


Parish Newsletter

FIRST SUNDAY OF LENT | 10 March 2019
Cycle C | Issue 15



EASTER IS APPROACHING – FAST!

In the Irish language, it's interesting that two days of the week refer to fasting ... Ceadain (Wednesday) and Aoine (Friday) which literally translate to 'first fast' and 'the fast'. Some say it came from the Latin word 'ieiunum' or fast. The practice in Christianity used to be fasting from meat on two days of the week. We've come a long way since. One of the

problems that the producers of the film *Black '47*, which has the Irish Famine as its backdrop, had was that of finding suitably thin film extras. Whatever about material plenty in the Land of Saints and Scholars, have we become spiritually impoverished, despite so many people claiming they're 'spiritual but not religious'? Fasting at least was an outward sign of an inner journey.

Today's Readings



Deuteronomy 26:4-10
Psalm 90:1-2.10-15
Romans 10:8-13
Luke 4:1-13

Next Sunday's Readings



Amos 7:12-15
Psalm 138:1-3.7-10.13-14
1 Thessalonians 2:2-8
Luke 5:1-11

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The First Reading has Moses remind the people that in Egypt they weren't free. It was the place of 'not enough'. They were at the mercy of Pharaoh, who meted out ill-treatment and on whom they depended. When you have to rely on anyone but God – you are not free. In the Gospel Jesus was tempted by food (turn stones to bread), power (worship me – I will give you glory) and independence (throw yourself down). If you're reliant on the attention and adulation of others (how many 'followers' or 'likes' you get) then you're essentially a slave.

There are Irish teenagers who spend hours composing a selfie, in the hope that when published online, it will generate sufficient 'likes'. If it doesn't the impact on them can be devastating!

While Lent is a time for some serious reflection, it's not a time for morbid, external shows of piety. If we choose wisely it can be a time of great joy – to show that we belong to Christ, not to anyone else. There is a legend of the Phoenix; It's an imaginary eagle-like bird. It lived in the Arabian Desert and was consumed in a great fire. You will find artists depicting the phoenix rising up majestically from its own ashes. For the Egyptians, who enslaved the Hebrews, it symbolized the daily return of the sun. For Christians, it became a symbol of Easter: Christ's resurrection and their own. Today we have begun that Lenten journey to Easter. We begin in the desert of temptations, a place of stark choices that mould us as we go on to the light of Easter. ■

– Tom Cox

Reflection

To what extent has your hunger for power, control and attention caused you to harm others and yourself?

Lesson

God saves us through the cross of Jesus.

Prayer

Lord Jesus, as I begin the desert journey of Lent give me strength and courage. Stay with me in time of temptation. Do not allow me to give way to greed but lead me to generous service. Amen.

Grace is not part of consciousness; it is the amount of light in our souls, not knowledge nor reason.

– Pope Francis

This Week (11-17 March)

- 11 Mon** St Aengus, bishop and abbot
- 12 Tue** St Maximilian of Tebessa, martyr
- 13 Wed** St Euphrasia, virgin
- 14 Thur** St Leobinus, bishop and abbot
- 15 Fri** St Louise de Marillac, foundress
- 16 Sat** St Abban, abbot
- 17 Sun** SECOND SUNDAY OF LENT/ ST PATRICK



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

PN15C

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)



1ST SUNDAY OF LENT—YEAR C

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

Luke 5:1-11

1. Jesus invites Peter to put out the net again, and Peter does so though he thinks it pointless. When have you felt it was pointless to stick with a task, but did so nonetheless and been surprised by results? We never know when our efforts are going to bear fruit.

2. 'Push out into the deep.' The invitation is to go out into unfamiliar waters, where we are not sure what will happen, where we feel uneasy and our safety is not assured. When have you responded positively to that kind of an invitation and got positive results you did not expect?

3. The story gives us a glimpse of what prepared the disciples to follow Jesus. They were helped by the compassion and concern of Jesus (who cured Peter's mother-in-law); attracted by his work and teaching; and witnessed the power of God at work through him. This led them to 'leave everything and follow him'. What has been the story of key decisions or turning points in your life? Who was Jesus for you in those situations?

John Byrne OSA. Email jpbyrneosa@gmail.com

WE REMEMBER OUR DECEASED LOVED-ONES

Anniversaries: Brigid Curran, Mary Hughes, Terence McCann, Patrick, Catherine & Tommy Bell & Tommy Bell Jr, Fred McGreevy (Sat 9th March at 6:30pm), Susan Gallagher (Sun 10th Mar at 11:30am), Fr Pat Gallagher (Sun 17th Mar at 11:30am)

READERS AND EUCHARISTIC MINISTERS

Sun 10th March

READERS:

Vigil Mass: Anthony Clifford

Morning Mass: Loretta Watson & Kay Dunn

EUCHARISTIC MINISTERS:

Vigil Mass: Sean Rafferty

Morning Mass: Louis Corseadden

Sun 17th March

READERS:

Vigil Mass: Carmel Blaney

Morning Mass: Tracey Mallon & Eileen Dunn

EUCHARISTIC MINISTERS:

Vigil Mass: Ann Wright

Morning Mass: Margaret Sheppard

COLLECTIONS: Many thanks for your contribution to last week's collections: Monthly stipend £521.10, Weekly Collection £38.50, Shrines £56.46

BBC Radio Ulster Broadcast Mass. A great thank you to all who supported, and contributed and took part in this celebration. Thanks to the Choir and the 80th Anniversary Committee. It was a beautiful occasion and a blessing on the Parish. May God continue to bless us.

