.facebook.com/HisFootsteps

LUNCHTIME CONCERTS & TALKS 2026 1.15PM, FREE ADMISSION



- Tuesday 3rd March - Triona Walsh (soprano) and Tatyana Vykhodtseva (piano) - Devotion
- Tuesday 10th March - Mateo Daniel Coelho (piano)
- Friday 13th March - ICO Academy (orchestra)
- Wednesday 25th March - ICO Academy (chamber music)
- Tuesday 14th April - Catherine O'Carroll (mezzo-soprano) and Irina Dernova (piano)
- Tuesday 21st April - Marian Brandstettner (violin)
- Tuesday 28th April - John Doyle (tenor), Colette Delahunty (soprano) and Irina Dernova (piano)
- Tuesday 12th May - Seamus Tse (piano)

Commemorating Ireland's presidency of the EU in the 2nd half of 2026

- Talk** Tuesday 19th May - Limerick & Italy - the Bells
- Talk** Tuesday 26th May - Limerick & Denmark - the Memorials
- Talk** Tuesday 2nd June - Limerick & Spain - the Camino
- Talk** Tuesday 9th June - Limerick & Germany - the Pallatine connection

- Tuesday 16th June - Tara Quartet
- Tuesday 23rd June - Siun Milne (violin), Billy O'Brien (piano)
- Tuesday 30th June - Justine Gormley (piano)
- Tuesday 14th July - Emma English (soprano) and Sarah - Ellen Murphy (alto)
- Tuesday 21st July - Antonio Garcia (cello)
- Tuesday 28th July - Adam Heron (piano)
- Tuesday 3rd November - William Jack (cello)
- Tuesday 17th November - Julie Comparini (contralto) and Yonit Kosovske (piano) - art songs by Lili Boulanger and Rita Strohl

Advent & Christmas - Details will appear shortly

More information at

www.cathedral.limerick.anglican.org

Admission to the concerts & talks is free (with a retiring collection)

*Correct at time of going to print.

Please note, events may be subject to change, please consult website.





An Easter Prayer

God, give us eyes to see
the beauty of the Spring,
And to behold Your majesty
in every living thing -

And may we see in lacy leaves
and every budding flower
The Hand that rules the universe
with gentleness and power -

And may this Easter grandeur
that Spring lavishly imparts
Awaken faded flowers of faith
lying dormant in our hearts,

And give us ears to hear, dear God,
the Springtime song of birds
With messages more meaningful
than man's often empty words

Telling harried human beings
who are lost in dark despair -
'Be like us and do not worry
for God has you in His care.

~ Author : Helen Steiner Rice



Nubia Group
Touch your Heart

For the Children...

Nicodemus

Pilate Mary Magdalene

JOSEPH OF ARIMATHEA

I was appointed to guard a tomb containing a dead body. I thought it would be easy, until I felt the earth quake and saw an angel who looked like lightening coming towards me. Later, I was paid a lot of money to lie and say that Jesus' disciples had stolen the body while I slept.
(Matthew 28:2-4 & 11-15)

Roman Centurion

BARABBAS

I was one of the first people to see the stone rolled away from the tomb. I thought someone had stolen Jesus' body, until I heard Jesus say my name and saw Him standing before me!
(John 20:1, 11-16)

We asked Pilate for a Roman guard to keep Jesus' disciples from stealing His body - but Jesus' body still ended up missing! We later had to pay the Roman guards a lot of money to tell a lie. (Matthew 27:62-66 & Matthew 28:11-15)

CLEOPAS

I spoke to some women and told them, "Do not be afraid; You are looking for Jesus Who was crucified. He is not here, for He has risen, just as He said. (Matthew 28:5-6)

A CRIMINAL (OR MALEFACTOR)

Simon Peter

I saw Jesus as I was walking to Emmaus. He talked to me and explained the Scriptures to me about why the Messiah needed to die, but I didn't recognize Him until we sat down to eat.
(Luke 24:17-18, 28-35)

