



**ANNUAL LIMERICK CHORAL UNION
CONCERT
FRIDAY OCTOBER 11TH
7.30PM-9:15 PM**

LIMERICK CHORAL UNION; ANCOR CHOIR; AOIDE
CHOIR; UKELADIES; KILLALOE MENS CHOIR &
MORE. . . .

St John Cathedral Irishtown Limerick V94H521

You are all very welcome to a **free concert** on
October 11th at St John's Cathedral starting at 7.30pm.

This is in conjunction with Limerick Mental Health week and
National Choral Singing Week.

On Friday 7 local choirs will all give you a taste of what they
enjoy singing. Included are The Ukeladies- a group of women
who sing and play the Ukulele.

Limerick Mental Health is a charity that works towards
improving people's lives.

The concert will finish with a rousing rendition of
The Hallelujah concert sung by all 200 singers.

Come and join in.



As you know, St. John's Parish participated in
the Culture Night on Friday 20th September.
We wish to express our sincere thanks to
George Lee who gave a most interesting and
engaging talk on the history of the Cathedral
and to Irina Dernova - aided by Bernadette
Kiely - who gave a wonderful Organ Recital.

A very enjoyable evening was had by all.

Priests of the Parish
Canon Gerard Garrett
Fr Leo McDonnell
Canon John Daly
Fr Peter Claver Emeka Eze
Fr Daniel Tomasik

Parish Office
061 414624

Mass Times
Mon—Fri 10am, 5.45pm
Sat 10am & 6pm Vigil
Sun 8am, 10.30am, 12 noon

Holy Days
Vigil Weekdays 5.45pm
Weekdays 10am, 5.45pm

Confessions
Saturday 10.30am

Baptisms
Saturday 4.30pm
To book a baptism .
Parish Office tel 414624

Newly Baptised:
We welcome to the
Christian Community
Caoimhe Manion
&
James McNamara
We wish them and their
families every blessing and
happiness for the future.

Deceased Parishioners
We remember in our prayers
All our loved ones who have
gone before us.
Especially: Gerard Hayes RIP-
Esther O'Mara, RIP,
Ann Price RIP &
Kathleen McCarthy RIP
May they rest in eternal
peace.

Eucharistic Adoration
Takes place each Fri
from 4pm to 5.30pm
in the Adoration
Chapel.

**FIT 100
FITNESS
FOREVER**

STAY ACTIVE! STAY SOCIAL!

COME AND ENJOY OUR BRIGHT OPEN SPACIOUS
INDOOR FACILITY AND KEEP ACTIVE.

INCREASE BONE MINERAL DENSITY & MUSCLE MASS

Our instructor-led exercise program is designed to give you a
great workout while being gentle on your joints, to improve your
strength, flexibility and balance, and give you an opportunity to
socialise and make new friends.

€10 PAYG | €48/4 WEEKS (€6/CLASS)

ON SITE:
● PHYSIO
● NUTRITIONIST
● DEXA SCAN
● COFFEE SHOP
● PLENTIFUL PARKING

TEA & CHATS AFTER

START DATE: 3RD SEPTEMBER 2024
TIMETABLE: TUESDAY AND THURSDAYS
TIME: 10.45 - 11.30AM

CONTACT: 0858424470 OR EMAIL: FIT100HQ@GMAIL.COM
WWW.FIT100HQ.COM/FITNESSFOREVER

ALPHA COURSE

Do you question what life is about?

Why not join us on this course that
explores this issue in friendly, non-
threatening way?

**It starts on Monday
evening, Oct 7th at 7.30
pm to 9.00**

**In the Pastoral Centre in Foynes.
Places are limited so, contact Seán at
085 23 21 375 or email at
omochainsean@gmail.com.**

Notices

- ➔ The Irish Red Cross will hold a church gate collections here
at the Cathedral on the weekend of the 12th / 13th of Oct.
- ➔ New Men's Community Group meet each Thursday from 11am
to 12.30pm in St John's Parish Centre (behind Parochial House).
New members are very welcome.
- ➔ If you have a family member or know of any parishioner who is
sick or housebound and would like to receive Holy Communion
please contact parish office at 414624 or Kieran in the
Sacristy.