



St. Anthony's Parish, Belfast

PARISH PRIEST: Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald)
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PUBLIC MASS TIMES—COVID-19 ERA (will be under assessment/review)

Saturday Evening at 6.30pm. (English Parish Mass)

Sunday Morning (in Polish): 9am, & 7pm. (English Parish Mass): 11.30am

Weekdays: (Mon Private 9:30am), Tues & Thurs at 9.30am. Fri at 7.00pm. All Public English Masses on Facebook. Polish Weekday Masses: Tues & Thurs 7pm, Sat 9am **Confessions:** By

Arrangement. **Baptisms:** By Appointment

Local SVP Conference contact details: 028 90351561

<https://www.svp.ie/stbernadettessouthhandeastbelfastappeal>



3rd SUNDAY OF EASTER

Touch me and see. (Luke 24:35-48)

*The disciples are surprised. No, amazed, awed!
He is alive! After death!*

*Christ, you let them feel and see your hands and feet and you
unlock their minds.*

*Oh Jesus, release our own minds. Let us see you in the beauty of
sun and moon and stars, in the faces of the needy and forlorn,
in all those risking lives to help, in the breaking of the bread,
in loving our friends.*

Let us find you a hundred ways, every day.

Anne Osdieck

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Desmond Logan

Anniversaries: Patrick Gunn, Claire Burke, John & Bridget Rooney, Terry & Theresa McCann

COLLECTIONS: Many thanks for your support. Weekly Collection £696.10. New boxes of envelopes are available for collection. DONATE £65. **Online Donate Button on Website** If you would like to hand in envelope donations please contact Fr McCann to arrange.

We would appreciate that if you send in a cheque to pay for a number of different donations, that you itemise what amount should go to each collection.

Safety Arrangements during the COVID-19 Health Emergency with the Resumption of Public Worship in the Churches

1. Masks MUST be worn (unless someone is exempt as outlined in public health agency guidance).
2. Use Hand Sanitizer (available at the Church doors and other positions).
3. As many can be infected without exhibiting any symptoms, please sign in the Track & Trace details, either on the sheet provided or using the QR code which can be scanned via smartphone, so that if anyone tests positive and who perhaps had attended the church, other attendees can be quickly contacted and asked to self-isolate for 10 days. Name and Telephone no, one per family/bubble.
3. Keep the 2m Social Distance in mind when sitting in the pews & approaching for Holy Communion.
4. Whatever you bring with you into the Church, please take with you when you leave, including missalette and bulletin.

The "Take Home Message" is the need to redouble our resolve to avoid the risk of spread of the Virus. So Social Distancing, Face Masks, and the need to keep Track & Trace data, should an outbreak of infection arise. For those who have smartphones we highly encourage you to scan the QR Code on posters in the Porch and Church walls and fill in the online form with Name and Contact Telephone number (One per household). Otherwise fill in the sheet in the porch. Contact details will only be kept for a maximum of 21 days, and the details only shared with Track & Trace when needed.

For a full statement by the Northern Bishops, see <https://www.downandconnor.org/blog/2021/03/17/17-march-2021-statement-northern-bishop-resumption-public-worship-friday-26th-march/>

An Updated Guideline for what to expect as we return to the Public Attendance of Services in Churches for St Anthony's, is available to take home, and will be available on the parish Website and Facebook page.

Act of Perfect Contrition. Through an act of Perfect Contrition, you can receive the forgiveness of your sins outside of confession, even mortal sins, provided that you determine yourself to correct your life and make a firm resolution to go to sacramental confession as soon as possible, when it becomes once more available.

1. In reality, or in your mind, kneel at the foot of a crucifix and repeat: "Jesus, my God and my Saviour, in the midst of your agony you remembered me, you suffered for me, you wanted to purify me from my sins".

2. Contrition is "perfect" if you repent of your sins because you love God and you sincerely regret having offended Him and having contributed Christ's sufferings on the Cross.

3. Recite, slowly and sincerely, an act of contrition focusing on the goodness of God and your love for Jesus: "O my God, since you are so good I am sincerely repentant for having sinned against you and with the help of your grace I will no longer sin. Amen".

4. Make a firm resolution to go to sacramental confession as soon as possible.

Diocesan Masses and Services on webcams/online. See list at: www.downandconnor.org including link to **Parish of St Anthony, Belfast** Facebook page for Live broadcasting of Mass. Times of Mass for Weekend and Weekday are: **English: Sat vigil 6:30pm, Sun 11:30am, Mon (Private), Tues & Thurs 9:30am, Friday 7pm (Facebook Live)**

Lectio Divina by Living Church Office. Journey with the Gospels through the Easter season to Pentecost! Over Lent people from across the Diocese joined in an online programme to learn the method of praying with scriptures known as Lectio Divina – Divine Reading. This Easter season, we invite you to join us online for a time of discussion and praying with Scripture through Lectio Divina. The groups are facilitated by Aisling and Louise from the Living Church team on Zoom. There are two groups available for you to choose from Monday or Thursday evenings at 7pm. The program will run for 6 weeks starting on Monday 12th April or Thursday 15th April. It will be great for us to connect with one another and to the Word of God. To take part email livingchurch@downandconnor.org and you will receive the log in details for the session. We look forward to welcoming you!

Trócaire's Lenten Appeal will still be active for a period of time after Easter and all donations to the appeal from the public in NI made before 16th May will be matched pound for pound by the UK government, up to £2m. Supporters who sign up for a monthly gift, or increase their monthly gift before the 16th May deadline, will have their instalments matched. Trócaire boxes are available in the porch. Please convert coins to cash, and/write cheques to St Anthony's Parish. Place in envelopes provided and fill in details. **Your contributions should be returned BY NEXT WEEK (25th April)**

Support For Grieving in Exceptional Times. The Irish Hospice Foundation (IHF) has put together, in collaboration with bereavement care providers and charities to provide information, resources and programmes for individuals, families, communities and workplaces to offer support to you or someone you care for as they navigate their grief at this very difficult time. You can find the information on St Malachy's Parish website www.saintmalachysparish.com or you can contact the Bereavement Support Line (in partnership with the HSE) Monday - Friday 10 am -1 pm on: 1800 80 70 77. It is there to provide connection, comfort and support to those who are grieving and those who care about someone who is grieving in these exceptional times.

Trade Background List. The Diocesan Property Office would like to compile and centralise a list of people with trade backgrounds within the local Parishes that we could call upon in the event that any repairs / refurbishments / renovations and new builds are required. A spreadsheet listing the various trades that they may need to call upon in the future has been sent to parishes. If you would like to have your name/company included in this list, contact Fr Henry McCann. This spreadsheet should be sent by to the Diocese by next Sunday.

In Conversation with Sr Nathalie Becquart . Sr Nathalie Becquart will join the Catholic Chaplaincy at QUB live from Rome next Wednesday, 21 April at 7 pm. Sr Natalie was appointed as undersecretary to the Synod of Bishops by Pope Francis earlier this year, becoming the first woman to hold this position in Church history. This online event is organised and facilitated by Blest, Chaplaincy's new group for women students. Everyone is welcome to join the student-led conversation. Zoom Login details: Zoom ID: 89575216842. Passcode: Synod21

Next week is Good Shepherd Sunday (Vocations Sunday), 4th Week of Easter. Please pray for vocations to the priesthood and religious life.