I said I would not believe that Jesus had risen from the dead until I could see and touch the nail prints in His hands and the place where the sword had pierced His side. My Lord and my God, Jesus Christ, showed them to me! (John 20:24-29)

(Your Name)

Jesus asked me if I loved Him three times after He rose from the dead. In this way, He helped me to know that I was forgiven for denying that I knew Him three times before His death.
(John 21:15-17)

ROMAN GUARD

Jesus said that I am blessed if I believe, even though I have not actually seen Him with my eyes.
(John 20:29)

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CHIEF PRIESTS AND PHARISEES

Mary

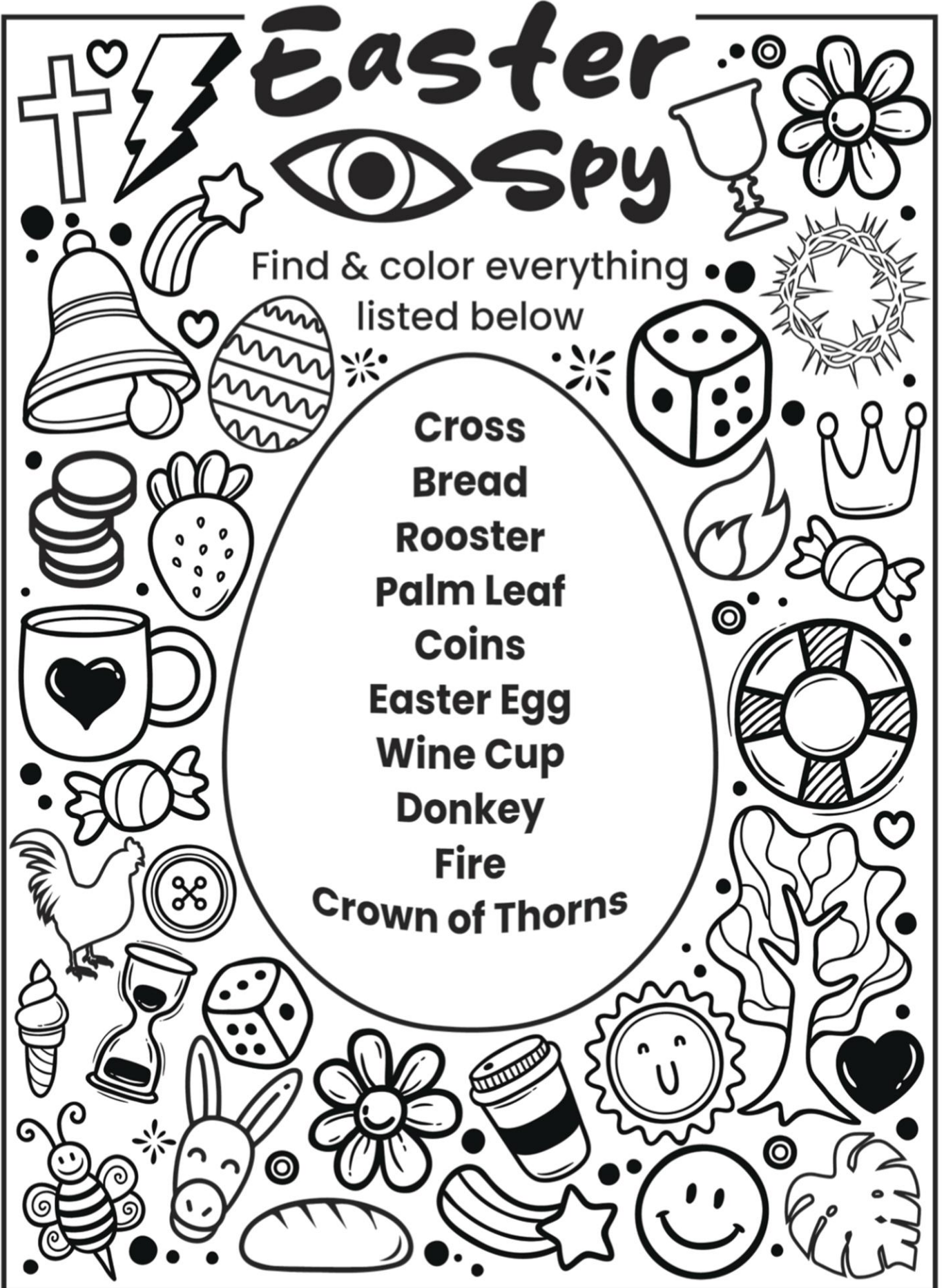
THOMAS

Angel

Easter Spy

Find & color everything
listed below

Cross
Bread
Rooster
Palm Leaf
Coins
Easter Egg
Wine Cup
Donkey
Fire
Crown of Thorns



Clue ideas for your Easter Egg Hunt



1. The people sang praise as Jesus rode in, the next clue you need is in the kitchen.



2. Judas betrayed Jesus for some coins in a pouch, maybe you should go look under the couch.



3. Jesus went to the garden to pray, find your next clue in the place where you play.



4. The soldiers put a crown of thorns on Jesus' head, now you need to go check under a bed.



5. Jesus' love for you led him to the cross, find your next clue in the room with the floss.



6. Jesus died for your sins and mine, go look under the table where you dine.



7. Jesus' body was laid to rest, maybe you should go look in your toy chest.



