





A window in Saint Mary's Cathedral

SERVICE BOOKLET Trinity VIII (Proper 13) 2nd August 2020

St John's Church, Abington – No Service St Michael's Church – 10.00am St Mary's Cathedral – 11.15am



A message from the Dean & Rector

Fáilte! On behalf of the parishioners you are very welcome, whether you are visiting for the first time or for the 1000th time! We share in worship which has been offered here for centuries.

/]ice [[

The Very Rev'd Niall J. Sloane, Dean & Rector.

PROTOCOLS FOR PUBLIC WORSHIP IN LIMERICK CITY PARISH

Whilst each church building has had to initiate its own unique plans, there are some general principles to which we must adhere.

• **Physical distancing:** This is the basic practice which underpins the others. Please make every effort to comply rigorously with prevailing government restrictions.

• **Opening:** At this stage it is the intention to open our church buildings every Sunday (where the availability of clergy/readers permit) for worship and close for the remainder of the week – this is being done to adhere to guidelines and advice around cleaning and infection control.

• Wearing masks: We need to adhere to government guidelines, which may change - but in the meantime, masks should be worn wherever possible. Please bring your own mask with you to church.

• **Hand sanitisers** will be available in the church porch - please use them. You might want to bring your own, and possibly also disposable tissues to take home.

• **Gloves:** Please bring your own if you feel they give you extra protection. The advice received is as follows: "We do not recommend gloves, as one must keep changing them, after touching new surfaces for them to be effective...soap and water is more effective than gloves and easier on the hands. We do recommend face masks."

• **Visitors**: It may very well be that some new people will wish to come to church to give thanks for safety or recovery. Even though it won't be possible to welcome them as normal, please take the opportunity to make them feel welcome, but from a distance!

• **Pews**: In order to comply with distancing requirements, we need to fill up from the front pew first. That means you may be guided to a pew other than you would normally choose. Enjoy the different view! Family members may of course sit together.

• **Children:** The books/toys etc. at the back of church will **NOT** be available for the duration - perhaps you might bring crayons/(silent!) toys to keep young ones happy, and try to keep them in one place – we have been asked to minimise movement. Weekly resources will still be made available on-line.

• **Hymn Books/Prayer Books:** These will not be needed - there will be a 'take home' service sheet every week with readings and notices. Alternatively, you may download and print the service sheet at home and bring it to church with you, remembering to take it home again! Then again, you could bring your tablet or iPad for use during the service, reducing printing paper.

• **Singing:** We are advised that singing is potentially more likely to spread infection, so for the time being we may just listen to music. Sadly this also means that the choirs will not be returning for the present.

• **Type of Service:** To begin with all services will be Morning Prayer. This will be reviewed weekly.

• **Going in/Coming out:** These are the times when we may be at the most risk of getting too close to others - so please be careful to maintain distance, avoid congregating in groups outside and listen to the directions of stewards and observe carefully any signage. (Apart from statutory notices, there will be no church notices on the noticeboards as per the guidelines.)

• **Churchwardens:** The churchwarden(s) will greet people on entry to church, asking them about their general well-being and if they have been in contact with anyone displaying any symptoms in the previous 24 hours. People will be directed to the allocated seats, which are following the guidelines. Therefore you may not necessarily be sitting in your normal place! You will be directed out of church as well. As time progresses, we hope that the guidelines will be eased, but until then please bear with us and the churchwardens, while we adjust to the new protocols.

• **Tea/Coffee:** We will **NOT** be able to serve refreshments in church until further guidelines are issued from Church House.

• **Contact Tracing:** We have been asked to keep a record of attendees for possible tracing - these records will be disposed of after the recommended 14 days and will fully comply with GDPR legislation. Every church will have a designated person to record your attendance. (Don't worry the clergy will not be studying it!)

• If you show symptoms of Covid 19: e.g. a temperature or are feeling unwell, much as we'd love to see you, it is strongly recommended that you stay at home. We'll continue to stream services from the Cathedral for the foreseeable future

• **Offertory Collections:** Again, the churches have been instructed to have a retiring collection. However, this might be a good time to instigate a standing order if you haven't already done so.

• Toilets, etc: These will be out of action for the foreseeable future and only used in cases of extreme emergencies. (The first number of services will be no longer than 30/40 minutes duration.

• Anxious? This is an anxious and unsettling time for everybody. If you are concerned about your mental health, may I direct you to the following resource - https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html

DEVOTIONAL PRAYERS

Before Service

O Lord, open our Lips, that our mouths may proclaim your praise, and purify our hearts that we may worthily magnify your glorious Name; through Jesus Christ our Lord. Amen.

Lord God You are here, may we come to You with a mixture of humility and joy. May we feel Your nearness and learn from You. Amen.

