



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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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

Parish Collections

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

Weekly £613.30

Dona Digital £46

DONATE (website) £50

Second Collection will be for Needy Parishes

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.

FOURTH SUNDAY OF LENT

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: 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, John
McLavery (brother of Fr Tony)

Anniversaries: Patrick Gunn, Brigid Murray, Joe
Duffy, Terry & Theresa McCann, Marie Kane, Eileen
Clifford (Sun 22nd March)

[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

Tues 17th: Feast of St Patrick, bishop, missionary
and principal patron of Ireland. Mass English 9:30am

Wed 18th: St Cyril of Jerusalem, bishop & doctor

Thurs 19th: St Joseph, husband of the Blessed

Virgin Mary

Sat 21st: St Enda, abbot

Collection for Feast of St Patrick. Bishop Alan has
asked us to hold a special collection for St Patrick's Day,
the World Day of Prayer for Migrants and Refugees. Pope
Leo XIV said in his Message for World Day for Migrants &
Refugees: "the presence of migrants amongst us should
be recognised and appreciated as a true divine blessing,
an opportunity to open oneself to the grace of God, who
gives new energy and hope to his Church. "Do not neglect
to show hospitality to strangers, for by doing that some
have entertained angels without knowing it." (Heb 13:2)

St Patrick's Dawn Prayer Gatherings. Christians from
all denominations will gather at St Patrick's grave in
Downpatrick at 5:45am, 17th March to pray the Our Father/
Lord's Prayer 100 times for peace and unity in Christ.
Everyone welcome. For more information contact
legacyofsaintpatrick@gmail.com

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.

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).

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](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 3rd, 4th and 5th 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.

Easter Triduum & Liturgies

Spy Wednesday Chrism Mass: 12pm St Peter's

Holy Thursday Mass: Polish 6pm; English 8pm followed by
Procession to Altar of Repose. Night Prayer 10pm

Good Friday Passion: English 3pm; Polish 7pm

Holy Saturday Blessing of Foods 9am-11:30am

Easter Vigil English 8pm; Polish 11pm

Easter Sunday As Normal

Easter Monday No English mass; Polish 9am

PLEASE NOTE: Volunteers needed for Readers, Eucharistic
Ministers, Washing of Feet. Interested should leave their
names and contact numbers in sheets in Red Folder beside
Parish Envelopes

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

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 5th March 2026.

First Confessions: Congratulations to children of Lough View
and Harding Memorial Integrated Primary Schools who celebrated the
Sacrament of Reconciliation last Thursday 12th March 2026

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.

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.

Eucharistic Adoration, Praise and Worship.
Every Thursday, 7-8pm, in St James' Church
Whiteabbey. All are welcome. We especially
encourage youth and young adults to come and
spend time with the Blessed Sacrament in an hour
of praise and worship.

The Ballyclare Male Voice Choir will be
performing a concert to raise funds for the Youth
Ministry in the Loughshore Parishes on Friday 20th
March in Star of the Sea, Whitehouse at 7:30pm.
Tickets cost £15 and will be available from the
parish office, Tel 028 90370845, email
loughshore@downandconnor.org

**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, www.dominicannuns.ie

Between Cross and Resurrection, 27-29 March
2026. With Paschal Somerset and John Thornhill.
Paschal and John will take us on a reflective journey
through the key events of Holy Week using art and
iconography. Visio Divina, sacred seeing, is an ancient
form of Christian prayer. Visio Divina invites us to
carefully interact with iconography and art through
meditation and prayer. Art becomes the "sacrament"
that opens our hearts to the in dwelling Spirit of God.
Location: Tobar Mhuire Retreat & Conference Centre,
6A Downpatrick Road, Crossgar. To find our more visit
<https://www.tobarmhuire.com>

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.

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 30th Anniversary
Season. Event Details: Sunday 29th March, 6:30pm,
Clonard Monastery, Clonard Gardens, Belfast, BT13
2RL. Tickets: General Admission £20 / Under 25s £5.
Available at our website www.caeciliana.org

Belfast Jesuit Centre Faith & Film, Thurs 26th March,
7-10pm. Join us for an evening of reflection,
conversation and shared viewing of Martin Scorsese's
Silence, a powerful story of faith, doubt and endurance
set in 17th Century Japan. Jesuit Centre, 193-195
Donegall St, Belfast, BT1 2FL, 07795282371,
bid@jesuit.ie

Feast of Divine Mercy, Sunday 12th April 2026. St
Peter's Cathedral, Belfast (2:30pm), and Sacred Heart
Church, North Belfast (2:15pm). Rosary, Divine Mercy
Chaplet & Holy Mass.