

Parish Newsletter

18th SUNDAY IN ORDINARY TIME | 5 August 2018
Cycle B | Issue 36

STILL HUNGRY?

I remember during a time of confusion and discouragement in my life when I was trying to figure out a way forward, I spoke with many people and one very wise priest listened to my litany of woes and simply replied: "you have to learn to trust that Jesus always gives us what we need."

It wasn't the answer that I sought, and it seemed simplistic, but it stayed with

me to this day. Jesus responds to the crowd who seek him. He speaks of a bread that satisfies – whoever comes to me will never hunger – whoever believes in me will never thirst. They want some of this bread. "Sir, ... give us that bread always."

Sometimes we get confused between hunger and an appetite. A lot of us operate on the level of just wanting to consume something – anything.

Today's Readings



Exodus 16:2-4.12-15
Psalm 77:3-4.23-25.54
Ephesians 4:17.20-24
John 6:24-35

Next Sunday's Readings



1 Kings 19:4-8
Psalm 33:2-9
Ephesians 4:30-5:2
John 6:41-51

Hunger is a real tummy-rumbling need for food. Appetite is a learned behaviour that is influenced by sight, taste or smell. Appetite is triggered by many things. Hunger comes from a deep place. Why are we so easily confused and distracted between hunger and an appetite? There will always be "things" that can feed your

Grace is not part of consciousness; it is the amount of light in our souls, not knowledge nor reason.

– Pope Francis

appetite... but it doesn't solve the problem of your hunger.

Jesus' answer couldn't be more direct and simple "I am the bread of life." Is it simple or simplistic? Maybe, we find that when we come to Jesus – as we do

so many times – and we believe in him, that we still hunger. We hunger for many things – for friendship, for affection, for hope and many other spiritual realities. But when we get in touch with our deepest desires, we realise that only the love of God can satisfy us. It's the love that makes us whole. Nothing else can satisfy. We put an awful lot into our search. I can only marvel at the people's effort to find Jesus after he moved on in today's Gospel, even commandeering a few boats. They gave considerable time and energy into looking for the one who inspired and filled them with hope.

You have to learn to trust that Jesus always gives us what we need. I have found these words to be true. I have found the Lord sustained me in every time of need, in ways and through people that I least expected. He is the bread of life that strengthen us on our journey.

– Tom Cox

Reflection

Feel the people's attention shifting from the food they had eaten to food of Jesus' teaching.

Lesson

Jesus is the real bread from heaven.

Prayer

Lord, may we who share his body, live his risen life. We who drink his cup, bring life to others. We whom the Spirit lights, give light to the world.

This Week (6-12 August)

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| 6 | Mon | TRANSFIGURATION OF THE LORD |
| 7 | Tue | St Sixtus II and companions, martyrs |
| 8 | Wed | St Dominic, priest |
| 9 | Thur | St Teresa Benedicta of the Cross (Edith Stein) |
| 10 | Fri | St Lawrence, deacon and martyr |
| 11 | Sat | St Clare, virgin |
| 12 | Sun | NINETEENTH SUNDAY IN ORDINARY TIME |



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

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MASS TIMES & SERVICES (UNLESS OTHERWISE STATED)

Saturday Evening at 6.30pm. (English Parish Mass)

Sunday Morning (in Polish): 9.30am, 1pm & 7pm. (English Parish Mass): 11.30am

Weekdays: Monday, Tuesday & Thursday at 9.30am. Friday at 7.00pm

Wednesday: Communion Service discontinued until further notice (Day off)

Holy Days of Obligation: Vigil Mass at 7.00pm & Morning of Feast Day 09.30am

Confessions: Before each Mass and By Arrangement.

Baptisms: Saturdays at 4pm (3 weeks notice required)



18th Sunday of Ordinary Time—Year B

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

John 6:24-35

1. Jesus distinguishes between food that gives quick satisfaction and food that gives lasting nourishment. It is a mark of wisdom to be able to say 'no' to enticing but delusory attractions in order to choose things of lasting value. From your life experience what advice would you give to another about where things of lasting value are to be found?
2. Jesus reminds his listeners that God is the source of all good things. What difference does it make in your life when you are aware that life, the world, everything you have is gift, and you live in a spirit of gratitude?
3. The work of God is that we 'believe in the one whom God has sent'. In what ways has your faith in Jesus enriched and changed your life? How has Jesus satisfied your hungers or quenched your thirsts?
4. As Jesus came down from heaven to give life to the world, so each one of us is here to be a source of life to others. Think of people who have been a source of life to you, and give thanks for them. For whom have you also been a source of life?

John Byrne OSA. Email: jbyrneosa@gmail.com

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Malachy McHugh (brother of Fr Anthony McHugh), Jack Riordan (brother of Dolores Mahony)

Anniversaries: Stuart Wright, Jean O'Connor, Dan Gallagher, Letty Murray, Fr Dan Meenagh, Betty McParland (Sat 4th Aug at 6:30pm), Philomena (Phyllis) Bennett (Fri 10th Aug at 7pm), Vincent Crilly (Sat 18th Aug at 6:30pm), Brenda Gunn (Sun 19th Aug at 11:30am).

