

## WEEKLY NEWSLETTER

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*Saint Mary's, Saint Michael's, and Ss John & Ailbe*  
*9<sup>th</sup> July 2023: Trinity V, Proper 9*

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### COLLECTS AND READINGS

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

### First Reading ~ Zechariah 9: 9-12

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

### Psalm 23 (BCP p.616)

- 1 The Lord is my shepherd; ♦ therefore can I lack nothing.
- 2 He makes me lie down in green pastures ♦ and leads me beside still waters.
- 3 He shall refresh my soul ♦ and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death, I will fear no evil; ♦ for you are with me; your rod and your staff, they comfort me.
- 5 You spread a table before me in the presence of those who trouble me; ♦ you have anointed my head with oil and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me all the days of my life, ♦ and I will dwell in the house of the Lord for ever.

### Epistle Reading ~ Romans 7: 15-25a

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

## Gospel/New Testament Reading ~ St Matthew 11: 16-19, 25-30

'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.' At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

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

<b>Hymns:</b>	<b>Saint Michael's</b>	<b>381</b>	<b>74</b>	<b>517</b>	<b>668</b>
	<b>Saint Mary's</b>	<b>59</b>	<b>517</b>	<b>597</b>	<b>618</b>

### Service Notes

- Services will be recorded and may be viewed online on: [www.churchservices.tv/limerickstmarys](http://www.churchservices.tv/limerickstmarys) and the Cathedral website ([www.saintmaryscathedral.ie](http://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](http://www.churchservices.tv) and [www.saintmaryscathedral.ie](http://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. If you do not wish to appear, please advise the Churchwardens who will guide you to an area of the cathedral which will not be filmed.
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## Services & Events

Date	Time	Event	Venue
Sunday 9 <sup>th</sup> <i>Trinity V</i>	10.00	Holy Communion	Saint Michael's
	10.30	Morning Prayer	Ss John & Ailbe, Abington
	11.15	Morning Prayer	The Cathedral
	15.00	Eternal Rebels Concert	The Cathedral
	18.30	Sagittarius Hiberniensis Concert	The Cathedral
Monday 10 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
Tuesday 11 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
Wednesday 12 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
Thursday 13 <sup>th</sup>	10.30	Holy Communion	The Cathedral
Friday 14 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
Saturday 15 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
Sunday 16 <sup>th</sup> <i>Trinity VI</i>	09.30	Holy Communion	Ss John & Ailbe, Abington
	10.00	Morning Prayer	Saint Michael's
	11.15	Holy Communion	The Cathedral

## THIS WEEK'S NOTICES

**Appointment:** We are delighted to announce the appointment of Dr Catherine Smith as Cathedral/Parish Secretary. Catherine's job begins this week and we wish her every blessing in this role.

**Wanted:** A defibrillator for Saint Michael's Church and Hall. Anyone interested in gifting one is invited to speak with the Dean.

**Cathedral Tie:** The newly commissioned silk Cathedral Tie is now available for purchase from the Cathedral Shop (€30 each)

**Cathedral Concerts:** Please see attached notice (ezine) for details.

**Plant a Plant:** The Dean is exploring an idea (stolen from our friends in Galway) of inviting people to donate and 'plant a plant' in the grounds of the Cathedral and Abington. If you are interested, please speak with him.

**Silver Cleaning:** Anyone interested in helping with the cleaning of silver in each of our church buildings is invited to speak with the Dean.

**Mothers' Union:** Please see attached notice (ezine) for details of an upcoming conference.

**UDYC** returns with three very exciting summer events! **See attachment (ezine).**

**Flowers:** The Cathedral flowers today are in memory of Hilda Gleazer.

<b>REFRESHMENTS</b>	9 <sup>th</sup> July	16 <sup>th</sup> July	23 <sup>rd</sup> July	30 <sup>th</sup> July
<b>Saint Michael's</b>	Susi Eckhardt	Trevor & Tracey Lyttle	Gillian Cheatley	Richard Allen
<b>The Cathedral</b>	Liz Lynam	Keith O'Neil	Brian Sheppard	Shawn & Carrie Jamieson
<b>READERS</b>				
<b>Saint Michael's</b>	Tracey Lyttle	Keith Morrow	Stephen Fairbrother	Bernard Amaeze
<b>The Cathedral</b>	Noreen Ellerker	Clergy	Churchwardens	Catherine Smith

**Remembrance Book:** Please remember those whose anniversaries occur at this time among them: Bridie Fortune, Angus Robson, Natalia Jimenez Martinez, Tony O'Mara, Hilda Gleazer, Mary Donnelly, James Thompson. Anne Lilly, Alrick Thompson, Mary Yates and Eamonn Buckley.

**Cycle of Prayer:** *Church of Ireland:* The wider church is praying for our diocese and for Bishop Michael. *Anglican Cycle of Prayer:* The Archbishop of Canterbury and the instruments of the Anglican Communion. *Diocese:* On the National Day of Commemoration we are asked to remember all Irishmen and Irishwomen who died in past wars, or in service with the United Nations.

**Prayers for the Sick:** Your prayers are asked for the sick in our community, especially, Emily; Mac; Alan Kennedy; Zandra; Kathleen Leddin; Martha McDermott; Dean Sandra Pragnell; Daniel O'Connell; Danny Stone; Josh Stone, Terry Gibson, Sarah B and Cyril Foster. **PLEASE NOTE THAT THE PRAYER LIST WAS CLEARED ON 30<sup>TH</sup> JUNE 2023. A NEW LIST BEGAN ON 1<sup>ST</sup> JULY – IF YOU WISH TO HAVE A NAME INSERTED ON THE LIST OR AN EXISTING NAME RE-INCLUDED PLEASE EMAIL THE NEWSLETTER TEAM (EMAIL BELOW) OR LET A MEMBER OF THE CLERGY TEAM KNOW.**

*NOTE ABOUT PRAYER LIST: If you wish to place a name on the list, please email your prayer request to [limerickcityparishnews@gmail.com](mailto: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](mailto: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](mailto:curate@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](mailto:cathedral@limerick.anglican.org); Tel: 061-310293.

LIMERICK CITY PARISH ~ WEEKLY NEWSLETTER

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