

Church of Ss John & Ailbe, Abington (Photo: John Holmes)

THE FOURTH SUNDAY IN LENT 14TH MARCH 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.

Mice (

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.

AN ORDER FOR MORNING PRAYER

The Gathering of God's People

Stand

The Lord be with you and also with you.

SENTENCE OF SCRIPTURE

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life

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.

The minister says

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.

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.**

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: THE SONG OF CHRIST'S GLORY Philippians 2: 6-11

- I Christ Jesus was in the | form of | God, but he did not | ding · to e quality · with | God.
- 2 He emptied himself, taking the | form · of a | servant, and was | born · in our | human | likeness.
- 3 And being found in human form he | humbled ·him|self, and became obedient unto death, | even | death ·on a | cross.
- 4 Therefore God has | highly 'exealted him, and bestowed on him the | name a bove | every | name.
- 5 That at the name of Jesus every | knee should | bow, in heaven and on | earth and | under the | earth;
- 6 and every tongue confess that Jesus | Christ is | Lord, to the glory of God the | Father. | A|men.

First Reading: Numbers 21: 4-9

From Mount Hor they set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, 'Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.' Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, 'We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us.' So Moses prayed for the people. And the Lord said to Moses, 'Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.' So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Psalm 107: 1-3, 17-22

- I O give thanks to the Lord, for he is gracious, lacktriangle for his steadfast love endures for ever.
- 2 Let the redeemed of the Lord say this, ◆ those he redeemed from the hand of the enemy, 3 And gathered out of the lands
 - from the east and from the west, from the north and from the south.
- 17 Some were foolish and took a rebellious way, lacktriangle and were plagued because of their wrongdoing.
 - 18 Their soul abhorred all manner of food ◆ and drew near to the gates of death.
 - 19 Then they cried to the Lord in their trouble, and he delivered them from their distress.
 - 20 He sent forth his word and healed them, and saved them from destruction.
- 21 Let them give thanks to the Lord for his goodness \blacklozenge and the wonders he does for his children.
 - 22 Let them offer him sacrifices of thanksgiving \spadesuit and tell of his acts with shouts of joy. Glory | be \cdot to the | Father, and to the Son, | and \cdot to the | Holy | Spirit;

as it | was in the belginning, is now and ever shall be, | world with out | end. A|men.

Second Reading: St John 3: 14-21

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.'

SECOND CANTICLE: URBS FORTITUDINIS Isaiah 26: 1-4,7,8

- I We have a | strong | city: salvation will God ap|point for | walls and | bulwarks.
- 2 Open | ye the | gates: that the righteous nation which keepeth the | truth may | enter | in.
 - 3 Thou wilt keep him in perfect peace whose mind is | stayed on | thee be|cause he | trusteth · in | thee.
 - 4 Trust ye in the | Lord for | ever: for our rock of | ages | is the | Lord.

- 5 The way of the | just is | uprightness; thou that art upright dost di|rect the | path of the | just
- 6 Yea in the way of thy judgments O Lord have we | waited \cdot for | thee; the desire of our soul is to thy Name, | and \cdot to the re|membrance \cdot of | thee.

Glory | be \cdot to the | Father, and to the Son, | and \cdot to the | Holy | Spirit; as it | was in \cdot the be|ginning, is now and ever shall be, | world with out | end. A|men.

HYMN 237

1

O my Saviour, lifted From the earth for me, Draw me, in Thy mercy, Nearer unto Thee.

2

Lift my earth-bound longings, Fix them, Lord, above; Draw me with the magnet Of Thy mighty love. 3

And I come, Lord Jesus;
Dare I turn away?
No! Thy love has conquered,
And I come today.

4

Bringing all my burdens, Sorrow, sin and care; At Thy feet I lay them, And I leave them there.

The Sermon: The Dean

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.

Kneel

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

Lord God whose blessed Son our Saviour gave his back to the smiters and did not hide his face from shame: Give us grace to endure the sufferings of this present time with sure confidence in the glory that shall be revealed; through Jesus Christ our Lord. Amen.

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, concluding with the Grace

THE HOLY EUCHARIST

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 433

My God, your table here is spread, Your cup with love still overflows May we your loved ones now be fed As Christ his peace and mercy shows.

This sacred feast, which Jesus makes, a banquet of his flesh and blood! How glad each one who here partakes that sacred drink, that heavenly food.

So let your table honoured be, A place of love for joyful guests; and may each soul salvation see, who here its sacred pledges tastes.

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: Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to overcome all our temptations: 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

Father, through your goodness we are refreshed through your Son in word and sacrament. May our faith be so strengthened and guarded that we may witness to your eternal love by our words and in our lives. Grant this for Jesus' sake, 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.

THE BLESSING

Christ give you grace to grow in holiness, to deny yourselves, and to take up your cross and follow him; 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, LIMERICK

According to myth, Saint Mary's Cathedral is built on the site of the Viking thingmote, later the palace of the O'Brien kings of Thomond, and was given to the church by King Donal Mór O'Brien in 1168. This myth appears to have no foundation and obscures the extraordinary importance of Saint Mary's Cathedral - probably the most important medieval building to survive intact in Ireland, and still performing its original function.

The diocese of Limerick was formally established by the Synod of Rath Breasail in 1111, and the church of Saint Mary, in heart of the Norse city, was declared the cathedral of the diocese – the only cathedral in any diocese named by the synod. That church was replaced between 1150 and 1174 by the core of the present Saint Mary's Cathedral. The great pointed arcade arches of the nave (among the earliest in Ireland) and the round arched windows of the clerestory above them, with the narrow aisles, represent the only intact native Irish church built on a Continental scale to survive intact from before the Norman invasion in 1169 – all the others are in ruins. The design of the nave, aisles and chancel is a native Irish adaptation of the Burgundian style, introduced into Ireland by the Cistercians after 1142, further embellished by the fine Hiberno-Romanesque west door. The tombstone of its first great benefactor, King Donal Mór O'Brien, can still be seen in the chancel.