Lord, it is not easy to be humble; but in this service we ask for humility, so that it is You who may be seen by each person here. May Your will be done. Amen.

After Service

Grant, O Lord, that what we have sung with our lips we may believe in our hearts, and may always steadfastly fulfil; through Jesus Christ our Lord. Amen.

SAINT MICHAEL'S CHURCH – MORNING PRAYER

The Gathering of God's People Stand

The Lord be with you and also with you.

The minister may introduce the service in these or other suitable words:

Beloved in Christ, we come together to offer to Almighty God our worship and praise and thanksgiving, to confess our sins and to receive God's forgiveness, to hear his holy word proclaimed, to bring before him our needs and the needs of the world, and to pray that in the power of his Spirit we may serve him and know the greatness of his love. Let us confess our sins to God our Father. *Kneel. Silence is kept.*

Heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault; by what we have done and by what we have failed to do. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ who died for us, forgive us all that is past; and grant that we may serve you in newness of life to the glory of your name. Amen.

The priest pronounces the absolution.

Proclaiming and Receiving the Word Stand

O Lord, open our lips and our mouth will proclaim your praise.

O God, make speed to save us. O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit;

as it was in the beginning, is now, and shall be for ever. Amen.

Praise the Lord. The Lord's name be praised.

FIRST CANTICLE: JUBILATE Psalm 100

- I O shout to the Lord in triumph all the earth; serve the Lord with gladness and come before his face with songs of joy.
- 2 Know that the Lord he is God; it is he who has made us and we are his we are his people and the sheep of his pasture.
- 3 Come into his gates with thanksgiving and into his courts with praise; give thanks to him and bless his holy name.
- 4 For the Lord is good his loving mercy is for ever, his faithfulness through out all generations. Glory to the Father, and to the Son, and to the Holy Spirit;

as it was in the beginning, is now, and shall be for ever. Amen.

For Readings and Psalm please see page 10

SECOND CANTICLE: TE DEUM Part I

I We praise you, O God, we acclaim you as the Lord; all creation worships you, the Father everlasting.
2 To you all angels, all the powers of heaven, the cherubim and seraphim, sing in endless praise:
3 Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory.
4 The glorious company of apostles praise you; the noble fellowship of prophets praise you.
5 The white-robed army of martyrs praise you; throughout the world, the holy Church acclaims you:
6 Father, of majesty unbounded, your true and only Son, worthy of all praise, the Holy Spirit,

advocate and guide.

The Sermon

THE APOSTLES' CREED

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Music

The Prayers of the People

The Lord be with you **and also with you.**

Let us pray. Lord, have mercy. Christ, have mercy. Lord, have mercy.

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

The versicles and responses may be said.

Show us your mercy, O Lord, and grant us your salvation.

O Lord, guide and defend our rulers and grant our government wisdom.

Let your ministers be clothed with righteousness and let your servants shout for joy.

O Lord, save your people and bless those whom you have chosen.

Give peace in our time, O Lord, and let your glory be over all the earth. O God, make clean our hearts within us and renew us by your Holy Spirit.

THE COLLECTS

The Collect of the Day may be found on page 10

O Lord, our heavenly Father, almighty and everliving God, we give you thanks for bringing us safely to this day: Keep us from falling into sin or running into danger, and in all things guide us to know and do your will; through Jesus Christ our Lord. Amen.

Go before us, Lord, in all our doings, with your most gracious favour, and further us with your continual help; that in all our works begun, continued and ended in you, we may glorify your holy name, and finally by your mercy attain everlasting life; through Jesus Christ our Lord. Amen.

The Prayers

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

The Blessing

Music

Kneel

SAINT MARY'S CATHEDRAL – THE HOLY EUCHARIST

Please stand for the entry of the Clergy

WELCOME & INTRODUCTION

The Lord be with you And also with you

COLLECT FOR PURITY

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden; Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

PENITENCE

Hear what our Lord Jesus Christ says You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and great commandment. And the second is like it. You shall love your neighbour as yourself. On these two commandments depend all the law and the prophets.

Lord, have mercy on us, and write these your laws in our hearts.

The Confession is introduced with appropriate words, such as: God so loved the world that he gave his only Son Jesus Christ, to save us from our sins, to intercede for us in heaven, and to bring us to eternal life. Let us then confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace: Silence

Almighty God, our heavenly Father, we have sinned in thought and word and deed, and in what we have left undone. We are truly sorry and we humbly repent. For the sake of your Son, Jesus Christ, have mercy on us and forgive us, that we may walk in newness of life to the glory of your name. Amen.

The celebrant pronounces the Absolution

Almighty God, who forgives all who truly repent, have mercy on you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life, through Jesus Christ our Lord. **Amen.**

GLORIA IN EXCELSIS

Glory to God in the highest, and peace to God's people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father, receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

THE COLLECT OF THE DAY (SEE PAGE 10)

PROCLAIMING AND RECEIVING THE WORD

THE EPISTLE (SEE PAGE 10)

At the end the reader may say This is the Word of the Lord. Thanks be to God.

