



## WEEKLY NEWSLETTER

Saint Mary's, Saint Michael's and Ss John & Ailbe – Trinity Sunday V (Proper 9) – 5<sup>th</sup> July 2026

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### COLLECT AND READINGS

Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: Hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ.

#### THE FIRST READING ZECHARIAH 9:9-12

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey. He will cut off the chariot from Ephraim and the warhorse from Jerusalem; and the battle-bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth. As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

#### PSALM 145:8-15

8 The Lord is gracious and merciful, ♦ long-suffering and of great goodness.

9 The Lord is loving to everyone ♦ and his mercy is over all his creatures.

10 All your works praise you, O Lord, ♦ and your faithful servants bless you.

11 They tell of the glory of your kingdom ♦ and speak of your mighty power,

12 To make known to all peoples your mighty acts ♦ and the glorious splendour of your kingdom.

13 Your kingdom is an everlasting kingdom; ♦ your dominion endures throughout all ages.

14 The Lord is sure in all his words ♦ and faithful in all his deeds.

15 The Lord upholds all those who fall ♦ and lifts up all those who are bowed down.

#### EPISTLE ROMANS 7:15-25

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

#### THE GOSPEL SAINT MATTHEW 11:16 - 19, 25 - 30

'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.' At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my

Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

## POST COMMUNION PRAYER

Holy and blessed God, as you give us the body and blood of your Son, guide us with your Holy Spirit, that we may honour you not only with our lips but also with our lives; through Jesus Christ our Lord.

HYMNS					
<b>Saint Michael's</b>	325	93	712	643	
<b>The Cathedral</b>	492	92	398	576	

Services are recorded and may be viewed online on <https://www.churchcamlive.ie/limerickstmarys> and [www.saintmaryscathedral.ie](https://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](https://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 5 <sup>th</sup> July Trintiy V		No Service	Ss John & Ailbe, Abington
	10.00	Holy Communion	Saint Michael's
	11.15	Holy Cmmunion	The Cathedral
Monday 6 <sup>th</sup> June	10.30	Morning Prayer	The Cathedral
Tuesday 7 <sup>th</sup> June	10.30	Morning Prayer	The Cathedral
	13.15	Lunchtime Concert	The Cathedral
Wednesday 8 <sup>th</sup> July	10.30	Morning Prayer	The Cathedral
Thursday 9 <sup>th</sup> July	10.30	Holy Communion	The Cathedral
Friday 10 <sup>th</sup> July	10.30	Morning Prayer	The Cathedral
Saturday 11 <sup>th</sup> July	10.30	Morning Prayer	The Cathedral
Sunday 12 <sup>th</sup> July Trintiy V	10.00	Morning Prayer	Ss John & Ailbe, Abington
	10.00	Holy Communion	Saint Michael's
	11.15	Morning Prayer	The Cathedral

## THIS WEEK'S NOTICES

*(Where attachments are mentioned, hard copies are available through the parish office upon request).*  
Please note: Items for inclusion in the newsletter must be submitted by 12 Noon each Wednesday for Consideration of the clergy. Items must be kept to 50 words or less. Photography & Filming: A gentle reminder that photography & filming are not permitted during church services unless otherwise directed by the clergy, i.e. diocesan occasions.

**Sympathy:** We offer our condolences to the family and friends of Dee Russell who has died. We keep her siblings, Freda & Alex, and those closest to her, in our thoughts and prayers at this time.

**Congratulations:** Friday 03<sup>rd</sup> July marked the 20<sup>th</sup> anniversary of Bishop Burrows consecration to the episcopate. The Dean, the Curate Assistant and Parishioners of Limerick City Parish extend our sincere congratulations and best wishes to Bishop Burrows. The Bishop will be celebrating Holy Communion in Saint Michael's Church this Sunday.

**Lunchtime Concerts:** This week's lunchtime concert is on Tuesday 7<sup>th</sup> July at 1:15pm. All welcome!

**Friends of Saint Mary's Cathedral Outing:** On Friday 03<sup>rd</sup> July The Friends of Saint Mary's Cathedral visited Holy Island for this year's annual outing. Thank you to Ros Stevenson for organising the outing and to all those who support the friends of the cathedral throughout the year.

