

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

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**website: [www.novena.ie](http://www.novena.ie) or [www.redemptoristslimerick.ie](http://www.redemptoristslimerick.ie)**

**18th & 19th February - Seventh 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 € 2265  
Your generosity is greatly  
Appreciated

All services in Mount  
St. Alphonsus Church can be  
seen and heard, live, at  
[www.redemptoristslimerick.ie](http://www.redemptoristslimerick.ie)

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Also, find us on Facebook  
Search for Reds Limerick!

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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***

**Journey to the Heart - MEDITATION**

**With Lonán Ní Dhubháin**

VENUE: Redemptorists, Mount St Alphonsus, South Circular Road, Limerick  
DATE: Friday 24 February 2017 TIME: 5pm-7pm All are welcome to  
attend, those who are new to meditation and those who practise regularly  
There will be time for meditation practice, teaching, meeting existing members  
of the group and tea and a chat afterwards You are welcome to attend all  
or any part of the session For further information contact Lonán at 086-  
3633127 or Fr Joe at 087-6758206

**Healing Retreat**

Maranatha Prayer Ministry invites you to our Maranatha Healing Retreat and  
Family Tree Mass on this Sunday, 19th February, 2017 at 2.30pm at St. Pauls  
Church, Dooradoyle, Limerick through the Fr. Michael O'Shea, Limerick and  
Jose, Sehion UK, with beautiful Spirit Filled Praise and Worship Music and  
Song, Confessions, Rosary, Divine Mercy Chaplet, Talk, Mass and Adoration  
and Laying on of hands for healing. Tea after in hall. All welcome.

**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

**Crib Project**

For the last number of weeks during the Christmas session we were supporting  
Crib Project by donating all offerings from the crib to Sr. Miriam Duggan who  
works with poor children in Nairobi. We would like to let you know that the  
total amount collected is €8835. We wish to thank everyone who contributed to  
this worthy cause.

**Holy Hour with the Friars of Moyross**

We would like to invite you to our monthly First Saturday Holy Hour from 4 to  
5 pm at Corpus Christi Church in Moyross. It will be a great opportunity to  
fulfil Our Lady's invitation. For those who'd like to join us, we also have an  
associates day starting at 9:30 at the Friary (64 Delmege Park, Moyross).  
We will begin with the Rosary and Mass, followed by various apostolic works.  
Bring your favourite dish to share! The day ends with the holy hour at the  
Church. Thanks and God bless!