



TRANSFIGURED IN PRAYER

It's commonly held that the Transfiguration experience on Mount Tabor was to help the disciples in the impending difficult times: that a glimpse of glory would help them endure times of pain.

Sometimes we all need those moments as we wonder about the purpose and pattern of trials in our life. Mind you, of the three (Peter, James and John) who came up the mountain

and glimpsed the glory, only one (John) would stand by Jesus in the time of trial. This comes as a certain relief to me as I sometimes find that people make amazing assumptions about priests and their spiritual life. Sometimes I don't pray as much as I should or even could; sometimes I'm truthful and sometimes I'm not. But the Lord never chooses the qualified; he qualifies the ones he chooses. If he can choose to reveal himself to weak and fragile humanity as he did on Mount Tabor, he can do it for me.

Life has changed. The modern pilgrim can ascend Tabor on a winding road

Next Sunday's Readings



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

by Mercedes Taxi screeching around the hairpin bends. But some of us had a sweaty climb up the 2,000 feet of Tabor. But, whatever your means of transport, the experience of life is a great leveller. Rich or poor, we have in our common humanity the shared experience of joy and sorrow.

In his dream-like poem, 'The Lotos Eaters,' Alfred Tennyson describes a sense of weary resignation, in face of the passing years:

*Let us alone. Time driveth
onward fast,
... Let us alone. What is it that
will last?
All things are taken from us
and become
Portions and parcels of the
dreadful past.*

The Christian believes that every life journey is going somewhere. It's

not a treadmill experience that has a terminal point with death. We are pilgrims, moving onwards as ever, towards the land of promise. As St Paul says in the second reading, we have our fair share of 'hardships' and setbacks along the way. And in the end, if we are faithful, we will share the total joy of joining Christ in glory as the reward of life's pilgrimage.

I am reminded of my beloved River Shannon that I have lived beside most of my life. My good friend Eamon (RIP) taught me to learn from the river - not to rush from point to point, cramming in experiences, but to savour and live each moment. When you rush you do harm. Tabor moments are to be savoured, and not sped through. ■

- Tom Cox



Reflection

Place yourself on the mountain and feel what takes place there.



Lesson

Jesus comes to his frightened disciples and touches them. The touch of Jesus always encourages, gives life and heals.



Prayer

Glory to you, O Lord Jesus, in the splendour of your Transfiguration.



This Week (9-15 March)

- 9 M** St Frances of Rome, religious
- 10 T** St John Ogilvie
- 11 W** St Aengus, bishop and abbot
- 12 T** St Maximilian of Tebessa, martyr
- 13 F** St Euphrasia, virgin
- 14 S** St Leobinus, bishop and abbot; St Matilde
- 15 S** THIRD SUNDAY OF LENT



St. Anthony's Parish, Belfast

PARISH PRIEST: Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald)

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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)



SECOND SUNDAY OF LENT

The water I shall give will become in you a spring of water welling up to eternal life.

Lord,

when you told the woman at the well everything about her life, we think of our own lives as well.

You know each of our ins and outs too: when we sit and when we stand;

when we yearn for light, love, beauty and peace, for worship of you in Spirit and truth!

Lord, so often we stay dry!

Come, Oh Lord Jesus, quench our thirst for life in your living love.

Anne Osdieck

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Mary Begley, Jimmy Doran, Fr Gerard McConville, Martin Hourican, Geraldine McStravick

Anniversaries: Ernest Young, Betty McParland, Brigid Murray, Brigid Curran, Mickey Gallagher, Mary, Susan Gallagher (Sun 8th March at 11:30am), Fr Patrick Gallagher (Sun 15th March at 11:30am)

READERS AND EUCHARISTIC MINISTERS

Sun 8th Mar 2020

READERS:

Easter Vigil Mass: Ann Flanagan

Morning Mass: Loretta Watson & Eileen Dunn

EUCHARISTIC MINISTERS:

Vigil Mass: Frank Doherty

Morning Mass: Séamus Monaghan

Sun 15th Mar 2020

READERS:

Vigil Mass: Anne Wright

Morning M Kay Dunnass: Margaret Woods &

EUCHARISTIC MINISTERS:

Vigil Mass: Sean Rafferty

Morning Mass: Louis Corscadden



COLLECTIONS: Many thanks for your contributions to last week's collection: Monthly Stipend £633.95, Shrines £80.53

CORONA VIRUS (COVID-19) UPDATE The Irish Episcopal Conference advised by the Public Health Agencies in both jurisdictions, wish the following to be put into practice until further notice:

*Suspend the Sign of Peace

*During Mass only the celebrant should receive from the Chalice

*Holy Communion should be administered into the hands only and NOT onto the tongue

*Holy water fonts should be drained and not used

*The Extraordinary Ministers of Holy Communion should wash their hands with particular care before and after distributing Holy Communion

These practices complement the normal ideals of good hygiene of use of hand-gels, good hand-washing routines, and use of disposable handkerchiefs (to be binned after use, and hands then washed), disinfecting door handles, tables and surfaces. Of course, if you have flu symptoms or other health compromises, it is advised that you do not be present at Mass until you recover.

