



St. Anthony's Parish, Belfast

part of the Family of Parishes
of
St Malachy's, St Matthew's,
St Colmcille's, St Anthony's, &
St Colmcille's, (Holywood)

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Website: <https://www.saintanthony.co.uk>

MASSSES:

Sunday Morning:

(in Polish): 9am, & 6:30pm.

(English Parish Mass): 11.30am

Weekdays:

Mon, Tues & Thurs at 9.30am. Fri 9:30am.
(Nov, Dec & Jan at 9:30am).

**PLEASE NOTE then that from March Fri
Mass will return to 7pm**

All English Masses on Facebook.

Polish Weekday Masses:

Tues & Thurs 7pm, Sat 9am

Confessions: By Arrangement.

Baptisms: By Appointment

St Bernadette's SVP Conference. If you
require assistance, please telephone SVP
Regional Office at 028 90351561. Donate
locally at www.svpni.co.uk

Parish Collections

Many thanks for your support. If you
require envelopes, or if your address
details have changed please contact
Fr McCann.

Weekly £445.30

Dona Digital £95

DONATE (website)£

Second Collection this weekend is the
Maintenance/Renovation Collection

Privacy Policy. The Parish of St Anthony is part
of the Diocese of Down and Connor and operates
in accordance with the Diocesan Privacy Notice,
copies of which are available on request.

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. Thanks. Fr Henry McCann PP.

FIRST SUNDAY OF LENT

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: John Tumelty (father of the late
Fr Brian), Joanne Sheppard (daughter of Margaret &
Joseph), Margaret Henighan (sister of Fr Robert
Butler), James Butler (brother of Fr Robert Butler)

Anniversaries: Brenda Crilly, Patrick Gunn, Brigid
Murray, Terry McCann

PLEASE NOTE: If you would like your loved-one's
name to be included in the Deceased Lists for
Recently Deceased or Anniversary, and mentioned in
the Prayer of the Faithful, please let Fr McCann know]

FEAST DAYS THIS WEEK

Mon 23rd: St Polycarp, bishop & martyr

Sat 27th: St Gregory Narek, abbot & doctor of the
Church

St Anthony's Music Ministry. We are looking to
expand our music ministry and are calling on all
musicians and singers to lend your gift to praise God.
Please leave your details with Liam at the organ after
Mass.

The Trócaire Lenten Campaign 2026 launches on
Ash Wednesday. Trócaire boxes are available to
collect in the porch. The theme of the 2026 Trócaire
Lenten campaign centres on the story of a multi-
generational, female-led household in rural Rwanda.

Fasting and Abstinence during Lent. Ash
Wednesday is normally observed as a day of penance
in the whole church, one of both abstinence and
fasting.

In the Catholic tradition, fasting (reducing food intake)
and abstinence (refraining from meat) are penitential
practices mandatory on Ash Wednesday and Good
Friday for ages 18–59 and 14+, respectively.
Abstinence from meat is also required on all Fridays
during Lent. These acts foster self-discipline,
repentance, and solidarity with Christ's passion.

South East Belfast Vicariate Lenten Evening Prayer.
You are invited to join the priests of our parishes in the
Vicariate for the praying of Evening Prayer on the Sunday's
of Lent in this Jubilee of Hope. Evening Prayer takes
approximately 20 minutes. Let us support each other with
our presence and prayer.

1st Sunday of Lent (22nd February) 7.30pm Carryduff
2nd Sunday of Lent (1st March) 7.30pm Holy Rosary
3rd Sunday of Lent (8th March) 7.30pm St Brigid's
4th Sunday of Lent (15th March) 7.30pm St Matthew's
5th Sunday of Lent (22nd March) 7.30pm St Malachy's
6th Sunday of Lent (29th March) 7.30pm St Colmcille's

Baptised and Sent. This Lent, parishes, schools and
groups across Ireland are invited to journey together
through a set of reflective resources inspired by
Baptised and Sent (the preparatory document for the
2025 National pre-Synodal Assembly in Kilkenny).
Grounded in the conviction that baptism is the
foundation of our identity, dignity and mission, these
resources help us return to the heart of Christian life,
that through Baptism we are reborn in Christ and sent

out by the Spirit in service of the Gospel. Each week
offers a simple structure for prayer, Gospel reflection and
conversations. The themes for each week, such as
belonging, healing, renewal, and mission, flow from
Baptised and Sent's call to see baptism as the "entry point
to a life of faith, a gateway to mission, and the root and
foundation on which to build a Christian life". Through
these Lenten reflections, each person is encouraged to
rediscover who we are as God's people, to listen to the
Holy Spirit and to take concrete steps, individually and
collectively towards living our baptismal calling more
deeply. These resources will be available for private
prayer and reflection. Other parishes will have structured
evenings of communal activity.

Confirmation, First Confessions and First Holy Communion:

Confirmation: Thurs 5th March 2026 at 4pm

First Confessions: Thurs 12th March 2026.

