



WEEKLY NEWSLETTER

*Saint Mary's, Saint Michael's, and Ss John & Ailbe
5th February 2023: The Third Sunday before Lent*

COLLECTS AND READINGS

Collect of the week: Almighty God, who alone can bring order to the unruly wills and passions of sinful humanity: Give your people grace so to love what you command and to desire what you promise; that, among the many changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord. **Amen.**

Isaiah 58: 1-9a, 9b-12: Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. "Why do we fast, but you do not see? Why humble ourselves, but you do not notice?" Look, you serve your own interest on your fast-day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

Psalm 112: 1-9 (BCP p.725)

Alleluia. Blessed are those who fear the Lord ♦ and have great delight in his commandments.

Their descendants will be mighty in the land, ♦ a generation of the faithful that will be blest.

Wealth and riches will be in their house, ♦ and their righteousness endures for ever.

Light shines in the darkness for the upright; ♦ gracious and full of compassion are the righteous.

It goes well with those who are generous in lending ♦ and order their affairs with justice,

For they will never be shaken; ♦ the righteous will be held in everlasting remembrance.

They will not be afraid of any evil tidings; ♦ their heart is steadfast, trusting in the Lord.

Their heart is sustained and will not fear, ♦ until they see the downfall of their foes.

They have given freely to the poor; their righteousness stands fast for ever; ♦ their head will be exalted with honour.

I Corinthians 2: 1-12, 13-16: When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, 'What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him' – these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual. Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are discerned spiritually. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny. 'For who has known the mind of the Lord so as to instruct him?' But we have the mind of Christ.

Matthew 5: 13-20: Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. "You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. "Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Post-Communion Prayer: Merciful Father, you gave Jesus Christ to be for us the bread of life, that those who come to him should never hunger. Draw us to our Lord in faith and love, that we may eat and drink with him at his table in the kingdom, where he is alive and reigns with you and the Holy Spirit, now and for ever. **Amen.**

Hymns:

Saint Michael's	543	510	86	94
Saint Mary's	146 (T&P)	86	9	

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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Services & Events

Date	Time	Event	Venue
Sunday 5 th	10.00	Morning Prayer	Saint Michael's
III before Lent	11.15	Holy Communion	The Cathedral
		No Service	Ss John & Ailbe, Abington
Monday 6 th	10.30	Morning Prayer	The Cathedral
Tuesday 7 th	10.30	Morning Prayer	The Cathedral
Wednesday 8 th	10.30	Morning Prayer	The Cathedral
Thursday 9 th	10.30	Holy Communion	The Cathedral
Friday 10 th	10.30	Morning Prayer	The Cathedral
Saturday 11 th	10.30	Morning Prayer	The Cathedral
Sunday 12 th	10.00	Holy Communion	Saint Michael's
II before Lent	10.30	Morning Prayer	Ss John & Ailbe, Abington
	11.15	Choral Matins	The Cathedral

THIS WEEK'S NOTICES

Priorities Sunday: Next Sunday 12th February is Priorities Sunday. Donations are made during Spring each year – it is a good time because it reflects a church with a mission and a family who shares. When this Fund was set up in 1980 it became an immediate success. The aim and purpose is to raise money throughout the Church of Ireland for use as seed capital for innovative projects within the Church of Ireland. Our parish target is around €1300 each year. Your support is greatly appreciated.

Forthcoming Events: Please see church noticeboards for a selection of forthcoming events (copies attached to the ezine)

Volunteers wanted in the Cathedral for extra events – moving chairs, etc. Please speak to the Dean or Noreen.

Car show: There are tentative plans to hold a charity vintage car show in the Cathedral grounds in May/June. If you are interested in volunteering your help on the day (eg stewarding, etc). Please speak with the Dean for more details.

Cumann Gaeilge na hEaglaise/The Irish Guild of the Church: Anyone interested in the Irish language and its role within the life of the Church of Ireland is invited to speak with a member of the Clergy team.

Readers & Intercessors: If you would be interested in reading at services and/or leading the Prayers of the People at Parish Communion once a month please speak to a member of the Clergy.

Thursdays in Black: Resistance and Resilience: The campaign is simple but profound. Wear black on Thursdays – declare you are part of the global movement resisting attitudes and practices that permit rape and violence. Show your respect for women who are resilient in the face of injustice and violence. Encourage others to join you. Often black has been used with negative racial connotations. In this campaign Black is used as a colour of resistance and resilience.

Refreshments *(with thanks to those on duty)*

	5 th February	12 th February	19 th February
Saint Michael's	Sheila Cusack	Tony O'Connell	Ruth Lillie O'Connell
The Cathedral	Lillian Okechukwu	Alyson McHugh	Keith O'Neil

Livestreaming: www.churchservices.tv/limerickstmarys Service will be on air at 11.15 a.m. on Sunday.

Remembrance Book: Please remember those whose anniversaries occur at this time among them: William John Millar; Trevor Morrow; John Carey; John Mc Conkey; Ernest Lyons; Frank Shier; Jim Manning, and Joe McEvoy.

Cycle of Prayer: *Church of Ireland:* the Diocese of Clogher and the Rt Revd Dr Ian Ellis. *Anglican Cycle of Prayer:* the Anglican Church of Papua New Guinea. *Diocese:* for all in our dioceses who are suffering from despair, depression, and addiction, that their distress may be relieved.

Prayers for the Sick: Your prayers are asked for the sick in our community, especially, Harold Armstrong; Sylvia Martin; Emily; Tom, Moira Lowry; Mac; Mike; Alan Kennedy; Zandra; Stephen Richards; Kathleen Leddin; Marie O'Connor; Sinead; Martha McDermott; Ava Colohan; Aileen Henderson; Rose McNamama; Dean Sandra Pragnell; Patrick; Brian; Barbara Farnley; Terry Gibson; Susan Whelan; Rosaleen Moloney; Catherine Coulter; Michael Downes; Emma Meelin; Catherine Slattery; Helen; Oliver Stapleton; William Downes, and Tim O'Leary.

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 J.W. Sloane (Dean): The Deanery, 7 Kilbane, Castletroy
Email: dean@limerick.anglican.org; Tel: 061-338697. Day off: Friday
- The Rev'd Dr Leonard Madden (Curate-Assistant): The Curatage, 50 Ballinvoher, Fr Russell Road, Limerick
Email: curate@limerick.anglican.org; Tel: 061-302038. Day off: Saturday
- 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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