



REDEMPTORISTS LIMERICK

Mount St. Alphonsus, South Circular Road, Limerick.

www.novena.ie

msa@cssr.ie

Tel. 061 315099

5th & 6th August 2026 - 23rd Sunday in Ordinary Time

MASS TIMES & INFORMATION

Weekdays

Monday - Friday

8am, 10am & 7:15pm

Weekend Masses

10am & 7:15pm (Sunday

Vigil)

Sundays

8am 12noon & 7:15pm

10am Ukrainian Divine

Liturgy

St. Gerard's Novena is celebrated every

Wednesday at 10am & 7:15pm

Our Lady of Perpetual Help Novena celebrated on Saturdays at 10am & 7:15pm

Monastery Shop & Office Monday - Saturday

9am - 5pm

Confession/Priest on Duty

Monday - Saturday

11:00am - 12:30pm

Our Car Park is

closed each weekday 8 to 9.30am and 2 to 3.30pm

Thank you for your generosity. Last weeks collection was €2490

USE YOUR CAMERA PHONE TO DONATE ONLINE



Holy Spirit Prayer Meeting

All are welcome to the Holy Spirit Prayer Meeting on Sunday 13th September directly after 7.15pm Mass from 8-9pm in our Conference room. The format includes a time of praise and worship, scripture reflection and prayer. If you want to grow and deepen your faith, and get to know like minded people, then this is for you! Bring a Bible and a musical instrument if you play one. If you feel even slightly inquisitive, come and see! Afterwards, there's a cup of tea and a chance to chat.

Fundraiser Gala Concert for St. Saviour's Dominican Church

We are warmly inviting everyone to support our restoration fund by participating in our fundraiser gala concert.

Join us for the return of Louise Morrissey & special guests. Taking place on Friday, 18th September at 8pm in the Radisson Blu Hotel, Limerick.

Tickets available in the parish office from Mon-Fri 10am-2pm or on eventbrite

We hope to see you there!

Qigong (Thai - Chi) Classes

Qigong - is learning gentle stretching exercises which benefit people of all ages and abilities, which can be done in a standing or sitting position.

The benefits to you are in the improvements of: overall health; balance and posture; lubricating your joints; muscles being strengthened and more supple; improves memory and builds new pathway in our brains, for clarity and focus; reducing stress and anxiety. All while having plenty of fun too.

1. Every Tuesday Morning 10.30 - 11.30am

Don Bosco Centre, Castletroy V94DK44 (starting 8th September)

2. Every Thursday Morning 10.30 - 11.30am

Redemptorists Hall, MSA Church V94 F867 (starting 10th September)

Come Join Me - El Gleeson Text or ring 0876374589

€10 per class/ First class free

Alone Looking for Volunteers

Would you be willing to provide some companionship to an older person in your local community? ALONE is seeking volunteers in Limerick city and surrounding areas to visit or keep in touch with an older person locally. This could be as simple as calling in for a cup of tea and a chat, going for a walk, or making a friendly phone call – just giving someone the gift of your time and company. You don't need any special qualifications or experience. ALONE provides full support, guidance and training to volunteers throughout their volunteering journey. If you are interested in becoming a volunteer, please apply through the ALONE website at www.alone.ie or for further information, please contact Caroline on 086 059 1399. If you are over 60 and would like to learn more about the services ALONE can offer, please call 0818 222 024.