

# St. Anthony's Parish, Belfast

Pastoral Area of South & East Belfast

PARISH PRIEST: Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald), 3 Willowfield Crescent. BT6 8HP.  
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Facebook Page: <https://www.facebook.com/stanthonysbelfast>

Website: [www.saintanthony.co.uk](http://www.saintanthony.co.uk)

**PUBLIC MASS TIMES—COVID-19 ERA (will be under assessment/review)**

Saturday Evening at 6.30pm. (English Parish Mass)

Sunday Morning (in Polish): 9am & 6:30pm. (English Parish Mass): 11.30am

Weekdays: Mon, Tues & Thurs at 9.30am. Fri at 7.00pm.

All English Masses on Facebook. Polish Weekday Masses: Tues & Thurs 7pm, Sat 9am

Confessions: By Arrangement. Baptisms: By Appointment

Local SVP Conference contact details: 028 90351561



## FEAST OF THE MOST HOLY BODY AND BLOOD OF CHRIST

*They all ate and were satisfied. [Luke 9:11b-17]*

*Christ, you come to us and because we are all broken, you were broken.*

*You bless us (and our brokenness) beyond all telling. You do not leave us.*

*You stay, and you sustain us with vital food.*

*Grace becomes like loaves and fishes.*

*You lavish love prodigally on us each time you come to us.*

*You make us one, since you are our very food and drink.*

*Let us give your love to each other.*

Anne Osdieck

### WE REMEMBER OUR DECEASED LOVED-ONES

**Recently Deceased:** Paddy Feeney (father of Fr Ciaran), Joan McGiffin, Norma Loder, May McCaffrey

**Anniversaries:** Patricia McDonald-Nwoga, Hugh & Rebecca Crilly, Peggy Mackin, Stuart Wright (Sat 2nd July at 6:30pm), Fr Noel Fitzpatrick (50th Anniv Bishop Treanor will celebrate Mass at 11am on Sunday 3rd July at St Peter's Cathedral & 8th July in St MacNissi's Church, Magherahoney (parish of Loughguile) at 7:30pm, followed by refreshments in parish hall

**COLLECTIONS:** Many thanks for your support. Weekly Collection £437.72. **DONATE** £10

We would appreciate that if you send in a cheque to pay for a number of different donations, that you itemise what amount should go to each collection. Also include all empty envelopes in the one envelope

**Relaxation of Covid-19 Related Regulations & Restrictions.** The Diocese continues to strongly recommend a number of protective measures to ensure the safety and well-being of all.

- 1. Face Coverings:** the Diocese strongly recommends that face coverings continue to be worn at all times in the church.
- 2. Hand Sanitizers:** will continue to be provided at the entrances. Hand sanitizing when entering the church is strongly recommended.
- 3. Social Distancing:** While we no longer have to observe social distancing in the church, we need to be distance aware, especially for the vulnerable present.
- 4. Communion in the hand** should remain the norm.
- 5. At the Spring 2022 general meeting of the Irish Episcopal Conference, it has been decided that "from Easter Sunday, the obligation on the Faithful to attend Mass on Sunday and Holy Days of Obligation is restored." Though for anyone who is sick or vulnerable, the obligation does not apply**

**Confirmation.** The Polish Community will celebrate Confirmation Sun 26th June at 9am. Keep them in your prayers.

**Safeguarding Notice.** The Safeguarding Office have been in contact with your Parish and Safeguarding Committee in relation to identifying training needs within your Parish. If you are a leader or volunteer involved any activity involving children, please make contact with your Parish Safeguarding Committee to agree any training requirements. See Fr McCann for details.

**Clonard Novena in honour of Our Mother of Perpetual Help,** 15-23 June, with theme "Let us Dream" (Pope Francis). All welcome in church, or online. New Novena Times: Mon-Sat 7am, 9:30am, 4pm, 6pm, 8pm, Sat 7am, 11:30am, 1pm, 4pm, 6pm, 8pm. For more information visit [www.clonard.com](http://www.clonard.com) or find us on Facebook - Clonard Monastery. Twitter @clonardmbelfast. See poster in porch.

