



## A KINDLY LIGHT

I have seen in our Folklore Collection that a tradition at Candlemas Day, which was last Sunday, was to sprinkle salt on single women. The idea was to 'preserve' them - from what and for what, they don't say. In less gender-sensitive days, I'm sure it was charming but don't try it today. Actress Emma Watson and others have declared themselves to be 'self-partnered' after all - in the sense that they are not seeking another and are quite fulfilled in themselves, thank you very much!

Salt does have the quality of preserving foodstuffs alright, as well as enhancing

the flavour of the food. Similarly, to have light during the hours of darkness in those days, something had to be literally consumed or burned up before your eyes. We need to either generate light ourselves or have it generated



### UNITY IS THE KEY

When we married, a new flame was lit in our Church, signified by the lighting of a new candle as we made our vows and became 'Little Church' together. Now, as we think of our life up to now, we can see how our love has been reflected on to our children, our family and our Church community.

- Marriage Matters

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

### Next Sunday's Readings



Ecclesiasticus 15:15-20

Psalms 118:1-2,4-5,17-18,33-34

1 Corinthians 2:6-10

Matthew 5:17-37

for us. Our primary source of light is generated by the sun. In the same way, the light in each of us is generated by God. We may comment on a person who struggled with depression that 'their light went out' or even that they lost their 'taste' for life. So salt and light are good metaphors to reflect on in these lengthening days.

Sometimes it depends how you look at things. Take Clonmacnoise, near where I live. The ancient monastic site of St Ciaran receives 150,000 visitors annually. Most approach by a narrow elevated road along a gravel ridge, but some by the original highway - the river Shannon. The experience is quite contrasting. To the road user, you seem to be descending to Clonmacnoise while from the river you see it elevated - a



## Reflection

Reflect on the action of salt and light, the two symbols that Jesus uses to illustrate the new life of the kingdom in his disciples.



## Lesson

The light of our good deeds cannot be hidden from others who are, we hope, influenced to add their light and salt to the community.



## Prayer

Lord Jesus, let me be seen to be generous, merciful and just. Then, as you desire, I will be able to bring some light into our dark world, like salt gives zest to daily life, and I will, like a city on a hill, be an encouragement and support for others. Amen.

'City of Ciaran' built on a hill.

It all depends on your position in life; sometimes you need to adjust your perspective on things to glimpse something familiar in a new way. From an answering height, we have "Ard Chiaráin" 8 km away from Clonmacnoise, which is moving from being an Ursuline place of prayer and reflection to continuing that mission in the Romanian Eastern Orthodox tradition. It's quite exciting to see new life being brought by a sister Christian Church. The difference is not threatening and, maybe, an Ireland that seems to falter at times in offering welcome to new peoples needs to see how we can be salt and light to one another, in our own day and in our time. We are not called to be lights in a light shop but in places of darkness. But, has our inner light gone dim and have we cut ourselves off from the source of light - Christ?

- Tom Cox



## This Week (10-16 February)

- 10 M** St Scholastica, virgin
- 11 T** Our Lady of Lourdes; St Gobnait, virgin
- 12 W** St Damian
- 13 T** St Catherine of Ricci
- 14 F** Ss Cyril and Methodius, Patrons of Europe
- 15 S** St Sigfrid of Vaxjo
- 16 S** 6th 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)  
3 Willowfield Crescent. BT6 8HP. Tel. 028 90458158. Mobile 07740603643.

**Email:** h.mccann@downandconnor.org, stanthonys@downandconnor.org,  
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)



## FIFTH SUNDAY OF ORDINARY TIME

*You are the salt of the earth. You are the light of the world.*

*Lord,*

*show us how to be salt and how to give light.*

*We want to share our bread with the hungry;  
we want to shelter the homeless and clothe the naked.*

*Teach us.*

*Show us how to help the immigrant;  
to free those who are prisoners.*

*Teach us to give, a little at first,  
then all we have.*

*Anne Osdieck*

## WE REMEMBER OUR DECEASED LOVED-ONES

**Recently Deceased:** Rosaleen Murray, Fr Conleth Byrne, Helena McElhennan, Rosaleen Murray, Mary Begley, Jimmy Doran.

**Anniversaries:** Michael Gallagher, Arthur Hughes, Scamus Boyle, Patrick Gunn, Ernest Young, 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 9th Feb 2020**

