



WELL MET, WELL BLESSED, WELL GIFTED!

I've seen, read and heard so much over the years on this Gospel encounter of Jesus with the Samaritan woman. Some have focused on her situation, her sin, her race (Samaritans were a despised minority). But I've never heard what happened to her later, as also in the case of a whole host of people in the New Testament. What about that Ethiopian court official that was baptised. Or the Gerasene demoniac? Did they become the seed of new churches? Were they missionaries or martyrs?

As I said, we never really know what happened to her. Thankfully, unlike these modern times we live in, Jesus was comfortable talking to her alone. The Orthodox Church honours her as



FIND OUR 'LIVING WATER'

Jesus' message to the woman at the well reminds us of his first miracle at Cana, where he changed water into wine. Today, he promises us 'living water where we will never be thirsty again ... a spring inside ... welling up to eternal life'. When his grace is poured into us, into our marriages, it can overflow, strengthening us, reaching out to others.

- *Marriage Matters*

www.twainoneflesh.org.uk

Next Sunday's Readings



1 Samuel 16:1.6-7.10-13
Psalm 22
Ephesians 5:8-14
John 9:1-41

St Photini - a beautiful name that literally means 'shining with light'. We can be grateful that Christ wasn't nationalistic, that he broke religious traditions and shuns cultural biases to love the world. He broke religious and cultural protocol to demonstrate love. I like to think he was simply tired and thirsty. So was she but in a different way, being 'tired of it all' - the pretence, the avoidance.

Physical thirst and hunger are great levellers and, along with fatigue, cut through a lot of our layers. So a real encounter came about between the two thirsty and physically and emotionally exhausted people. St Augustine called this meeting 'matters full of mysteries and pregnant with sacraments'. I like the idea that each encounter is sacred and life-bearing. Maybe we need to learn the lessons from Jesus and the

Samaritan woman to show up where we're not expected and start talking to people who are different from us. The Scottish Jesuit Tom McGuinness, SJ, puts it beautifully in his song about this Gospel (John 4), which has Jesus waiting worn out and tired with no pretence or falsehood by the wellspring of our lives:

To share your living word with us, a spring of hope to build our lives upon and you ask with quiet courtesy for water to be drawn from the precious depths, we cover to protect ourselves from harm then you touch the surface of the water from our well and then you offer everything transforming all we share.

It was literally a blessed encounter. Jesus and the Samaritan woman were well met, well blessed and well gifted. ■
- Tom Cox



Reflection

Contemplate the weariness and thirst of Jesus sitting by the well at noon.



Lesson

The living water Jesus is offering is much more than abundant water gushing up from a well.



Prayer

Lord Jesus, you are presented today as someone whose word reaches out to all people without exception.



This Week (16-22 March)

- 16 M St Agapito
- 17 T ST PATRICK, BISHOP
- 18 W St Cyril of Jerusalem, bishop and doctor
- 19 T ST JOSEPH, HUSBAND OF VIRGIN MARY
- 20 F St Cuthbert, bishop
- 21 S St Enda, abbot
- 22 S FOURTH SUNDAY OF LENT



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)

THIRD 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: Fr Gerard McConville, Martin Hourican, Geraldine McStravick, Christina Coates (Lisnabreeny Rd East—Funeral Wed 18th March 11:30am St Malachy's)

Anniversaries: Brigid Curran, Mickey Gallagher, Mary Dowey, Mary Hughes, Susan Gallagher, Bridget Coyle, Patricia McDonnell Nwoga, Fr Patrick Gallagher, (Sun 15th March at 11:30am)

READERS AND EUCHARISTIC MINISTERS

Sun 15th Mar 2020

READERS:

Vigil Mass: Anne Wright

Morning Mass: Margaret Woods & Kay Dunn

EUCHARISTIC MINISTERS:

Vigil Mass: Sean Rafferty

Morning Mass: Louis Corscadden

Sun 22nd Mar 2020

READERS:

Vigil Mass: Clodagh Doyle

Morning Mass: Margaret Sheppard & Kathryn Curran

EUCHARISTIC MINISTERS:

Vigil Mass: Ann Wright

Morning Mass: Margaret Sheppard



COLLECTIONS: Many thanks for your contributions to last week's collection. Monthly Stipend £704.20, Shrines £89.35

As new boxes of envelopes are being prepared for next weekend, we would like to ask if anyone changed address or would like a box of envelopes, please contact Fr McCann as soon as possible.

