

The Parish of St Anthony's is part of the Diocese of Down and Connor and operates in accordance with the Diocesan Privacy Notice, copies of which are available in porch.

St. Anthony's Parish, Belfast

Pastoral Area of South & East Belfast

PARISH PRIEST: Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald), 3 Willowfield Crescent, BT6 8HP.

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stanthonys@downandconnor.org.

Facebook Page: <https://www.facebook.com/stanthonysbelfast>
Website: www.saintanthony.co.uk

PUBLIC MASS TIMES—COVID-19 ERA (will be under assessment/review)

Saturday Evening at 6.30pm. (English Parish Mass)
Sunday Morning (in Polish): 9am, & 6:30pm. (English Parish Mass): 11.30am
Weekdays: (Mon Private 9:30am), Tues & Thurs at 9.30am. Fri at 7.00pm.
All 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



5th SUNDAY OF LENT

*In the law, Moses commanded us to stone such women.
So what do you say? [John 8:1-11]*

*They brought out a law about adultery from somewhere and you ignored them, and wrote on the ground,
"I'm doing something new."
They said, "Kill her." "Fine," you said.
"The sinless one should throw the first stone." No one did.
"Go and sin no more," you said.
Lord, have mercy on us. Then let us be your mercy to all others on the planet and to the planet itself.*

Anne Osdieck

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Brendan Doran
Anniversaries: Terence McCann, John & Florrie Guinness, Theresa McCann

COLLECTIONS: Many thanks for your support. Last week: National Collection for Ukraine £824.99, Weekly £244.50. Shrines £119.55 **Online Donate Button on Website**

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. Also include all empty envelopes in the one envelope

NEW BOXES OF ENVELOPES FOR 2022/2023 are available for collection. If you wish to have a box please contact Fr Henry.

Relaxation of Covid-19 Related Regulations & Restrictions. The pandemic is not over, and we will continue to live with the risks and effects of COVID-19 for some time. As a result, it is important that, in a spirit of Christian solidarity, we all do what we can to care for each other. Therefore, the Diocese continues to strongly recommend a number of protective measures to ensure the safety and well-being of all.

1. **Face Coverings:** the Diocese strongly recommends that face coverings continue to be worn at all times in the church.
2. **Hand Sanitizers:** will continue to be provided at the entrances. Hand sanitizing when entering the church is strongly recommended.
3. **Social Distancing:** While we no longer have to observe social distancing in the church, we need to be distance aware, especially for the vulnerable present.
4. Those administering Holy Communion should continue to **sanitize their hands before & after distribution, & wear face coverings.**
5. **Communion in the hand** should remain the norm.
6. Here in St Anthony's we are to **return to the liturgical gestures of standing, sitting and kneeling**, as marked in the missalette.
7. As there is still a high prevalence of the Covid-19 virus in the community, and high infection rates, parishioners must consider themselves whether they wish to attend church or not, but the **Obligation to attend Sunday Mass and Holy Days remains suspended.** The full text of the guidelines are available on the [Parish of St Anthony, Belfast Facebook page](#) and [Website](#)

Trócaire Lenten Campaign 2022. Trócaire's Lenten Campaign was launched on Ash Wednesday. Boxes are available in the church. The Lenten Campaign will focus on Zimbabwe, through the story of Thandekile and her two children. For further information see www.trocaire.org, section Lent 2022. Trócaire can benefit again this year from the UK Aid Match programme, which means that the UK government will match parishioners' donations up to a maximum of £2 million. This is an opportunity for our Lenten donations to double.

Trócaire Gala Concert at Clonard Monastery in Belfast at 7.30pm on Friday 20th May 2022 (doors will open at 6.30pm). Performers: Margaret Keys, The Priests and St Dominic's Girls School Choir and MC, Gerry Kelly. This event will support Trócaire's work in countries around the world, including projects in Zimbabwe which is the focus of this year's Lenten Appeal. Tickets will be available at a later date on a first come, first served basis and we will contact you again to let you know how to book them. Tickets will be free but there will be an option to make a donation on the night with all donations being matched as part of UK Aid Match funding in support of the Lent Appeal.

Returning Trócaire Box To return your donation we would ask that you convert any coins to notes, (you can do so e.g. by taking the coinage to Tesco at Newtownbreda and place coins into the coin counting machine, and redeeming the voucher amount at customer services) and place into the envelope provided and return on Holy Thursday or as soon as after.

Mary's Meals Easter Raffle for Easter Baskets. Raffle tickets £1 for a strip of 5 available for sale this weekend.

Congratulations to them as they have filled 77 backpacks which will be lifted by courier for onward journey to Glasgow and from there onwards to children in need. Their fundraising efforts are also helping Heartship to send a container of medical supplies to hospitals in Kurdistan and Ukraine. Many thanks to all who have supported them.

Cappella Caeciliana Concert For Palm Sunday. Cappella Caeciliana presents a concert of Lenten music (including Allegri's Miserere) in Clonard Monastery at 7pm on Palm Sunday, 10th April. Tickets (£12) from www.caeciliana.org, Clonard reception and Matchetts, Wellington Place. Students and under 25s free.

The Synodal Pathway. FISH ON FRIDAY 8th April. Pope Francis has called the entire Catholic Church to be in dialogue, not only within our Church communities but also in dialogue with other faith traditions and groups who contribute to society. We are encouraged to approach the Synod creatively when it comes to imagining events, and to listen as Christ listened. We know that Christ often listened to people while gathered for a meal. On Fri 8th April at 1pm we will host a lunchtime event in the Stormont Hotel. At this informal event people will gather in small groups over food to share their experience of Church and hopes for the future of the Church and its contribution to our society. We are delighted that we will be joined by Nicola Brady, Chair of the Irish Synodal Pathway and General Secretary of Churches Together in Britain and Ireland along with Caoimhe de Barra, CEO of Trócaire. Nicola and Caoimhe will provide short inputs to stimulate our conversations. We invite you to come along and enjoy some fish & chips. What's the catch? It's quite simple we want to have a conversation with you about the Mission of the Church here in our place. To register go to the website www.downandconnor.org/synod/fish-onfriday.html or e-mail synod@downandconnor.org. If you have not yet returned your answers to the questions on the synodal card you can do so online at www.downandconnor.org/synod. Also take home the Synodal Prayer Card available in the porch.

