

# St. Anthony's Parish, Belfast

Pastoral Area of South & East Belfast

PARISH PRIEST: Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald), 3 Willowfield Crescent, BT6 8HP.  
Tel. 028 90458158. Mobile 07740603643. (preferred) Email: [h.mccann@downandconnor.org](mailto:h.mccann@downandconnor.org)

[stanthonys@downandconnor.org](mailto:stanthonys@downandconnor.org)

Facebook Page: <https://www.facebook.com/stanthonysbelfast>

Website: [www.saintanthony.co.uk](http://www.saintanthony.co.uk)

**PUBLIC MASS TIMES—COVID-19 ERA (will be under assessment/review)**

Saturday Evening at 6.30pm. (English Parish Mass)

Sunday Morning (in Polish): 9am, & 6:30pm. (English Parish Mass): 11.30am

Weekdays: (Mon Private 9:30am), Tues & Thurs at 9.30am, Fri at 7.00pm.

All English Masses on Facebook. Polish Weekday Masses: Tues & Thurs 7pm, Sat 9am

Confessions: By Arrangement. Baptisms: By Appointment

Local SVP Conference contact details: 028 90351561



## 1ST SUNDAY OF LENT

*Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days. [Luke 4:1-13]*

*Holy Spirit, lead us, please, to Christ's desert.*

*Speak straight into our hearts.*

*Be our one nourishment. Source of all energy.*

*Fill us with your love. Help us to resist eco-injustice,*

*racism, and our disinterest in others.*

*Instead, let us always bring good news to the poor,  
as you did with Jesus.*

Anne Osdieck

## WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: William McGurk, Celine McLaughlin, Sr Deirdre O'Leary RSM (formerly of Diocesan Resource Centre), Dolores McCafferty (sister of Fr Jack Hutton), Adele Maxwell, Luke Hassan

Anniversaries: Brigid Murray, Sarah Matthews, Brigid Curran (Sun 20th Feb at 11:30am), Terence McCann, John & Florrie Guinness.

COLLECTIONS: Monthly Stipend this weekend. Many thanks for your support. Last week: Weekly £494.90, Shrines £136.72. DONATE **Online Donate Button on Website**

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. Also include all empty envelopes in the one envelope

As new boxes of envelopes are being prepared for April, if your details have changed or if you would like a box please contact Fr Henry ASAP.

**RELAXATION OF COVID-19 RELATED REGULATIONS & RESTRICTIONS** The Minister for Health recently announced a significant easing of restrictions and regulations relating to Covid-19. The Diocese has reviewed and amended its advice to parishes accordingly. The Diocese continues to strongly recommend a number of protective measures to ensure the safety and well-being of all members of parish communities, especially those who are anxious or particularly vulnerable. These measures reflect the ongoing public health advice. The significant points to note are:

1. **Social Distancing:** Parishes may remove measures put in place to ensure social distancing, such as closed off pews, and stewarding guidance.
2. **Face Coverings:** the Diocese strongly recommends that face coverings continue to be worn at all times in the church.
3. **Cleaning routines:** the requirement for cleaning/sanitizing churches after every gathering is removed.
4. **Hand Sanitizers:** Hand sanitizers will continue to be provided at the entrances, and around the church building. Hand sanitizing when entering and exiting the church is strongly recommended.
5. **Congregational singing is permitted.**
6. **The sign of peace remains suspended at this time.**
7. Here in St Anthony's we can encourage the return to liturgical gestures like standing and kneeling, as described in the missalette.
8. **Those administering Holy Communion should continue to sanitize their hands before & after distribution, & wear face coverings.**
9. **Communion in the hand should remain the norm.**
10. For the time being, **holy water fonts will remain empty.**
11. **Missalettes/ bulletins should be taken home or disposed of after use.**
12. **Parish Halls and Centres may reopen fully.** Users and organisers of activities must note and implement the ongoing public health guidance referenced above.
13. As there is still a high prevalence of the Covid-19 virus in the community, and high infection rates, parishioners must consider themselves whether they wish to attend church or not, but the **Obligation to attend Sunday Mass and Holy Days remains suspended.** The full text of the guidelines are available on the [Parish of St Anthony, Belfast Facebook page](#) and [Website](#)

**Trócaire Lenten Campaign 2022.** Trócaire's Lenten Campaign was launched on Ash Wednesday. Boxes are available in the church. The Lenten Campaign will focus on Zimbabwe, through the story of Thandekile and her two children. For further information see [www.trocaire.org](http://www.trocaire.org), section Lent 2022. Trócaire can benefit again this year from the UK Aid Match programme, which means that the UK government will match parishioners' donations up to a maximum of £2 million. This is an opportunity for our Lenten donations to double.

**Scottish Jesuits.** From Ash Wednesday onwards, Jesuits in Scotland will run an online Lent course, presenting a daily episode from the life of St. Ignatius of Loyola, the Spanish courtier-turned priest who devised Ignatian spirituality. The retreat will show how God transformed the life of St. Ignatius and through him, the lives of countless others. People take part individually but can also join weekly groups to share the fruits of their prayer and be helped in finding new ways to pray and be inspired. More details at [www.onlineprayer.net](http://www.onlineprayer.net)

**"No Greater Love" Lenten Programme.** The Living Church office will be offering the "No Greater Love" programme on-line during Lent this year. (This programme started in parishes in 2020 but the pandemic restrictions meant that the course was never finished.) There are 5 online sessions – one for each week of Lent which will lead us into Holy week. To book a place on this online program please email [livingchurch@downandconnor.org](mailto:livingchurch@downandconnor.org). The 6 sessions to choose from are: Mondays at 11am or 7pm (starting 14th March); Tuesdays at 7:30pm (starting 8th March); Wednesdays at 7:30pm (starting 9th March); Thursdays at 11am or 7pm (start 10th March).

