



## A DEEPER THIRST

**T**here's a lot of "pouring" going on today. First, there is the "love of God poured into our hearts" (Second Reading) and the slaking of a very physical thirst by Jesus when a Samaritan woman responds to the request "Give me a drink." The Holy Spirit does the first pouring and a very fragile human the second pouring. She had a bucket and no answers, and Jesus had answers and no bucket. The Canadian Catholic philosopher, theologian and humanitarian Jean Vanier often invites people to approach one another in that same spirit of humble request, "give me a drink", that we help each other and nobody dominates but live in a

respectful inter-dependency. Jesus born in the poverty of Bethlehem begins with a simple humble request while his real thirst is for a relationship with whoever he meets.

Pouring is a lovely active word. It calls to mind generosity and activity, flowing, moving and entering a container of some sort. And what exactly is being poured out is divine love. To be emptied to the last drop of blood and water on the cross as Jesus will be at Calvary. Life is about movement and when we stop, we are in danger of stagnation. Maybe if we could recall God's love flowing into us when we are frustrated, angry, discouraged or anxious.

(continued on back page)



### Living water

Like us, the Samaritan woman had a fractured life and many questions – there are big questions in life. We all need that “living water” that will make us open, enthusiastic, loving and searching. So many people in our world are running around looking for something, for love, for help. Ironically we seem to search for these things in splendid isolation. The Samaritan woman came to the well at the hottest point of the day (noon) precisely for that purpose. To this day people seek at the “wells” of

this world and are disappointed, with leaders in Church and State, with life, even with themselves.

### Spiritual search

I can't remember (or find) where I read the following, but I think it was Etty Hillesum who died in Auschwitz, who began her spiritual search as a secular Jew. She wrote (roughly) on the lines that “I am beginning to discover that I am a well and at the bottom is God and I can't reach, there is so much muck.” Like the Samaritan woman who brought an entire village to faith in Jesus, we need to ask: “How do we liberate ourselves from the rubbish in our life and know that I am loved?” ■

– Tom Cox

“Sometimes I long for a convent cell, with the sublime wisdom of centuries set out on bookshelves all along the wall and a view across the cornfields – there must be cornfields and they must wave in the breeze – and there I would immerse myself in the wisdom of the ages and in myself. Then I might perhaps find peace and clarity. But that would be no great feat. It is right here, in this very place, in the here and the now, that I must find them.”

– Etty Hillesum, *An Interrupted Life*

### THIS WEEK (20-26 March)

Mon	20	ST JOSEPH, HUSBAND OF MARY
Tue	21	St Enda, abbot
Wed	22	St Nicholas Owen; St Lea
Thur	23	St Turibius de Mogrovejo, bishop
Fri	24	St Catherine of Sweden, St Macartan, Bishop
Sat	25	THE ANNUNCIATION OF THE LORD
Sun	26	FOURTH SUNDAY OF LENT

### Readings

#### TODAY

Exodus 17:3-7  
 Psalm 94:1-2,6-9  
 Romans 5:1-2,5-8  
 John 4:5-42

#### NEXT SUNDAY

1 Samuel 16:1,6-7,10-13  
 Psalm 22:1-6  
 Ephesians 5:8-14  
 John 9:1-41



# St. Anthony's Parish, Belfast

PARISH PRIEST: Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald)  
3 Willowfield Crescent, BT6 8HP. Tel. 028 90458158. Mobile 07740603643.

Email: [h.mccann@downandconnor.org](mailto:h.mccann@downandconnor.org), [stanthonys@downandconnor.org](mailto:stanthonys@downandconnor.org).

[henrymccann@hotmail.com](mailto:henrymccann@hotmail.com). Website: [www.saintanthony.co.uk](http://www.saintanthony.co.uk)

**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)



## 3rd SUNDAY OF LENT

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

John 4:5-42

1. Jesus leads the woman along a wonderful journey towards a deeper, fuller human life. You can enter the story from the perspective of the woman. Recognise her resistance to growth, her complacency, her evasions, and her eventual acceptance, partial though it was, of Jesus. When have you, or others, made a similar journey in your relationship with God? With others? With your own self?

2. The woman is attracted by what Jesus is saying, but from very human motives: the thought of having water in such a way that she did not have to come and draw it from the well. We too are attracted to Jesus by very mixed motives, some of them matters of personal interest – belonging, community, security. What have been the human motives that have attracted you to faith, prayer, religion, church and which have been stepping stones to a deeper personal relationship with Jesus? Perhaps we can also see the same movement in the growth of some of our human relationships.

3. You can also enter the story with Jesus, the ideal leader, parent, teacher, or spiritual guide. Notice how he meets the woman where she is, needing her assistance; how he is patient with her, but also challenges her to grow to what she is capable of.