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Music

THE GOSPEL (SEE PAGE 10)

Hear the Gospel of our Saviour Christ, according to St ... chapter .. beginning at verse ..

Glory to you, Lord Jesus Christ At the end the reader may say This is the Gospel of the Lord. Praise to you, Lord Jesus Christ

THE SERMON

Please stand as the preacher leaves the pulpit

Please stand and face the reader

THE NICENE CREED

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven, was incarnate by the Holy Spirit of the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE

Please kneel or sit

THE PRAYERS OF THE PEOPLE

The Response to 'Lord in your mercy' is 'hear our prayer'

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory for ever and ever. Amen.

THE PRAYER OF HUMBLE ACCESS

We do not presume to come to this your table, merciful Lord, trusting in our own righteousness but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your table. But you are the same Lord, whose nature is always to have mercy. Grant us, therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ, and to drink his blood, that our sinful bodies may

Please sit

Please face the Altar

be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him and he in us. Amen.

CELEBRATING AT THE LORD'S TABLE [12] Music

The Taking of the Bread and Wine

Christ our passover has been sacrificed for us therefore let us celebrate the feast

THE GREAT THANKSGIVING

The Lord is here. His Spirit is with us. Lift up your hearts. We lift them to the Lord.

Let us give thanks to the Lord our God. **It is right to give our thanks and praise.** Father, almighty and everliving God, at all times and in all places it is right to give you thanks and praise: A proper preface may follow here

And so with all your people, with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and singing/saying:

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest!

Blessed is he who comes in the name of the Lord. Hosanna in the highest!

Blessed are you, Father, the creator and sustainer of all things; you made us in your own image, male and female you created us; even when we turned away from you, you never ceased to care for us, but in your love and mercy you freed us from the slavery of sin, giving your only begotten Son to become man and suffer death on the cross to redeem us; he made there the one complete and all-sufficient sacrifice for the sins of the whole world: he instituted, and in his holy Gospel commanded us to continue, a perpetual memory of his precious death until he comes again: On the night that he was betrayed he took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, saying, Take, eat, this is my body which is given for you. Do this in remembrance of me. In the same way, after supper he took the cup; and when he had given thanks to you, he gave it to them, saying, Drink this, all of you, for this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.

Therefore, Father, with this bread and this cup we do as Christ your Son commanded:

we remember his passion and death, we celebrate his resurrection and ascension, and we look for the coming of his kingdom.

Accept through him, our great high priest, this our sacrifice of praise and thanksgiving; and as we eat and drink these holy gifts, grant by the power of the life-giving Spirit that we may be made one in your holy Church and partakers of the body and blood of your Son, that he may dwell in us and we in him: Through the same Jesus Christ our Lord, by whom, and with whom, and in whom, in the unity of the Holy Spirit,

all honour and glory are yours, Almighty Father, for ever and ever. Amen.

The Breaking of the Bread

The bread which we break is a sharing in the body of Christ: We being many are one body, for we all share in the one bread.

Jesus Christ is the Lamb of God, who has taken away the sins of the world. Happy are those who are called to his supper. Lord, I am not worthy to receive you, but only say the word and I shall be healed.

THE COMMUNION

Directions shall be given by the celebrant on the administration of Holy Communion

THE GREAT SILENCE

GOING OUT AS GOD'S PEOPLE

POST COMMUNION PRAYER (SEE PAGE 11)

A prayer is said, followed by

Almighty God, we thank you for feeding us with the spiritual food of the body and blood of your Son Jesus Christ Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.

THE BLESSING

The Dismissal

Go in peace to love and serve the Lord: In the name of Christ. Amen.

Organ Voluntary

Prayers about the Coronavirus outbreak

Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

Loving Father, we entrust to you the sick, the quarantined, and their families. Bring them healing in body, mind and spirit. Comfort the bereaved and anxious. Sustain and protect frontline medical staff, carers and essential workers. Further the efforts of those seeking to contain the spread of the virus. Give wisdom to those in authority making decisions in response to the epidemic. And guide us all to protect ourselves and our communities. In Jesus' name we pray. Amen

Services will be recorded and may be viewed online on: www.churchservices.tv and the Cathedral website (www.saintmaryscathedral.ie) within the 90 days following the service. After that time recordings will be destroyed however exceptions may apply and recordings could last longer if the Cathedral required it. Occasional services may be recorded and will be advertised on both websites www.churchservices.tv and www.saintmaryscathedral.ie and/or other communication channels of the Cathedral). If you would like further information on a particular event, please contact the Cathedral office.