Lenten Stations of the Cross. Every Friday in Lent after 7pm Novena Mass.

Trócaire Lenten Campaign 2019: Living in Fear. Trócaire, the Irish overseas development agency, has launched its annual Lenten appeal with a dramatic new ad campaign that highlights the impact of its work with families in developing countries. For further information visit www.trocaire.org. You can support the Lent Campaign now by picking up your 2019 Trócaire Box in the Church Porch.

Lenten Pioneer Pledge. Many people choose to abstain from alcohol during Lent. Why not take this opportunity to perhaps help yourself or someone you know with an alcohol or drug problem by offering your sacrifice for freedom from addiction? Please consider taking the short term Lenten Pledge and make a difference to someone's life. Register your pledge with local Pioneers and say the daily prayer. Prayer: " I

promise in honour of the Sacred Heart of Jesus and with the help of the Blessed Virgin Mary to abstain from all alcoholic drink during Lent."

The Iona Institute NI welcomes you to our upcoming conference, "The Future of Conscience in an Age of Intolerance" on Saturday 30th March 2019. 10 am - 1.30pm (Registration opens 9.30am). Wellington Park Hotel, Malone Road, Belfast BT 9 6RU. £10 Adults £5 student (includes tea/coffee/scones). Speakers include Nuala O'Loan (DBE), Dr Helen Watt (Ansombe Bioethics Centre Oxford) Benedict O'Floinn SC, and David Smyth (Evangelical Alliance). To book or to request further information, please email ionainstitute@gmail.com or call 02892646861

'Strictly Come Dancing' in aid of the Lourdes Pilgrimage. Join us for a superb evening of fun and entertainment in Carryduff Parish Centre on the 15th March 2019 at 7.30pm. Ticket: £15 for Adults, £7.50 for children. Can be ordered through the Carryduff Parish Office on 028 9081 2238 or drumbo@downandconnor.org.

Drumbo & Carryduff Parish Pilgrimage To Rome, Assisi & Cascia. Spiritual Directors- Fr Conor McGrath Fr Dominic Mc Grattan. Due to cancelations spaces have become available. Including Divine Mercy Sunday in Rome. 6 Night Pilgrimage to Assisi, Cascia, Rome & Vatican City, 27 April- 03 May 2019. Package price from £945.00 pps. Single rooms now available. Application form available in the Parish Office on 90812238 opt 2.

Special Belfast Christmas Pilgrimage to the Holy Land. Also **Special Belfast Pilgrimage to the Holy Land 31st October for Halloween 8 nights** Taking in Bethlehem, Jerusalem Mount Tabor, Cana, Nazareth, Jericho, River Jordan, Dead Sea and Sea of Galilee. Also **Special Belfast Fatima / Lisbon Pilgrimage for Feast Day of Saint Anthony 9th/14th June Full Day trip to Lisbon** Prayers, Mass and Hungarian Stations of the Cross in Fatima. Contact James Treacy 00353860572216

Preparing For Lent in Holy Rosary Parish: Lenten Talks exploring the question, "What is Catholicism?" will be presented in Holy Rosary Parish Community Centre each Tuesday evening during Lent. They will be given by the Rev Anthony Briody from Donegal. (Deacon Anthony will be ordained next summer as a priest for the Raphoe Diocese and is at present working with Living Church while also studying in Maynooth).

Shalom Retreat - Friday 5th to Sunday 7th April in Drumalis Retreat Centre, Larne. Be a part of this exciting weekend where you will rekindle your identity in Christ! Prayer, praise, reconciliation, Mass and encouragement for the journey ahead. A retreat that will shine the light of Christ into your heart and lead you to forgiveness, freedom and healing. Book now £150 per person. Full board with coffee/tea breaks. Register at www.shalommedia.org/retreat or contact Roshni George T:07737 430 680 or Jacinta T:07756 225 114.

Missionaries of Africa (White Fathers). Fr John O'Donoghue, MAfr, will be visiting St Anthony's Parish on the weekend of March 30/31st for the mission appeal. They are one of the groups who make a direct appeal to the people present at mass to contribute to our missionary efforts in a second collection. We look forward to welcoming Fr John and we hope you will be as generous as you can.

Food Bank. We are again collecting toiletries and non-perishable foodstuffs as part of a Food Bank working with local parishes. If you would like to contribute, please place items in the bags provided.

Beloved Disciples. An inspiring course on 'Spirituality for the over Sixties'. Pope Francis has been reminding us all that 'older people are a treasure'. This profound and enjoyable four week course will help many to feel new value and serve with fresh confidence. Starting on Tuesday 12th March in St Matthew's Presbytery, Bryson Street, Belfast at 10.30am. All 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.