John Byrne OSA. Email [jb Byrneosa@gmail.com](mailto:jb Byrneosa@gmail.com)

### WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Patrick Gunn, Sofia Gaberova, Cliff Black, Molly Gubbins (mass on Sun 26th March at 11:30am), John McCann

Anniversaries: Bridget Curran, Fred McGreevy, Susan Gallagher, Fr Pat Gallagher (Sun 19th March at 11:30am)

### READERS AND EUCHARISTIC MINISTERS

Sun 19th March

READERS:

Vigil Mass: Maria Murphy & Anthony Clifford

Morning Mass: Margaret Sheppard & Margaret Woods

EUCCHARISTIC MINISTERS:

Vigil Mass: Ann Wright

Morning Mass: Margaret Sheppard

Sun 26th March

READERS:

Vigil Mass: Eamon Blaney & Carmel Blaney

Morning Mass: Sarah Corscadden & Kathryn Curran

EUCCHARISTIC MINISTERS:

Vigil Mass: Stephen Murphy

Morning Mass: James Henderson

**COLLECTIONS:** Many thanks for your contribution to last week's collection: Weekly £640.72, Monthly Stipend £64, Sick & Retired Priests £13, Shrines £166.40. New Boxes of Envelopes are being prepared before the end of March. 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.

Trocaire Lenten Collection Boxes are available in the porch.

Lent Programme 2017 for the South & East Belfast Pastoral Area. Please find in the porch a group parish timetable of Lenten Programmes available for the parishes in the Pastoral Area.

'Faith in the public square' Inaugural Conference of The Iona Institute Northern Ireland, Saturday, March 25th, 9.30 am - 1.30 pm, in St Brides Parish hall- Derryvolgie Avenue, Belfast. Admission is Free. Keynote

Speakers: Archbishop Eamon Martin Archbishop of Armagh & primate of all Ireland Baroness Nuala O'Loan. Time table:

#### Timetable

9.30 Registration tea/coffee

10.15 Welcome - Alban Maginness

10.30 Keynote Address -

Archbishop Eamon Martin : 'The

importance of speaking out in the

public square'

11.00 Questions

11.15 Break

11.30 Baroness Nuala O'Loan :

'The role of faith schools in a pluralist society'

12.00 Questions

12.15 Tracy Harkin :

'Communicating the right to life'

12.45 Questions

13.00 David Quinn : Concluding

remarks. To register: Please email

[info@ionainstitute.ie](mailto:info@ionainstitute.ie) or phone 00

353 1 661 9204.

Edmund Rice Schools Trust Annual Foundation Lecture, "Challenges and Opportunities for Catholic Tertiary Education in Today's Society," in St Mary's University College, Belfast, Wed 29th March at 7:30pm. Speaker: Professor Peter Finn, President, St Mary's University College. RSVP by 24th March. 028 90333205, or [erstni@live.com](mailto:erstni@live.com).

Divine Mercy Holy Hour, Thursday 30th March 2017 7.30pm, Church of the Nativity. Exposition of the Blessed Sacrament, singing of the Divine Mercy Chaplet, Mass 8pm

Carmelite Pilgrimage to Lisieux 2017 Thursday 28 September to Monday 2nd November 2017. (4 nights). In Lisieux for the Feast Day Celebrations including the Torchlight Procession of St Therese Relics. Leader: Fr David Weakliam O. Carm. Cost 668 plus insurance 25. All correspondence to St Therese National Office, 56 Aungier Street, Dublin 2, Ireland. Tel (01) 8387281. Email: [info@sttherese.com](mailto:info@sttherese.com). Flyers in porch.

Catholic Grandparents Association. 1st Annual Retreat/Conference - 26th & 27th April 2017. THEME - Helping our Children and Grandchildren to know, love and serve God in these highly secularised times. Venue - Dominican Retreat Centre, Tallaght Village Dublin 24. Day only and overnight attendance options available. Inspiring talks, lively discussion - Speakers including Fr. Benny McHale. Contact Connie at 098 24877. or [catholicgrandparents@gmail.com](mailto:catholicgrandparents@gmail.com).

Taught Not Trafficked—SOLD This coming Wednesday 22nd March, at 7pm, held in the Great Hall at Queen's University Belfast, Childreach International are hosting a showing of SOLD – an incredibly powerful film that shines a light on one of the biggest human rights issues of our time, human trafficking and modern day slavery. SOLD follows the story of a young Nepali girl named Lakshmi who is sex trafficked to India. The film is directed by an Academy Award Winner and stars Gillian Anderson – and we are taking it on a 12 stop tour to shine a light on modern day slavery before the film goes on general release. In Belfast, the film will be followed by a panel discussion including Julie Wilson (Head of the Organised Crime Branch and the Human Trafficking Team within the NI Department of Justice), Gemma Brown (Chair of the No More Traffik board), Clare Bailey (MLA for South Belfast from the Green Party) and myself (Taught, Not Trafficked Campaign Manager) bringing the issue from Nepal and India right to the heart of Belfast. Tickets can be reserved via the campaign's website: [www.TaughtNotTrafficked.com](http://www.TaughtNotTrafficked.com) or guests can turn up on the night if tickets are still available.

Blessing of the Pipe Organ and Concert with the Palestrina Boys Choir. Friday, 7th April at 7:30pm in Our Lady of the Assumption Church, Newcastle. Come and join us as we prepare to enter Holy Week with an exquisite repertoire of music sung for us by the highly acclaimed Palestrina Boys Choir of the Pro-Cathedral Dublin led by their conductor, Blánaid Murphy. This concert is in support of the Pipe Organ Fund. No cover charge or tickets necessary, a retiring collection will be taken up. Please note the date for your diary.

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.