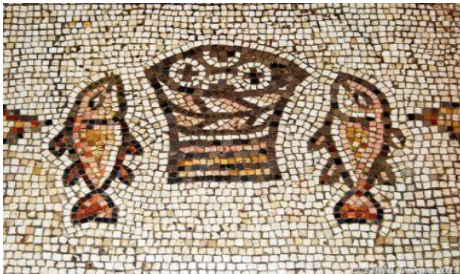


Sunday 25th July 2021

Parish Newsletter



Reflection: Prayer is not so much about saying lots of words as about creating and maintaining a close friendship with our loving God. Prayer is as much about listening to God as it is talking to God! Prayer is a very dangerous thing to do! When we pray we are not trying to change God, it is about been open to God changing us! Every time we pray the 'Our Father' we pray 'may your kingdom come on earth as it is in heaven.' This means that we are ready to build and promote God's kingdom, not our own.

Snip of Parish History

I can't tell the exact year but it was probably 1975 when my interest in the building that dominates the skyline in my native city first came to my very young attention. The late Danny Clancy was Sacristan in St John's and one day my sister and I got a chance to "go up the tower", from that day on I never took the building for granted. What sticks with me most about that day is not the height or scale of the building, nor the incredible stone carving and engineering but rather the names carved and written into the timber enclosure around the spiral staircase. These were the names of ordinary Limerick men now long gone but forever remembered through a scrawled autograph on this extraordinary structure.



Over the next while in these pages, I will chart some of the history of the magnificent building that we know as St John's Cathedral and some of the history of the people and places associated living "under the tower". I'd love your feedback, questions, or anecdotes as together we investigate this building that has been at the heart of our community and life for nearly 170 years now. **George Lee <drombanna@gmail.com>**

'PROUD ARE THE HOMES AROUND SPORTING GARRYOWEN'



The Garryowen residents association took an opportunity to show their support and admiration for the amazing Limerick Hurling Team. They also took advantage of the beautiful weather to carry out some grass cutting, weeding and litter picking around the Shrine.



Contact John Buttery at

087 9888326 or

john@garryowencdp.com



HEALTH & FITNESS LEVEL 3 ACCREDITED COURSE





Includes:

- Cookery Classes with Qualified Chef
- Nutrition and Healthy Eating
- Fitness and Healthy Lifestyle

Is this for me?:

- It's for anyone interested in cooking, nutrition and basic fitness.
- This is a level QQI Course so there is some paperwork.
- For people looking to progress to work or further education.
- Friendly, Fun Atmosphere.

COST:

- €3 per week contribution to cover costs
- Cost of fresh food that you cook and eat/take home

**TUESDAYS 1.00-3.00 WEEKLY FROM
14TH SEPTEMBER UNTIL JUNE 2022**

Garryowen CDP, 23 John's Street
Contact: John Buttery on 0879888326 or
john@garryowencdp.com



The Blood Transfusion Service is encouraging blood donors in Limerick to return to its clinics after a reduction in donations during COVID-19 Pandemic forced it to import blood from England.

Blood donation clinics will be held in Castletroy, Raheen next week.

Details at www.giveblood.ie or tel. Local: 1850 731 137



COVID-19 vaccine. [HSE Vaccine Reg](https://www.hse.ie/eng/immunisation/vaccines/COVID-19/) or telephone 1850 24 1850.

If you're aged 18 to 34 or aged 50 or over, you can get a [Janssen single-dose COVID-19 vaccine](https://www.hse.ie/eng/immunisation/vaccines/COVID-19/) at a local pharmacy. You do not need to register online. But you do need to book an appointment through your pharmacy. [Find a pharmacy giving the Janssen COVID-19 vaccine](https://www.hse.ie/eng/immunisation/vaccines/COVID-19/)



Church Gift Shop

Gift Shop is open Monday - Saturday from 10.30am to 1.30pm. The shop stocks a range of religious items and gifts for special occasions and a full selection of Mass Cards.



Monday to Friday 10am & 5.45pm, Saturday 10am & 6pm (vigil), Sunday 8am, 10.30am, 12 noon & 7pm.

We must still adhere to all HSE & Government guidelines with regards COVID-19 by sanitising our hands on entering & exiting the Cathedral. Thank you for your co-operation.

St Anthony's Novena continues each Tuesday at the 10am & 5.45pm Mass with a special blessing of the relic.



Confessions take place on Saturday's after 10am Mass. / **Baptisms** can be booked through the Parish Office at 061 414624. Baptisms take place Monday - Friday at 6.30pm. Saturday at 3.30pm & 4.30pm. Maximum number of people allowed attend is 6.

Split the Pot Congratulations to **Daniel Cantillon** the winner of last weekend's draw (Sun 18th July). "Split the Pot" Envelopes can be placed into the black box at the back of the Cathedral.

