

**Reflection: How to receive Holy Communion**

To receive Holy Communion in the Catholic Church, fast for at least one hour before-hand, be in a state of grace, and bow before receiving. Approach the minister, respond "Amen" to "The Body of Christ," and receive either on the tongue or in the hand, consuming it immediately.

**Preparation and Requirements**

- **Fast:** Abstain from food and drink (except water and medicine) for one hour before.
- **State of Grace:** If conscious of grave sin, you must receive the Sacrament of Reconciliation first.
- **Belief:** Catholics believe Jesus Christ is truly present; Body, Blood, Soul, and Divinity, in the Eucharist.

**Receiving the Body of Christ**

1. **Approach:** Walk forward in the procession, bowing your head as a sign of reverence before the person in front of you receives.
2. **Dialogue:** The minister will say, "The Body of Christ." Respond with a clear "Amen".
3. **Method 1: In the Hand**
  - Place your left hand on top of your right hand, creating a "throne" for the King.
  - Do not grab the host; let the minister place it in your hand.
  - Step aside, pick up the host with your right hand, and consume it immediately in front of the minister before turning away.
- **Method 2: On the Tongue**
  - Approach, open your mouth, and extend your tongue gently to allow the minister to place the host.

**Return:** Return to your seat for prayer and reflection.

**Low gluten hosts are available for those who have a gluten intolerance or coeliac disease.**

Scan QR code to Donate



**Meditate in Pink** online meditation retreat led by Mary Lally, in collaboration with the National Breast Cancer Research Institute.  
**11am-3pm Sunday, 24th May, €28 – all proceeds to charity. Call Mary 0872764539 for details.**

**Notices:** Parish Clerks Collection takes place next weekend 16/17 May.

We thank you for your support.

**Priests of the Parish**

Canon Gerard Garrett  
 Fr Daniel Tomasik  
 Fr Peter Claver Emeke Eze  
 Fr Krzysztof Tyburowski  
 In residence Canon John Daly

**Eucharistic Adoration**  
 Friday's 4pm–5.30pm in the Adoration Chapel.

**Mass Times**  
 Mon–Fri 10am, 5.45pm  
 Sat 10am & 6pm Vigil  
 Sun 8am, 10.30am, 12 noon

**Confessions**  
 Saturday 10.30am

**Baptisms**  
 Saturday 4.30pm

**Recently Deceased**  
 We remember in our prayers  
**Thomas Ryan RIP**  
 May he rest in eternal peace.

**Recently Baptised**  
 Welcome to the Christian Community  
**Caoimhe Leonard**  
 We wish Caoimhe and her family every blessing.

**Cathedral Shop**  
 Mon - Sat, 10:30am - 1pm.  
 Sympathy cards, First Holy Communion, Confirmation cards, gift sets & other religious goods available to buy.

**Split the Pot Draw**  
 Congratulations to **Geraldine McCarthy** winner of last weekends draw. Draw Envelopes available at the back of the church. All proceeds go toward the maintenance of the Cathedral. Thank you for your support.

**BERGERIE TRUST CLG**  
 HEALTH INFORMATION DAY  
 Pennywell Day Centre, Limerick  
 Wednesday 13<sup>TH</sup> MAY 2026  
 From 11:00AM – 3:00PM  
 EIR CODE V84 A497  
 FREE REFRESHMENTS TEA AND COFFEE

Come and join us, at the Pennywell Day Centre where we will have some Health and well-being advice on hand.

Available on the day will be:  
 Blood Pressure  
 Community Nurse  
 Nutrition and fitness  
 Hand massage, Mindfulness, Yoga  
 Mental health  
 Health Information Leaflets

Marie Keating FOUNDATION Cancer Information & Support TUSLA

**Desert Day**  
**Feast of Pentecost**  
 'Mary, the faithful disciple'  
 Silent retreat with reflections, Eucharist & Sacrament of Reconciliation  
 Saturday, May 23rd from 10.30 to 4.45

Venue: Limerick diocesan Centre, St. Munchins, Corbally, V94925C  
 Facilitated by Phyllis Moynihan RSM & Valerie Minogue  
 Bring your own lunch. Tea/Coffee/snacks supplied  
 Donation €20  
 Booking: Contact Phyllis at moynihanphyllis25@gmail.com or tel: 0879656895

**Garryowen Men's Shed**  
 Location 2 Garryowen Road, Lim, V94 YW26  
 Opening Times Mon 2pm – 3.30 pm  
 Contact Names Sue Gaffney  
 Mobile number 089 608 5304  
 Landline number 061 310 690

**Silver Jubilee MASS OF THANKSGIVING**  
 Fr. Liam would love to mark his Silver Jubilee with a Mass of Thanksgiving. This Mass will celebrate the gift of priesthood, the parishes, communities and people that have enriched, encouraged and sustained him.

SUNDAY 31<sup>ST</sup> MAY 3:00PM  
 ST. SENAN'S CHURCH, FOYNES, CO. LIMERICK (V84 TW50)

After the Mass all are welcome to the **COMMUNITY CENTRE FOYNES** for refreshments, music and chat.  
 Everyone Welcome!

**CHORAL CONCERT**  
 Frauenchor Hochdahl 1942 from Germany and Voices of Limerick

REDEMPTORIST CHURCH, LIMERICK  
 THURSDAY 21 MAY 7-45PM  
 FREE ENTRY  
 Friendship concert showcasing the beautiful choral traditions of Germany and Ireland.

**National Pilgrimage to Knock**  
 Saturday May 16, 2026  
 To give thanks to God for all the blessings he showers on us, Aid to the Church in Need is delighted to announce details of our national pilgrimage to our Eucharistic and Marian Shrine at Knock, Co. Mayo.

Chief Celebrant Bishop William Shomali from Jerusalem will speak about the plight of the suffering Christians in the Holy Land.

If you would like to find out more information, or to organise a bus, please contact us by  
 EMAIL info@acnireland.org or TELEPHONE 01 837 7516