

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

**PARISH PRIEST:** Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald)  
 3 Willowfield Crescent, BT6 8HP. Tel. 028 90458158. [Mobile 07740603643](tel:02890458158). (preferred)  
**Email:** [h.mccann@downandconnor.org](mailto:h.mccann@downandconnor.org). [stanthony@downandconnor.org](mailto:stanthony@downandconnor.org).  
[henrymccann@hotmail.com](mailto:henrymccann@hotmail.com). **Website:** [www.saintanthony.co.uk](http://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  
<https://www.svp.ie/stbernadettebelfast>



## 3rd SUNDAY OF ADVENT—YEAR C Gaudete Sunday

*The crowds... tax collectors... soldiers...  
 asked John the Baptist, "what should we do? [Luke 3:10-18]  
 What should we do to ready our hearts O Lord for your coming?  
 Your Baptist says we must give away our coat,  
 share our food, make justice for all.  
 Lord, baptize us with the fire of your Holy Spirit,  
 burn the chaff from the wheat.  
 gather us into your kind and loving arms.  
 Warm our hearts to share your love with everyone.*

Anne Osdieck

### WE REMEMBER OUR DECEASED LOVED-ONES

**Recently Deceased:** Mrs Collette Foster, (sister of Fathers David and Paddy White), Pat McBrearty (father of Fr Stephen)  
**Anniversaries:** Annie McPeake, James Murray, Patrick Joseph Greenan, Sally (Sarah) Watson, Peter Hughes (Sat 11th Dec at 6:30pm), Mary Guinness (Sun 12th Dec at 11:30am), Robert & Mary Sheppard (Sun 19th Dec at 11:30am, Marie Matthews (Sun 26th Dec at 11:30am).

To arrange for anniversary masses please speak to Fr McCann

**COLLECTIONS:** Many thanks for your support. Weekly Collection £465.87. **DONATE** [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

**Updated Diocesan Covid-Safe Measures for all Church based liturgies/ activities.** As well as the previous measures, the following updates are to be followed, summarised, (issued 26th October 2021):

**Social Distancing:** a minimum of one metre social distancing between members of different households

**Face Coverings:** The wearing of face coverings while entering, leaving and moving around a church is mandatory (except when exempted). Face coverings should be recommended throughout celebrations, even when seated. If there is congregational singing, face coverings must be worn.

**Hand Sanitizers:** Suitable hand sanitizers should continue to be provided at the entrances to Churches and other parish buildings.

**Ventilation:** Churches should be well ventilated during and after any gathering.

**Movement around the Church:** Parishes should retain any guidance/direction designed to allow social distancing.

**Cleaning Routines:** Parishes should maintain current regime of cleaning between liturgical services.

**Holy Water Fonts, missalettes, newsletters etc.:** For the time being, holy water fonts should remain empty. Missalettes and newsletters/bulletins should not be used unless they are single use and are retained by the user or disposed of after use.

**Celebration of Mass:** Parishes should continue to observe the principle of simplicity in the Liturgy for the time being, and note that the obligation to attend Mass on Sundays and Holy Days remains suspended

**Choirs and liturgical music groups** may recommence their ministry, and the number of members must be included in the safe maximum number determined in the risk assessment. Face coverings should be used and members observe 1 metre distancing. Choirs should sing at a reduced volume, and choose a repertoire that will not unnecessarily prolong the liturgy.

**Entrance and recessional processions** should be simple, confined to the celebrant, (deacon) and servers. There should be no offertory procession and sign of peace remains suspended. Those administering Holy Communion should continue to sanitize hands before and after distribution, to wear face coverings, and communion in the hand should remain the norm, or accommodation made for those who receive on the tongue, when hands should be sanitised immediately after each recipient.

(Full updated guidance can be found on the parish Facebook page and on the Parish Website)

**Ministers of the Word and Eucharist.** It is hoped to refresh/add to the groups of ministers of the Word and Eucharist in the Autumn. If you are interested in joining these groups, a course of instruction will soon take place, at which all ministers of Word and Eucharist are invited.

**Resources by the Northern Pastoral Network for Advent and Christmas** Booklet for use at home available in the Church porch.

**Prayer Online:** Come and join us at... [www.soulpardon.com](http://www.soulpardon.com) Who are we? We are a new interactive prayer website created by Jacinta Crockford DipTH, Spiritual Director living in Down and Connor. What's on offer? A variety of PDF meditations on Mother Teresa, St John Paul II, Ignatius Spirituality to name but a few. Lots of content to dive into! There you will find - Podcasts on Faith, Friendship & Knowledge; Rosaries, Prayers and Marian Consecration. Come and join us and be part of the prayer movement online! **Every Saturday at 4.30pm & 8.30pm** (live) I will be leading the Most Holy Rosary and prayer reflections with Eucharistic Adoration (8.30pm) on the Catholic Internet TV - [ShalomWorld.org](http://ShalomWorld.org) Just click on the following link to access this time of prayer. [www.swprayer.org](http://www.swprayer.org) Please be assured that I will be offering in prayer all the Diocese of Down and Connor, parishioners and their families during this live Rosary and Eucharistic Adoration.

