



## THE ABUNDANCE OF ENOUGH

I had many summer jobs as a student. The one I don't get to share with more squeamish people is my time in a killing line for lamb in the 1980s! Many times I had to chase a runaway, so the Gospel line "they never follow a stranger but run away from him" was literally true. Once I had to follow in wellingtons and flapping leather apron two fugitive lambs who somehow got into a nearby Ladies Hair Salon! After those particular summer jobs, come September and a new year in Seminary calling, I would have to burn my work clothes. Why? I can assure you that the "smell of the sheep" that Francis wants his priests and bishops to have is nothing compared to the pong of lamb. Sometimes you met the farmers – men not given to sentiment but it was obvious that they had a bond. I remember one tough sheep

farmer describe with tears in his eyes the scene of his devastated flock and traumatised ewes after an attack by local dogs. Contact with anyone or anything breeds a connection.

### **The gate of the sheepfold**

The image of the Good Shepherd has nothing to do with saccharine sentimentality. Shepherds were important but somehow looked down upon. Pig-keeping (a ritually unclean animal for Jews) was about the lowest occupation of all though, as the Prodigal Son learned. And yet the shepherd was totally responsible for the flocks on which their people depended. They saw to it that the sheep found adequate grazing and water in an oft harsh and forbidding landscape. It was not unusual for a shepherd to literally lose their life to keep the animals safe from animal

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and human marauders – sometimes by literally sleeping across the entrance of the sheep pen as a human gate. It's this that Jesus was thinking of when he states, "I am the gate of the sheepfold."

### Abundance and contentment

It's a tough life and we all crave for a full, rich and abundant life. It is this that the Good Shepherd promises: "I have come so that they may have life and have it to the full." But what is

abundance? Is it about accumulation and acquisition? Surely not. A life brimming with possessions, the most beautiful, latest and well-made desirable items is not abundance. So what is it?

Abundance enters where there is contentment. The soil of the calm and uncluttered mind, a carefree unburdened spirit, a generous outlook on life. And it can be ours. To realise that we need nothing more, to try a new way of doing something, to slow our pace and to be silent and decide rather than react – isn't that abundance? And it can be ours. In fact, it is the free gift of the Risen Christ to us. Maybe we should simply wish each other, "May you have enough in life" – for that is true abundance. ■

Tom Cox

#### Reflection

Reflect on the two senses in which Jesus explains himself as the gateway of the sheepfold.

#### Lesson

Like a noble shepherd, he is ready to sacrifice his life to defend those who believe in him.

#### Prayer

Lord, bless me with a calm mind, a carefree unburdened spirit and a generous outlook on life.



#### Pope's Prayer Intentions for May

##### Christians in Africa

That Christians in Africa, in imitation of the Merciful Jesus, may give prophetic witness to reconciliation, justice, and peace.

#### Today's Readings



Acts 2:14.36-41  
Psalm 22:1-6  
1 Peter 2:20-25  
John 10:1-10

#### Next Sunday's Readings



Acts 6:1-7  
Psalm 32:1-2.4-5.18-19  
1 Peter 2:4-9  
John 14:1-12

#### This Week (8-14 May)

- 8 **Mon** St Victor
- 9 **Tue** St Pachomius
- 10 **Wed** St Damien of Molokai; St Comgall
- 11 **Thur** St Francis di Girolamo, priest
- 12 **Fri** Ss Nereus and Achilleus; St Pancras, martyrs
- 13 **Sat** Our Lady of Fatima
- 14 **Sun** FIFTH SUNDAY OF EASTER



# 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)



## FOURTH SUNDAY OF EASTER DAY OF PRAYER FOR VOCATIONS

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

John 10:1-10

1. In the Middle East, it was the task of the shepherd to find water and pasture and to ensure safety. In your life who have been the people who nourished you and gave you security? For whom have you done this?

