

Parish Newsletter

FOURTH SUNDAY IN ORDINARY TIME | 28 January 2018
Year B | Issue 9



INNER CLEANLINESS

Spring Cleaning Time will soon be upon us. The idea of a thorough or deep clean of your living space makes sense. Before central heating, people would keep their houses shut tight against the cold of winter. Solid fuel of turf or wood with candle or paraffin/kerosene lamp for lighting was the order of the day. Many times as a boy with our travelling shop I would bring in groceries and fuel and I can tell you that every home had its own aroma, a peaty smell! So it was good to

open windows and doors, to clear dust outside and air the home. I sometimes wonder if many of the rituals and celebrations that offer a sense of ritual cleansing like Lent had a parallel with the annual Spring Cleaning.

Yet in another way, the older people had a sense that being too open wasn't good either! Why else do we sometimes say "God bless you" when somebody sneezes. The belief was that when you were in a helpless sneeze,

Today's Readings



Deuteronomy 18:15-20
Psalm 94:1-2,6-9
1 Corinthians 7:32-35
Mark 1:21-28

Next Sunday's Readings



Job 7:1-4,6-7
Psalm 146:1-6
1 Corinthians 9:16-19,22-23
Mark 1:29-39

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that person was vulnerable to being literally possessed by an unclean spirit. Nowadays people probably find that idea amusing – that evil spirits used this moment to rush into the body. It's difficult to unpack this Gospel story in this time and place because we generally don't have a cultural acceptance of the reality of demon possession.

But we don't seem to question the truth that unclean spirits LOVE to move into our lives. The unclean spirit of addiction, pride, jealousy, and despair can easily find lodgings in our hearts. There is also the unclean spirit of grumbling and complaint. In the psalm, two places get a mention – Meribah means “quarreling” and Massah, “testing”. The Israelites it would seem grumbled a lot. This time it was about

water to the Minister for Water – Moses. Like some sort of aquatic T.D., Moses petitions God who then supplies the water. I've found generally that a bit of complaining may help, but a lot of complaining will antagonise and harm. I recall a priest tell of his relationship with his first Parish Priest. The young curate was filled with anger over some terrible injustice done, so he took to writing it down as the PP suggested. He brought the finished letter to the Parish Priest who read it. He told him it was indeed truthful, a very good letter – but not to send it. The curate took his advice and realised that he had got the unclean spirit out of his system. To prolong it would have definitely hardened his heart. There are some areas we can do our best to “call out” an unclean spirit or attitude for what it is, but there are others where only Jesus can do that with authority. ■

– Tom Cox

Reflection

Do you really know who Jesus is?
Sketch a written portrait of him.

Lesson

Jesus is the Holy One of God.

Prayer

Lord, through the gift of the Holy Spirit guide us in the ways of authentic discipleship.

This Week (29 Jan–4 Feb)

- 29 **Mon** St Gildas the Wise
- 30 **Tue** St Hyacinthe Mariscotti
- 31 **Wed** St John Bosco, priest
- 1 **Thur** St Brigid, Secondary Patron of Ireland
- 2 **Fri** PRESENTATION OF THE LORD
- 3 **Sat** St Blaise and St Ansgar, bishops
- 4 **Sun** FIFTH SUNDAY IN ORDINARY TIME





St. Anthony's Parish, Belfast

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



FOURTH SUNDAY OF ORDINARY TIME

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

Mark 1:21-28

1. In this first chapter Mark familiarises his readers with the type of things Jesus did to proclaim the kingdom, the reign of God. Our passage today touches on two of these, the first being that 'he taught as one having authority'. It makes a difference when you listen to someone who is clearly speaking from experience and personal knowledge. Remember people who impressed you in this way.

2. Jesus combined teaching with healing, and he drove the evil spirit out of the man. The power of God that worked this wonder through Jesus is also at work in and through us today. When have you been freed from some bad habit?

3. The evil spirit convulsed the man before it left him. The path to liberation can be a painful struggle. If you have found it so, who was the Jesus person that helped you through the struggle to freedom?

4. It is not only individuals but groups that can be struggling with an evil spirit - jealousy, rivalry, malicious gossiping, abuse of power, etc. Sometimes a Jesus person comes into the group and drives out that evil spirit. Have you experienced this? Perhaps you yourself have been this person on some occasion?

John Byrne OSA. Email jphyrneosa@gmail.com

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Gerald Murray, Jim Harte, Gerald Wilson, Fr Gregory Cormican and his father Arthur (Month's mind mass Mon 19th Feb at 7pm, St Joseph's, Glenavy), Eileen Irvine, Theresa Curran, Mary McMahon, Bridlin Finnegan, Kathleen Hegarty (mother of Fr Ciaran Hegarty)

Anniversaries: Minnie Tanney, Claire Burke (née Kelly), Michael Gallagher, Catherine, James McDonnell, Patrick & Tommy Bell and Tommy Junior, Seamus Boyle, Patrick Gunn, Jim & Kathleen McCann, Brigid Murray (11st Anniv Thurs 8th Feb at 9:30am), Betty McParland (Sat 10th Feb at 6:30pm).

