



Limerick

**THE SUNDAY BEFORE LENT
14TH FEBRUARY 2021**



A message from the Dean

Fáilte! On behalf of the chapter and parish I welcome you to Saint Mary's Cathedral, Limerick. 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 850 years.

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

Devotional Prayers

Before a Celebration of the Holy Eucharist

Cleanse us, O Lord, and keep us undefiled, that we may be numbered among those blessed ones, who, having washed their robes, and made them white in the Blood of the Lamb, stand before your throne, and serve you day and night in Your Temple. Amen.

Father in heaven, you have made us for yourself; our hearts are restless until they rest in you. Fulfil this longing through Jesus, the bread of life, so that we may witness to him who alone satisfies the hungers of the human family.

By the power of your Spirit lead us to the heavenly table where we may feast on the vision of your glory forever and ever. Amen.

After Celebration

O God, who in this wonderful Sacrament has left us a memorial of your Passion:
grant, we implore you, that we may so venerate
the sacred mysteries of your Body and Blood,
as always to be conscious of the fruit of your Redemption.
You who live and reign forever and ever. Amen.

EUCCHARIST - ORDER OF SERVICE



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

O God, our teacher and our judge: Enrich our hearts with the goodness of your wisdom and renew us from within: that all our actions, all our thoughts and all our words may bear the fruit of your transforming grace; through Jesus Christ our Lord. **Amen.**

PROCLAIMING AND RECEIVING THE WORD

THE EPISTLE READING - 2 Corinthians 4: 5-12

For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.

At the end the reader may say

This is the Word of the Lord. **Thanks be to God.**

GRADUAL

THE GOSPEL

Please stand and face the reader

Hear the Gospel of our Saviour Christ, according to St Mark chapter 2 beginning at verse 23

Glory to you, Lord Jesus Christ.

One sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, 'Look, why are they doing what is not lawful on the sabbath?' And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' Then he said to them, 'The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.' Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, 'Come forward.' Then he said to them, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?' But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

At the end the reader may say

This is the Gospel of the Lord. **Praise to you, Lord Jesus Christ**

THE SERMON – The Dean

Please sit

Please stand as the preacher leaves the pulpit

THE NICENE CREED

Please face the Altar

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 petitions may end with Lord, in your mercy to which the response 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.

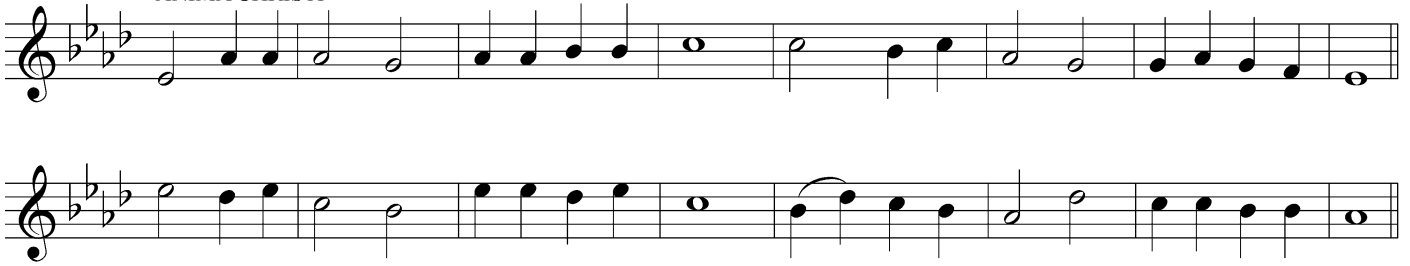
THE PRAYER OF HUMBLE ACCESS

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 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]

THE OFFERTORY HYMN 444

ANIMA CHRISTI



1

Soul of my Saviour, sanctify my breast,
body of Christ, be thou my saving guest,
blood of my Saviour, bathe me in thy tide,
wash me with water flowing from thy side.

2

Strength and protection may thy passion be,
O blessed Jesu, hear and answer me;
deep in thy wounds, Lord, hide and shelter me,
so shall I never, never part from thee.

3

Guard and defend me from the foe malign,
in death's dread moments make me only thine;
call me and bid me come to thee on high
where I may praise thee with thy saints for ay.

14th Century Latin. Tr. Anon.

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: 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 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 (*Prayer for Spiritual Communion, after the Prayer of St Richard of Chichester*)

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

THE GREAT SILENCE

GOING OUT AS GOD'S PEOPLE

POST COMMUNION PRAYER

Lord, in this sacrament you have nourished us with the spiritual food of the body and blood of your dear Son. Not only with our lips but with our lives may we truly confess his name, and so enter the kingdom of heaven. We ask this through Christ our Lord. **Amen.**

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.

