



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 £558.85
Needy Parishes £122.70
Dona Digital £35
DONATE (website) £40

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.

FIFTH SUNDAY OF LENT - PASSION TIDE

WE REMEMBER OUR DECEASED LOVED-ONES

Recently Deceased: Marie Theresa Norbury, (sister
of Deacon Paul Bradley), Mary Higney, Elizabeth
Campbell, John McLaverty (brother of Fr Tony),
James (Jim) Murray (father of Suzanne Hopkins)
Anniversaries: 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

Mon 23rd: St Turibius of Mongrovejo, bishop
Tues 24th: St Macartan, bishop
Wed 25th: Annunciation of the Lord.

PASSION TIDE: You will notice that crosses, statues
and sacred pictures have been covered. In an ancient
tradition this is done so that we can in these last
couple of weeks of Lent focus more intently on what
Jesus underwent for our salvation. These will remain
covered until the Easter Vigil

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.

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). These resources, to help rediscover who
we are as God's people, to listen to the Holy Spirit and to take
concrete steps, are 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 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.

Mary's Meals Easter Raffle. Tickets £1 per strip. Please
support the Charity adopted by the parish.

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 Clipboard Folder
beside Parish Envelopes

The Chrism Mass will be celebrated on Wednesday 1 April at
12 noon in St Peter's Cathedral Belfast. This Mass is a
celebration of the entire Christian Community in Down &
Connor, when the priests renew their priestly promises and the
oils of Catechumens and the Sick are blessed, and the Oil of
Chrism is consecrated. Bishop Alan extends an invitation to all
the faithful to attend as a family in faith gathered with the
Bishop, priests and deacons of the Diocese. United by Baptism
as the children of God, we will celebrate our shared call to serve
the Lord. All are welcome.

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

First Holy Communion:

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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.

A Life of Adoration, Prayer, Intercession for the World.
Vocation Discernment Weekends: continues: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 Monasgtery, 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,
bjd@jesuit.ie

Holy Week Through Poetry Belfast Jesuit Centre.
Monday 30 March 2026, 7:00–9:00 pm A reflective
evening exploring Holy Week through poetry, inspired
by Elizabeth Jennings' *Crucifixion* ("Always the same
and always new"). Includes guided reflection and
discussion. All welcome. Small donation suggested.
Register: [belfastjesuitcentre.co.uk/always-the-same-
and-always-new-holy-week-through-poets-eyes/](http://belfastjesuitcentre.co.uk/always-the-same-and-always-new-holy-week-through-poets-eyes/)

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.

Sensory-Friendly Mass Invitation St Colmcille's
Parish invites you to a monthly Sensory Mass on
Saturday, 28th March at 12:00 noon. This short,
inclusive service offers a calm and welcoming
environment with gentle lighting and sound, space to
move, and sensory supports. Open to all ages and
abilities—especially those who benefit from a quieter
setting. Refreshments will follow. We'd love to see you
there.

St Agnes' Choral Society is delighted to invite you to
a production of Cole Porter's timeless musical
masterpiece, "Anything Goes" at the Grand Opera
House Tuesday, April 14th – Saturday, April 18th, 2026
Evening performances at 7:30 PM; Matinee at 2:30 PM
GOH.co.uk/whats-on/anything-goes

Please Remember: The clocks change on the
evening of Sat 28th March. The hour goes forward.