READERS AND EUCHARISTIC MINISTERS

Sun 5th August

READERS:

Vigil Mass: Maria Murphy & Anthony Clifford
Morning Mass: Margaret Sheppard & Margaret Woods

EUCHARISTIC MINISTERS:

Vigil Mass: Ann Wright
Morning Mass: Margaret Sheppard

Sun 12th August

READERS:

Vigil Mass: Eamon Blaney & Carmel Blaney
Morning Mass: Sarah Corscadden & Kathryn Curran

EUCHARISTIC MINISTERS:

Vigil Mass: Stephen Murphy
Morning Mass: James Henderson

COLLECTIONS: Many thanks for your contribution to last week's collections: Weekly Collection £466.18, Pastoral Services £4, Shrines £66.84.

Please consider signing a Gift Aid form so that the parish can claim back the Tax from the HMRC on your contributions. Your own Tax is not affected. New boxes of envelopes are available in sacristy. If you would like a box please speak to Fr McCann.

St Anthony's Parish Pastoral Council. The new Parish Pastoral Plan to be launched this weekend in English and Polish. A copy of the Plan is available in the church porch. The Parish Pastoral Council committee will be officially installed later in the Summer/Autumn. Next meeting Wed 12th Sept at 7pm, in Pope John Paul II Room/SVP Room behind the church.

St Anthony's 80th Anniversary: This year we celebrate 80 years since the first mass was celebrated in St Anthony's Church. Next meeting: Thurs 9th August 2018 at 7:30pm in Pope John Paul II Room/SVP Room behind the church.

World Meeting of Families – Tickets and Registration. ALL TICKETS HAVE BEEN ALLOCATED! — Those who have signed up

to be transported to the Papal Mass in Phoenix Park from the South & East Belfast Pastoral Area: - tickets will be sent by email by the 10th August, to be printed off at home. Parishioners of St Anthony's will be transported by bus from St Malachy's Church, Alfred Street on the Sunday (departure time to be confirmed). Cost £20 per person payable on the day of departure. An email reminder will be sent closer to the time. Anyone else interested can make their own way but will need to register on the website with name, address, mobile number and email.

One-Day Volunteer Roles at the Papal Mass - Phoenix Park on Sunday August 26th. With just five weeks to go to the World Meeting of Families 2018 in Dublin from 21 – 26 August, we are opening up a new opportunity for those who have availability to volunteer for one day for WMOF2018. We are asking for **Volunteer Papal Mass Stewards** and **Holy Communion Team** volunteers for the Closing Mass of WMOF2018 which will take place in the Phoenix Park on Sunday 26th August. To volunteer as a Papal Mass Steward, you will need to undergo one training session followed by venue-specific training closer to the day. You will not need vetting and you will need to make your own transport arrangements. As a Holy Communion Team volunteer you will need to be already trained and functioning ministers of Holy Communion in your own parish, steady on your feet, garda vetted and need to be in the Phoenix Park by 10:30am on Sunday 26th August, transport again under your own arrangements. For more information and registration please visit www.worldmeeting2018.ie/en/Get-Involved/Volunteer/Volunteer-for-One-Day

World Meeting of families - Festival of Families in Croke Park, Saturday 25th August FURTHER UPDATE. Each parish will receive ten tickets for the Festival of Families in Croke Park, 6.30pm, Saturday 25th August. To enable a parish to register ten people, including the members of a family in each parish, the parish will receive a unique code from the Diocesan Office in order to register the names. Each parish is requested to register the members of the family as soon as possible. If there are tickets left over, they can be given to other parishioners, but they must be registered also, using the unique code for each parish. All adults attending the Festival of Families will need to bring photo ID.

WMOF & Relics of St Thérèse of Lisieux and parents: As part of the celebrations for the World Meeting of Families later this month the Relics of Saint Thérèse of Lisieux and her parents, Ss Louis and Zélie Martin, will visit the Cathedral on Monday 13th August from 11am until 8am on Tuesday morning. Among the programme of events, the Bishop will celebrate Mass at 7.30pm and Sister Elaine Kelly from the Sisters of Adoration will reflect on how her family life influenced her vocation at 9pm. There will be Night Prayer at 10pm. Confessions will be available (except during Mass) from 6pm until the Cathedral closes at 11pm. See poster in church porch.

This Is Palestine screening. Join Trócaire at the Féile an Phobail for the screening of 'This Is Palestine' on Tuesday 7th August at 7pm in St Mary's University College. This documentary follows Riverdance founder John McColgan on a journey through Gaza and the West Bank. There will be a discussion afterwards with John McColgan and Seán Farrell, Director of Trócaire's International Division. It is free and all are welcome.

The Challenge Of Pope Francis To The Church In Ireland. An evening with John L. Allen Jr on Thursday 16th August, 7:30pm St Brigid's Parish Centre, Derryvolgie Avenue, Belfast. John is the editor of Crux, specializing in coverage of the Vatican and the Catholic Church. John is the author of nine books on the Vatican and Catholic affairs, and also is a popular speaker on Catholicism both in the United States and internationally. In 2014 John was the Keynote Speaker at the inaugural Faith and Life Convention and spoke to us about the 3 main pillars of Francis's Papacy. Ahead of the World Meeting of Families we are delighted to welcome John Allen once again to the Diocese where together we will be reflecting on the recent writings of Pope Francis and the challenge that Pope Francis is encouraging us to embrace here in Ireland. Everyone welcome. Poster in Porch.

Please note: Because of a prior commitment, there will be no mass on Thurs 9th August.

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.