Reflection

The central message today is a powerful command from Jesus: **"Do not be afraid."** Amidst the realities of fear, social rejection, and persecution, the liturgy reminds us that we are under the constant, intimate care of a loving Father.

The prophet Jeremiah faces terror and betrayal from his closest friends. Yet, he declares that the Lord is at his side like a "mighty hero," delivering the life of the needy from evildoers.

Saint Paul contrasts the widespread devastation of Adam's sin with the far greater, overflowing gift of grace won for us through Jesus Christ.

Jesus instructs His Apostles as He sends them out to preach. Three distinct times, He commands them: "Do not be afraid."

He assures them that even the hairs on their heads are counted.

Fear is a natural human emotion, but it can paralyze our faith and keep us from standing up for what is right. Jesus does not promise an absence of difficulty or cultural opposition. Instead, He promises His presence. He instructs us to distinguish between temporary worldly threats (those who can kill the body) and eternal separation from God (what destroys the soul).

To illustrate God's profound care, Jesus points to the humble sparrow. If God notices the fall of a single, inexpensive bird, how much more does He care for human beings made in His image? The statement that "every hair on your head has been counted" is an assurance of God's absolute, intimate awareness of your daily struggles, silent pains, and anxieties.

In an era where secular culture often pressures Christians to relegate their faith strictly to the private sphere, this Gospel is a call to courageous public witness. Jesus commands us to take what is spoken in the darkness and "speak it in the light."

Authenticity in our faith means shedding the masks of comfort or hypocrisy and boldly living out Gospel values, even when it invite misunderstanding or exclusion.

Knock Pilgrimage 2026

The annual Limerick Diocesan Pilgrimage to Knock Shrine takes place on **Saturday, 11th July 2026**. St. Joseph's Church is organising a bus departing at **10am sharp**.

€20 per person. Please contact the parish office at 061 313401 to book.

Priests of the Parish

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

Cathedral Shop

Mon - Sat, 10:30am - 1pm.
Sympathy Mass cards, Occasional cards, Candles and other religious goods for sale.

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 Baptised

We welcome into the Christian Community
Matthew Graham
Arya Ryan
We wish them and their families every blessing.

Recently Deceased

We remember in our prayers
Breda O'Brien RIP
Marie Klleen RIP
Shauna McNamara RIP
Mark Flynn RIP
Caroline O'Loughlin
John Quigley
May they rest in eternal peace.

Split the Pot Draw

Congratulations to
Paul and Jackie
winner of last weekends draw.
Draw envelopes available at the back of the church.
All monies go towards the maintenance of the Cathedral.

Church Notices

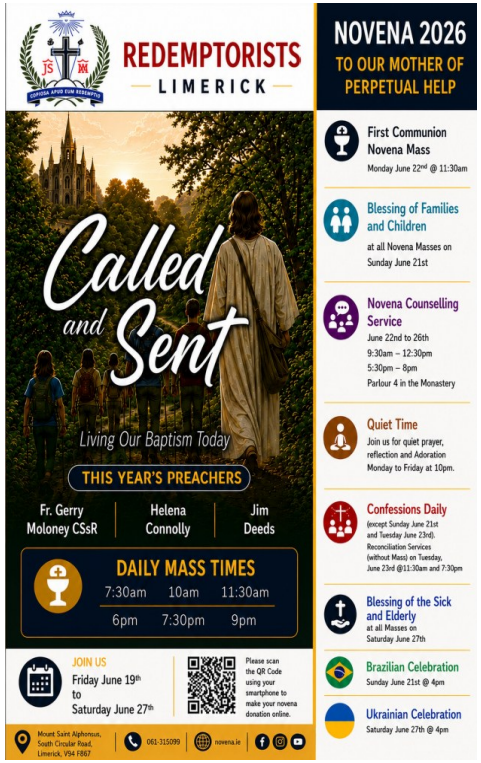
Eucharistic Adoration

Friday's 4pm—5.30pm in the Adoration Chapel
All are Welcome

'Offering Hope in Crisis'

Irish Bishops' statement affirming human life
Copies are available at the back of the Church. Please take one.

Summer Dues will be taken up at all masses next weekend 27 / 28 June

Dues go towards the upkeep of the clergy.

We thank you for your generosity.