In the following centuries the cathedral was embellished by the wealthy merchants of Limerick who built the chantry chapels on the north and south sides of the nave - the largest surviving range of medieval chantry chapels in any Irish church. The cathedral boasts Ireland's largest medieval altar stone and Ireland's only surviving medieval choir stalls. These choir stalls, with their charming carved misericords, constitute the largest intact collection of carved woodwork and furniture from medieval Ireland. Thought to date from about 1480, they may actually date to before 1426. The misericords supported the choral posteriors during the long offices the Cathedral Chapter was obliged to perform.

Later centuries saw the installation of the massive 17th century Thomond Monument in the chancel, beside the tomb of Donal Mór O'Brien. In the early 19th century, the Pain brothers designed the Bishop's Throne or Cathedra, the screen to the Glentworth Chapel and the monument to Bishop John Jebb, the precursor of the Oxford Movement with his High Church opinions. The nineteenth century stained glass is particularly fine, the largest window, by the Harry Clarke Studio, was dedicated in 1961 by Michael Ramsey, Archbishop of York. Michael Pearse, the father of the patriot, Patrick Pearse, carved the reredos in the chancel, and the chancel screen was designed by Edward Conor O'Brien in 1921.

Saint Mary's Cathedral is an extraordinarily complex building representing developments from the mid-twelfth century to the later twentieth century – a treasure of Irish religious art. It continues to be a place of prayer and pilgrimage for all who enter its doors and a symbol of faith, hope and love to the city of Limerick.

www.cathedral.limerick.anglican.org

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!

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 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 NOTICES

See - A Lenten poem by Tamasine Plowman

Blinkered vision shuts our souls
Allows nothing but despair to evolve
Open eyes and face the glare
Take the time to stop an stare
Be it flower or drop of rain
See the beauty through the pain
Through your glass or unfiltered eye
Stop and watch / As time goes by

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.

Appointment: The Dean and Select Vestry are delighted to announce that Mr Hugh Milne has been appointed Hon. Treasurer of the Cathedral and group Treasurer for the Parish. We wish him well in this new role.

Zoom coffee: A parish Zoom coffee morning will be held on Wednesday 24th March at 10am (till 11am). Please email limerickcityparishnews@gmail.com for the link to either/both events.

Talk: An online talk from Birdwatch Ireland is being organised - more details to follow.

A virtual tour of the Houses of Parliament, London: Click here to book a tourhttps://ukparliament.seetickets.com/tour/guided-online-tour-of-the-palace-of-westminster

Online events: Please see brief articles at links below to highlight the following upcoming (online) events:

- Church in Wales webinar on inter-faith issues (Thursday, 18 March) –
- www.ireland.anglican.org/news/10476/church-in-wales-webinar-uprooting
- Church of Ireland Theological Institute on online church in a post-lockdown world (Friday, 16 April) www.ireland.anglican.org/news/10475/citi-webinar-online-church-in
 - Search Journal colloquium on 'who is my neighbour?' (Saturday, 17 April) www.ireland.anglican.org/news/10469/search-colloquium-who-is-my

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

Livestreaming: Log onto www.churchservices.tv/limerickstmarys Sunday services will be on air at 11.15am.

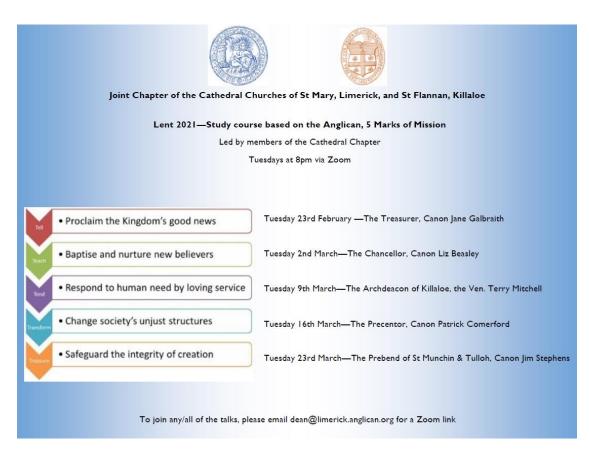
St Patrick's Day: A service of Holy Communion will be broadcast from the Cathedral on 17th March at 10.30am

Remembrance Book: Please remember those whose anniversaries occur at this time among them: Swig Stokes, Bill McGowan, John Boyle, Robin Wakely, Mabel O'Toole, Michael Holland, Connie Gardiner, Teresa Barry and Marinne Fenner

Cycle of Prayer: Church of Ireland: The Diocese of Derry & Raphoe and Bishop Andrew Forster. Anglican Cycle of Prayer: Iglesia Anglicana de Chile. Diocese: The Ballisodare Group of Parishes in the Diocese of Achonry, Rev Canon Dr Andrew Ison, and the congregations of Holy Trinity Ballisodare, St Paul's Collooney & Emlaghfad Church (Ballymote). All who work in Communications. We give thanks for the love of mothers and all who have nurtured us, and we pray that we may share that love with all we meet along the way.

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, Emily, Moira Lowry, 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 limerickatyparishnews@gmail.com. Under GDPR regulations please ensure you have the consent of the named person(s) before submitting a name. For confidentiality reasons the dergy 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 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.

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