

**REDEMPTORISTS,
MOUNT ST, ALPHONSUS, LIMERICK.**

Tel: 061-315099 Fax: 061-315303

Email: msa@redemptorists.ie

website: www.novena.ie or www.redemptoristslimerick.ie

11th & 12th February - Sixth Sunday in Ordinary Time

NORMAL SERVICES

Sunday Masses:
(Vigil at 7.15pm)
8am & 12 Noon, 7.15pm.

Weekday Masses:
**8am (exc. Sat & Bank Holidays), 10am,
7.15pm.**

Mother of Perpetual Help Novena:
Every Saturday at 10am & 7.15pm

St. Gerard Majella Novena:
**Every Wednesday
at 10am & 7.15pm.**
(Nine day novena 8th -16th October)

Confessions:
**Every Wednesday & Saturday, in church,
at 9.30am & 6.45pm.**
(Confessions end when Mass begins)
**Also Saturday from 3pm to 4pm in the
church.**

**Priest Available at Front Office,
Monday to Friday, 11am to 12.30pm
& 3pm to 5pm.**

Front Office - Monastery Shop:
**Open Monday to Saturday,
9am to 8.00pm.**

**Sunday
Before and After 12pm & 7.15pm Mass**

Thank you for your generous
contributions to the weekly
Collection € 2139
Your generosity is greatly
Appreciated

All services in Mount
St. Alphonsus Church can be
seen and heard, live, at
www.redemptoristslimerick.ie

Also, find us on Facebook
Search for Reds Limerick!

Professional Counselling
available, contact Monastery
Office

***Truly, God is my
salvation,
I trust, I shall not fear.
For the Lord is my
strength, my song,
he became my saviour***

Catching your Breath – One day Workshop

A one-day workshop of gentle movement, breath, chant and meditation. Glenstal Abbey, Murroe. Feb 25th 2017. From 9.30am to 5pm. Breath is the spirit and essence of life, expression and communication. Many of life's events and disappointments can limit our breath. Any restriction reduces our enjoyment of life and being Christmas is a time of great joy and re-birth, but it can also be a time of extra demands and breath-holding. Join us for this New Year's retreat in Glenstal Abbey, exploring and restoring freedom in your breath through gentle activities, breath, chant and meditation. Fee €85, includes workshop, materials, lunch, teas and coffees. Workshop Leader, Niall Kelly is a certified Alexander Technique teacher who has been teaching since 2004. He has run a number of similar workshops in Glenstal and around Ireland. He also teaches Alexander Technique on the MA in Ritual Chant and Song in UL, and on a number of other programmes. Contact niall@lanekelly.com

Mindfulness Meditation

All are welcome to join us in UL Contemplative Centre on Wednesdays for a lunchtime moment of Mindfulness Meditation with Lonán Ní Dhibháin. For more information contact: Sr. Sarah O'Rourke FMA Teach Fáilte, Student Centre (061-233635) Mobile: 086 4127485 Email: sarah.orourke@ul.ie Web : www.ul.ie/chaplain

Be the Change - One day workshop

A transformative educational workshop that explores the role people can play in creating a healthier future for us all PRESENTERS: Salesian Cosmology Team Weaving indigenous wisdom and modern knowledge for a thriving, just, and sustainable world <https://www.pachamama.org> Worksop is on the 4th of March in Don Bosco Centre, Milford. Cost: €10 Inclusive of lunch It is essential to register for this workshop for catering purposes particularly. If you wish to participate please contact: Betty 087 2995004 On or before February 24th 2017.

Counselling Service

The Redemptorists provide a professional counselling service throughout the year. Professional counsellors are available each week by appointment. Appointments can be made at the Monastery Office or by calling 061 31 50 99