2. Important to the shepherd's ability to give security to the sheep is the fact that he was known and familiar to them. They recognised his voice. Does this resonate in any way with your experience?

3. We are familiar with the image of Jesus as the shepherd. The image of Jesus as the door (or gate) is not so familiar but is one that merits attention. Jesus presents himself as the door through which we pass and find life. What are the doors through which you have passed and found life: a situation, a place, a book, an experience, a person? For whom have you been a door to a richer life?

John Byrne OSA. Email [jbbyrneosa@gmail.com](mailto:jbbyrneosa@gmail.com)

## WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Catherine McGeeney

Anniversaries: Winnie McPhillips & Evelyn Mills, John Riordan, John Mahoney, May Riordan, Olive McCormick, Mairead Hughes, Joseph White, Daniel Doherty, Maureen Kane, Robert Dunn, Hugh Crilly (Sat 20th May at 6:30pm),

## READERS AND EUCHARISTIC MINISTERS

Sun 7th May

READERS:

Vigil Mass: Anthony Clifford & Phyllis McGrillen

Morning Mass: Suzanne Sarah Corscadden & TBC

EUCHARISTIC MINISTERS:

Vigil Mass: Sean Rafferty

Morning Mass: Louis Corscadden

Sun 14th May

READERS:

Vigil Mass: Maria Murphy & Ann Flanagan

Morning Mass: Loretta Watson & Kay Dunn

EUCHARISTIC MINISTERS:

Vigil Mass: Ann Wright

Morning Mass: Margaret Sheppard

**COLLECTIONS:** Many thanks for your contribution to last week's collections: Weekly £720.91, Easter Collection £5, Monthly £1.65, Shrines £80.49. **NEW BOXES OF ENVELOPES ARE NOW AVAILABLE** (arranged by surname, alphabetically). Please note to reduce waste numbers have been re-attributed. If your details have changed, or if you would like to register for a box, please give your details to Fr McCann as soon as possible. Please consider signing a Gift Aid form so that the parish can claim back the Tax from the HMRC on your contributions. Your own Tax is not affected.

**Trócaire Lenten Collection Boxes.** Trócaire thanks the parishes of Down and Connor for the donations received towards their 2016 Lenten Campaign: a magnificent total of £620,451 and €250 was raised. With this in mind, you are asked to open your boxes, change any coins into notes and place your donation into the envelope supplied and fill in our name and address, and if possible tick the gift aid box (if you are a tax payer). In accordance with the government gift match, where the treasury will match the amount given to charities, the donations should all be collected within 90 days of the beginning of the funding project. **LAST SUNDAY FOR RETURNING TRÓCAIRE DONATIONS IS THIS SUNDAY 7TH MAY.** After this date you can send in your donations directly to Trócaire yourselves.

**Cantiunculae Concert—Date for your diary.** Fr McCann's choir will be staging the following concert: Cantiunculae Faure's Requiem with the McDonnell Trio, Friday 19th May in St Anthony's Church, Willowfield. At 7pm. Proceeds in aid of Renovation of the Willowfield COI Parish Hall. See Poster and flyers in Church Porch. [Please note Mass on that day will be at 9:30am].

**Me and My Girl.** St. Agnes' Choral Society continue their 60th Anniversary celebrations with their production of the hilarious family comedy musical, *Me and My Girl* in The Grand Opera House, Belfast from 9th - 13th May. Tickets can be purchased online at [www.goh.co.uk](http://www.goh.co.uk) or via the Box Office on 028 9024 1919

**The Redemptorist Congregation** Many thanks to Fr Pat Horgan CSsR for visiting us last week and talking to us about the work of the Redemptorists. Donation envelopes should be given in this weekend.

**Legion of Mary Hostel Collection.** Bishop Treanor has given permission for a collection to be taken up in support of the Legion of Mary hostels for the homeless (Morning Star and Regina Coeli) in every parish in the diocese. The money collected is essential for the running of the hostels, at a time when money is tight and statutory financial support is reducing. Unfortunately the hostels do not have sufficient personnel to carry out the collection in every parish. This collection will be taken up the weekend of 6/7th May, and your support would be greatly appreciated.