HYMN OF THANKSGIVING – 6

Stand



Immortal, invisible, God only wise,
in light inaccessible hid from our eyes,
most blessèd, most glorious, the Ancient of Days,
almighty, victorious, thy great name we praise.

4

Great Father of glory, pure Father of light,
thine angels adore thee, all veiling their sight;
all laud we would render; O help us to see
'tis only the splendour of light hideth thee.

Words: W. Chalmers Smith, 1824-1908

THE BLESSING

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son and the Holy Spirit, be with you and remain with you always. **Amen.**

THE DISMISSAL

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

Organ Voluntary

SAINT MARY'S CATHEDRAL – GENERAL INFORMATION

Opening Times

The Cathedral is open every day except the 26th, 27th December and 1st January. No charges are made for those who come to join our worship or who wish to pray privately, and everyone is welcome.

Supporting the Cathedral

Saint Mary's Cathedral is a registered charity, and we do not receive state aid. The average weekly running costs of the cathedral and its ministry to the city is €6,000. By purchasing a ticket or making a donation or legacy, you are contributing towards the maintenance of Saint Mary's Cathedral and helping preserve it for future generations. Thank you!

The Cathedral Choir

Whilst Saint Mary's Cathedral is a church in the full tradition of the Church of Ireland, membership of that church is not a pre-requisite for joining the cathedral choir. If you love singing, church/choral music and historic buildings, then why not get in touch with us? We'd be pleased to hear from you. You don't need to be an expert singer. What we are looking for are young people with a pleasant singing voice, who are able to sing in tune and who have an interest in, and commitment to, this kind of music-making within the context of this magnificent medieval cathedral. Potential choir members should please contact the Organist and Choirmaster to arrange an informal meeting at the cathedral. Contact: organist@limerick.anglican.org / 061 310293

Become a Friend

The Friends of Saint Mary's exist to support the Dean & Cathedral Chapter in maintaining and enhancing the Cathedral and its surroundings. Assisting and supporting the Dean and Chapter in maintaining and improving the services, music, fabric, fittings, furniture, ornaments, monuments and facilities of the Cathedral. Encouraging the interest and participation of young people through education and activities. Stimulating and maintaining public interest in the Cathedral. Supporting the needs of the Cathedral's mission in the modern world.

There Friends are united in their desire to support and maintain this 850-year-old Cathedral. Joining the Friends helps ensure that we can continue this important work.

Please visit the website for full details – www.cathedral.limerick.anglican.org

Facilities

Car parking is available in the grounds of the Cathedral or in the adjacent Car Park

There are toilets on site.

There is a small gift shop located within the Cathedral where visitors can purchase souvenirs of their visit.

Guided/Public Tours are available. School Groups can be accommodated.

Service Notes

- 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 wilbe

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 NOTICES

Ash Wednesday: Begins this Wednesday 17th February. It will be marked in Limerick City Parish with 2 services livestreamed (via www.churchservices.tv/limerickstmarys) from the Cathedral.

Holy Communion service at 10.30am

Evening Service (with Music) at 7.30pm

Lenten Course: The Cathedral Chapter will be leading an online course this Lent – full details below.

Priorities Sunday (14th February): When this Fund was set up in 1980 it became an immediate success. The aim and purpose was to raise money throughout the Church of Ireland for use as seed capital for innovative projects within the Church of Ireland (indeed our own parish has benefited from the fund). Our target this year is €682.

Note to Stewardship Contributors:

On Sunday 14th Feb. there is an extra Special Giving envelope in your Stewardship box for the Priorities Fund. Should you wish to contribute to this fund you may: Those who send cheques/cash please include a note as to how much they wish to contribute to the General Stewardship Scheme and how much for the Priorities Fund.

Those using Bank Transfer please email/text their Stewardship & Priorities amounts to their appropriate Stewardship recorder (see below).

Stewardship Recorder Contacts:

Saint Mary's: Lindsay Boyle, Mobile 087-7867134, Email: lindsayboyle18@gmail.com

Saint Michael's: Trevor Lyttle, Mobile 087-9191314, Email: trevoralyttle@gmail.com

Ss John & Ailbe, Abington: Bertie Swanton, Mobile 087-2964287, Email: albertswanton@yahoo.co.uk

With renewed thanks for your continued support.

Note: The family of the late Florence Boyle would like to thank all those who sympathised with us on our recent sad bereavement. We will miss her dearly. Sincerely, Roland Boyle.