**Diocesan Pilgrimage to Lourdes 2022, 13-18 July 2022, £685, fares per person sharing, inclusive of return flights from Belfast Int'l. Airport, transfers, full-board accommodation (Hotel Jean D'Arc, Hotel Alba, Hotel Mediterranee), insurance and courier services.** For more information or to request a booking form, contact Lourdes Pilgrimage Office, 028 9077 0162, [lourdes@downandconnor.org](mailto:lourdes@downandconnor.org).

**Diocesan Vocations Weekend.** "There are very few men who realise what God would make of them if they abandoned themselves entirely to his hands." (St. Ignatius of Loyola). Join us at the Vocations Weekend in Drumalis Retreat Centre, from Fri 11 – Sun 13 March 2022. You are invited to take this opportunity to carve some time out of your busy schedule, to listen to what God might be saying to you and what He might be calling you to. It may be that He is calling you to serve as a priest in His Church. If you wish to attend this weekend or would like further information, contact: Fr. Kevin McGuckien Tel: 02890614567; Email: [vocations@downandconnor.org](mailto:vocations@downandconnor.org)


**The Synodal Pathway.** Pope Francis is asking us to listen to each other and share our experiences of the Church. This will be happening across the world and is a global exercise in listening to each other and listening to the Holy Spirit as we do so. The synod will take place in Rome in 2023.

We have begun our Lenten journey. We have also begun our journey towards the Synod. So, what does that look like?

Well, you will have received a postcard as you came in last Sunday or on Ash Wednesday or today (and copies will continue to be available in the porch). On your postcard you will see four questions that ask you about your experience of the Church and for your thoughts, suggestions, and ideas about how we can walk the path of faith and life together – and in a better way in the future. Key to all of this is conversation & listening to one another, so ... You might want to sit around your kitchen table and have a chat about the questions with family or friends. Conversation is central to the synodal process – so take time, have a chat and see what you hear and discover and then express and capture your thoughts. It's important to remember there are no right or wrong answers. This is about your experience of the church and your ideas for the future. We would ask that you return your postcards with your feedback by Sunday 23rd March to allow the information to be gathered and fed back into the diocese. There will be a box available at the front of the church for you to return the postcards over the next few weeks. So, what happens after that?

Well, the diocese, as will every diocese across the country, feedback the information to the Irish Bishops conference. They in turn will submit a report back to the Vatican by August of this year, based on what they have heard. This is in preparation for the synod gathering in Rome in 2023. We are sure to hear about good experiences and bad. We are sure to hear that some people want things to change, and others will want things to stay the same. It will take a lot of listening to each other, praying with each other, and meeting each other over the coming months and years to figure out and to discern what the Holy Spirit is telling us. Pope Francis' goal is to encourage us to listen to the Holy Spirit as well as listening to one another. It is quite an ambitious task and quite a journey we are about to go on, but, as with all journeys, it begins with small, first steps. We are now taking our small, first steps into the Synod. May God bless us all as we set out together.

**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.



## A LENTEN POSSIBILITY

**E**very Lent begins in ashes and a reminder – as if we need it in our times – of our mortality. Looking beyond the ‘remember that you are dust’ and ‘repent and believe in the Gospel’ messages, the challenge is given, basically, to ‘never forget who you are’.

Like Jesus, we begin spiritual life in Baptism – for the most part as

infants – and we (hopefully) grow in faith. Your identity is, literally, named and claimed as a child of God. Other influences will either build or chip away at that.

You may have heard of the story of the eagle’s egg that fell out of the nest in some storm and, miraculously, landed safe and sound on the ground and hatched a very confused eaglet surrounded by farm chickens. So he saw what they did, scratched around, made the same noises as the chickens did, never realising he was a growing eagle. One day a shadow loomed over

### Next Sunday’s Readings



Genesis 15:5-12.17-18

Psalms 26:1.7-9.13-14

Philippians 3:17-4:1 or 3:20-4:1

Luke 9:28-36

the farm yard and he looked up and saw a majestic eagle soaring high. 'If only I could be like that,' he said. But the others scoffed and said, 'they're different, they're eagles.' So, sadly, he continued scratching the earth, not realising his true identity.

Don't forget who you are. Don't be limited by the perspective of others. Live your own life, not a copy. Ultimately, we know what to do and Lent is a time yet again to remind ourselves of that. It's why we have our annual reminder, on the first Sunday of Lent, of Jesus being driven into the desert for a head-to-head with Satan. The basic temptations are the same as ever: hunger, power, attention and fame. They have taken different forms and names over the centuries. But if

we go down those dead-end alleyways we will ultimately forget who and whose we are.

So, as you line up for Lent 2022, whoever you are: parent, spouse or partner; religious or agnostic; struggling sinner; young, middle-aged or 'old'; athletic or couch potato - you can make your own identity or indeed a combination of them. Sometimes it's worth scratching beneath the surface to see what is truly there.

The open expanse of the Lenten desert beckons us from our confining self-views and the limiting perspectives of others. It is an annual reminder that we are always more than what we do, or seem to do or what is done to us. ■

- 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.

## This Week (7-13 March)

- 7 M** Ss Perpetua and Felicity, martyrs
- 8 T** St John of God, religious; St Senan, bishop
- 9 W** St Frances of Rome
- 10 T** St John Ogilvie
- 11 F** St Aengus, bishop and abbot
- 12 S** St Maximilian of Tebessa, martyr
- 13 S** SECOND SUNDAY OF LENT