### READERS:

Easter Vigil Mass: Clodagh Doyle

Morning Mass: Martina McClory

### EUCHARISTIC MINISTERS:

Vigil Mass: Frank Doherty

Morning Mass: Scamus Monaghan

**Sun 16th Feb 2020**

### READERS:

Vigil Mass: Anthony Clifford

Morning Mass: Suzanne Hopkins & Kathryn Curran

### EUCHARISTIC MINISTERS:

Vigil Mass: Sean Rafferty

Morning Mass: Louis Corscadden

**COLLECTIONS:** Many thanks for your contributions to last week's collection: Monthly Stipend £782.91, Shrines £75.27

**Trocaire Boxes** available in the Porch. Lent begins on Ash Wednesday 26th February

## Lent at Tobar Mhuire:

**Ash Wednesday.** A conversation on forgiveness between Alan McBride and Jude Whyte, two people who been faced with the challenge of forgiving those who perpetrated awful deeds upon their loved ones. Session begins at 7.30pm. Voluntary donation towards Belfast Welcome Centre.

**Lenten Scripture Course with Fr. Oliver Treanor.** A four week series on the Wednesdays of Lent, in which Fr. Oliver Treanor invites us to see the meaning of the Cross in God's plan and as a way of achieving the fullness of life. Begins at 7.30pm and concludes at 9.00pm sharp. Voluntary Donation.

**Take Off Your Shoes – You are Standing on Holy Ground!** A three week course, March 1st; March 8th; March 15th, to explore the beauty of Eucharistic Adoration and ways of developing best practice in our personal lives and in our parishes. Led by: Fr Tom Scanlon CP. Time: 3.00pm – 5.30pm each day. Voluntary Donation.

**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

**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

## Clare Lodge:

**St Patrick's Day, 16th-18th March 2020, 2 nights full board, £90 per person sharing, £110 single room occupancy.** For further details please contact Clare Lodge, 02843722849 or email clare.lodge@svpni.co.uk

**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 for further information

## 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

**LENTEEN 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. 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 before Tuesday 11th February or call 02895213120

**Special Belfast Christmas Pilgrimage to the Holy Land** €1,899 and 20th July for 8 nights €1,725 Taking in Bethlehem, Jerusalem Mount Tabor, Cana, Nazareth, Jericho, River Jordan, Dead Sea and Sea of Galilee. Contact James Treacy 00353860572216 or 0035361921470 or office 0035318783111 ex Dublin

**The Centesimus Annus Pro Pontifice Foundation** announces the Fifth Edition of the Economy & Society Award. Award ceremony which will take place in year 2021. The aim of the Award is to foster knowledge of the Social Doctrine of the Catholic Church. It is awarded every two years and the next winners will be announced in 2021. Candidates and proponents are requested to send their application/proposals to: centannus.award@foundation.va. The Award is divided into two sections: A) a first of € 20,000 value for publications in the economic and social fields, B) the second for research projects of total value of € 30,000 which will be awarded in the form of scholarships. Concerning in particular the first section, applicants do not need to be necessarily authors of the book but reporting can be done also by simple proponents after having read the publication should in their opinion reserve mention.

## Living Youth:

**'Stay Awake for Homelessness'** - Fundraising event @ Living Youth, 28th February 2020, 8pm to 6am, Aged 17-25. Living Youth, along with other organisations across Ireland, are running 'Stay Awake for Homelessness' to raise awareness and raise vital funds for homelessness, by staying awake all night. All proceeds go towards St Patrick's Mercy Door Soup Kitchen and Morning Star House. If interested, please email s.mullan@downandconnor.org or phone 028 90 232432

**Summer Pilgrimage 2020 will be to Medjugorje.** We will join more than 50,000 other young people from around the world to celebrate our Catholic Faith. Staying at the Medjugorje Palace Hotel we will take part in the youth festival and also visit the Waterfalls of Kravice, the capital Mostar and the Shrine of Vepric at Makarska, all while journeying with other young people from across our Diocese. 29th July – 7th August 2020, for those aged 17 – 25 Cost £799 (plenty of opportunities for fundraising). For an Application Form and more information go to www.livingyouthni.org or contact us on 028 90232432 or info@livingyouthni.org.

**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.