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.

Remembrance Book: Please remember those whose anniversaries occur at this time among them: Alfred Sparling, William Walter Copley, Nance Mc Lindon, Maureen Meleady, Joe Crowley, Billy Macken and Frank Prendergast.

Cycle of Prayer: *Church of Ireland:* The Diocese of Clogher and Bishop-Elect Revd Canon Dr Ian Ellis. *Anglican Cycle of Prayer:* Anglican Cycle of Prayer: The Anglican Church of Canada. *Diocese:* The Tuam Group of parishes in the Diocese of Tuam, Dean Alistair Grimason, and the congregations of St Mary's Cathedral Tuam, St Mary's Cong, St John the Baptist Aasleagh, and Claremorris.

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, Archie Brown, Sylvia Martin, Norman Lynas, Joe Boyle, Frank Sheahan, William Morrissey, Emily, Moira Lowry, Dolly Shier, Andrew, Ellerker, Victor Barley, Eddie Chamney, Teresa and Alice O'Connell.

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.





Joint Chapter of the Cathedral Churches of St Mary, Limerick, and St Flannan, Killaloe

Lent 2021—Study course based on the Anglican, 5 Marks of Mission

Led by members of the Cathedral Chapter

Tuesdays at 8pm via Zoom

 Tell	• Proclaim the Kingdom's good news	Tuesday 23rd February —The Treasurer, Canon Jane Galbraith
 Teach	• Baptise and nurture new believers	Tuesday 2nd March—The Chancellor, Canon Liz Beasley
 Tend	• Respond to human need by loving service	Tuesday 9th March—The Archdeacon of Killaloe, the Ven. Terry Mitchell
 Transform	• Change society's unjust structures	Tuesday 16th March—The Precentor, Canon Patrick Comerford
 Treasure	• Safeguard the integrity of creation	Tuesday 23rd March—The Prebend of St Munchin & Tulloh, Canon Jim Stephens

To join any/all of the talks, please email dean@limerick.anglican.org for a Zoom link

Saint Mary's Cathedral

LUNCHTIME LECTURE SERIES - FEBRUARY 2021



Saint Mary's Cathedral Lunchtime Lecture Series

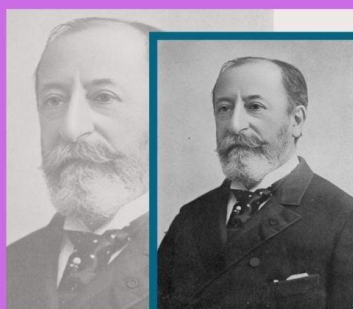
Tuesday 2nd February 1.15pm
For Zoom Link Email
dean@limerick.anglican.org

Speaker Margaret O'Shaughnessy
Director of Foynes Museum

Maureen O' Hara
1920 - 2015

"My heritage has been my grounding, and it
has brought me peace".

TUESDAY 2ND FEBRUARY 1.15PM



Saint Mary's Cathedral Lunchtime Lecture Series

Tuesday 9th February 1.15pm

To view visit:
www.churchservices.tv/limerickstmarys

Speaker Peter Barley
Saint Mary's Cathedral

Charles-Camille Saint-Saens
1835-1921

"One must practice slowly, then more slowly,
and finally slowly."

TUESDAY 9TH FEBRUARY 1.15PM



Saint Mary's Cathedral Lunchtime Lecture Series

Tuesday 16th February 1.15pm
To view visit:
www.churchservices.tv/limerickstmarys

Speaker Noreen Ellerker
Saint Mary's Cathedral

Florence Nightingale
1820 - 1910

"Live life when you have it. Life is a splendid
gift - there is nothing small about it".

TUESDAY 16TH FEBRUARY



Saint Mary's Cathedral Lunchtime Lecture Series

Tuesday 23rd February 1.15pm

To view visit:
www.churchservices.tv/limerickstmarys

Speaker Janet Woods
Villiers School

Napoleon Bonaparte
1769 - 1821

"Never interrupt your enemy when he is
making a mistake"

TUESDAY 23RD FEBRUARY

CONTACT DETAILS

- The Very Rev'd Niall J. Sloane (Dean): The Deanery, 7 Kilbane, Castletroy
Email: dean@limerick.anglican.org ; Tel: 061-338697. Day off: Friday
- The Rev'd Bernie Daly (Dean's Vicar): The Vicarage, 50 Ballinvoher, Fr Russell Road, Limerick
Email: deansvicar@limerick.anglican.org ; Tel: 061-302038. 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.

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