The following web-links will provide further information regarding best sanitary practices:

• https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/religiousettingsguidance/COVID%2019_Guidance%20for%20religious%20services%20V1.pdf

• <https://www.publichealth.hse.ie/news/covid-19-coronavirus>

Please see Large Poster from the Public Health Agency in Porch

Lenten Programme at St Anthony's: Stations of the Cross after the Friday Novena Mass to Our Lady of Perpetual Help (13th, 20th March, 3rd April). A Prayerful Reflection on the Seven Last Words of Jesus on the Cross Tues 24th March at 8pm.

NO GREATER LOVE 'No Greater Love' is a Lenten programme, based around a series of five short films shot on location in the Holy Land, as we walk step-by-step with Jesus through the scriptures, from the garden of Gethsemane to Mount Calvary. A number of parishes in the Pastoral Area are providing the course:

A) St Colmcille's (Ballyhackamore) Parish Hall, two options:

Option 1: Wednesdays 7.30pm - 9.00pm: continues 11th March and, 18th, 25th March & 1st April.

Option 2: Or Fridays 10.15am - 11.30am: continues 13th March and, 20th, 27th March & 3rd April. Contact 028 90654157

B) St Malachy's Parish Centre (beside the Church) Thursdays Time: 7 - 8.30pm Tea & Coffee will be provided during the session To book a place and for further information please contact Fr. McGinnity or Parish Office- 028 90321713

C) St Bernard's Primary School, Tuesday Evenings beginning 8.15pm-9.30pm. (No meeting on 17th March) Contact 028 90642446

Lenten Pioneer Pledge. Many people choose to abstain from alcohol during Lent, to pray for or make a sacrifice for, someone you know with an alcohol or drug problem. 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."

A Lenten Soup & Bread lunch will be available again this year in the Parish Centre at the Good Shepherd Church, Ormeau Road throughout Lent. It will be served each Sunday between 12.30 - 2.30pm beginning 1st March and ending on 5th April. A sale of ceramic crafts, made by a member of our parish community, will also be available. All voluntary donations/funds raised from the sale will go towards TROCAIRE, Mary's Meals and Sharing Fair. Please join us to help support this crucial work.

Lent at Tobair Mhuire:

Lenten Scripture Course with Fr. Oliver Treanor. A four week series continues on the Wednesdays of Lent, in which Fr. Oliver Treanor invites us to see the meaning of the Cross in God's plan and as a way of achieving the fullness of life. Begins at 7.30pm and concludes at 9.00pm sharp. Voluntary Donation.

Take Off Your Shoes - You are Standing on Holy Ground! A three week course, continues March 8th, March 15th, to explore the beauty of Eucharistic Adoration and ways of developing best practice in our personal lives and in our parishes. Led by: Fr Tom Scanlon CP. Time: 3.00pm - 5.30pm each day. Voluntary Donation.

DIOCESAN VOCATION WEEKEND Have you ever considered the possibility that God is calling you to the priesthood? If so, take this opportunity to gather with other men who are discerning a vocation to the priesthood. This retreat will create the time and space to help you discern God's calling in your life. The retreat will take place in Drumalis Retreat Centre, from Friday 6th - Sunday 8th March 2020. If you wish to attend this retreat or would like further information contact: Fr. Kevin McGuckien, 23 Hannahstown Hill, Belfast, BT17 0LT (02890614567) Email:k.mcguickien@downandconnor.org.

Master Iconographer, Theodore Papadopoulos from Greece, will be holding an Icon Painting Workshop at the Alexian Brothers' Monastery in Knock from 28 September to 3 October 2020. For registration and more information visit: www.theodoreicons.com/knock or call Brother Dermot at: 00 353 949376996 (10 am to 12.30 pm daily).

The Inter-faith Sub Group of the Safeguarding Board for NI presents a conference on The Role and Impact of Social Media on the lives of children and young people within the faith sector, Tue 28th April, Trinity Methodist Church, Ballymacross Ave, Lisburn BT28 2EA. 9.30am Registration, 10.00am Start of programme. Finishes at lunchtime, lunch is provided. Cost: Free, funded by the SBNi. To book a place contact Nikki O'Neill at SBNi on 028 9536 1792 or Nichola.O'Neill@hscni.net. See flyers and poster in porch.

SMA Retreat and Conference Centre, Dromantine Lenten Days of Recollection 'Lord, open my heart as wide as it can open' led by Fr. Damian Bresnahan SMA, Sat. 14th March, 9.30am - 5.00pm inc. Lunch - £25

'Remember - you're worth it!' led by Fr. John Gallagher SMA, Sat. 28th March, 9.30am - 5.00pm, inc. Lunch - £25

Holy Week Retreat Wed. 8th - Easter Sun. 12th April, The SMA Community, Dromantine invites you to join in reflectively celebrating the Easter Triduum, beginning with the Seder Meal. Cost £260 / £290

Novena to St Patrick, 8th-16th March. Pray for a renewal in Catholic faith in Ireland. Novena sheets available in the Church porch.

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.