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*Saint Mary's, Saint Michael's and Ss John & Ailbe: 4<sup>th</sup> August 2024 ~ Trinity X (Proper 13)*

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## **COLLECTS AND READINGS**

**Collect for the week:** Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions, make them to ask such things as shall please you; through Jesus Christ our Lord. Amen.

### **Old Testament Reading: Exodus 16: 2-4, 9-15**

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining."' And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God."' In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.

### **Psalm 78: 23-29 (BCP p. 681)**

So he commanded the clouds above ♦ and opened the doors of heaven.

He rained down upon them manna to eat ♦ and gave them the grain of heaven.

So mortals ate the bread of angels; ♦ he sent them food in plenty.

He caused the east wind to blow in the heavens ♦ and led out the south wind by his might.

He rained flesh upon them as thick as dust ♦ and winged fowl like the sand of the sea.

He let it fall in the midst of their camp ♦ and round about their tents.

So they ate and were well filled, ♦ for he gave them what they desired.

### **Epistle Reading: Ephesians 4: 1-16**

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some

prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

**New Testament / Gospel Reading: John 6: 24-35**

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty

**Post-Communion Prayer:** O God, as we are strengthened by these holy mysteries, so may our lives be a continual offering, holy and acceptable in your sight; through Jesus Christ our Lord. Amen.

Hymns				
<b>Saint Michael's</b>	<b>519</b>	<b>392</b>	<b>549</b>	<b>547</b>
<b>The Cathedral</b>	<b>529 (omit v 3)</b>	<b>427</b>	<b>431 (ii)</b>	<b>647</b>

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**Services & Events**

Date	Time	Event	Venue
Sunday 4 <sup>th</sup> <i>Trinity X (Proper 13)</i>		No Service	Ss John & Ailbe, Abington
	10.00	Morning Prayer	St Michael's
	11.15	Holy Communion	The Cathedral
Monday 5 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
Tuesday 6 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
	1.15	Lunchtime Concert	The Cathedral
Wednesday 7 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
Thursday 8 <sup>th</sup>	10.30	Holy Communion	The Cathedral

Friday 9 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
Saturday 10 <sup>th</sup>	10.30	Morning Prayer	The Cathedral
Sunday 11 <sup>th</sup> <i>Trinity XI (Proper 14)</i>	10.00	Morning Prayer	Ss John & Ailbe, Abington
	10.00	Holy Communion	St Michael's
	11.15	Morning Prayer	The Cathedral

## **THIS WEEK'S NOTICES**

*(Where attachments are mentioned, hard copies are available through the parish office upon request)*

**Godly play:** Will meet in the Cathedral during the 11.15am service this Sunday.

**The Curate:** Congratulations to our Curate, the Rev'd Dr Leonard Madden on his appointment as Rector of Bray, Co. Wicklow. His institution will be in Christ Church, Bray at 7pm on Thursday September 19<sup>th</sup>. We shall be making a presentation to Leonard in September and if you would like to make a contribution towards this, please leave your donation in a sealed envelope marked 'LM Pres', with the Churchwardens or in the Cathedral Office.

**Sympathy:** We extend our sympathy to Paul Cable and his wife Jane on the unexpected death of Jane's mother in Tuam, Co. Galway. We hold them in our thoughts and prayers.

**Congratulations:** Congratulations to former Cathedral chorister, David Howes, and Martha O'Brien-Keogh who were married recently in Kilshane House, Co Tipperary.

**Housing sought:** Family of 4 along with their budgie and hamster are looking for a house to rent in Limerick City. Both my husband and myself work and our daughters attend Villiers School (starting in 6th yr) and St. Michaels N.S (currently in 5th class). We have been renting for the past 15yrs, so have all our own furniture, and take care of the houses we have rented, cut grass, hedging etc. If you hear or know of anywhere, could you please contact Julie Cade on 0833638026.

**Confirmation:** Candidates (not their parents or guardians) interested in receiving the sacrament of confirmation this October should contact a member of the clergy. Confirmation is administered to those in 2nd year of second-level education and above.

**Robes Keeper:** The Dean and Organist are looking for someone who would be interested in helping look after the choir robes in the Cathedral. More information from the Dean.