8. An angel rolled back the stone and sat on it, search for your next clue in a closet.



9. Jesus is risen, He's back from the dead! Find your next clue somewhere near the bread.



10. Jesus' love goes on and on, head to the front door to see what you've won.

Faster Recipes

Butterflied Leg of Lamb with Bay Leaves and Balsamic Vinegar

Ingredients

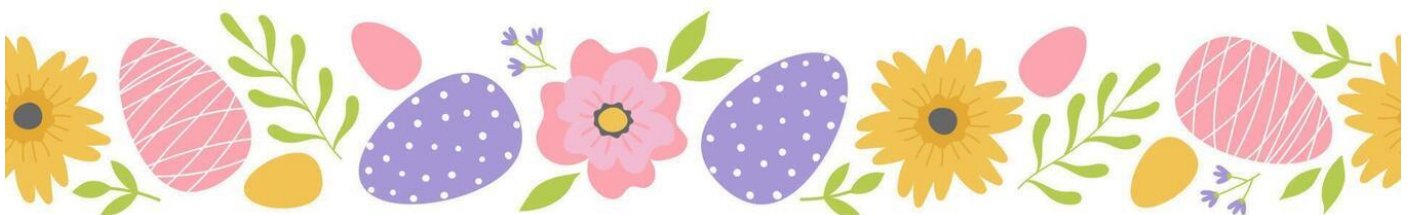
Serves: 8

- 1½ kilograms boned and butterflied leg of lamb
- 6 fresh bay leaves (snipped)
- 2 teaspoons Maldon Sea salt flakes (to taste)
- 4 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 3 cloves garlic (peeled and sliced finely)



Method

1. Preheat the oven to 220°C/200°C Fan/425°F/gas mark 7. Get out a shallow but sturdy roasting tin and put the butterflied leg of lamb in it, skin-side down.
2. Scatter with the snipped bay leaves and half the salt and pour the oil and vinegar over the lamb, then push the garlic slices into crevices where you can and lay the rest on top. Leave to marinate just until the lamb gets to room temperature.
3. Turn the lamb over, so it is now skin side up, sprinkle with the remaining salt flakes and roast in the hot oven for 30 minutes.
4. Remove from the oven, tent with foil, and let it stand for 15 minutes: this will give you lusciously pink lamb; if you want the meat slightly less pink, then let it stand, under its foil, for 30 minutes



Roast Pumpkin, Spinach and Feta Salad

Ingredients

Pumpkin:

- 600 g / 1.2 lb pumpkin (*after peeling*), cut into 3cm / 1.25" cubes (*Note 1*)
- 1 1/2 tbsp olive oil
- Salt and pepper

Dressing:

- 2.5 tbsp / 50 ml extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- Salt and pepper

Salad:

- 1/4 cup / 35g pine nuts (*Note 2*)
- 150 g / 5 oz baby spinach leaves (4 handfuls)
- 60 g / 2 oz feta , *crumbled (or more!!)*



Instructions

1. Preheat oven to 220C/430F (standard) or 200C/390F (fan/convection).
2. Toss pumpkin with olive oil, salt and pepper. Spread on baking tray, bake for 20 minutes. Remove from oven, flip, then bake for a further 7 – 10 minutes until golden but not mushy. (*Note 3*) Loosen pumpkin (it can adhere as it cools), then if serving salad at room temperature, leave to cool.
3. Shake Dressing in a jar. Taste and adjust to taste.
4. Toast pine nuts in a dry skillet over medium heat until light golden and it smells nutty. Remove pine nuts from skillet as soon as it's ready.
5. Place Spinach in a bowl. Drizzle with a bit of dressing then toss.
6. Add pumpkin, just a bit of feta and pine nuts, then GENTLY BRIEFLY toss just to disperse the feta. (If you toss vigorously, the feta can make it look messy).
7. Transfer to serving plate. Sprinkle over remaining feta and pine nuts. Just before serving, drizzle with remaining dressing (dressing doesn't stay on baby spinach well, so worth drizzling at end). Serve!

Recipe Notes:

1. You can use any pumpkin or squash for this recipe.
2. Pine nuts are expensive but worth using in this recipe, it's the perfect finishing touch. However, you can sub with any other nuts of choice. Chopped almonds and macadamias are great.
3. Pumpkin turns to mush if baked for too long. It should be tender with a nice golden surface on at least 2 sides (i.e. the sides that were in contact with the tray during baking). And also, loosen pumpkin from tray using a spatula when you take it out of the oven – if you don't do this while hot, it might stick to the tray.

Easter muffins (Quick and Easy if you don't have time for yeast-based recipes)

Ingredients

- 350g self-raising flour
- ½ t baking soda
- 2t mixed spice
- 1 t cinnamon
- 125 ml oil
- 200ml buttermilk or full fat yoghurt
- 2 eggs
- 175g caster sugar
- 225g mixed dry fruit
- 40g cake flour
- 100g apricot jam or marmalade



Method:

1. Pre heat the oven to 200 degrees C.
2. Line a 12-hole muffin pan
3. Sift the flour, baking soda, mixed spice, and cinnamon in a large mixing bowl
4. In a separate bowl, whisk together the sunflower oil, buttermilk, eggs, and caster sugar.
5. Add the wet mix to the dry ingredients and stir until just mixed
6. Fold in the dried fruit.
7. Divide into the muffin pan.
8. Mix the cake flour with 3 to 4 tablespoons of water to form a thick paste. Scoop into a small plastic bag and cut a 5mm opening in one corner and add a cross on top of each muffin.
9. Bake for 20 to 25 minutes until the muffins are light brown.
10. Cool down slightly.
11. Warm the jam and brush over the warm muffins.



Softest Fluffiest Hot Cross Buns Ever (Tang Zhong method) (A bit more work but delicious)

PREP: 20 minutes PROOF THE DOUGH TWICE: 2 hours COOK: 20 minutes

Ingredients:

Roux Starter (Tang Zhong method):

- 15 gr bread flour
- 90 ml whole milk

Dry Ingredients:

- 300 gr bread flour
- 5 gr instant yeast
- 5 gr milk powder
- 80 gr raisins optional
- ½ tsp salt
- 2 Tbsp (30ml) sugar

Spices:

- 1 tablespoon (15 ml) ground cinnamon
- ¼ tsp ground nutmeg

Wet ingredients:

- 120 ml whole milk
- 1 egg about 50 gr lightly beaten

Ingredient to add last to the dough

- 40 gr butter softened

Egg Wash

- 1 egg beaten
- 1 tsp water

Hot Cross Paste:

- 20 g all-purpose flour
- 7 g oil
- 20 g milk

Glaze:

- 1 Tbsp apricot jam or any jam of your choice
- 2 tsp water



Instructions

Prepare the Tang Zhong:

- Place milk and the bread flour in a small saucepan.
- Whisk until there is no more lumps. Cook this mixture over low-medium heat until it reaches 65 C (149 F).
- Remove from the heat and cover with a plastic wrap, touching the tang zhong so the skin won't form. Can be made the day before and kept in the fridge.



Make the dough:

1. Mix all the dry ingredients together in a mixing bowl. Make a well in the centre and pour in the wet ingredients and the tang zhong you made earlier. Use a dough hook attachment to knead the dough until all the crumbly dough starts to come together into one mass, it may take about 2-3 minutes for this to happen. Don't be tempted to add any liquid. You may need to stop halfway and scrap the dough off the hook and the sides of the bowl and knead again several times.
2. Once it comes into a dough, stop the machine. Then add the salt and sugar into the dough. Continue to knead until the dough is relatively smooth. You need to stop and scrape the dough off the hook and the bowl several times during this process.
3. Once you have a smooth dough increase speed to 4. Gradually add in the softened butter a bit by a bit. The dough will turn into a REAL sticky mess again because of the butter, just keep kneading and stop halfway and scrape the dough off the hook and bowl again and continue to knead until the butter is absorbed by the dough. IT WILL HAPPEN, don't worry! DO NOT be tempted to add any extra flour. You will get a shiny smooth dough that is very elastic. This may take about 10 minutes on speed 4. The dough must pass a windowpane test, meaning, when you stretch a small amount of dough thinly, it won't break and a light can pass through.

1st Proofing:



Place this dough in a lightly oiled large bowl, cover it with a clean and damp tea cloth or plastic wrap and let it rise at a warm place for about 1 hour. It may not double in size, but it will puff up some for sure.

Shaping:

- Punch the dough down and knead in the spices. Then divide into 12 balls. Pull and tuck the dough to form a smooth round ball with the seams tucked underneath. Place the seam side down on a baking pan lined with parchment paper and repeat with the rest of the dough. Arrange them about 1/2 inch apart. They will touch each other after proofing and become like pull-apart buns. If you place them a bit farther then they won't touch each other, it's up to you. Cover with a plastic wrap or a clean kitchen towel.



2nd Proofing:

- Let the dough proof again for another 45 minutes to 1 hour or until they puff up again to about 50% or more of their original size.

Prepare the Hot Cross Paste:

- While waiting for the buns to proof for the second time, preheat oven to 350 F (180 C). Mix the flour with milk (you can use water too). The consistency will be thick but pipeable or drizzle-able without being too runny. Transfer to a plastic bag or piping bag. If you make the paste runnier, you can use a small spoon to draw the cross on the buns.
- If using a piping bag, snip off the pointy end with scissors and draw a cross on the buns after the egg wash.



Prepare the Glaze:

- Mix the jam with water and set aside

Baking:

- Pop the dressed buns into the oven, middle rack and let them bake for the next 20-22 minutes depending on the oven. It will be golden brown on top and internal temperature is 190 F (88C). Remove from the oven and let them cool down for a minute or two and then lift the parchment paper up and put on top of cooling rack. Brush with the glaze while they are still warm.

Storing:

- They can be kept at room temperature for 2-3 days or be frozen when completely cold.

Lemon Blueberry Layer Cake

This lemon blueberry layer cake is bursting with sunshine-sweet flavour and filled with juicy berries in every bite. Finished with a rich and creamy cream cheese frosting, this is a delightfully fresh and luscious dessert that's perfect for spring and summertime.