**A Journey Of Faith, Hope And Joy With St Patrick** ... Come and be refreshed on ancient paths in the cradle of Christianity in Ireland. Poor Clares Sr Martina Purdy and Sr Elaine Kelly will lead you on an amazing five day pilgrimage that includes guided walks to sites associated with St Patrick in County Down. Stay in Tobar Mhuire Retreat Centre, visit with monks along St Patrick's Way, and capture the joy of the first Christians in Ireland. July 25th-29th, August 22nd-26th. From £798 all incl meals, transport, activities. Details [www.saintpatrickcentre.com](http://www.saintpatrickcentre.com) or call centre Downpatrick 02844 619000

**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.

**"Come Away and Rest Awhile" Cara Retreat.** Are you a parent of a young person with a disability? Would you like to take some time out to pray, reflect and meet other parents? If the answer is yes we would love you to join us for a parents retreat at: Drumalis Retreat Centre beginning Friday 24th June, 6pm until Saturday 25th June, 4pm. For information or to register your interest contact: Louise McQuillan Tel: 07922437679 Email: [Lmcquillan@downandconnor.org](mailto:Lmcquillan@downandconnor.org)

**Anam Cara Belfast,** the organisation that supports bereaved parents, is holding it's monthly Parent Evening for bereaved parents on Monday 13th June at 7.30pm in the Crowne Plaza Hotel, Belfast. This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether their death was recent or not. We also offer an online meeting taking place Monday 20th June at 7pm. To join please contact us on 028 95213120

**Lough Derg Re-Opens.** Lough Derg welcomes pilgrims again with a full pilgrimage programme this summer. Three Day Pilgrimage: 1st June - 15th August. Booking advised. Concessions available for students, seniors and groups. One Day Retreats and guided Pilgrim Path experience: dates in May and late August through September. Booking essential. All booking information at [www.loughderg.org](http://www.loughderg.org), email [info@loughderg.org](mailto:info@loughderg.org) or telephone 00353 71 9861518. Lough Derg, Pettigo, Co Donegal, P94 N289.

**Diocesan Pilgrimage to Fatima 2022, 8-15 Sept (7 nights),** led by Bishop Treanor. Pilgrimage directors Fr G. McCloskey PP & Fr Sean Gilmore PP. From £689 per person sharing. For bookings Joe Catney 028 9071 4001 / 07776 425631. See poster in porch

**Concert with Cappella Caeciliana,** presents a concert with orchestra, of gloriously uplifting music in the partially-restored Carlisle Memorial Church, Carlisle Circus, at 7.30pm on Sunday 19th June. Details and booking at [www.caeciliana.org](http://www.caeciliana.org) and Matchetts, Wellington Place.

**Precious Life - All-Ireland Rally for Life** takes place in Dublin on Saturday 2nd July. Make a stand to protect Ireland's unborn babies. Coaches travelling from towns across Northern Ireland. Book your seat today. Contact 02890278484 / 07592280522 or email [info@preciouslife.com](mailto:info@preciouslife.com)

**Annual Diocesan Pilgrimage - St Patrick's Mountain, Saul.** We are delighted to welcome Bishop Treanor back to celebrate our annual Mass on the mountain on Sunday 19th June at 3pm. This year is especially significant as it has been 90 years since the first sod was cut on the mountain by The Most Rev Dr Mageean, Bishop of Down & Connor in preparation for the statue to be built. The works were not completed until 6 years later. The first Pilgrimage then took place on Sunday 12th June 1938 when people travelled from all over to attend. And so began the tradition of an annual pilgrimage which became known as "Saul Sunday". In more recent years the numbers dwindled and the annual Mass was stopped. Fr Alexander and Bishop Treanor were keen to recommence the tradition, so in 2013 we celebrated Mass on the mountain once again. This became an annual event up until 2020 when the Covid pandemic meant we had to stop again. Thankfully, we can celebrate Mass this year and we invite everyone to come along and bring a picnic for after Mass. Feel free to bring a chair with you as there is very limited seating. Now we just need to hope and pray for good weather.

