

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.
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Facebook Page: <https://www.facebook.com/stanthonyvbelfast>
Website: 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

2ND SUNDAY OF LENT

This is my chosen Son; listen to him. [Luke 9:28b-36]

Over all the uproar racket and din, Lord,

help us to listen to you.

Show us your dazzling glory

hidden in the hum-drum of our everyday wonderful lives.

Anne Osdieck

WE REMEMBER OUR DECEASED LOVED-ONES

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

Anniversaries: Sarah Matthews, Brigid Curran, Terence McCann, John & Florrie Guinness, Theresa McCann

COLLECTIONS: Many thanks for your support. Last week: Monthly Stipend €632.90. 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

Collection for Needy Parishes (Sunday 20th March). This collection was established to create a special fund to assist 'financially needy' parishes. There are several parishes within the Diocese that have accumulated debt and are financially stretched. However, through financially restructuring schemes it is hoped that many of these parishes, with the aid of this fund, will be able to return to a positive financial position. This collection hopes to help less fortunate parishes return to sound financial footing. 2020 - £39,560

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 pandemic is not over, and we will continue to live with the risks and effects of COVID-19 for some time. As a result, it is important that, in a spirit of Christian solidarity, we all do what we can to care for each other. Therefore, the Diocese continues to strongly recommend a number of protective measures to ensure the safety and well-being of all.

1. Face Coverings: the Diocese strongly recommends that face coverings continue to be worn at all times in the church.

2. Hand Sanitizers: will continue to be provided at the entrances. Hand sanitizing when entering the church is strongly recommended.

3. Social Distancing: While we no longer have to observe social distancing in the church, we need to be distance aware, especially for the vulnerable present.

4. Those administering Holy Communion should continue to sanitize their hands before & after distribution, & wear face coverings.

5. Communion in the hand should remain the norm.

6. Here in St Anthony's we are to return to the liturgical gestures of standing, sitting and kneeling, as marked in the missalette.

7. 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](#)

National Church Collection For Ukraine. The Irish Bishops have asked that a national church collection, to support relief for those affected by the war in Ukraine, be held on Sunday 27th March.

"People are also invited to support the charitable initiatives of Aid to the Church in Need, the Jesuit Refugee Service, and Trócaire. Trócaire is currently responding to the crisis through its partners Caritas Ukraine and Caritas Poland which have a strong presence in the region and can use resources strategically to the greatest effect."

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, 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.

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 and say the following 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."

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

"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 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

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. You will have received a postcard as you came in 1st Sunday of Lent 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 27th 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.

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.

St Patrick's Day (17th March). Mass in English at 9.30am. For a film about St Patrick there is one on YouTube: St Patrick—The Irish Legend: <https://www.youtube.com/watch?v=ndUfgHopIP&t=443s>, with Patrick Bergin, Alan Bates, Susannah York, Malcolm McDowell.
Please Note: Mass on Friday 18th March will be at 9.30am.

Loughview Integrated Primary and Nursery School

First Confession will take place on Mon 14th March at 10.30am

Confirmation will take place in St Anthony's on Thurs 24th March at 4pm. Please keep these children in your prayers.

Feast of the Annunciation (Fri 25th March) Masses: Polish at 9am; English at 7pm

A Marriage Preparation Course is planned for 9/10 April 2022 in The Drummond Hotel, Ballykelly, Co. Derry. This 2-day non-residential course is a positive way of preparing for Marriage where you will discover how you can enrich your future relationship. Information/Booking: marriagecounter.ie or 028 27638512

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.

PRAYER & PASSION

It strikes me, at times, that many people in our modern society have swapped the Mountain of Transfiguration for sitting on various 'high horses', commenting on life. However, I get a sense, in the post-Covid world that beckons, that people may be investing a lot more in their own personal journey. Early signs are emerging, from places like Knock and Lourdes, that the number of casual, day pilgrims has increased dramatically, whilst organised

pilgrimages have slumped. In Knock, the 12 Noon Mass – not the 3pm as before – is busier as people come early, spend some time in prayer, have something to eat and return home. And this is on weekdays too – not just the weekend. How to respond spiritually to their needs is the task of the wonderful teams at Knock and other Marian Shrines.

My first visit to the Mount of Transfiguration in the Gospel was in 1998. It's not particularly high – but it stands out at just under 1,000 metres in the Jezreel valley. It's a sweaty enough climb, even starting up an access road with hairpin bends,

Next Sunday's Readings

Exodus 3:1-8.13-15

Psalms 102:1-4.6-8.11

1 Corinthians 10:1-6.10-12

Luke 13:1-9



but we made it to the top. The view was worth it. It strikes me that you really must move your very core — physically, emotionally and spiritually to have any chance of an enhanced perspective on things. I don't honestly see that in the armchair critics of most of today's social and secular media. The Transfiguration is recorded in the Gospel of Matthew and Mark, and today in Luke's Gospel. What sets Luke's account apart is that we are told that it was when Jesus started to pray that he was transfigured. Yes — all three Gospels have Moses and Elijah present, but only in Luke are they speaking about his Passion in Jerusalem. It brings back to my mind the words of CS Lewis who commented:

I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me.

The other good news is that God and grace is not limited to high places. In a very blessed life, I have been many times with pilgrimages to the Holy Land. Every group was different, you knew the background of some but not of others. Many had a profound experience — and usually it was in the valley places of the pilgrimage! And you don't have to travel to the Holy Land — a moment in prayer, maybe in church or the cathedral of nature — these can be times when our very core responds to the divine renovation of grace. God is never limited in how and where to act, neither should we be. ■

- Tom Cox



Reflection

In what ways have you recently experienced transfiguration?



Lesson

Those who listen to God's Son, Jesus, and follow him in suffering and death for the sake of love will be led one day into mankind's glorious destiny.



Prayer

Let me not refuse to go down with you to toil and serve, to suffer and be crucified. And then change this lowly body to be like your glorious Body. Amen.



This Week (14–20 March)

- 14 M** St Leobinus, St Matilde
- 15 T** St Louise de Marillac
- 16 W** St Finian
- 17 T** ST PATRICK, PATRON OF IRELAND
- 18 F** St Cyril of Jerusalem, bishop and doctor
- 19 S** JOSEPH, SPOUSE OF THE BVM
- 20 S** THIRD SUNDAY OF LENT

