

## Maranatha Retreat

This Sunday 8<sup>th</sup> February

St Michael's Church

Denmark Street, V94 P26V

Music with Rory on guitar

from 2.30pm followed by Mass at 4.30pm.

Complimentary Rosary Beads and Battery T-Lights available to take free of charge.

All are welcome to attend



### CHRISM MASS CHOIR 2026

WEDNESDAY 1st APRIL 7:30pm ST JOHN'S CATHEDRAL

THE MUSIC WILL BE PROVIDED BY THE DIOCESAN CHOIR AND ALL ARE WELCOME TO JOIN

Choir rehearsals will take place in Limerick Diocesan Centre, St Munchin's College, Corbally, Lim V94 925C on the following dates, from 7:30pm to 9:00pm:

Mon 23rd Feb, Mon 9th & 23rd March

Please bring the following books with you:

1. IN CAELO,
2. 1. VERITAS HYMNAL,
3. 3. SING THE MASS

The music programme will be available at the first rehearsal and will be chosen from these books. We cannot provide photocopies of choral music as there is no licence available which legally permits it. We may also use some parts of the Limerick Mass of St Ita, which we will supply if required, as it is copyright free, courtesy of the composer Fr. Columba McCann OSB. Looking forward to meeting you all, Bernadette Kiely & Pádraig Wallace  
Co-directors Limerick Diocesan Choir

### Graduates: Don't Lose Your Seanad Vote.

Irish citizens with degrees from designated 3rd level colleges are eligible to vote in the 'Higher Education' constituency which replaces the NUI and Trinity panels in Seanad Éireann. Thousands of previous voters are unaware that they have been removed from the register. To secure your vote, go to [www.seanadvoter.ie](http://www.seanadvoter.ie) before February 26th. Evidence of a passport is needed or else email

[applications@seanadvoter.ie](mailto:applications@seanadvoter.ie)

### Priests of the Parish

Canon Gerard Garrett  
Fr Daniel Tomasik  
Fr Peter Claver Emeka 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 Baptised

We welcome into the Christian Community  
**Franco Moore**  
**Summer Sarsfield**  
We wish them and their families every blessing.

### Recently Deceased

We remember in our prayers  
**Gordon Spillane RIP**  
**Lorraine O'Flaherty RIP**  
May their gentle souls rest in eternal peace.

### Cathedral Shop

Mon - Sat, 10:30am - 1pm.  
Sympathy cards, cards for all other occasions & other religious goods available to buy.

### Split the Pot Draw

Congratulations to **Nicola O' Regan** 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 continued support.

### Reflection:

Before the advent of refrigeration, salt was used to preserve food, especially meat. We got so fond of the taste we still enjoy salted meats and bacon. However, the original purpose was preservation. Without salt much valuable food would have spoiled and been lost. Because of this, salt became valuable. In fact it was even used as currency. Roman soldiers were paid in salt, in Latin *sal*, from which we got the word salary for payment for labour.

When Jesus was talking to his disciples - not just the apostles - but all of his followers, he was telling them that they, like salt, were valuable and had an important part in his plan.

And the plan was that they should be the light of the world. His followers, taking his teachings seriously, were to be a model for the whole world. Their conduct was to be so good that people would give praise to God because they would know that he was the inspiration of such wonderful behaviour.

And what kind of behaviour did Jesus have in mind? The Gospels are replete with expressions of Jesus telling people how to live but the kernel is his teaching that people should love God and love their neighbour as themselves.

The first reading from Isaiah gives us an example of how to implement this call, this demand of Jesus. The passage from Isaiah features one of the great appeals for social justice in the Old Testament. Israel had been complaining that much fasting had met with no response from God. In reply God explains the kind of 'fasting' Israel needs to undertake: not one involving penitential ritual but a 'fast' from injustice. Refraining from indifference and violence towards the weak, and a positive program of hospitality, *sharing bread with the hungry, sheltering the homeless, clothing the naked* will cause Israel's 'light to shine like the dawn'. That retains remarkable resonance in our time and relevance for all human societies; local, national and indeed even global. The prophetic text insists that if a community gets social justice right, then all else will fall into place.

Twice Israel is reminded that social justice will cause her 'light' to shine. The text is summoning Israel, to give effect to her true vocation through the implementation of social justice. She is to become a 'light to the nations' by modeling before the world what a truly human society should be.

As Christians, as God's people, we are called to be the salt of the earth and the light of the world by the way in which we follow Jesus and give effect to his teachings.

### Totus Tuus 2026 Fatima Pilgrimage

The Totus Tuus annual pilgrimage to Fatima will take place from 28th August to 4th September. Learn about the Fatima Message, the Rosary, the First Saturdays, the lives of the three visionaries, and visit the tomb and home of Blessed Alexandrina Da Costa, who lived solely on the Eucharist for 13 years. Cost is €915 includes, flights, half board accommodation, airport transfers, day trip to Balasar, trip to Valinhos and Adjustrel, trip to the Irish Dominican Sisters' Convent. Places available, fly from Cork Arpt, and also from Dublin Arpt. For more information call Damien on 087 20 49 048

**St. Valentine's Spanish Mass**  
Sunday, February 15th, at 3:00 p.m.

St. Joseph's Church  
O'Connell Ave. V94 NR29  
(Across from Griffith College)

If anyone would like to include a special intention in the Mass (death anniversary, someone who is ill, family intention, prayer for a need, etc.), please send us a direct message with:

- The intention you'd like to request
- The person's full name
- And a donation of €10, which can be arranged with Miriam at 089 965 5873

After the Mass, we'll share some coffee, and if anyone would like to bring something to share, you're more than welcome.

Organized by:  
Hispanic Community of Limerick  
Laura (083 357 0794)  
Miriam (089 965 5873)

*We hope to see you there!*