**Mary's Meals - Division and Black Mountain 5k/10k Walk.** Mary's Meals is currently feeding over 2.2 million children a daily school meal across 20 countries. Our annual 'Step by Step to Feed the Next Child' sponsored walk will take place on 25th June at 10.30 along the Division and Black Mountain Trails. 5k or 10k routes available. It's a great opportunity to walk in solidarity with the children Mary's Meals feeds while raising awareness and much needed funds. Registration will be in the Lower Carpark (Divis Road). All welcome to participate (under 18s must be accompanied by an adult). For more info contact Suzanne 07825449133, email [info@marysmeals.org](mailto:info@marysmeals.org) or visit [www.marysmeals.org.uk](http://www.marysmeals.org.uk). Free shuttle bus available see [www.ourplaceinspace.earth/belfast](http://www.ourplaceinspace.earth/belfast)

**A Prayer by Telephone.** The Sisters of Mercy "Bethany" 34 Point Road, Dundalk, Welcome any person who may wish to request prayer. All requests are confidential. Tel:00353429331602

**Volunteering.** As the disruption caused by the pandemic subsides and parish life returns to some level of normality, it is a good time for parishioners to consider how they might place their gifts and experience at the service of the parish community. We are always in need of singers and musicians, Ministers of the Word to proclaim God's Word at Mass, Ministers of Holy Communion, people who will commit to praying for the needs of our community, etc. Why not begin that conversation with the parish priest or a member of the Pastoral Council? There are all kinds of service to be done.

**An Irish Pilgrimage Guide to the Holy Land.** An Irish Pilgrimage Guide to the Holy Land is a new book by Michael Kelly, Editor of The Irish Catholic newspaper which explores the places associated with the life of Christ. Michael, who has led many pilgrimages to the Holy Land, says he hopes the book can also act as an 'armchair retreat' for people who cannot travel to the Holy Land bringing the Gospel to life for them. It is available now from all good bookshops, [www.columbbooks.com](http://www.columbbooks.com) or by calling 00353.1.687.4096. Price £14.99



## JOIN US ONLINE.



# WHAT'S IT ALL ABOUT?

**T**rying to activate an account recently proved a very frustrating experience for me.

You have to prove your identity, so you forage for photographic evidence like licenses, passport, utility bills and proof of address. Having had fourteen homes and changes of address so far in my life, the address part on a recent utility bill can prove a challenge. Even when you manage that, online access often has what's called, 'two-step verification'

to confirm that it is really 'you' accessing the account.

Mind you, as followers of Christ, we show proof of our identity in two ways also. Firstly in the Eucharist - the breaking of the bread - where we are nourished for the journey of life. Secondly in our concern for those who hunger and thirst for the 'food of life.' Giving them all that is needed to make life meaningful: food, shelter, love and care. You can't have one without the other. Physical or spiritual communion is verified by how we live out our life. When others see this, your identity as a follower of Jesus is confirmed.

### Next Sunday's Readings

1 Kings 19:16,19-21

Psalms 15:1-2,5,7-11

Galatians 5:1,13-18

Luke 9:51-62



Just as bread is a staple of life, faith and conduct are two sides of the same coin. But we live in a far more complex world. Take bread, for instance. They reckon there are over a hundred types of bread worldwide. A priest friend, on the occasion of First Communion, brings out before the children many kinds of bread: pitta, naan, bagels, croissants, right down to the humble brown loaf and sliced pan. It's amazing how the children can confidently name the more exotic breads compared to our childhoods. They live in such a time of choice – and not just of commodities like bread. From dictating the agenda of society and the pace of things in the parish, the institutional church will have

to take its place with others vying for the people's attention. It may be seen as too rigid, controlling, not spontaneous enough and with too many formalities and rules. Wishing things were different or fighting cultural change will not work. The work of Eucharist continues after reception in areas like poverty, inequality, racism and institutional greed.

After COVID it is probably true that people will attend less frequently. But if they're not involved in some other Christian group, like a prayer group, they risk losing focus. We can only offer our small offering of loaves and fish. From little, greatness is wrought at his hand. ■

– Tom Cox



## Reflection

*In which ways has God fed you?*



## Lesson

*The Eucharist, the most exalted of all the Sacraments, is essentially a meal, like the one that Jesus shared with the people in the meadow. It intends to bring us together not only with God but also with one another.*



## Prayer

*O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment thine. Amen.*



## This Week (20–26 June)

- 20 M** The Irish Martyrs
- 21 T** St Aloysius Gonzaga, religious
- 22 W** Ss John Fisher, bp, and Thomas More, martyrs
- 23 T** THE NATIVITY OF ST JOHN THE BAPTIST
- 24 F** THE MOST SACRED HEART OF JESUS
- 25 S** The Immaculate Heart of Mary
- 26 S** 13th SUNDAY IN ORDINARY TIME