**QUB Research Project.** Deborah Hyden, a PhD student at Queens University has approached me to ask for volunteer parishioners to participate in a research project entitled Experiences of Neighbourhood and Community Life in Northern Ireland. She suggests that 3 couples could be involved in this project. If you are interested you can collect consent forms in the sacristy.

**Forgiveness: Moving forward from life's hurts to Healing, Peace and Happiness.** This day will give participants a deeper understanding of forgiveness and help to move from hurt to happiness. Led by Fr. Des Corrigan, SMA. In Drumantine Retreat + Conf Centre, on Sat. 13th May 2017, 9.30am - 5 pm. £25 including lunch, teas/coffee. All are welcome. Bookings to: (028)30821964. Email: [admin@dromantineconference.com](mailto:admin@dromantineconference.com). [www.dromantineconference.com](http://www.dromantineconference.com). Newry, Co. Down. BT34 1RH

**Fundraising Festival of Brass.** Holywood Parish Asha Support Group are having a fundraising Festival Brass concert with special guest Peter Corry on Friday 26th May 2017 at 7-4.5pm in Holywood Parish Church. We would be delighted if you are free to join us. Tickets cost £15 and can be purchased on line at: [www.hollywoodparishchurch.co.uk/event/festival-brass-in-concert/](http://www.hollywoodparishchurch.co.uk/event/festival-brass-in-concert/)

**First Holy Communion** Congratulations to Loughview Integrated PS where 13 children received First Holy Communion on Saturday 6th May at 10am Mass.

**Polish Community: 1st Confessions** Sat 13th May at 10am, **1st Holy Communion** Sun 14th Mat at 1pm. Please keep them in your prayers.

**Lough Derg 2017:-** Season opens for One Day Retreats on Monday 1st May. Retreats continue on May 6, 7, 9, 13, 14, 16, 20, 21, 22, 27, 28 & 29. Advance booking is essential. Tel. 071 9861518 (from NI 0035371 9861518) or email [info@loughderg.org](mailto:info@loughderg.org). The Three Day Pilgrimage season begins on Thursday 1st June, pre-booking not required. You are invited to walk in the spiritual footsteps of your ancestors and be part of the unbroken link of Lough Derg as a place of continuous prayer for over 50 generations (1,500 years).

**"Blooming: Spring into Summer" Retreat Day, Drumalis, Larne - Saturday, 13 May 2017.** "Blooming" is the second in "Finding Stillness through the Seasons" - a series of four themed retreat days with Maria Garvey at Drumalis in 2017. Through Silence, Contemplation, Spiritual Conversation and Presence in Nature, this retreat day will be a time for you to leave the noise and distractions of everyday life behind and come home to yourself. The day, which will run from 9:30 am to 4:30 pm on Saturday, 13 May, costs £55 (including retreat materials, morning and afternoon refreshments and a full lunch.) For further information or to book a place(s), please contact 028 28276455/28272196 during office hours (Mon-Fri, 9 am - 5 pm). Details are also available on the Drumalis website - <http://www.drumalis.co.uk>

**Our Lady of Fatima 100th Anniversary Celebrations.** As part of these celebrations there will be Exposition of the Most Blessed Sacrament and time for Reflection after the 7pm Novena Mass on Friday 12th May from 7:30pm until 9:30pm when Night Prayer will be celebrated followed by Benediction. If you would like to be present for even 30 minutes at a time then please place your name on the Sheet in the Sacristy.

**St Anthony's Choir Recordings.** New recordings of "This Joyful Eastertide" and "Bonum Est" can be found on the parish website [www.saintanthony.co.uk](http://www.saintanthony.co.uk)

**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 PP.