

St. Anthony's Parish, Belfast



PARISH PRIEST: Fr. Henry McCann (and Chaplain to the Ulster Hospital, Dundonald) 3 Willowfield Crescent. BT6 8HP. Tel. 028 90458158. [Mobile 07740603643.](tel:02890458158) (preferred)
Email: h.mccann@downandconnor.org, stanthonys@downandconnor.org, henrymccann@hotmail.com,
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
<https://www.svp.ie/stbernadettebelfast>



1ST SUNDAY OF ADVENT—YEAR C

*Be vigilant at all times. [Luke 21:25-28, 34-36]
 Jesus. You came into our world with all its sorrows.
 Keep us watchful for your presence in the midst of our struggles.
 Tell us again that your love will triumph.
 Make us vigilant. Put our hearts on alert.
 Let us be aware of all the places in our world where you are.
 In all beauty. Anywhere there is love.
 In helping hands reaching out.
 Come, Lord Jesus, to all the dwellings in our lives
 where you are not yet.*

Anne Osdieck

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Ann Hurrell, Mrs Collette Foster, (sister of Fathers David and Paddy White)
Anniversaries: Frances Cecilia Matthews, Dan Gallagher, Annie McPeake, James Murray, Patrick Joseph Greenan, Sally (Sarah) Watson (Sunday 28th November at 11:30am)
 To arrange for anniversary masses please speak to Fr McCann

COLLECTIONS: Many thanks for your support. Bishop's Commissions £476.20 Trocaire Emergency Appeal £767.90, Weekly Collection £264.50, 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

Updated Diocesan Covid-Safe Measures for all Church based liturgies/activities As well as the previous measures, the following updates are to be followed, summarised, (issued 26th October 2021):

Social Distancing: a minimum of one metre social distancing between members of different households.

Face Coverings: The wearing of face coverings while entering, leaving and moving around a church is mandatory (except when exempted). Face coverings should be recommended throughout celebrations, even when seated. If there is congregational singing, face coverings must be worn.

Hand Sanitizers: Suitable hand sanitizers should continue to be provided at the entrances to Churches and other parish buildings.

Ventilation: Churches should be well ventilated during and after any gathering.

Movement around the Church: Parishes should retain any guidance/direction designed to allow social distancing.

Cleaning Routines: Parishes should maintain current regime of cleaning between liturgical services.

Holy Water Fountains, missalettes, newsletters etc.: For the time being, holy water fountains should remain empty. Missalettes and newsletters/bulletins should not be used unless they are single use and are retained by the user or disposed of after use.

Celebration of Mass: Parishes should continue to observe the principle of simplicity in the Liturgy for the time being, and note that the obligation to attend Mass on Sundays and Holy Days remains suspended.

Choirs and liturgical music groups may recommence their ministry, and the number of members must be included in the safe maximum number determined in the risk assessment. Face coverings should be used and members observe 1 metre distancing. Choirs should sing at a reduced volume, and choose a repertoire that will not unnecessarily prolong the liturgy.

Entrance and recessional processions should be simple, confined to the celebrant, (deacon) and servers. There should be **no offertory procession** and **sign of peace remains suspended**. Those administering Holy Communion should continue to sanitize hands before and after distribution, to wear face coverings, and **communion in the hand should remain the norm**, or accommodation made for those who receive on the tongue, when hands should be sanitised immediately after each recipient.
 (Full updated guidance can be found on the parish Facebook page and on the Parish Website)

Ministers of the Word and Eucharist. It is hoped to refresh/add to the groups of ministers of the Word and Eucharist in the Autumn. If you are interested in joining these groups, a course of instruction will soon take place, at which all ministers of Word and Eucharist are invited.

Resources by the Northern Pastoral Network for Advent and Christmas Booklet for use at home available in the Church porch.

St Vincent de Paul are selling Christmas cards in the porch after masses on 20/21 and 27/28 November. Packs of ten will be sold on a contribution basis. All takings will be used to help local families & households over the Christmas period."