**Join the Cathedral Choir:** Interested in joining the Cathedral Choir? Why not get in touch? Expressions of interest are warmly welcome. To register your interest contact Peter Barley at [organist@limerick.anglican.org](mailto:organist@limerick.anglican.org)

**Thank you!** The Dean and the Curate were delighted to meet with Rebecca from the Berevement Services to present a donation of over 500 knitted hearts which are to be given to families and loved ones who have experienced the death of a family member or friend. The appeal has received donations from craft groups, parishioners and even from the Curate's home diocese of Clogher. If you would like to donate to this cause knitted hearts can be brought to the Cathedral or a member of the clergy.

**Fundraiser Update:** Following the collapse of the King Donal Mór O'Brien statue on Saturday, 6th June, a GoFundMe campaign was launched to assist with the commissioning of a replacement statue for the Cathedral grounds. We have exceeded our initial target of 2,000.00 and we look forward to a new statue being installed soon. Thank you to all those who have contributed to this fundraiser.

**Limerick City Parish Summer Craft Project:** The Curate Assistant is seeking knitters, as well as anyone interested in learning to knit, to take part in a parish craft project during the summer months. If you would like to get involved or would like further information, please contact the Rev'd Scott E. Elliott at [curate@limerick.anglican.org](mailto:curate@limerick.anglican.org).

**Cathedral Wildflower Garden:** The clergy are seeking expressions of interest for donations of wildflower seeds/bulbs/herbs along with those interested in volunteering the rewilding of the garden. Please contact either the Dean or the Curate Assistant.

**Age Friendly Ireland Initiative:** A new initiative has been launched in Limerick by Age Friendly Ireland, inviting residents to say "thank you" to the people who make a positive difference in their lives. Congratulations and well done to Elizabeth Stanley for inspiring this wonderful initiative, which celebrates kindness, community spirit, and the everyday contributions that help make Limerick a more age-friendly place for all. Thank You cards are available at all church entrances.

**"Choose Your Pot":** Saint Michael's Church is planning to repaint the church and is seeking donations to assist with the associated expenses. Your support would be sincerely valued.

**UDYC's Summer Programme:** UDYC has a range of activities planned for children and young people throughout the summer holidays.

**Accommodation (2 appeals)**

- Abiola needs accommodation with budget between €450-550 (bill inclusive). Contact on 0899525219.
- Accommodation inquiry for Erasmus student (Sept - Dec 2026) - Amandine Petitjean. contact [amandinepetitjean05@gmail.com](mailto:amandinepetitjean05@gmail.com)

**Cycles of prayer:** *Porvoo:* Church of England: Diocese of St Albans, Church of Sweden: Diocese of Linköping | *Anglican Cycle of Prayer:* The Anglican Church of South America

**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, Deirdre, Olwen, Paddy Sirr, Dick Blennerhassett, Stephanie Narramore

**Remembrance Book:** June McElveen, Alexander Martin, Evelyn Robinson, Bridie Fortune, Angus Robson, Natalia Jimenez Martinez, Anthony O'Mara, Emma Amanda Louise Brickenden, Hilda Gleazer

*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**

	5 <sup>th</sup> July	12 <sup>th</sup> July	19 <sup>th</sup> July	26 <sup>TH</sup> July
<b>Refreshments</b>				
St Michael's	Sheila Cusack	Ruth Lillie O'Connell	Nicholas & Annabelle Griffin	Susi Eckhardt
Cathedral	Liz Lynam & Joe Lynam	Jemimah Egbulam	Keith O' Neil	Brian Sheppard
<b>Readers</b>				
St Michael's	Stephen Fairbrother	Margaret Brickenden	Lucy Kavanagh	Vivian Amaeze
Cathedral	Alan Bunworth	Frank Sheahan	Lindsay Boyle	Alan Bunworth

**CONTACT DETAILS**

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