

# Parish Newsletter



16th SUNDAY IN ORDINARY TIME | 21 JULY 2019  
Cycle C | Issue 34

## PRAYER WITHOUT WORDS

I grew up in a world where prayer meant words. Apart from the rosary we had novenas and prayers to favourite saints, devotions of various kinds, indulgences to be gained. The world of prayer was a busy world in which we did much talking. Looking back on it I think that I, for one, had a limited idea of what prayer was about. I was constantly trying to make sure that God was hearing my needs and wishes. It never dawned on me that

God might be trying to say something to me, if only I would stay quiet for a while, be silent and listen.

There is a rediscovery in recent years of the value of quiet prayer. You can see this in many recently published books – and it is something whose value I have come to appreciate more and more. It is so simple. We just decide we are going to give the next 20 minutes to God, sit comfortably

### Today's Readings



Genesis 18:1-10  
Psalm 14:2-5  
Colossians 1:24-28  
Luke 10:38-42

### Next Sunday's Readings



Genesis 18:20-32  
Psalm 137:1-3, 6-8  
Colossians 2:12-14  
Luke 11:1-13



upright, close our eyes, and give thanks for the presence of God with us.

It is simple to describe, but it's not always easy to accomplish. We get so distracted and our minds wander away all the time. That's OK. That's what minds do. It is helpful to pick a word that expresses for you your intention to be attentive to God. You can start your period of prayer by repeating this word a few times and then return to it if you find yourself getting caught up in distracting thoughts.

Thomas Keating, the Cistercian monk who died last year, said, 'silence is God's favourite language'. One of the fruits of sitting in silence is developing the capacity to live in the present moment. So often our minds are either bothered about things from the past or preoccupied about what is to come, so we are not fully present in this moment. Over time, when we sit in silence, we learn to live in the present.

We also get in touch with our own deepest feelings and needs. We discover the truth of what St Augustine wrote: 'You have made us for yourself, O Lord, and our hearts are restless until they rest in you.'

It may seem that to spend time in silence like that is not *doing* anything and is therefore a waste of time. Yet is it not the 'better part' to sit quietly in the presence of God so as to discover the truth about our inner selves as the beloved children of God? ■

– John Byrne, OSA

### CHOOSING 'THE BETTER PART' IS LISTENING

The Gospel relates the different ways Martha and Mary behaved. We too can fall into such patterns of behaviour. It's human nature to 'worry and fret over so many things'. Today's Scripture calls us to really listen, then, like Mary, we can choose 'the better part'. Let us recommit today to deepening our level of listening in our marriage.

MARRIAGE MATTERS

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



### Reflection

Try a few moments in silent prayer. Repeat quietly 'Maranata' (Come, Lord Jesus) if you get distracted.



### Lesson

In prayer we get things off our chest when we talk to God, but we also need to listen to what God is saying.



### Prayer

Open our hearts, Lord, to accept the words of your Son.



### This Week (22-28 July)

- 22 **Mon** St Mary Magdalene
- 23 **Tue** St Bridget of Sweden, patroness of Europe
- 24 **Wed** St Declan, bishop
- 25 **Thur** ST JAMES, APOSTLE
- 26 **Fri** Ss Joachim and Anne, parents of the BVM
- 27 **Sat** St Theobald of Marly, abbot
- 28 **Sun** 17TH SUNDAY IN ORDINARY TIME



ST PAULS is an activity of the Priests and Brothers of the Society of St Paul who proclaim the Gospel through the media of social communications. Tel: 01-6285933 PN34C



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)



## 16th SUNDAY OF ORDINARY TIME

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS  
Luke 10:38-42

1. The two sisters symbolize the contemplative and active dimensions of life, at times difficult to balance. What wisdom have you learned through life experiences on how to strike a balance between prayer and action?
2. Many people misunderstand hospitality. They worry and fret about decorating the house and preparing abundant food. Yet sometimes it is something else that is needed to make people feel at home; namely, to sit with guests and to listen to them. What has been your experience of being a cherished guest and when have you been able to make others feel welcome and at home?
3. We can make the same mistake in relation to people who are important to us: children, friends, parents, or others. We can worry and fret about doing things for them when perhaps the important thing is to give them time and listen to them. What does your experience tell you?
4. When it comes to welcoming God into our lives, one appropriate response is to spend time listening to God's word. When have you found time devoted to the word of God enriching for you?

John Byrne OSA. Email jbyrneosa@gmail.com

### WE REMEMBER OUR DECEASED LOVED-ONES

**Recently Deceased:** Canon Bernard Magee PE CC, Eileen Ferguson  
**Anniversaries:** Peggy Mackin, Charlotte & Michael Hopkins, Stuart Wright, James McGrillen, Jean O'Connor, Dan Gallagher (Sun 28th July at 11:30am), Bobby McParland (Sat 3rd August at 6:30pm)

### READERS AND EUCHARISTIC MINISTERS

Sun 21st July

#### READERS:

Vigil Mass: Anne Wright  
 Morning Mass: Margaret Woods & Kay Dunn

#### EUCHARISTIC MINISTERS:

Vigil Mass: Louis Corscadden  
 Morning Mass: Sean Rafferty

Sun 28th July

#### READERS:

Easter Vigil Mass: Clodagh Doyle  
 Morning Mass: Martina McCrory & Eileen Dunn

#### EUCHARISTIC MINISTERS:

Vigil Mass: Anne Wright  
 Morning Mass: Margaret Sheppard

**COLLECTIONS:** Many thanks for your contribution to last week's collections: Weekly collection £482.62, Shrines £63.87

**Food Bank.** It is suggested that since a lot of the recipients are of Asian extraction, that less pasta should be donated and more rice donated.

