



ACTIONS SPEAK LOUDEST

I feel like the Gospel of today could be taped onto the sides of many computers. It has much to say about modern Internet usage. If you read the comments section (I try not to) on anything you care to mention on the Internet, you will see the most vile words. The Gospel refers to words like 'idiot' and 'fool' as insults - they are nothing compared to what people say today.

In recent political life in Ireland, we have had some grovelling apologies from elected representatives 'called

out' on some of their online comments on asylum seekers, for example. The pattern is the same, apologise and then be sent or submit themselves to



MAKING THE RIGHT CHOICES

Choices! How difficult sometimes to make the right choices. What to eat today, how to save money, what clothes to wear, what we or our children need. For Christians, prayer and a set of Christian values influence the choices we make. Why not ask the Lord's help to decide what issue is uppermost for us today and dialogue about it?

- *Marriage Matters*

www.twainoneflesh.org.uk

Next Sunday's Readings



Leviticus 19:1-2,17-18

Psalms 102:1-4,8,10,12-13

1 Corinthians 3:16-23

Matthew 5:38-48

be re-programmed. Nobody seems to ask, however, who 'radicalised' them in the first place? More bizarrely, some media commentators said they should have deleted their comments before the discovery by others; others say they shouldn't hold the views in the first place.

One friend sweetly refers to their personal filter on whether they should say or do things as 'the grandmother rule'. It means that if you wouldn't say or write it to your grandmother, then you shouldn't do it. But we live in an age where the microphone is always live; the most innocuous online search or viewing is parsed and analysed by expert software to see if they can pitch a product at you. How many articles or 'exclusive interviews' have I read that were basically made of online comments by people? We used to say that God's tape is always running - it's true but I

would always prefer God's judgement to any earthly one.

Today, however, Jesus calls us out and you don't have to be online to be his subject matter today. I mean, how are you treating people? Tearing them down or building people up? These are the very people God reveres as his precious creation. You have no right to insult what he has made. The smartphone in your pocket - are you in control of it or does it control you? What do we need to cut off? We don't mean limbs or body parts, but what behaviour is toxic to us and to people around us?

Have you ever followed someone doing resistance training? They get stronger every day as they press more and more weight. Maybe in the coming season of Lent, we need to reflect not on will power but 'won't power', to make our words and actions sweet as tomorrow we may have to eat them. ■

- Tom Cox



Reflection

In what ways are you righteous in the areas of anger, human relationship and honesty?



Lesson

A person obeys the Law not for the sake of obedience, but for the sake of authenticity, which is a higher or greater form of righteousness.



Prayer

Lord, open my eyes that I may consider the wonders of your Law. Let me understand that in loving you I will keep your Law in my heart.



This Week (17-23 February)

- 17 M** The Seven Founders of the Servites
- 18 T** St Flavian
- 19 W** St Boniface of Lausanne
- 20 T** St Wulfric, hermit
- 21 F** St Peter Damian, bishop and doctor
- 22 S** THE CHAIR OF ST PETER, THE APOSTLE
- 23 S** 7th 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)



SIXTH SUNDAY OF ORDINARY TIME

*Do not think that I have come to abolish the law or the prophets.
 I have come not to abolish but to fulfil.*

*Jesus,
 let us comprehend the law:
 justice, love and compassion.
 Let the law make us holy.
 Not like the Pharisees,
 who blow horns before they
 give anything.
 You showed us with your every breath
 just what it means to be holy.
 You are the wonder,
 the goal and the summit of the law.
 Teach us.
 Turn all of our law-keeping into love.*

Anne Osdieck

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Fr Conleth Byrne, Helena McElhennan, Rosaleen Murray, Mary Begley, Jimmy Doran,
Anniversaries: Arthur Hughes, Seamus Boyle, Patrick Gunn, Ernest Young, Betty McParland, Brigid Murray, Brigid Curran (Sun 16th Feb at 11:30am), Mickey Gallagher (Sun 23rd Feb at 11:30am), Mary Hughes (Sun 1st March at 11:30am), Susan Gallagher (Sun 8th March at 11:30am), Fr Patrick Gallagher (Sun 15th March at 11:30am)

READERS AND EUCHARISTIC MINISTERS

Sun 16th Feb 2020

READERS:

Vigil Mass: Anthony Clifford

Morning Mass: Suzanne Hopkins & Kathryn Curran

EUCHARISTIC MINISTERS:

Vigil Mass: Sean Rafferty

Morning Mass: Louis Corsecadden

Sun 23rd Feb 2020

READERS:

Easter Vigil Mass: Carmen Blaney

Morning Mass: Margaret Sheppard & Eileen Dunn

EUCHARISTIC MINISTERS:

Vigil Mass: Ann Wright

Morning Mass: Margaret Sheppard

COLLECTIONS: Many thanks for your contributions to last week's collection: Monthly Stipend £514.15, Shrines £71.45

Second Collection: Sick & Retired Priests, required for the ongoing needs of priests in the Diocese who are sick or retired. The collection is used to fund the "Provident Fund of Secular Priests" providing retirement grants, sickness grants, subsidising care home fees and medical bills for the sick and retired priests of the Diocese.

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.

World Day of Prayer 2020, Praying with Zimbabwe, on Friday 6th March at 8pm. Join Cregagh Presbyterian congregation to pray for the people of Zimbabwe. Theme "Rise! Take your mat and walk." A service for everyone, all welcome.

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 incl. Lunch - £25

SafeTALK: Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. safeTALK is a half-day alertness training that prepares anyone aged 15 or older, to become a suicide-alert helper. If you would like to learn how to become a suicide alert helper register for a place on one of these 3 ½ hr upcoming courses held in Willowfield Church Hall, 330-332 Woodstock Road, Belfast, BT6 9DP. Thursday 26th March (1pm-4.30pm) OR Thursday 30th April (6.30pm-10pm). Call 02890457654 or email peter@willowfieldchurch.co.uk, Text or call on 07510514979 or email: woodsm78@aol.com.

Willowfield COI W Club, a group of men over 50, meet every Tuesday in Willowfield Church Halls from 2pm to 4pm. And they forward an invitation to Men from St Anthony's Parish. The next talk is on Tuesday 18th February about the history of Belfast City Hospital. Some of the other things we have lined up until Easter time are:

25/02/20 Spud Murphy from Christian Vision for Men
 03/03/20 Project Rwanda a local charity who help children in Rwanda
 10/03/20 Billy McCullough talking about Robbs the old Belfast Department Store

17/03/20 St Patrick's Celebration in the Ulster Hall
 24/03/20 A talk on the Blitz in East Belfast by Nigel
 31/03/20 5th Week Trip to The Whitehouse (not the one in Washington DC!)

07/04/20 Jim Bradley Belfast Hills Partnership. For more information contact Alan Higgins, Treasurer - The W Club. Mobile 07742675017. Email alanhiggins1954@gmail.com.

QUB Chaplaincy: Why support life? A round-table discussion on the future of the pro-life movement in Northern Ireland will take place in the Catholic Chaplaincy QUB. The panel, chaired by Brett Lockhart QC, features key figures in the pro-life movement including Dawn McAvoy, Dr Andrew Cupples, Patrick Gallagher, Kate Meenagh and Sarah Haire. If you are interested in learning more about the pro-life position from a variety of perspectives, this event is not to be missed. 28 Elmwood Avenue, Belfast on Wednesday 19 February at 7pm.

DIOCESAN VOCATION WEEKEND Have you ever considered the possibility that God is calling you to the priesthood? If so, take this opportunity to gather with other men who are discerning a vocation to the priesthood. This retreat will create the time and space to help you discern God's calling in your life. The retreat will take place in Drumalis Retreat Centre, from Friday 6th - Sunday 8th March 2020. If you wish to attend this retreat or would like further information contact: Fr. Kevin McCuckien, 23 Hannahstown Hill, Belfast, BT17 0LT (02890614567) Email:k.mcguckien@downandconnor.org.

Shrines of Poland, with a Day retreat at the shrine of the Divine Mercy Poland - Including visits to Krakow, Czestochowa, Wieliczka Salt Mines, Auschwitz & Wadowice to see St. John-Paul's house. 2nd - 7th JUNE 2020 6 DAY ESCORTED GROUP PILGRIMAGE. Spiritual Director: Fr. Tony Devlin. Contact: St Pauls Parish Belfast - Phone 028 90325034. email: stpauls@downandconnor.org. Cost: £850 per person sharing - based on 20 pilgrims traveling. Cost: £775 per person sharing - based on 40 pilgrims traveling. £100 non-refundable deposit per person to secure a place by 28th February. Single Supplement £180.00. Balances due 6 weeks before departure and are accepted in instalments prior to due date.

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.