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THIS WEEKS COLLECTS AND READINGS

The Collect

Blessed are you, O Lord, and blessed are those who observe and keep your law: Help us to seek you with our whole heart, to delight in your commandments and to walk in the glorious liberty given us by your Son, Jesus Christ. Amen.

Genesis 32: 22-31

The same night he got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.' So he said to him, 'What is your name?' And he said, 'Jacob.' Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.' Then Jacob asked him, 'Please tell me your name.' But he said, 'Why is it that you ask my name?' And there he blessed him. So Jacob called the place Peniel, saying, 'For I have seen God face to face, and yet my life is preserved.' The sun rose upon him as he passed Penuel, limping because of his hip.

Psalm 17: 1-7, 16

Hear my just cause, O Lord; consider my complaint; 🔶 listen to my prayer, which comes not from lying lips.

Let my vindication come forth from your presence; \blacklozenge let your eyes behold what is right.

Weigh my heart, examine me by night, \blacklozenge refine me, and you will find no impurity in me.

My mouth does not trespass for earthly rewards; \blacklozenge I have heeded the words of your lips.

My footsteps hold fast in the ways of your commandments; \blacklozenge my feet have not stumbled in your paths.

I call upon you, O God, for you will answer me; 🔶 incline your ear to me, and listen to my words.

Show me your marvellous loving-kindness, \blacklozenge O Saviour of those who take refuge at your right hand from those who rise up against them.

As for me, I shall see your face in righteousness; Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and shall be for ever. Amen.

Romans 9: 1-5

I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit— I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

Matthew 14: 13-21

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' Jesus said to them, 'They need not go away; you give them something to eat.' They replied, 'We have nothing here but five loaves and two fish.' And he said, 'Bring them here to me.' Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

Post Communion Prayer

Strengthen for service, Lord, the hands that holy things have taken; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fulness of your life; glory to you for ever. Amen.

THIS WEEKS NOTICES

EGV: The Easter General Vestry (AGM) of the Parish will take place on Wednesday 12th August at 7.30pm in Saint Michael's Church. All are welcome to attend.

Appointment of Dean's Vicar: Last Sunday it was announced that the Dean has appointed the Rev'd Bernie Daly as his Vicar. Bernie will hopefully be installed on Sunday 6th September in the Cathedral. More details to follow.

Services in August: The 'normal' Sunday schedule of church services resumes on 2nd August. Please see notices in each church building for full details. The Thursday Holy Communion service in the Cathedral will resume on Thursday 6th August at 10.30am

Wanted: The Dean is looking for 2 double (5ft) beds which are in good order. Please contact him for more information.

Livestreaming: Log onto www.churchservices.tv/limerickstmarys Sunday services will be on air at 11.15am. Please note change of time.

Remembrance Book: Please remember those whose anniversaries occur at this time among them: Amy Tyrell, Mervyn Kingston, Fredrick Ormston, Bobbie Bingham, Allen Ellerker, Robert Hughes, Molly Reynolds, Dr John Mc Cormack, Canon Robert Reid, Helen Cleary, Violet Jarvis, Hazel Oakley and Fred Gess.

Cycle of Prayer: *Church of Ireland*: The Diocese of Dublin & Glendalough and Archbishop Michael Jackson. *Anglican Cycle of Prayer*: The new Province of Alexandria, created from the former Diocese of Egypt with North Africa and the Horn of Africa in the Episcopal Church of Jerusalem and the Middle East. Diocese: We pray for the vulnerable and anxious, that they may experience the peace of Christ.

Prayers for the Sick: Your prayers are asked for the sick in our community, especially, Rose McNamara, Andrew Prior, Anne Greenaway, Dean Sandra Pragnell, Harold Armstrong, Lorraine McCarthy, John Nix, Michael Devereux, Archie Brown, Terry Cusack, Sylvia Martin and John Walsh.

NOTE ABOUT PRAYER LIST: If you wish to place a name on the list, please email your prayer request to limerickcityparishnews@gmail.com. Under GDPR regulations please ensure you have the consent of the named person(s) before submitting a name. 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.

CONTACT DETAILS

- The Very Rev'd Niall Sloane (Dean): The Deanery, 7 Kilbane, Castletroy Email: dean@limerick.anglican.org; Tel: 061-338697. Day off: Friday
- Clergy Emergency Number: Tel: 087-3524046. (Strictly Emergency Calls Only).
 - The Parish Office: Saint Mary's Cathedral, Bridge Street, Limerick, V94 E068. Email: cathedral@limerick.anglican.org ; Tel: 061-310293.

LIMERICK CITY PARISH ~ WEEKLY NEWSLETTER

Deadline for notices 12 noon every Wednesday. To be added to the email circulation list: Please email limerickcityparishnews@gmail.com www.lcp.limerick.anglican.org