11am Lough View Integrated PS
1:30pm Harding Memorial Integrated
PS

First Holy Communion:

Sat 9th May at 11am Lough View Integrated PS

Sat 6th June at 1pm Harding Memorial Integrated
PS.

Please keep these children in your prayers as they
prepare for the reception of these sacraments.

Belfast Jesuit Centre - Upcoming Events

**Lenten Scripture Course with Fr Kieran O'Mahony:
Learning from Matthew's Church.** Tuesdays at 7pm
Begins 3rd February 2026. This Lent, the Belfast Jesuit
Centre invites you to a six-week journey into the Gospel of
Matthew; our liturgical Gospel for 2026. Led by Fr Kieran
O'Mahony OSA of Tarsus Scripture School, the course
explores Matthew's unique vision of church: a community
navigating challenge, change, and mission. Each session
will offer fresh insight into the Gospel's themes, including
forgiveness, prayer, parables, and the call to discipleship.
Whether you're new to scripture study or seeking deeper
understanding, all are welcome. Weekly sessions: Feb 3,
10, 17, 24; Mar 3, 10. Suggested donation: £80–£120
(sliding scale; subsidised places available). Belfast Jesuit
Centre, 193–195 Donegall Street, BT1 2FL.
07955282371. www.belfastjesuitcentre.co.uk. bjc@jesuit.ie

Silence in the City: An Introduction to the Prayer of
Silence. In the Belfast Jesuit Centre, at 11am on the
Fridays of Lent, starting 20th February. A gentle invitation
to rest, reconnect, and re-discover the sacred within a
world that rarely stops talking. Visit www.belfastjesuitcentre.co.uk

Discernment Retreat for Diocesan Priesthood. 6th–8th
March. In Drumalis Retreat House, Larne. For young men
who are open to the question: "Is God calling me to be a
priest?" A chance to step away from the noise and
busyness of everyday life. Time for prayer, silence, and
honest conversation. No pressure to decide anything —
just space to listen and reflect. Contact Fr Conor McGrath
at c.mcgrath@downandconnor.org.

Down & Connor Lourdes Pilgrimage, 2026. 9-14th
July (5 nights), Hotel from £899, Accueil Notre Dame for

pilgrims requiring care £779. 8-15th July (7
nights), Hotel from £1035, Youth Team £810.
Prices are per person airing, additional charges
may apply. This tour is operated by Northern Star
Travel Ltd, T/A Joe Walsh Tours. For more
information and booking forms either in the
sacristy, or contact 028 9077 0162,
lourdes@downandconnor.org, or <http://www.downandconnor.org/lourdes>

World Day of Prayer, a Service for everyone!
Friday 6th March 2026. Join us at St Finnian's
Church, Cregagh Park, BT6 9JT, at 8pm. The
Service has been prepared by women in Nigeria.
All are most welcome.

Catholic Mothers Ireland - Catholic Mothers
Ireland, along with Family Solidarity, Teams of Our
Lady and Marriage Encounter are holding a
special event for Catholic Couples on Saturday
18th April. For more information see link:
https://www.facebook.com/permalink.php?story_fbid=pfbid02tnSpfwW4jymDxDjM4bVx5N5mFhgTvjfkNqd1fug714uCh77ftTnY4ZM8E6UYVprl&id=100095535672372

The Shroud of Turin. The Knights of St
Columbanus have organised a talk on the Shroud
of Turin. An overview of scientific research
followed by discussion. The talk will be delivered
by Ulster University Professor Emeritus, Dr Pauric
McGowan. A Postgraduate of Turin Shroud
Studies at the Pontifical University, Rome. It will
take place on Sunday 22nd March at 7pm in the
church of the Immaculate Heart of Mary,
Carryduff.

Rediscover the Path, a 6-week Journey of
Reflection, Belonging & Renewal. Feeling
disconnected or adrift? Not sure where to even
start? Rediscover the Path is a welcoming, 6-
week journey designed for people who feel distant
from faith, community or themselves. Starts 21st
February Online, for 5 weeks. Last session 28th
March at St Paul's Parish Hall, Falls Road. Fr
Darren Brennan, Fr Martin Graham, Fr Andrew
Black, Canon Ong, Filene Cuna. Join the
Journey. Email goplegiondc@hotmail.com, or call
044 7764717907.

Michael English Church Concert. An evening of
Faith, Hope and Inspiration at St Joseph's Church,
Dunlop, Friday 20th March 2026. Doors open
7pm, show 8pm. Online tickets www.skiddle.com,
or Dunlop Parish Office, Mace Dunlop, Costcutter
Donloy, or contact Oran: 07729686440

**Pioneer Total Abstinence Association of the
Sacred Heart.** Parishioner who wish to take a
short-term pledge for Lent are invited to visit www.pioneers.ie
or to speak to a Pioneer in parishes.
The Short-term pledge for Lent is a gesture of
solidarity with people who are living 'one day at a
time' according to the 12 Step AA programme.
More information available at www.pioneers.ie