READERS AND EUCHARISTIC MINISTERS

Sun 28th January

READERS:

Vigil Mass: Anthony Clifford & Shauna Mullen

Morning Mass: Margaret Sheppard & Kay Dunn

EUCHARISTIC MINISTERS:

Vigil Mass: Stephen Murphy

Morning Mass: James Henderson

Sun 4th February

READERS:

Vigil Mass: Eamon Blaney & Carmel Blaney

Morning Mass: Martina McClory & Eileen Dunn

EUCHARISTIC MINISTERS:

Vigil Mass: Frank Doherty

Morning Mass: Séamus Monaghan

COLLECTIONS: Many thanks for your contribution to last week's collections: Living Youth £546.10, Weekly Collection £362, Monthly Stipend £18.50, Shrines £87.57.

If your details have changed, or if you would like to register for a box, please give your details to Fr McCann as soon as possible. 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.

PLEASE NOTE: If you have missed sending in your collection envelope donations, One Envelope Per Collection (eg Weekly or Monthly) will suffice. For example there is no need to put weekly envelopes inside each other with your donation. Discard the missed envelope(s) and place your total donation into ONE envelope. Thank you.

PLEASE NOTE ALSO: The Old £1 coin will no longer be accepted in collection envelopes or candelabra/shrines.

Flu Advice: The customary "sign of peace" handshake exchanged during

Mass is suspended until the risk of infection is significantly reduced. Similarly, the sharing of the Chalice (with communicants or with Extraordinary Ministers of Holy Communion at Mass should be temporarily suspended, for the same reason. Please use alcohol hand gel on entry and exit of church.

The World Meeting of Families—The Amoris Programme – 'Let's Talk Family'. This is a programme of discussion and sharing of aspects of family life, whether you are married or not, practicing faith or not, children, parents, grandparents, uncles/aunts, in an atmosphere of acceptance and encouragement. In some ways it touches elements of family life and faith in a style including video, discussion and It is envisaged that this 6-session programme would take place in the six weeks of Lent, and should last 1½ hour sessions. If it takes place in St Anthony's the sessions will take place on Thursdays starting Thurs 15th February, and run 15th, 22nd, 1st, 8th, 15th and 22nd March 2018, 7:30-9pm, including a 20 minute half-time break. But this is dependent upon participation and a range of ages over 16 years. If you are interested, or know someone who would be interested then please put your name, address and contact details on a sheet in the sacristy or give your name etc to Fr McCann by next weekend so that materials can be ordered. If there is little response then the programme sessions will be postponed to a later time.

St Joseph's College 25th Anniversary Celebrations. As part of our 25th celebrations, St Joseph's College will be open for past pupils, parents and staff from 2-4pm on Sunday, 28th January 2018. Come along and revisit! Light Refreshments will be served.

Meeting for Returned Lay Missionaries & Volunteers. The next meeting for returned volunteers & lay missionaries who have worked overseas will take place on Wednesday 31st Jan at 7.00 pm in the Sacred Heart Parish Centre, Glenview St, off Oldpark Rd, Belfast. All are welcome. For more info email jim.farrell@amri.ie or phone/text + 353 83 8422468.

St. Brigid's Day Lecture 2018, by Fr. Paul Murray O.P. "Anxious hearts and wounded lives: The place of the New Sacred." in St. Brigid's Parish Centre on Thursday, 1st February at 7.30pm. Everyone welcome. Fr Paul Murray is an Irish Dominican priest, poet, author and professor. He was born in Newcastle, Co. Down, and is a past pupil of St. Malachy's College, Belfast. His brother, Fr. Michael Murray, is a priest in Down and Connor. Fr Paul presently lives in Rome and lectures in the Angelicum University. He was a friend and adviser to Mother Teresa of Calcutta.

Diocesan Vocation Weekend. 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 reflect on what vocation Jesus is calling you to. The retreat will take place in Drumalis Retreat Centre, from Friday 16th – Sunday 18th February 2018. If you wish to attend this retreat or would like further information contact: Fr. Kevin McGuckien, 23 Hannahstown Hill, Belfast, BT17 0LT (02890614567) Email:k.mcguickien@downandconnor.org.

Candles for the Feast of the Presentation (Candlemas—2nd Feb), can be ordered for the sacristy and will be blessed on the feast for use at home or in the church. 50p per candle.

Diocesan Lourdes Pilgrimage:

The Emerald Ball will take place at Titanic, Belfast on St Patrick's Day, 17th March 2018. The evening will commence with drinks at 7pm, to be followed by a superb four course dinner at 8pm. There will be a luxury ballot and dancing to a live band. Dress is formal and monies raised will support the Down and Connor Lourdes Pilgrimage for the Sick. Tickets are £60 each and available from the pilgrimage secretary, Sinead on 028 9064 6040 or the Drumbo Parish office on 028 9081 2238. See poster in porch.

Application forms for the 2018 Pilgrimage are available in the Sacristy. 7 Nights 10-17th July £725, 5 Nights 11-16th July £650, or with care in the Accueil Notre-Damme £550, Youth Team 8-17th July £590 (with extra preparation meetings etc, - closing date for Youth Applications 16th March). See poster in porch.

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 PP.