Ingredients

- 1/2 cup (8 Tbsp; 113g) unsalted butter, softened to room temperature
- 1 and 1/4 cups (250g) granulated sugar
- 1/2 cup (100g) packed light brown sugar
- 6 Tablespoons (90ml) vegetable oil
- 4 large eggs, at room temperature
- 1 Tablespoon pure vanilla extract
- 3 cups (375g) all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup (180ml) buttermilk, room temperature
- 2 Tablespoons lemon zest
- 1/2 cup (120ml) lemon juice (3–4 lemons), room temperature
- 1 and 1/2 cups (210g) fresh blueberries (not frozen)
- 1 Tablespoon all-purpose flour



Cream Cheese Frosting

- 8 ounces (226g) full-fat brick cream cheese, room temperature
- 1/2 cup (8 Tbsp; 113g) unsalted butter, softened to room temperature
- 3 and 1/2 cups (420g) icing sugar
- 1 Tablespoon (15ml) double cream
- 1 teaspoon pure vanilla extract
- pinch salt

Instructions

1. Preheat oven to 350°F (177°C). Grease three 8-inch tins and line with parchment paper rounds, then grease the parchment paper. Parchment paper helps the cakes seamlessly release from the pans.
2. **Make the cake:** Using a handheld or stand mixer with a paddle attachment, beat the butter on high until smooth and creamy, about 1 minute. Add granulated and brown sugars and beat on medium-high speed until combined, about 2 minutes. Add the oil and beat until combined and light

and creamy, about 3 more minutes. Add the eggs and vanilla and beat on medium speed until everything is completely combined, about 1 minute. Scrape down the sides and bottom of the bowl as needed.

3. In a large bowl, whisk together the flour, baking powder, baking soda, and salt. Add the dry ingredients to the wet ingredients. Beat on low speed for a few seconds, then beat in the milk, lemon zest, and lemon juice *just* until combined. Toss the blueberries with 1 Tablespoon of flour and gently fold into the batter. Batter is thick. Do not over-mix.
4. Spoon batter evenly into prepared cake pans. Bake for about 22–26 minutes or until a toothpick inserted in the centre comes out clean. Remove from the oven and allow to cool completely in the pan before assembling and frosting.
5. **Make the frosting:** Using a handheld or stand mixer with a paddle attachment, beat cream cheese and butter together on medium speed until no lumps remain, about 3 full minutes. Add confectioners' sugar, heavy cream, vanilla extract, and salt with the mixer running on low. Turn mixer up to high speed and beat for 3 minutes.
6. **Assemble and frost:** First, slice a thin layer off the tops of the cakes to create a flat surface. Place 1 layer on your cake stand. Evenly cover the top with cream cheese frosting. Top with 2nd layer, more frosting, then the third layer. Top with frosting and spread around the sides. Refrigerate for at least 45 minutes before cutting or else the cake may fall apart as you cut.

Without Easter

Without Easter,
there would be no hope of heaven.
Without the hope of heaven,
there would be no repentance,
no personal transformation,
no attempt to follow biblical principles.
Without Easter,
the world would be in chaos
and darkness.
Jesus' death and resurrection
means we can be reborn,
to live better, to do better,
to shine light into the shadows.
Hallelujah!
Happy, Happy Easter.



Great and mighty God,
We praise you that Christ has ascended
to rule at your right hand.
We rejoice before the throne of his power and
peace, for he has put down tyrannies that
would destroy us,
and unmasked idols claiming our allegiance.
We thank you that he alone is Lord of our lives.
By your Spirit,
give us freedom to love with his love,
and to embrace the world with his
compassion.
Accept the offering of our lives,
that we may obey your commands to serve
in the name and for the sake of Jesus Christ
our Lord. Amen

Book of Common Worship, Westminster/John Knox Press, page 335

After the Lord Jesus had spoken to them,
he was taken up into heaven
and he sat at the right hand of God.

Mark 16:19



May the Holy Spirit
kindle in us all
the fire of His Love!