Prayer Online: Come and join us at... www.soulpardonmission.com Who are we? We are a new interactive prayer website created by Jacinta Crockford DipTH, Spiritual Director living in Down and Connor. What's on offer? A variety of PDF meditations on Mother Teresa, St John Paul II, Ignatius Spirituality to name but a few. Lots of content to dive into! There you will find - Podcasts on Faith, Friendship & Knowledge; Rosaries, Prayers and Marian Consecration. Come and join us and be part of the prayer movement online! **Every Saturday at 4.30pm & 8.30pm (live)** I will be leading the Most Holy Rosary and prayer reflections with Eucharistic Adoration (8.30pm) on the Catholic Internet TV - ShalomWorld.org Just click on the following link to access this time of prayer. www.swprayer.org Please be assured that I will be offering in prayer all the Diocese of Down and Connor, parishioners and their families during this live Rosary and Eucharistic Adoration.

Advent Meditations with Joseph and Mary. The Living Church office are offering two online programmes following the footsteps of Joseph and Mary as they travel towards Bethlehem. The programme runs for 4 weeks and provides 1 hour of prayer and reflection with scripture and participants will receive an accompanying prayer journal to use each day at home. Advent meditations with Joseph begins on Thursday 25th November at 7pm. Advent meditations with Mary begins on Sunday 28th November at 7pm. If you would like to join please e-mail livingchurch@downandconnor.org indicating which programme you are interested in.

9 Day Rosary Novena for Ireland. We are inviting you to join in a 9 Day Rosary Novena beginning Tuesday 30th November and ending on Wednesday 8th December. People all over Ireland will pray the Rosary together each evening at 9pm. On the final evening at 9pm on Radio Maria the Primate of All Ireland Archbishop Eamon Martin will lead the final Rosary live. If you are gathering to pray in groups we encourage you to gather safely adhering to local Covid 19 regulations.

Viatore Christi You are invited to attend the Free Online Conference of the VIVID:T EU AVI Funded Project on Disability-inclusive Development, to be held Wednesday 1st Dec starting at 10:00am GMT (Dublin time). This project was focused on ensuring Inclusion of persons with Disabilities in volunteering. The conference will include a roundtable discussion about the role of leadership in disability inclusion, a showcase of free accessible training resources that anyone can use in their day-to-day work to ensure the inclusion of persons with disabilities. You can register for the event through [link] <https://www.eventbrite.com/e/vivid-t-project-sharing-of-key-learnings-at-accessible-online-conference-tickets-205641498257>

Priory Institute Lectio Divina reflections on the Advent and Christmas Gospels. The Priory Institute is delighted to offer a Free of Charge online retreat which is a repeat of the popular Advent Retreat we ran in 2018. Visit our website prioryinstitute.com or click on this link <https://bit.ly/3DWrtKx> to register/find out more.

The Synod on Synodality: Preparing our hearts and minds Pope Francis has invited every Diocese around the world to participate in the Universal Synod on Synodality. This Synod is a process of journeying together. As the Church, we will listen to each other, dialogue with each other, pray together, discern together, and make decisions together for the purpose of proclaiming the Gospel of Jesus Christ to the world! Listening and speaking within the Church always involves prayer. We are listening, dialoguing, and praying together so that we can hear the voice of the Holy Spirit.

The starting point of this journey begins with our own personal prayer and reflection. "Prayer opens hearts. It opens the ear to a listening that is more than hearing and makes us attentive to the action of the Spirit in our lives." (Cardinal Grech) In your prayer this week we ask that you pray for the success of our synodal journey and that you take time to reflect on the needs of the people in your community. This week we encourage you to pray with the prayer used at the Second Vatican Council:
Adsumus Sancte Spiritus:

We stand before You, Holy Spirit, as we gather together in Your name. With You alone to guide us, make Yourself at home in our hearts; Teach us the way we must go and how we are to pursue it. We are weak and sinful; do not let us promote disorder. Do not let ignorance lead us down the wrong path nor partiality influence our actions. Let us find in You our unity so that we may journey together to eternal life and not stray from the way of truth and what is right. All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever. Amen.

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.