Loughview Integrated Primary and Nursery School
Confirmation congratulations to the 11 children received the Sacrament on Thurs 24th March. **First Confession** congratulations to the 17 children who received the Sacrament of First Reconciliation on Thurs 31st March. **First Holy Communion** will take place Sat 7th May at 10.30am. Please keep these children in your prayers.

Dromantine Retreat and Conference Centre New Workshops 2022 - Bookings Now Open.

HELLO YOU Finding the joy, purpose and happiness you deserve, Saturday, 9 April (9.30am - 4.30pm)

NO VISIBLE SCAR Comfort for those bereaved during the pandemic, Friday, 20 May (5pm) - Sunday, 22 May (2pm)

Workshop Facilitator: Father Hugh Lagan SMA, a priest with the Society of African Missions and a chartered clinical psychologist. He has led retreats, workshops and trainings internationally on psychological and spiritual well-being, positive change, trauma, mental health and resilience. Please contact Jacinta or Louisa to reserve your place: TEL: 028 3082 1964
EMAIL: admin@dromantineconference.com

Irish Men's Rosary of reparation, repentance and conversion for our nation. This is all done through proper protocol, that is, cooperation and consent from PSNI. We are very privileged to have Archbishop Eamon Martin attend the Newry public rosary. We are having posters printed to distribute to all Diocesan churches for the future dates. See Poster in Porch. Any enquiries please call Owen 0044 7525 166090

Diocesan Pilgrimage to Fatima 2022: Full board in hotel: 7 nights (8-15 September) from £689 per person sharing. For further enquiries and bookings contact Joe Catney 02890714001/0776425631

Easter Triduum—Times of Services (need Volunteers for Liturgies of Word)
Holy Thursday: Mass of the Lord's Supper—Polish 6pm, English 8pm
Good Friday: Service of the Passion— English 3pm, Polish 7pm
Holy Saturday: Polish Blessing of Food—9am—11:30am
Easter Vigil: Lord's Resurrection— English 9pm, Polish 11pm
Easter Sunday: As Normal
Easter Monday: Mass— Polish, 9am & 12 noon, English 11am.

Parish Safeguarding. Can you please ensure that all Children and Vulnerable Adults are accompanied at all times when entering the Sacristy / Toilet facilities. If you have any queries regarding the Safeguarding Policy please contact a member of the Parish Safeguarding Committee. Many Thanks. Fr Henry McCann PP.



FORGIVEN AND FREE

When the Lord delivered Zion from bondage, it seemed like a dream.' It is easy to understand the exhilaration experienced by the Israelites when they were delivered from slavery. That phrase in today's psalm gives the impression that they needed to pinch themselves to convince themselves that it was true. Incredible though it seemed, the years of imprisonment were over – they were free!

Some years ago, I came across a prayer in an Anglican church 'When we repent of our sins, God forgives us and sets us free.' As soon as we repent, God forgives us and sets us free. Yet for some people that statement belongs more to the realm of dreams than reality. We find it hard to accept the reality of God's forgiveness. As a result, we miss out on the sense of relief and freedom that should accompany forgiveness. In today's gospel the woman brought to Jesus was expecting condemnation. 'Do you not condemn me?', she asked Jesus. 'Neither do I condemn you,' said Jesus, 'go away and don't sin

Next Sunday's Readings



Isaiah 50:4-7

Psalms 21:8-9, 17-20, 23-24

Philippians 2:6-11

Luke 22:14-23:56

any more.' His focus was not on the past, but on the future. When we are forgiven that should be our focus also. We can do nothing to undo whatever we have done. Our focus should be on what we do next.

The words of Isaiah offer us a guide: 'No need to recall the past, no need to think about what was done before. See I am doing a new deed.' Forgiveness gives us the opportunity of doing a new thing. Guilt and blame can block us from moving on. We cannot forgive ourselves for what we have done. We may also be caught in blame of others. That prayer I quoted earlier continues 'May we forgive others and forgive ourselves and so come to our God in peace.' Yes, when we receive the liberating forgiving love from God, we are called to show

that same kind of liberating love to ourselves and to others. As Pope Francis wrote in *The Joy of the Gospel*: 'With a tenderness which never disappoints, but is always capable of restoring our joy, he [the Lord] makes it possible for us to lift up our heads and start anew.' (paragraph 3)

As imperfect humans, even at our best, we are inevitably going to hurt and be hurt in our relationships with others, sometimes through thoughtlessness, sometimes through our selfishness and so the love of forgiveness is essential if we are going to have any lasting relationships. It can be the key to unlocking years of great happiness together. ■

- John Byrne



Reflection

What was it like for you when another person forgave you after you had hurt him/her?



Lesson

Because of human limitations, a willingness to seek and grant forgiveness is essential for a stable relationship.



Prayer

Lord, help us to be merciful and compassionate, as you are.



This Week (4-10 April)

4 M St Isidore, bishop and doctor

5 T St Vincent Ferrer, priest

6 W St Paul Tinh, martyr

7 T St John Baptist de la Salle, priest

8 F St Dionysius

9 S St Waldetrudis

10 S PALM SUNDAY OF THE LORD'S PASSION