**Collection for Fr Krzysztof Sanda SChr.** Fr Krzysztof will be saying his last masses at St Anthony's on Sunday 1st September, before taking up his new placement in Boston, Lincolnshire. He will be replaced by Fr Vlodzimierz Dzdich SChr. From THIS weekend, there will be available collection envelopes for a collection to be taken up before August 18th. I trust you will help show our appreciation for his work here.

**Down and Connor Diocesan Bi-Annual Pilgrimage To Fatima,** led by The Most Reverend Bishop Noel Treanor DD, 15-22 August 2019, 7 Nights Full Board Hotel Avenida. £715 Includes Taxes and Insurance. Pilgrimage Directors Fr G McCloskey and Fr S Gilmore. For Further Details Contact Joe Catney - 028 9071 4001 or 077 7642 5631.

**Diploma in Pastoral Theology at Drumalis** in association with St Patrick's Pontifical College, Maynooth. Applications are now being accepted for this two-year, part-time, intensive course which begins in September 2019. Information available at <http://www.drumalis.co.uk> or by emailing [maura@drumalis.co.uk](mailto:maura@drumalis.co.uk) or by phoning Drumalis during office hours - tel 028 28272196/28276455.

**Lough Derg 2019:** The Three Day Pilgrimage is currently open. You may begin on any day until Tuesday 13th August. Advance booking is not necessary. The Lough Derg team can help you to co-ordinate public transport or link up with Pilgrimage Organisers in your locality. Phone Lorraine on 071 9861518 (from NI 00 353 71 9861518) email: [info@loughderg.org](mailto:info@loughderg.org)

**Free Event, promoted by Shalom World: Jesus Heals.** Holy Mass, Preaching, Healing Adoration. Celebrant Fr Jilto George CMI, Shalom Director of Retreats. 2 events coming up in August 2019 in Down and Connor. Both Venue times: 6:30pm - 9:30pm.

**Thurs 8th August - St Colmcille's Church,** 191a Upper Newtownards Road, Belfast, BT4 3JB

**Mon 12th August - St Mary, Star of the Sea Church,** Whitehouse, 305 Shore Road, Belfast, BT37 9RY.

Programme includes: Divine Mercy Chaplet, Holy Mass, Prayer and Eucharistic Adoration, Individual Anointing of Holy Oil, Finishing with Eucharistic Blessing. You are invited to join us at this Mass and experience Jesus' healing touch for the body, mind and soul! Contact Jacinta 07756 225114, or Roshni 07737 230680.

### Holy Land and Fatima Pilgrimages:

**Special Belfast Christmas Pilgrimage to the Holy Land** €1,795.

**Special Belfast Pilgrimage to the Holy Land 31st October for Halloween** 8 nights €1,685 (taking in Bethlehem, Jerusalem Mount Tabor, Cana, Nazareth, Jericho, River Jordan, Dead Sea and Sea of Galilee).

**Special Belfast Fatima Pilgrimage for Miracle of the Sun on 13th October** €759 (prayers, Mass and Hungarian Stations of the Cross in Fatima). Contact James Treacy 00353 860572216 (all ex Dublin)

**Priory Institute 2019 Online Summer School.** Paul: The Radical Gospel. A two-week online course will begin on 15th July and again on 12th August. One lecture per day. Cost 80. To enrol today email [enquiries@prioryinstitute.com](mailto:enquiries@prioryinstitute.com), or see [www.prioryinstitute.com](http://www.prioryinstitute.com), or phone +3531 4048124.

**Marie Curie Hospice Belfast invites you to attend our Summer Fete,** 1a Kensington Road, Belfast, BT5 6NF, Sunday 18th August 2019, 12noon-4pm. Refreshments, Nurses Cake stand, face-painting, Tombola Stalls, Crafts.

**Golden Rose Pilgrimages.** 10 day Lenten Pilgrimage to The Holy Land, staying in Bethlehem & Tiberias, 11th of March 2020 to 21st of March 2020. Full programme & Spiritual Director. Price: €1,249. For Further Details Please Contact Teresa on 02890 591495 or 07470 304695

**St Vincent De Paul: Clare Lodge, Newcastle.** Why spend Christmas or New Year alone when you can be among friends and have company. Clare Lodge Christmas breaks from 24th December - 27th Dec (accommodation & full board meals) - (single room occupancy £175.00) (Sharing room £145.00). New Year 30th December - 2nd January (accommodation & full board meals) - (single room occupancy £175.00) (sharing room occupancy £145.00). Alternatively, if you just wish to spend the day having Christmas Dinner and Evening Tea or New Year's Dinner & Evening Tea in the company of others for the cost £20.00 (numbers for day visit limited to 20 people). All bookings to be made in advance. For further information and any queries, please contact Clare Lodge Reception on 028 4372 2849 or email [clare.lodge@svpnri.co.uk](mailto:clare.lodge@svpnri.co.uk). (All special dietary meals catered for via prior arrangement)

**Silent Retreat. Theme: "If you but knew the gift of God..."** preached by Fr. Kilian Byrne, at Ards Retreat Centre, Letterkenny, Co. Donegal, September 16th to 22nd. Cost: €390 full board. Contact Helen : 086 1678027/ [hellywilliams@gmail.com](mailto:hellywilliams@gmail.com). [www.foyerofcharity.ie](http://www.foyerofcharity.ie). A privileged time to come away from noise and distractions, and listen to the Spirit of God, - Who is Love. Silence, prayer, teachings & liturgy of the Church.

**Protecting Our Unborn Children.** Talk by Dr. Anne McCloskey in Glen Community Complex, 41 Suffolk Road, Wednesday 7th August at 7pm. Everyone 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.