Feast of St Patrick: Mass Mon 6:30pm and Tues 17th March Mass at 9:30am (Though normally a Holy Day of Obligation, the obligation has been suspended)

Lenten Programme at St Anthony's: Due to the Covid-19 (Corona Virus) crisis the Stations of the Cross after Friday evening masses, and the proposed Parish Retreat on the '7 Last Word of Jesus On The Cross' for Tues 24th March HAVE BEEN CANCELLED. The text of the Reflection for the Retreat will be made available to take home for personal prayer and meditation. (see note from Diocese)

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 (having checked they are still running):

A) St Colmille's (Ballyhackamore) Parish Hall, two options:
 Option 1: Wednesdays 7.30pm – 9.00pm: continues 18th, 25th March & 1st April.
 Option 2: Or Fridays 10.15am – 11.30am: continues 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.

If you are worried about attending, the course can be viewed from the following link:
<https://study.ascensionpress.com/study/play/timelock/C4EtCSMAxKzyQ7ID9cyZuhhOHGqjQqdoj3gfqacOYVqVuzL.FHK>

A Lenten Soup & Bread lunch in the Parish Centre at the Good Shepherd Church, HAS BEEN CANCELLED IN RESPONSE TO THE COVID-19 (CORONA VIRUS) CRISIS

Classical Concert at QUB Catholic Chaplaincy. An evening of classical music to celebrate the arrival of its new Wells-Kennedy Pipe Organ. Performers include organist Niall Leonard, Queen's Chamber Choir conducted by Donal McCrisken and soloists from St Malachy's College. The programme features music by Palestrina, Mozart, Gjeilo and others. Admission is free with a retiring collection in aid of the Organ Fund. Friday 20th March at 7.30pm. Everyone welcome.

CORONA VIRUS (COVID-19) UPDATE, AS OF 13/03/20.

As well as the former directions below which continue:

- *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 - (see update below)
 - *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/religioussettingsguidance/COVID%2019_Guidance%20for%20religious%20services%20V1.pdf
- *<https://www.publichealth.hscni.net/news/covid-19-coronavirus>

Further advice has been given from the Diocese concerning liturgies and hygiene practices (which may be updated as necessary):

"Every member of our parish community is rightly concerned about the Covid-19 virus and its possible impact on our health and day to day life. Each of us can play our part by following government advice about good hygiene, protecting ourselves from infection and minimising the risk of spreading the virus to others. As part of this we have stopped offering the 'Sign of Peace', but continue to pray for peace at each Mass. We also request that Holy Communion only be received on the Hand and the Chalice will not be shared. If you have concerns about receiving Holy Communion in the hand, then talk to your parish priest before Mass. As a community of faith, we pray that we might be kept safe from this virus and that all affected by it in any way will know God's grace and strength.

The obligation to attend Mass: Considering the current situation, all the faithful are dispensed from the obligation to attend Mass on Sunday and Holy Days of Obligation. Parishes should do all they can to raise awareness of available opportunities to participate in Mass via radio, TV, webcam etc. *(NB Diocesan website www.downandconnor.org)

Mass will continue to be celebrated publicly until advice from the public health authorities indicates that we should determine otherwise.

Weddings: Weddings may continue to be celebrated until further notice, couples and their guests should adhere to the Public Health advice. Parishes should do all they can to facilitate those couples who wish to discuss the arrangements for their marriage ceremony or postpone it to a later date.

Baptisms: Baptisms will continue to be celebrated until further notice, with the modifications to the liturgy set out in the accompanying document in place. Families are requested to restrict the number of guests attending the Church to a minimum and to adhere to the public health advice.

Funerals: Every Catholic is entitled to a Christian funeral. Until further notice, funerals will continue. Bereaved families, mourners and those who wish to offer sympathy should adhere to public health advice and consider (in the case of mourners who are not family members) whether their attendance at the Funeral is essential.

Meetings, seminars, courses and retreats: Organisers should consider whether such events are essential at this time, if not they should be cancelled. For essential meetings consider the possibility of using conference calling or web-based meetings. Persons vulnerable to infection should not be required to attend such meetings."

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.