

## SHOWING UP

Generations of Irish adults will recall with a smile replying *anseo* (present) to the daily roll call in school. From time to time, an imposter would try to cover an *as lathair* (absent) for a friend - but that was never a good idea.

The saying that 'ninety per cent of life is showing up' is usually attributed to the actor and filmmaker Woody Allen. Some say he said seventy-five or eighty per cent, but you get the idea. It struck him that people constantly said to him 'I want to write that book/play/film script' but never actually did it - but some just went ahead of the pack and

did it. They 'showed up' with the goods. It's not just about being in a place at an agreed time, it's about putting your heart and soul into it.

That's what Simeon and Anna, who make an appearance in today's



### AVOIDING ISSUES TO 'KEEP THE PEACE'?

When Mary and Joseph went to the Temple, Simeon blessed them, saying their child would be rejected. When we take our child for baptism, we are given a candle, a reminder 'to keep the flame of faith alive'. This can be difficult, but let us not avoid the issues 'to keep the peace', but grow in listening and trust together.

- Marriage Matters

[www.twainoneflesh.org.uk](http://www.twainoneflesh.org.uk)

### Next Sunday's Readings



Isaiah 58:7-10

Psalms 111:4-9

1 Corinthians 2:1-5

Matthew 5:13-16

scriptures, did on Candlemas Day or 'The Presentation of the Lord'. We never meet them again. I'm sure most of us know a few Simeons and Annas in our own lives. I've met, as a priest, quite a few Simeons, who state they are ready to go and Annas, who are women of constant prayer.

In all this, we have each seen their faith, their resilience, humility, a gnarled prayerfulness, a real goodness that is far more beautiful than any earthly Botox or human filler can make. They've shown up to life - all these Simeons and Annas. Without a word of condemnation, they ask us are we presenting ourselves *anseo* to life. I remember one preacher who posed the challenge 'make sure you grow up, before you grow old.' Maybe economics and challenges infantilise us. If adulthood is reckoned to be eighteen and voting age, many 'adults'

have no choice but to live at home. We can be kept in a childhood state by circumstances or we can do it to ourselves.

These February days will see First Communion (don't forget First Confession!) and Confirmation programmes crank up in parishes. The lengthening days stir Bishops up into confirming visits. But what are we 'confirming'? We show up on the day, but will we 'show up' in the deepest sense, with heart and hand and mind? We need to take an honest look at how we belong to God and God's family in our Church communities. This is not an exercise in making anyone feel bad. It's just that, when it comes to the end, will we be grasping for one more hour/day/year to make it all happen or will we 'show up' like Simeon and Anna and be ready to go, no regrets, no perfection either - simply *anseo*, present to life and to God!

- Tom Cox



## Reflection

In which ways have you recognised the presence of God in your life, like Simeon and Anna recognised Jesus as the Messiah?



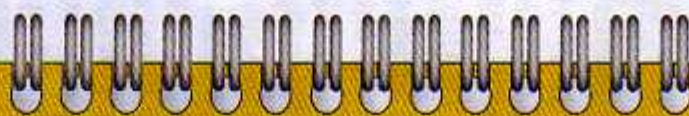
## Lesson

Obedience to the law of Moses and the will of God is an important theme in the narration of Jesus' presentation in the temple.



## Prayer

Lord, keep us generous in giving ourselves to you and in accepting the new and unexpected from your hands. Amen.



## This Week (3-9 February)

- 3 M** St Blaise, martyr and bishop
- 4 T** St John de Britto, martyr
- 5 W** St Agatha, martyr and virgin
- 6 T** Ss Paul Miki and Companions, martyrs
- 7 F** St Mel, bishop; St Chrysolius, bp & martyr
- 8 S** St Jerome Emiliani, St Josephine Bakhita
- 9 S** 5th 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

**PARISH PRIEST:** Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald)

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henrymccann@hotmail.com, **Website:** www.saintanthony.co.uk

**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)



## THE PRESENTATION OF THE LORD World Day of Prayer for Consecrated Life

*Every male that opens the womb shall be consecrated to the Lord.*

*For the price of  
two turtledoves,  
a poor man's offering,  
a king made an offer of sacrifice.*

*Gates lifted. The King of Glory entered.  
And a child redeemed the world.  
Our universe rich now,  
beyond any telling.*

*Lord, let us wait for you in your Spirit.  
with Anna and Simeon,*

*as you are born  
into our world,  
and into our hearts,*

*today, moment by moment*

Anne Osdieck

### WE REMEMBER OUR DECEASED LOVED-ONES

**Recently Deceased:** Kevin Smith (Upper Knockbreda Road), Kevin McCaughan (father of Fr Aidan), Teresa Strain (sister of Fr Paul), Rita Short, Richard Wilson, Maura Devine, Catherine McNaughton, Rosalynn Murray, Fr Conleth Byrne, Helena McElhennan.

