

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

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**4th & 5th February - Fifth 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 € 2167  
Your generosity is greatly  
Appreciated

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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

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

**World Day for Prayer**

We will celebrate World Day of Prayer for the Sick on Saturday, February 11<sup>th</sup>.  
The Sacrament of the Sick will be celebrated at the 10am and 7.15pm Masses.  
Bishop Brendan Leahy will be the celebrant at the 7.15pm Mass.

**Praying as a Family**

A Workshop for parents with the following topics:

"Why Pray as a Family?",

"The Love of Husband and Wife; Praying with your Spouse"

"Obstacles to Family Prayer" Saturday 11th February 15:30 - 17:00. Enquiries:  
(Tel) 085 2255 796 or (email) [stsavioursdominican@gmail.com](mailto:stsavioursdominican@gmail.com) or pop into us  
at the Priory Office.

**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](mailto:niall@lanekelly.com)

**Monastery Shop**

Now that the new year is here, if you haven't already got your calendar, it is still available in the Monastery Shop. Also come and check our January Sale. We have great buy one get one free offer on Willow Tree Figurines. St. Andrew's original clay ceramic angels, are on sale as well, now half price. We have other items on sale so please visit our shop.

**Church Gate Collection**

St. Vincent De Paul is holding their monthly church gate collection at all Masses this weekend.