



A LIFE FULL AND GOOD

January, especially in the early days, is a kind of doorway month. We have one eye looking back to the past, another to the future. Whether we like it or not, we have all been changed, for good or ill, by the year 2019. The seasons ebb and flow: a year passes, the light increases quietly and steadily; our loved ones have returned to their homes and workplaces. Maybe 2020 is a year that - like its optical namesake 20/20 vision - demands a more perfect way of looking at things. After all,

20/20 vision is the gold standard of human eyesight - but what about our insight? We all have, to some extent, a distorted view of things and need to adjust. Some can't see the wood for the trees and narrow in and obsess with detail, whilst others are so broadly focused and scattered that they achieve little and are of no practical help. Our newspapers have listed the 'notable' deaths of 2019. Time is a most precious commodity and in January we focus on the possibility of change. The recently canonised St John Henry Newman said 'To live is to change, and to change often is to become more perfect' (from his work *Conscience, Consensus, and the Development of Doctrine*).

Next Sunday's Readings



Isaiah 42:1-4.6-7
Psalm 28
Acts 10:34-38
Matthew 3:13-17

A colleague Fr Francis Murray prays this prayer for a New Year:

God of all time, who makes all things new, we bring before you the year now ending. For life full and good, for opportunities recognised and taken, for love known and shared, we thank you. Where we have fallen short, forgive us. When we worry over what is past, free us. As we begin again and take our first few steps into the future, where nothing is safe and certain, except you, we ask for the courage of the wise men who simply went and followed a star. We ask for their wisdom, in choosing to pursue the deepest truth, not knowing where they would be led. In the year to come, God of all time, be our help and company. Hold our hands as we journey onwards and

may your dream of shalom, where all will be at peace, be our guiding star. Amen.

Even in this digital age, the old egg-timer speaks eloquently of the importance of time - it simply runs out. This year treasure time as a gift and make it count.

Welcome the New Year
With reverence and awe;
Sit in the silence of its dawning;
Let its vision emerge
And inspire you with promise
and hope.

Cast off the fears of the past.
Hold on to God's presence.

Have faith.

Be grateful.

Believe in what is good.

Celebrate with gratitude and joy.

Christine Sine ■

- Tom Cox



Reflection

Read these verses from the Gospel slowly and thoughtfully as the beginning of a wonderful poem introducing you to the mystery of the person of Jesus Christ.



Lesson

Jesus Christ is both life and light for all, like the tree of life and the tree of knowledge in the story of creation (Gen 2:9).



Prayer

Lord, help us to ponder over the truth that you are the beginning and the end. With your loving presence, protect us throughout the year. Amen.



This Week (6-12 January)

- 6 M** THE EPIPHANY OF THE LORD
- 7 T** St Raymond of Penyafort
- 8 W** St Thorfinn, bishop
- 9 T** St Adrian of Canterbury, abbot
- 10 F** St Peter Orseolo, hermit
- 11 S** St Silvanus of Amiens
- 12 S** THE BAPTISM OF THE LORD





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)

Weekdays: Monday, Tuesday & Thursday at 9.30am. Friday at 7.00am

Wednesday: Communion Service discontinued until further notice (D)

Holy Days of Obligation: Vigil Mass at 7.00pm & Morning of Feast Day

Confessions: Before each Mass and By Arrangement.

Baptisms: Saturdays at 4pm (3 weeks notice required)

2nd SUNDAY OF CHRISTMAS

"The Word was made flesh, and lived among us"

*God most high,
your only Son
embraced the weakness of our flesh
to give us the power to become
your children;*

*your eternal Word chose to dwell among us,
that we might live in your presence.*

*Grant us a spirit of wisdom
to know how rich is the glory
you have made our own,
and how great the hope
to which we are called in Jesus Christ,
the Word made flesh*

*who lives and reigns with you
in the unity of the Holy Spirit
in the splendour of eternal light
God for ever and ever.*

Kieran O'Mahony OSA

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Kathleen O'Neill (mother of Fr Eugene of St Patrick's, Belfast), Kevin Smith (Upper Knockbreda Road)

Anniversaries: Peter Hughes, Terence & Sarah McCartan, Minnie Tanney, Marie Matthews, Jim McCann, John O'Connor, John Higney

READERS AND EUCHARISTIC MINISTERS

Sun 5th Jan 2020

READERS:

Vigil Mass: Anthony Clifford

Morning Mass: Suzanne Hopkins & Margaret Woods

EUCHARISTIC MINISTERS:

Vigil Mass: Stephen Murphy

Morning Mass: James Henderson

Sun 12th Jan 2020

READERS:

Easter Vigil Mass: Eamon Blaney

Morning Mass: Margaret Sheppard & Catherine Curran

EUCHARISTIC MINISTERS:

Vigil Mass: Frank Doherty

Morning Mass: Séamus Monaghan



setting? Please consider attending to the House, 9 Lennoxvale, Belfast BT9 5JH. Thursday 19th March 2020, 7-9pm.

Anam Cara Belfast, the organization is holding its monthly Parent Evening on 8th January at 7:20pm in the Church of St. Anthony. The event is free and open to all. If a child died, the circumstances of the death, recent or not.

No Greater Love Lenten Programme Development Conference in the Church of St. Anthony from 10am - 4pm. The aim of this conference is to help you and other members of your parishioners who might like to share Love within your Parish. Best-selling author through the last hours of Christ's life. A five part programme ideally suited to the Lenten season on Saturday 18th January will have input from the Living Church. There will be input from the Living Church programme within your parish, how to support people on the Lenten season. Options: Group Leader £100. Individual £50 by completing the attached form and payment to Living Church. If you require more information please do not hesitate to contact Fr McCann.

Dominican College Fortwilliam 2020 from 9.30am to 1.00pm (10.00am for parents). All prospective pupils are most welcome.

Aquinas Diocesan Grammar School January 2020. Principal's Keynote Address. Welcome!

St Joseph's College - Open House from 7-9pm. Parents and prospective pupils are invited to attend. This will be an excellent opportunity for parents and staff. The Principal will be meeting parents and pupils in the Assisi Hall. If you are interested in joining Sixth Form please contact the school.

Cruse Bereavement Care. Experience the death of a parent or child. Bereavement care across NI. Apply Now for the 2020 (BSF) Course + Children's & Young People's Bereavement Care. Have at least 100 hours experience for training weekends on: *8 - 29 March, *25-26 April 2020, *27-28 April 2020. Contact: maria.mcentee@cruse.org.uk. For more insights, see www.cruse.org.uk

COLLECTIONS: Many thanks for your contributions to last week's...