**\*\*\* Change\*\*\* Cathedral Clean up:** Help would be appreciated with the clean-up and organisation of the East yard in the Cathedral. This is being scheduled for Saturday 17<sup>th</sup> (please note new date) August at 11.30am.

**Free lunchtime concerts in the Cathedral, all at 1.15pm:** Seamus TSE, Piano Recital, performing works by Haydn, Bartók and Chopin, Tuesday 6<sup>th</sup> August. Details of upcoming concerts may be found on the attached flyer.

**UDYC Events:** Please see attached flyer on ezine for details of upcoming events.

**Health and Safety Notices:** *Saint Michael's:* the side aisles are not in use until inspections, remedial works, etc are completed. *Cathedral:* on Sundays, the West door is closed at 11.30am (to avoid disruption). After that time, please use the South West Porch Entrance.

**Volunteer list for Cathedral:** The Dean would be glad to hear from anyone who is available to be included on a volunteer list for Cathedral events that require extra help at the door, in setting up chairs, and other activities. Please let the Dean or the Cathedral office know if you'd be willing to be on this rota and be contacted occasionally when large events are being held.

**Cycles of prayer:** *Diocese:* Today's elegantly concise collect prays 'Let your merciful ears, O Lord, be open to the prayers of your humble servants, and that they may obtain their petitions, make them to ask such things as shall please you' We pray that our pursuit of Christian maturity may involve an increasing harmonisation of our own wills with the will of God, and that by God's strength we may more effectively become the Amen to our own prayers, always trusting that informed prayer must lead to prayerful action. *Porvoo Prayer Diary:* Church of England: Diocese of Bristol, Bishop Vivienne Faull, Bishop Neil Warwick. Evangelical Lutheran Church of Finland: Diocese of Helsinki, Bishop Teemu Laajasalo. *Anglican:* The Anglican Church of Kenya

**Remembrance Book:** Bobbie Bingham, Allen Ellerker, Robert Hughes, Molly Reynolds, Dr. John Mc Cormack, Canon Robert Reed, Helen Cleary, Violet Jarvis, Hazel Oakley, Fred Gess and Albert S. Hanley.

**Prayers for the Sick:** Your prayers are asked for the sick in our community, especially, Emily; Mac; Alan Kennedy; Zandra; Kathleen Leddin; Martha McDermott; Sandra Pragnell; Danny Stone; Josh Stone; Terry Gibson; Sarah B; Cyril Foster; Patrick Hastings; Patricia Bourke; Jim K, Marie M, Gerry Grace, Mary Grace, Liz Kaldor, Trevor Richmond, Martin Hogan, Garrett Ryan, BO'D, Sue Gibson, Denis O'Connell, John Moore, Edel, Doris, Mary Catherine Finnegan, Jerry Murphy, Erica, Brigid, Valory, John Sparling, Pat O'Donnell and Rev. Canon Michael Halliwell. *NOTE: If you wish to place a name on the list, please email it to [limerickcityparishnews@gmail.com](mailto:limerickcityparishnews@gmail.com). Under GDPR please ensure you have the consent of the named person(s). 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.*

### Rota of Readers & Refreshments

	4 <sup>th</sup> August	11 <sup>th</sup> August	18 <sup>th</sup> August	25 <sup>th</sup> August	1 <sup>st</sup> September
<b>REFRESHMENTS</b>					
<b>Saint Michael's</b>	Sheila & Richard Allen	Sheila Cusack	Tony O'Connell	Ruth Lillie O'Connell	
<b>The Cathedral</b>	Lillian Okechukwu	tbc	Keith O'Neill	Karen Wilson & Catherine Smith	Jemimah Egbulam
<b>READERS</b>					
<b>Saint Michael's</b>	Daire McNamara	Tracey Lyttle	Bernard Amaeze	Sheila Morrow	John Shier
<b>The Cathedral</b>	Keith O'Neil	Heather Peirce	Noreen Elleker	Frank Sheahan	Lindsay Boyle
<b>FLOWERS</b>					
<b>The Cathedral</b>	Christine O'Neil	Christine O'Neil	Christine O'Neil	Christine O'Neil	

### 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 Rd  
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. [www.lcp.limerick.anglican.org](http://www.lcp.limerick.anglican.org)
- 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](mailto:limerickcityparishnews@gmail.com)