

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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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, 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



FOURTH SUNDAY OF EASTER

GOOD SHEPHERD / VOCATIONS SUNDAY

No one can take them out of my hand. [Jn 10:27-30]

Good Shepherd, let us hear you in the beauty of our world,

in your poor, and in one another,

on the rocky and rough roads we travel.

Please pick us up when our legs can walk no more.

Pull us from the brambles that snarl us:

climate, racism, divisions, Ukrainian suffering.

Carry all our brothers and sisters to safety.

Good Shepherd, hold us close, in your arms.

Speak to our hearts. Anne Osdieck

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Rory Morgan, Joan McGillin, Louis Maguire, Paul Riordan, Christine Burns, Johny Njanakkal (father of Fr Nideesh Varghese), Canon Robert Fullerton PE (Holy Rosary)

Anniversaries: Thomas Luck, Mairead Hughes, Robert Dunn Jnr, Robert Dunn Snr, Hugh Crilly (Sat 14th May at 6:30pm),

COLLECTIONS: Many thanks for your support. Monthly Stipend £694.50. **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

Relaxation of Covid-19 Related Regulations & Restrictions. 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. **Communion in the hand** should remain the norm.

5. **At the Spring 2022 general meeting of the Irish Episcopal Conference, it has been decided that "from Easter Sunday, the obligation on the Faithful to attend Mass on Sunday and Holy Days of Obligation is restored." Though for anyone who is sick or vulnerable, the obligation does not apply**

Good Shepherd / Vocations Sunday.

As Catholics, we firmly believe that God has a plan for our lives! He calls some to marriage, some to the priesthood, and others to religious life or to live as generous single people. Sunday 8th May 2022 is the World Day of Prayer for Vocations. It is also known as "Good Shepherd Sunday." The Lord asked his disciples to "Pray the Lord of

the harvest to send laborers into his harvest" (Mt 9:38; Lk 10:2). Please pray that young men and women hear and respond generously to the Lord's call to the priesthood, diaconate, religious life, societies of apostolic life or secular institutes. Pray also for the priests who have ministered to you throughout your life, both living and dead. Encourage your children, grandchildren, or other young people to consider a vocation as a priest or religious brother or sister.

Pope Francis' Message for Vocations Sunday available in porch.

Trócaire Lenten Campaign 2022. To return your donation we would ask that you convert any coins to notes, (you can do so e.g. by taking the coinage to Tesco at Newtownbreda and place coins into the coin counting machine, and redeeming the voucher amount at customer services) and place into the envelope provided and return **BY SUNDAY 15TH MAY** after which you can still send your donation to Trócaire, 50 King Street, Belfast, BT1 6AD. T. +44 (0)28 9080 8030.

Trócaire Gala Concert at Clonard Monastery in Belfast at 7.30pm on Friday 20th May 2022 (doors will open at 6.30pm). Performers: Margaret Keys, The Priests and St Dominic's Girls School Choir and MC; Gerry Kelly. This event will support Trócaire's work in countries around the world, including projects in Zimbabwe which is the focus of this year's Lenten Appeal. Tickets will be available at a later date on a first come, first served basis and we will contact you again to let you know how to book them. Tickets will be free but there will be an option to make a donation on the night with all donations being matched as part of UK Aid Match funding in support of the Lent Appeal.

QUB Chaplaincy Golden Jubilee Ball. The Catholic Chaplaincy at Queen's University will celebrate its Golden Jubilee with a Gala Ball in Belfast City Hall, to take place on Friday 10 June at 7pm. A drinks reception will be followed by a four-course dinner with wine, and dancing to live band MOJO. The evening promises to be the highlight of this year's social calendar, giving Queen's Chaplaincy alumni, across generations, a wonderful opportunity to catch up and share memories with old friends. Tickets are priced at £80 (plus online booking fee) and can be secured by following this link:

<https://fixr.co/event/catholic-chaplaincy-qub-golden-gala-tickets-384378624>

There is a limited number of tickets available for current students at the subsidised rate of £50 and these can be reserved by contacting Chaplaincy directly at catholicchaplaincy@qub.ac.uk. Dress Code: Black Tie

First Confession / Holy Communion. Congratulations to Lough View Integrated PS who received First Communion on Sat 7th July. Harding Memorial Integrated PS will celebrate First Confession on Mon 9th May at 2pm, and First Holy Communion on Sat 11th June at 1pm. The Polish Community will celebrate First Holy Communion on Sat 4th June at 10am. Keep them all in your prayers.

A Biblical walk with the Blessed Mother – Online Course & Retreat Day, will take us through the Scriptures leading us into a deeper understanding of Mary's life. Although Mary is mentioned in only a few chapters of the entire Bible, these are filled with rich insight which will help us to understand Mary's humanity and the extraordinary mission to which she was called by God. The programme will begin on Monday 2nd May @7:00 pm for 5 weeks meeting online and then concluding with a Retreat day on Saturday 4th June 2022 10:00-4:30 pm. Venue: Parish centre, Parish of Maghera, Newcastle. The cost of the programme including your study materials and the retreat day (including lunch) is £35. To register e-mail livingchurch@downandconnor.org

CEMETERY SUNDAY 2022 After two years of the blessing of the graves by Bishop Treanor alone, we are delighted to welcome families back to pray for their loved ones who lie at rest in the Belfast cemeteries:

Milltown Cemetery - Sunday 8th May at 3pm. City Cemetery - Sunday 15th May at 3pm. Hannahstown Cemetery - Sunday 29th May at 3pm.

