



St. Anthony's Parish, Belfast

PARISH PRIEST: Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald)
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PUBLIC MASS TIMES IN THE COVID-19 ERA
(will be under assessment and review)

Saturday Evening at 6.30pm. (English Parish Mass)
Sunday Morning (in Polish): 9am, & 7pm. (English Parish Mass): 11.30am
Weekdays: Tues & Thurs at 9.30am. Fri at 7.00pm. **All Public English Masses on Facebook.** Polish Weekday Masses: Tues & Thurs 7pm, Sat 9am
Private Mass (on Facebook Mon 9:30am)
Confessions: By Arrangement. **Baptisms:** By Appointment



4th SUNDAY OF LENT (Laetare Sunday)

For God so loved the world ... (John 3:14-21)

Nicodemus came to Jesus at night. His heart ached to know more about God. So Jesus explained to him and to us, how God loved us first.

For God so loved the world that he gave his only son.

We know how much it cost the Father. In the story of Abraham and Isaac we can see how Abraham felt before God said to stop.

Now we know how God felt when offering his Son.

God loved us that much. God loved us first.

He knew we needed Jesus, whom we can see and touch and love.

Thank you, God, for love incarnate

Anne Osdieck

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Theresa Spence (mother of Fr Michael) Canon Brendan McGee

Anniversaries: Patrick Gunn, Claire Burke, John & Bridget Rooney, Terry & Theresa McCann

COLLECTIONS: Many thanks for your support. New boxes of envelopes are being prepared. DONATE £45. **Online Donate Button on Website** If you would like to hand in envelope donations please contact Fr McCann to arrange.

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.

4 WEEK EXTENSION TO THE LOCKDOWN—Statement by the Northern Catholic Bishops about the extension of the Covid-19 Shutdown by the Northern Ireland Executive to 5th March 2021. [Now extended until 1st April] {SUMMARY}

•“.....In the light of this decision,the celebration of the Eucharist and other liturgies should continue to take place without the physical presence of the faithful. Marriage, funeral, baptismal liturgies and drive-in services may continue (subject to strict safety guidelines and regulations). Baptisms 4 adults plus child, Funerals/Weddings 25 with no functions before or afterwards.

•Arrangements for recording and/or livestreaming and making individual visits for private prayer are also permissible in accordance with regulations.

•We encourage parishes, where possible, to continue to broadcast the celebration of Mass - and other devotions and prayer services - online and on other media, knowing that faith and prayer can be a tremendous support to individuals and society during these difficult times.

For more information on the NI Executive Covid-19 Lockdown extension see <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

Diocesan Masses and Services on webcams/online. See list at: www.downandconnor.org including link to **Parish of St Anthony, Belfast** Facebook page for Live broadcasting of Mass. Times of Mass for Weekend and Weekday are: **English: Sat vigil 6:30pm, Sun 11:30am, Mon (Private), Tues & Thurs 9:30am, Friday 7pm (Facebook Live)**

NB Mass on St Patrick's Day, Wed 17th March 2021 at 9:30am.

Lent 2021 Some suggestions for Lent:

- Take a temporary pledge to abstain from alcohol.
- Attend a parish Lenten Course via Zoom. eg St Patrick's (see below), or Via Dolorosa on Wednesdays of Lent (see below)
- Join in Parish Consecration to St Joseph from 15th February until 19th March. Search for "Consecration to St Joseph"
- Donate to Trócaire via a Trócaire Box or www.trocaire.org. Build your own Trócaire Box <https://www.trocaire.org/wp-content/uploads/2021/02/Make-your-own-Box-Lent-2021.pdf> The official Trócaire Boxes have arrived and I hope to have some to distribute them.

Be a part of Census 2021 - Census Day is Sunday 21 March 2021. This year you can fill in the census online, any time. See www.census.gov.uk ni

LENTEN PIONEER PLEDGE 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 Saint Vincent de Paul can be contacted by anyone who feels they need assistance, financially or otherwise, and we appreciate a lot of people need material assistance over the winter. The contact number is 02890351561, and the local conference will contact you. You can also contact us online and Donations can be given online at <https://www.svp.ie/stbernadettessouthhandeastbelfastappeal>

Lenten Talks from St Patrick's. FROM COVID TO LIGHT 'The one who has hope lives differently; the one who hopes has been granted the gift of a new life.' – Pope Emeritus Benedict XVI.