**Anniversaries:** John Higney, Michael Gallagher, Arthur Hughes, Seamus Boyle, Patrick Gunn, Ernest Young (1st Anniv Sunday 2nd Feb at 11:30am), Betty McParland (Sun 9th Feb at 11:30am), Brigid Murray (Mon 10th Feb at 9:30am), Brigid Curran (Sun 16th Feb at 11:30am), Mickey Gallagher (Sun 23rd Feb at 11:30am), Mary Hughes (Sun 1st March at 11:30am)

### READERS AND EUCHARISTIC MINISTERS

Sun 2nd Feb 2020

**READERS:**

Vigil Mass: Anne Wright

Morning Mass: Margaret Sheppard & Eileen Dunn

**EUCHARISTIC MINISTERS:**

Vigil Mass: Stephen Murphy

Morning Mass: James Henderson

Sun 9th Feb 2020

**READERS:**

Easter Vigil Mass: Clodagh Doyle

Morning Mass: Martina McClory

**EUCHARISTIC MINISTERS:**

Vigil Mass: Frank Doherty

Morning Mass: Séamus Monaghan

**COLLECTIONS:** Many thanks for your contributions to last week's collection: Weekly Collection £702.17, Shrines £72.77

**4 Corners Festival Belfast** This inter-denominational arts festival aimed at promoting reconciliation runs from January 31 to February 9. You are invited to attend as many as possible of nearly 20 events throughout Belfast, including a talk by Fr Peter McVerry SJ, the famous champion of the homeless. The theme this year is "Building a City of Grace" and the intention is to promote through music, drama and prayer discussion about the need we share for the gift of grace in our divided society.

One of the keynote events sees Church of Ireland bishop, Alan Abernethy return to St Anthony's Catholic Church, Willowfield, where as a horrified fifteen-year-old he witnessed a sectarian attack that he says changed his life. This Conference will be on Sunday 2nd February at 7pm.

The Festival was co-founded in 2012 by Falls Road priest, Fr Martin

Magill and Presbyterian minister, Rev Steve Stockman. The events are free and further details can be found in programme available in the Porch or at the website [www.4cornersfestival.com](http://www.4cornersfestival.com)

**Easter Pilgrimage to Fatima 8th - 13th April 2020** All Easter Ceremonies in Fatima Mass in Santarem where the bleeding host took place and Prayers, and Hungarian Stations of the Cross in Fatima. Contact James Treacy 086-0572216

**Join us and follow in the footsteps of Padre Pio** on this, our first Parish pilgrimage to San Giovanni Rotondo Italy. Return flights from Dublin, 4-nights from 13th September, accompanied by a Spiritual Director and includes a fully escorted religious programme. Tour package £595 per person. £200 deposit to be paid by 7th February 2020 to secure places. For additional details visit the website [www.kilmoreandkillyleagh.com](http://www.kilmoreandkillyleagh.com) or contact Joe Walsh tours Tel: 00353 1241 0800

**Drumbo Parish Pilgrimage to Poland**, £860 per person sharing, 22nd-29th September 2020. Spiritual director Fr Michael Sheehan. 7 nights departing from Dublin direct to Krakow. Half-Board and including all tour. Booking forms are now available at the Parish Office 02890812238 opt 2. £260 deposit is required. Single Rooms now on a waiting list.

**"Hope for the Planet" Re-inhabiting the Earth Spring Conference** - Drumalis, Larne, Fri, 14 - Sun, 16 February 2020. We are delighted to have Andy Lester, Head of Conservation for Christian Charity A Rocha UK, as the keynote speaker for this annual environmental conference. It is possible to attend on a residential or non-residential basis for the full weekend and there is also the opportunity to attend for the day only on Saturday. For further details or to book a place, please contact Drumalis - tel 028 28272196/28276455 (Mon- Fri, 9am - 5pm) Booking forms can also be downloaded from <http://www.drumalis.co.uk>

**St. Brigid's Day Lecture 2020** given by Baroness Nuala O'Loan. "CHRISTIAN AND CITIZEN?" in St. Brigid's Parish Centre, 38 Derryvolgie Avenue, Belfast, on Thursday, 6th February 2020 at 7.30pm. Everyone welcome.

**Clare Lodge Mother's Day Treat**, 3 Nights Stay, Fri 20th - Mon 23rd March 2020. Please contact Clare Lodge on 02843722849 or email [clare.lodge@svpni.co.uk](mailto:clare.lodge@svpni.co.uk) for further information

**Job Vacancy in Clogher Diocese for Co-ordinator of Safeguarding.** See leaflet in Church Porch

**SMA Retreat and Conference Centre, Dromantine** 'Introduction to Focusing' led by Fr. Adrian Farrelly OP, Sat, 15th Feb. 9.30am - 5.00pm inc. Lunch - £30

**LENTEN DAYS of Recollection** 'Lord, open my heart as wide as it can open' Sat, 14th March 9.30am - 5.00pm inc. Lunch - £25

'Remember - you're worth it!' led by Fr. John Gallagher SMA Sat, 28th March 9.30am - 5.00pm inc. Lunch - £25

**Monastic Day Retreat Saturday 21st March, 9am-5pm** Talks: Donation only Monasticism, All Welcome! Monastic Saints, Life in a Contemporary Monastery. Participate in the Divine Office and Adoration. Lunch Provided. Monastic Experience, 16th - 18th April. Opportunity for Women discerning Religious Life to experience life in our monastery. Contact: Mother Prioress, St. Benedict's Priory, The Mount, Cobh, Co.Cork Tel 021 4811354, [cobhtyburnconvent@gmail.com](mailto:cobhtyburnconvent@gmail.com). Booking essential for both events as places are limited.

**Bereavement Information Evening** Anam Cara Belfast the organisation that supports bereaved parents, is holding a Bereavement Information Evening on 12th February at 7:00pm in the Crowne Plaza Hotel. This is a free event and open to all bereaved parents. As Anam Cara will need to confirm numbers for teas, coffees, etc, please RSVP to [info@anamcara.ie](mailto:info@anamcara.ie) before Tuesday 11th February or call 02895213120

**John Waters in conversation.** Journalist and commentator John Waters will give a talk on 'Why I'm a lapsed agnostic in Ireland today' at Queen's Catholic Chaplaincy, 28 Elmwood Avenue Belfast on Tuesday 4 February at 7pm. Everyone is welcome

**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.