



## 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)

Fr. Henry McCann PP (and Chaplain to the  
Ulster Hospital, Dundonald),  
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Facebook Page: <https://www.facebook.com/stanthonysbelfast>.  
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 7pm.

**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](http://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 £646.92  
Monthly £155.50  
Dona Digital £40  
DONATE (website) £100

**New Boxes of Envelopes** are available for collection.  
If you would like a box please give details to Fr  
McCann. It will be assumed that you consent to use of  
your details. And you may fill in a gift-aid consent form  
in order that the parish can claim 20% back on your  
donations.

**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.

## THIRD SUNDAY OF LENT

### WE REMEMBER OUR DECEASED LOVED-ONES

**Recently Deceased:** Joanne Sheppard (daughter of  
Margaret & Joseph), Margaret Henighan (sister of Fr  
Robert Butler), James Butler (brother of Fr Robert  
Butler), Maureen Brogan (sister of Loretta Watson),  
Marie Theresa Norbury, (sister of Deacon Paul  
Bradley), Mary Higney, Elizabeth Campbell  
**Anniversaries:** Patrick Gunn, Brigid Murray, Joe  
Duffy, Terry & Theresa McCann, Marie Kane (Sun 8<sup>th</sup>  
Feb)

[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 9<sup>th</sup>: St Frances of Rome, religious

Wed 11<sup>th</sup>: St Aengus, bishop & abbot

**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.** 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.  
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.

**Bishop Alan's Lenten Pastoral Letter on the Synodal  
Theme of Baptised and Sent.** Some copies of the Letter  
are available in the Porch. But a digital copy can be  
downloaded from:

<https://www.downandconnor.org/wp-content/uploads/2026/02/Baptised-and-Sent-Pastoral-Letter-from-Bishop-Alan-McGuckian.pdf>

**Lenten Reflection 2026.** A reflection on the Sunday Gospels  
of 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Sundays in Lent is available in the Church  
Porch. It was given as a retreat to the Knights of St  
Columbanus, and I thought to make copies available for your  
own use.

**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](http://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](http://www.pioneers.ie)

### Confirmation, First Confessions and First Holy Communion:

**Confirmation:** Congratulations to the 17 children from Lough View  
Integrated Primary School who received the Sacrament of  
Confirmation last Thurs 5<sup>th</sup> March 2026.

**First Confessions:** Thurs 12<sup>th</sup> March 2026:  
11am Lough View Integrated PS  
1:30pm Harding Memorial Integrated PS

#### First Holy Communion:

Sat 9<sup>th</sup> May at 11am Lough View Integrated PS  
Sat 6<sup>th</sup> June at 1pm Harding Memorial Integrated PS.

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

**Discernment Retreat for Diocesan Priesthood.** 6<sup>th</sup> -8<sup>th</sup>  
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](mailto:c.mcgrath@downandconnor.org).

**Church Cleaning.** Volunteers are sought to help clean  
the Church, once every two months. Anyone who is  
interested is asked to place the name in a rota of cleaning  
in the Sacristy, with their name and contact details.

**Dromantine Summer Camp.** Registration for Dromantine  
Summer Camp for young people aged 11-17 opens on  
Saturday 28th February on our website: [www.dromantinesummerncamp.co.uk](http://www.dromantinesummerncamp.co.uk).  
Leadership applications for  
young people aged 17+ are now open on our website.  
Dromantine Summer Camp is a multi-week summer  
programme held during July and August, welcoming:  
- Young people aged 11-17 as campers  
- Young people aged 17+ as part of our volunteer leadership  
team. The camp provides a safe, faith-inspired and fun

environment where young people can build  
friendships, grow in confidence, and engage with  
themes of faith, fun and friendship. Camp Dates:

- Boys Week 1: 12th – 17th July
- Boys Week 2: 19th – 24th July
- Girls Week 1: 26th – 31st July
- Girls Week 2: 2nd – 7th August
- Girls Week 3: 9th – 14th August

### A Life of Adoration, Prayer, Intercession for the World.

Vocation Discernment Weekends:  
20- 22nd March 2026, and 17-19th April 2026  
Single Women, Age (18-35). Please contact:  
Sr Mairéad OP, Monastery of St Catherine of Siena,  
The Twenties, Drogheda, Co. Louth. A92 KR84. Tel:  
041 9838524; E-mail: [sienavoc@gmail.com](mailto:sienavoc@gmail.com), [www.dominicannuns.ie](http://www.dominicannuns.ie)

**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 22<sup>nd</sup> March at 7pm  
in the church of the Immaculate Heart of Mary,  
Carryduff.

**Cappella Caeciliana** Special performance of Mozart's  
Requiem remains one of the cornerstones of the  
sacred Classical repertoire, and we are delighted to  
present it in the beautiful and reflective setting of  
Clonard Monastery as part of our 30<sup>th</sup> Anniversary  
Season. Event Details: Sunday 29<sup>th</sup> March, 6:30pm,  
Clonard Monastery, Clonard Gardens, Belfast, BT13  
2RL. Tickets: General Admission £20 / Under 25s £5.  
Available at our website [www.caeciliana.org](http://www.caeciliana.org)

**West Belfast Historical Society.** The March meeting  
will take place on Fri 13<sup>th</sup> March at 7:30pm in St  
Michael's Parish Centre, Finaghy Road North (access  
via Church Gateway o Finaghy Road North, just past  
the garage opposite the Church at the junction with  
Andersonstown Road). The March talk is entitled:  
"Roddy McCorley and the United Irishmen 1798." The  
guest speaker will be Mr Michael McConway from  
Toome Canal Walking Tours and Talks.  
Refreshments will be provided.

**Catholic Men's Retreat - Standing in the Breach.** A  
morning retreat for Catholic men will take place in  
Portglenone Monastery on Sat 14<sup>th</sup> March from 9am -  
1pm. The theme will focus on spiritual warfare and  
remaining steadfast in faith during Lent, with a talk by  
Fr Martin Graham, along with testimonies from  
Catholic laity. The morning includes the Rosary and  
Mass. Visit <https://catholicminute.co.uk/mens-retreat/>  
or call Thomas on 07867620435

**St Patrick's Way Pilgrim Walk.** Don't miss the  
DIVINE invitation to come on St Patrick's Way Pilgrim  
Walk in Downpatrick with guides Martina Purdue &  
Elaine Kelly on Sat March 14<sup>th</sup> in honour of Ireland's  
patron saint and the 25<sup>th</sup> Anniversary of The Saint  
Patrick's Centre. Includes the fabulous 180° IMAX film  
of St Patrick, with internal bus transfers, pilgrimage  
lunch, an authentic Camino passport and a 6 mile  
pilgrimage walk finishing at St Patrick's grave. A  
special 25% discount price is on offer of £40 (normally  
£55). To book ring 028 44619000 or [www.thesaintpatrickcentre.com](http://www.thesaintpatrickcentre.com)