A Zoom Conference which journeys 'From Covid to Light' through the lens of Faith and the Gospels of Lent.

Each Tuesday during Lent, we invite you to join us on this Lenten journey.

Each talk will begin with some prayer followed by our invited

Guest's input for approx. 20 mins, concluding with some Q and A and a Prayer.

DATES	SPEAKER	THEME
Tuesday 23 rd February 2021	Fr James O'Reilly	The Wilderness of Covid
Tuesday 2 nd March 2021	Sr. Eileen O'Connell OP	Listen to Him
Tuesday 9 th March 2021	Mr Jim Deeds	Covid Roadmaps to Recovery
Tuesday 16 th March 2021	Fr Conor Stainton-Polland	The Light has come into the World
Tuesday 23 rd March 2021	Baroness Nuala O'Loan	I have Glorified it, and I will Glorify it again
Tuesday 30 th March 2021	Miss Sionán Mullan	From Covid to Eternal Light

Each conference begins at 8pm. **FREE AND OPEN TO ALL.**

To take part, send an email to

lententalks@downandconnor.org

to receive Link and password for The Talks.

Lectio Divina by Living Church Office. Looking for something to do this Lent? Something prayerful? Aishling and Louise from the Living Church team will be facilitating our 5 week Lectio Divina programme written especially for Lent in Lockdown. We have three options for you to join in;

- Monday at 7pm beginning on Monday 15th Feb
- Thursdays at 1:30pm beginning on Thursday 18th Feb
- Thursdays at 7pm beginning on Thursday 18th Feb

To join simply send an e-mail to livingchurch@downandconnor.org we will send you the zoom link.

Week 1 Michelle Flanagan <https://youtu.be/8KxDbDkmoPw>

Week 2 Fr Albert Mc Nally <https://youtu.be/mdTV40VcA68>

Week 3 Aishling Steen https://youtu.be/S04pbZooq_nk

Week 4 Fr Darren Brennan <https://youtu.be/bd2pmfKgbQk>

Week 5 Fr John Murray <https://youtu.be/v0CqrX89Mow>

Living Youth and Lent. The full programme and resources for the programme can be found at <https://www.livingyouth.co.uk/lent-2021-resources> and the weekly activities for participants will be posted at <https://www.livingyouth.co.uk/lent-2021>

Walking with Jesus along the Via Dolorosa. This is a five session programme that includes a Gospel Reading, Reflective Prayer and Scriptural Rosary. Wednesdays of Lent 24th February, 3rd March, 10th March, 17th March, and 24th March at 7:30pm. Resources will be posted on the Parish Facebook page and Website.

Diocesan Vocation Weekend. Have you ever considered the possibility that God is calling you to the priesthood? If so, take this opportunity to gather online with other men who are discerning their vocation. This virtual retreat will create the time and space to help you discern God's calling in your life. The retreat will take place from the evening of Friday 19th – Saturday 20th March 2021. If you wish to register your interest in joining this retreat or would like further information contact: Fr. Kevin McGuckien - Tel: 02890614567 or email: vocations@downandconnor.org

Week of Prayer on 5th Anniversary of Amoris Laetitia. On 19 March 2021, the Church will celebrate five years since the publication of Pope Francis' Apostolic Exhortation Amoris Laetitia (The Joy of Love) on the beauty and joy of love in the family. On that day, Pope Francis will launch a year dedicated to the family which will conclude on 26 June 2022 on the occasion of the Tenth World Meeting of Families in Rome.

Bishops will mark the beginning of the 'Amoris Laetitia Family Year' with a Week of Prayer from 13 March to 19 March (the Feast of Saint Joseph). The Bishops' Council for Marriage and the Family has prepared the attached resource to assist with the celebration of the Week of Prayer.

This resource comprises a page for each day of the Week of Prayer which can be easily followed in parish, school and at home. Each day has a theme reflecting on family life through the lens of Saint Joseph. The resource has at its centre the prayer from Pope Francis which he wrote for the Year of Saint Joseph and some inspiring reflections from "The Joy of Love" (Amoris Laetitia). See Facebook page and Parish Website.

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.