Come
Holy Spirit
Come!

Acts 1:8 But you shall receive power when the Holy Spirit comes upon you, and you shall be My witnesses both in Jerusalem and in all Judea and Samaria and unto the uttermost part of the earth.

Acts 1:14 These all continued steadfastly with one accord in prayer...

Acts 4:31 ...And they were all filled with the Holy Spirit and began to speak the word of God with boldness.

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KNTTING PATTERN FOR MEMORY HEARTS

Cast on 2 stitches and knit 2 rows

Cast on one stitch at beginning and end ...knit a row

Continue until there are 12 stitches on row...knit 3 rows

Cast on 1 stitch at beginning and end (14 stitches) ... knit 3 rows

Cast on 1 stitch at beginning and end (16 stitches) ... knit 2 rows

Knit 8 stitches. Transfer the other 8 stitches on row to needle holder.

Knit 2 rows

Decrease (knit 2 together) at beginning and end (6) stitches...knit one row

Decrease at beginning and end (4) stitches...knit one row

Decrease at beginning and end (2) stitches...knit one row

Knit last 2 stitches together and tie off

Transfer the other 8 stitches to needle

Knit 3 rows

Decrease at beginning and end (6) stitches...knit one row

Decrease at beginning and end (4) stitches...knit one row

Decrease at beginning and end (2) stitches...knit one row

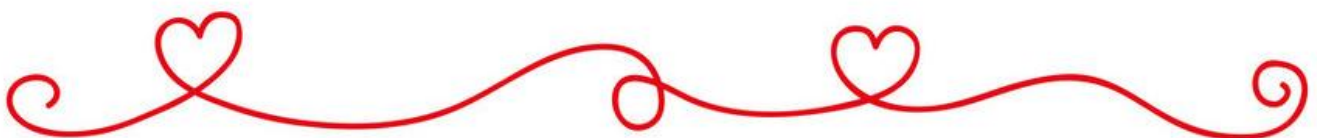
Knit last 2 stitches together and tie off

Sew 2 parts together and stitch. Turn inside out and stuff with filling, lightly darning and open areas.

Sew button to front.



PLEASE STUFF THESE HEARTS VERY WELL..TO NEAR BURSTING, AS THEY WILL BE HANDLED A LOT.



HOLY WEEK & EASTER 2026

Church of Ireland | Anglican | Episcopal



All services are in the Cathedral, unless otherwise stated.

Sunday 29th March (Lent VI, Palm Sunday)

- 10.00am: Holy Communion – Saint Michael's Church
- 10.30am: Morning Prayer - Saints John's & Ailbe, Abington
- 11.15am: Choral Eucharist & Palm Procession – Saint Mary's Cathedral

Monday 30th March (Holy/Fig Monday)

- 7.30 am: Holy Communion
- 10.30am: Morning Prayer
- 7.30pm: Compline

Tuesday 31st March (Holy/Temple Tuesday)

- 7.30am: Holy Communion
- 10.30am: Morning Prayer
- 7.30pm: A Late Evening Office

Wednesday 1st April (Spy Wednesday)

- 7.30am: Holy Communion
- 10.30am: Morning Prayer
- 7.30pm: Tenebrae

Thursday 2nd April (Maundy Thursday)

- 7.30am: Holy Communion
- 10.30am: Holy Communion
- 12.00pm: The Diocesan Chrism Service
- 7.30pm: The Lord's Supper

Friday 3rd April (Good Friday)

- 7.30 am: Ante Communion & Litany
- 10.30am: Morning Prayer
- 12.00pm: The Way of the Cross – starting at Saint John's Cathedral

Saturday 4th April (Easter Eve)

- 10.30am: Morning Prayer

Sunday 5th April (Easter Day)

- 9.30am: Holy Communion – Saints John's & Ailbe, Abington
- 10.00am: Holy Communion – Saint Michael's Church
- 11.15am: Festal Choral Eucharist – Saint Mary's Cathedral