ACCORD Facilitators Training Programme. We are now recruiting volunteer facilitators, supporting couples as they prepare for the Sacrament of Marriage and future family life. Formal training provided in presenting and facilitating our Marriage Preparation Courses. If interested please contact Brenda on 028 90233002 or email info@accordni.com, www.accordni.com

Dromantine Retreat & Conference Centre. No Visible Scar: Comfort For Those Bereaved. Losing a loved one can be a lonely, isolating and disorienting experience. These feelings of loss have been felt even more keenly in the time of a global pandemic. This workshop provides a gentle, safe and comforting space to help those bereaved before or during the pandemic to better understand their feelings, sensitively unpack the layers of grief their loss has brought and learn how to respectfully carry grief and embrace life again. Friday 20 May (arrive 5pm) - Sunday 22 May (depart 2pm) 220 Stg / 260 Euro. Workshop Facilitator: Father Hugh Lagan SMA. Please contact Jacinta or Louisa to reserve your place: 028 3082 1964. admin@dromantineconference.com

The Wild Goose - a parish programme from Easter to Pentecost. The Wild Goose is a Celtic name for the Holy Spirit. Would you like to draw closer to the Holy Spirit and to the power and influence of the Holy Spirit in your life? Franciscan Priest, Fr Dave Pivonka, will give a talk each week on different aspects of the Holy Spirit, in 4 incredible video presentations.

Following the video, we will have a discussion in small groups around the theme of the presentation each week. Please choose ONE of the two options below and email or text, to register your interest, to: n.dunn@downandconnor.org / 07879 498131

- (1) **Thursday 12th May via ZOOM, 8.00pm - 9.00pm** (concluding Thursday 2nd June)
- (2) **Friday 13th May IN-PERSON, 10.00am - 11.00am**, in the Iona Room, St Colmcille's Parish Hall, starting with refreshments (concluding Friday 3rd June)

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.



LISTEN, FOLLOW AND BE ALIVE

Happy memories are often associated with occasions when we had a heightened sense of vitality. This is sometimes connected to significant events in our life: realising a dream, falling in love, reaching a cherished goal, promotion in a career, birth of a baby, reaching a high level of performance in a skill, winning an award, etc. The buzz associated with such experiences does wonders for our sense of who we are

and gives us a memory to treasure. These memories can also lift us when life seems more dull or monotonous.

We know life is not just a series of such 'peak-experiences'. Most of it is lived at a lower level of excitement and enjoyment, sometimes with boring routine, and occasionally with pain, and struggle. What does it mean to be alive at such times? Being fully alive can mean different thing in different circumstances. Yes, it may be evident in a feeling of great excitement. It can also be shown in great perseverance with a difficult task, or in a generous willingness to go out of one's comfort

Next Sunday's Readings

Acts 14:21-27

Psalms 144:8-13

Apocalypse 21:1-5

John 13:31-35



zone to help another, or in faithful commitment to a person or a group, or in being able to preserve hope when the future looks grim. In other words, being alive means being able to cope and deal constructively with whatever circumstances bring our way. When we understand being alive in this way, today's Gospel shows us one way to achieve that kind of vitality: Listen to Jesus, follow him, and receive life.

Listen to Jesus

A first step is to listen to what Jesus says to us. The words of Jesus are life-giving words and when we listen to what he says we will find there words that comfort, strengthen, encourage and challenge us. It is amazing but if you pick up the gospel of the day you will nearly always find something in it that speaks to your circumstances. Then there are also your favourite sayings of Jesus, ones that remind you

that God is close to you and of the compassion God has for you.

Follow Jesus

When you let the words of Jesus get to you, the appropriate response is to follow him. We follow him by trying to make our own:

- ▶ His trust that God is with him at all times,
- ▶ His vision of making the world a better place
- ▶ His compassionate outreach to others.

Be alive

Jesus promised us that those who hear his words and keep them will have eternal life – not just life after death, but a full life now, and a relationship with God that starts now and survives death. ■

- John Byrne



Reflection

Think of a time when you felt full of energy — what was it that energised you?



Lesson

Jesus said:
'I am the Way, the Truth, and the Life.'



Prayer

'Indeed, how good is the Lord. He is faithful from age to age.' (Ps 100)



This Week (9–15 May)

- 9 M** St Pachomius
- 10 T** St Comgall, abbot; St John of Avila
- 11 W** St Francis di Girolamo
- 12 T** Ss Nereus and Achilleus, martyrs
- 13 F** Our Lady of Fátima
- 14 S** ST MATTHIAS, APOSTLE
- 15 S** FIFTH SUNDAY OF EASTER