**Advent Meditations with Joseph and Mary.** The Living Church office are offering two online programmes following the footsteps of Joseph and Mary as they travel towards Bethlehem. The programme runs for 4 weeks and provides 1 hour of prayer and reflection with scripture and participants will receive an accompanying prayer journal to use each day at home. Advent meditations with Joseph begins on Thursday 25th November at 7pm. Advent meditations with Mary begins on Sunday 28th November at 7pm. If you would like to join please e-mail [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org) indicating which programme you are interested in.

**Youth 2000 Christmas.** Join us to celebrate Holy Mass this Advent Season. Mass, Confession, Adoration. In St Comgall's Church, Antrim, 12th December at 3pm.

**Anam Cara Belfast,** the organisation that supports bereaved parents, is holding it's monthly Parent Evening for bereaved parents on Monday 13th December at 7:20pm in the Crowne Plaza Hotel, Belfast. This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether their death was recent or not. \*Subject to change in accordance with government advice\* For more information see [anamcara.ie](http://anamcara.ie) or call our Information Line on 02895213120

**Stormont Rosary For Life** - Please join us for a special Candlelight Rosary for Life at Parliament Buildings, Stormont, (meeting at main gate entrance on Upper Newtownards Road) at 3.00pm on the Feast of Our Lady of Guadalupe on Sunday 12th December.. For more information contact Rosary Crusade for Ireland on 07845686437.

**Together for Christmas.** Join St. Agnes' Choral Society as they get ready to begin the festive season with their carol concert, Together for Christmas, in St. Peter's Cathedral, Belfast. The concert will take place on Sunday 12th December at 7.30pm. Strict covid protocols in place and you will be seated with your own group. Tickets can be booked via this link: [bit.ly/3xCl0kd](https://bit.ly/3xCl0kd)

**The Synod on Synodality: Preparing to speak boldly and listen humbly**

On this Gaudete Sunday as we pray with the Gospel we are reminded of our Baptism – a Baptism of the Holy Spirit, the same Holy Spirit that came upon the apostles at Pentecost. As we consider the synodal journey we are embarking on we do so with the courage and joy of the Holy Spirit. Parrhesia refers to the boldness that the coming of the Holy Spirit brought about in the hearts of the apostles at Pentecost. It is the inner courage that sent them out to proclaim the Good News that Jesus is Lord without fear in the days of the Early Church. The Spirit offers us this same boldness to carry out the mission of the Church today. Parrhesia is required in the Synodal Process so that we can speak boldly and listen humbly. This week we encourage you to pray with this prayer:

**Heavenly Father we ask that we become attentive to the work of the Holy Spirit in our lives. May we be faithful witnesses to the Holy Spirit at work in our lives. May the fruits of the Spirit; love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control be evident in our lives and in the Church's synodal journey. Amen**

**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.

## 'WHAT MUST WE DO?'



**T**here is a story of a preacher who was telling his congregation, step by step, that if they had two cars/houses/incomes and so forth, they should give one to the poor. He had a very enthusiastic group following each line with very vocal encouragements like 'Yeah!' and 'Right on, brother!' The preacher went a little too far and proclaimed that if they had two shirts

even, they should give one to the poor. Cue silence all around, broken by one voice saying, 'Hey, wait a minute. I have two shirts.'

This is always where things begin to bite - where the theory must inevitably give way to practice. In religious terms, this is more about our actions than simply changing our minds. It is about behaviour not attitudes. What must we do ... indeed? Quite a few will quote an early Church Father, St Basil the Great (330-379AD): 'The bread in your cupboard belongs to the hungry.'

### Next Sunday's Readings



Micah 5:1-4

Psalm 79:2-3, 15-16, 18-19

Hebrews 10:5-10

Luke 1:39-44

The cloak in your wardrobe belongs to the naked. The shoes you allow to rot belong to the barefoot. The money in your vaults belongs to the destitute. You do injustice to every man whom you could help but do not.' Is it hypocrisy on our part to echo the words of Jesus and not live them? Perhaps. But the more we say them, the more likely it becomes that our response will one day match our lip service.

In Church terms, we have been through humbling times. What is to be in the future is still unknown. Is it a time of letting the ground lie fallow? Or letting what is die, for something new to spring up? In the creed we profess the resurrection of the dead, not resuscitation.



## Reflection

*What am I doing to bring joy, not pain, to those I love and to all those who share this common home, our planet Earth, with me?*



## Lesson

*Joy is a gift of the Holy Spirit that is one of the marks of being a faithful Christian.*



## Prayer

*Lord, let me learn to place myself in your hands, to be guided by the Spirit, so that I will be a faithful witness to you.*

Resurrection is never just a return to what was. It is also completely in God's hands. Have faith. Continue doing what you can. We may not know the future, but we know a God who does.

Or in our own Irish terms, after a funeral, one man enquired of another, 'How much did he leave?' The reflective response was, 'He left absolutely everything.' So what are we to do this Advent, as it wanes, as we await the Messiah? Do justice, give each their due and give to those who are in need. May God grant us the grace to love our neighbours as ourselves and may we have the humility, courage and wisdom to cooperate with his grace in this season of Advent.

- Tom Cox



## This Week (13-19 December)

- 13 M** St Lucy, virgin and martyr
- 14 T** St John of the Cross, priest and doctor
- 15 W** St Mary di Rosa
- 16 T** St Adelaide
- 17 F** St Florian
- 18 S** St Flannan, bishop
- 19 S** **FOURTH SUNDAY OF ADVENT**

