



## WEEKLY NEWSLETTER

*Saint Mary's, Saint Michael's and Ss John & Ailbe – Lent III – 8<sup>th</sup> March 2026*

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### COLLECT AND READINGS

Merciful Lord, Grant your people grace to withstand the temptations of the world, the flesh and the devil and with pure hearts and minds to follow you, the only God; 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 EXODUS 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

### PSALM 95

- 1 O come, let us sing to the Lord; ♦ let us heartily rejoice in the rock of our salvation.
- 2 Let us come into his presence with thanksgiving ♦ and be glad in him with psalms.
- 3 For the Lord is a great God ♦ and a great king above all gods.
- 4 In his hand are the depths of the earth ♦ and the heights of the mountains are his also.
- 5 The sea is his, for he made it, ♦ and his hands have moulded the dry land.
- 6 Come, let us worship and bow down ♦ and kneel before the Lord our Maker.
- 7 For he is our God; ♦ we are the people of his pasture and the sheep of his hand.
- 8 O that today you would listen to his voice: ♦ 'Harden not your hearts as at Meribah,  
on that day at Massah in the wilderness,
- 9 'When your forebears tested me, and put me to the proof, ♦ though they had seen my works.
- 10 'Forty years long I detested that generation and said, ♦ "This people are wayward in their hearts; they do not know  
my ways."
- 11 'So I swore in my wrath, ♦ "They shall not enter into my rest."

### THE EPISTLE ROMANS 5:1-11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

## THE GOSPEL SAINT JOHN 4:5-42

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.' Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.' Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him. Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.' Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

### POST COMMUNION PRAYER

Lord our God, you feed us in this life with bread from heaven, the pledge and foreshadowing of future glory. Grant that the working of this sacrament within us may bear fruit in our daily lives; through Jesus Christ our Lord.

HYMNS					
<b>Saint Michael's</b>	533	244	411	105	
<b>The Cathedral</b>	557	92	553	576	

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 8 <sup>th</sup> March <i>Lent III</i>	10.00	Morning Prayer	Ss John & Ailbe, Abington
	10.00	Holy Communion	St Michael's
	11.15	Morning Prayer	The Cathedral
Monday 9 <sup>th</sup> March	10.30	Morning Prayer	The Cathedral
Tuesday 10 <sup>th</sup> March	10.30	Morning Prayer	The Cathedral
	13.15	<b>Lunchtime Concert</b>	The Cathedral
Wednesday 11 <sup>th</sup> March	10.30	Morning Prayer	The Cathedral
	19:30	<b>Lenten Course</b>	
Thursday 12 <sup>th</sup> March	10.30	Holy Communion	The Cathedral
Friday 13 <sup>th</sup> March	10.30	Morning Prayer	The Cathedral
	13.15	<b>Lunchtime Concert</b>	The Cathedral
Saturday 14 <sup>th</sup> March	10.30	Morning Prayer	The Cathedral
	19.00	<b>Hammonds Brass Band Concert</b>	The Cathedral
Sunday 15 <sup>th</sup> March <i>Lent IV</i>	09.30	Holy Communion	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 note that items for inclusion in the weekly newsletter bulletins must be submitted by 12pm Wednesday each week. Items for inclusion must be 50 words or fewer.

**Sympathy:** The Parish wishes to extend its sympathy to the Draper family on the death of Victor's sister.

**Congratulations:** The Parish wishes to congratulate Joe Lynam and his family on the birth of their grandson.

**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 30<sup>th</sup> May 2026 at 4:00pm.

**Mission Sunday:** Today (8<sup>th</sup> March) is Mission Sunday and this year the Diocesan Council for Mission is supporting the work of the bishop's peregrinations. A dedicated envelope (for those on the free will offering scheme) was available last week in the boxes and dedicated envelopes are also available from the churchwardens should you wish to contribute towards this important ministry of the church. Thank you for your support.

**Easter General Vestry:** The Easter General Vestry will be held in person at Abington Church on Monday 20<sup>th</sup> 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.

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

**Table Quiz: St Michael's Friday 27<sup>th</sup> March** - all tables now booked - we have a waiting list if you wish to add your name. In the meantime, we are looking for donations of raffle prizes - if you wish to donate a prize please contact Tracey on 086-6486197.

**Lunchtime Concerts & Talks:** The Lunchtime Concerts: Tuesday 10<sup>th</sup> March at 1.15pm – Pianist Mateo Daniel Coelho. Friday 13<sup>th</sup> March at 1.15 pm by Irish Chamber Orchestra Academy.

**“Choose Your Pot”:** Saint Michael's Church is planning to repaint the church and are seeking donations to assist with the associated expenses. Please find the full details attached. Your support would be sincerely valued.

**Crafts in the Cathedral:** The Clergy would like to extend their sincere thanks to everyone who attended and volunteered at last Sunday's *Crafts in the Cathedral*. The session produced almost 40 knitted hearts for the bereaved. Donations are still welcome and greatly appreciated.

**Lenten Course:** The next session of our Lenten Course will take place in Saint Mary's Cathedral at 7:30pm. Thank you to Abington Church and to all those involved in providing hospitality.

**Cathedral Food Bank:** This week the Curate met with John from Limerick Island Community Partners to present the donations received through our latest appeal. Thanks to your generosity, several crates of food and hygiene items were donated. The Dean and the Curate extend their sincere thanks to all who contributed.

**“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.

**Sacred Spaces Colouring Book:** A cross-generational and inclusive colouring book is now available from the welcome desk at Saint Mary's Cathedral. The illustrations are based on photographs taken by the Curate and offer a creative way to explore the beauty of our sacred space

**Saturday Concert:** The Hammonds Brass Band will be playing at the Cathedral on Saturday 14<sup>th</sup> March at 7 pm. A ticketed event to support the Crumlin Children's Hospital, Dublin. Book online at [www.gr8events.ie](http://www.gr8events.ie)

**Gardening at the Cathedral:** If you are interested in helping care for the Cathedral grounds at Saint Mary's Cathedral, please contact the Dean or the Curate.

**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>.

**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).

**Cycles of prayer: Porvoo:** Church of England: Diocese of Chelmsford, Church of Sweden: Diocese of Karlstad;

**Anglican Cycle of Prayer:** The Episcopal Church in Jerusalem & The Middle East

**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:** Albert Lyttle, Chais Rice, Peggy Kavanagh, George McElmurray, Ivor Wills, Arthur Knight, Michael J Pumeroy

*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

	8 <sup>th</sup> March	15 <sup>th</sup> March	22 <sup>nd</sup> March	29 <sup>th</sup> March
<b>Refreshments</b>				
<b>St Michael's</b>	Trevor & Tracey Lyttle	Richard & Margaret Brickenden	Daire McNamara	Keith & Sheelagh Morrow
<b>Cathedral</b>	Jemimah Egbulam	Keith O'Neil	Brian Sheppard	Shawn & Carrie Jamieson
<b>Readers</b>				
<b>St Michael's</b>	Tracey Lyttle	Daire McNamara	Margaret Schutz	Stephen Fairbrother
<b>Cathedral</b>	Paul Cable	Tamasin Plowman	Muyiwa Okeneye	Paul Cable

#### 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)