

Parish of ST MARY'S *on the HILL* 28th February 2021

LOUGHSHORE PASTORAL COMMUNITY

Parish Office 028 90832979

St Bernard's, 165 Antrim Road. BT36 7QR

Fr Patrick Sheehan PP – 028 90832979

Fr Brendan Beagon CC – 028 90841507

Fr Aidan Kerr PE – 028 90832488

stmarysoth@downandconnor.org

WEBSITE www.stmarysonthehill.online

PARISH OFFICE MON-THURS 9-2pm
IF POSSIBLE ENQUIRIES SHOULD BE
BY PHONE OR EMAIL

RECENTLY DECEASED

Lila McAloon, Vaddegan Road

Henry Edgar, Church Crescent

ANNIVERSARIES

Nora Hanna, Clara & Paula McCrory, May Burgess, Ian MacDonald, Rosaleen Donaghy, Bill Kerr, Harry Haughey, Patrick O'Connor, Agnes Kane, Paddy McCullagh, Thomas Maybin, Willie Mulvenna, Patrick & Bernadette Ramsey.

MASS INTENTIONS THIS WEEK

Sat 27th Feb 6pm Mary Burgess

Sun 28th Feb 9am Bill Kerr

11am Ian MacDonald

12.30pm Nora Hanna

Mon 1st Mar 10am Margaret Doolan

Tue 2nd Mar 10am Harry Haughey

Wed 3rd Mar 10am Agnes Kane

Thurs 4th Mar 10am Patrick O'Connor

Fri 5th Mar 10am Clara & Paula McCrory

Sat 6th Mar 10am Rosaleen Donaghy



May the example of so many doctors and healthcare workers who have risked their life to the point of losing it due to the pandemic move us to feeling truly grateful for how generously, and sometimes heroically, they carry out their profession

You can donate to
TROCAIRE ONLINE
via the parish website
stmarysonthehill.online



NEW RESTRICTIONS EXTENDED TO 1st APRIL

WEEKDAY & SUNDAY MASSES ONLINE ONLY BUT
BAPTISMS, WEDDINGS & FUNERALS
CAN CONTINUE.

BROADCAST DAILY MASSES Mon – Sat 10am

BROADCAST SUNDAY MASSES - Sat Vigil 6pm,

Sun 9am, 11am, 12.30pm

FUNERALS & WEDDING

25 people including children under 12yrs

Families will need to nominate those 25 people, let them know they can attend and keep a record of names & addresses if required by 'Track&Trace'

BAPTISMS

ONLY immediate family (parents, brothers & sisters) and sponsors in attendance

Remember we have webcam
stmarysonthehill.online

No Adoration & Confessions on Thursdays
Divine Mercy Chaplet (sung) on Friday 7pm
Broadcast only.

CALLED TO PRIESTHOOD?

Have you ever considered the possibility that God is calling you to the priesthood? If so, take this opportunity to gather online with other young men who are discerning their vocation. This virtual retreat will create the time and space to help you discern God's calling in your life. The retreat will take place from Friday 19th – Saturday 20th March 2021. If you wish to register your interest in joining this retreat or would like further information contact: Fr. Kevin McGuckien - Tel: 02890614567 or email:vocations@downandconnor.org

CHRISTIAN MEDITATION

Can Christians meditate? Of course they can. Meditation is 'stillness of body and stillness of mind in the presence of God'.

Be still and know that I am God Ps 46:10

For some simple guidance see the parish website stmarysonthehill.online

LENT 2021

FAST-ALMSGIVING-PRAYER

PRIVATE PRAYER – ST BERNARD’S CHURCH

The church will be open during the
Saturday’s of Lent from 1.30pm to 5pm.

We would ask you to wear a mask
and wipe down your seat before leaving.
Thank you

THROUGHOUT LENT

Sunday masses Vigil 6pm, 9am, 11am, 12.30pm
Morning Mass 10am
Weekly Divine Mercy Chaplet (sung) Friday 7-7.30pm

Join the Parish Lenten Course – based on the book
**HOW TO PRAY: A SIMPLE GUIDE FOR NORMAL
PEOPLE** by Pete Greig

Available from Amazon.uk Kindle Edition £3.99

- A. Each week watch a video
- B. Each week read a chapter
- C. Each week join a ZOOM group (optional)

REGISTER BY EMAIL THIS WEEK WITH THE OFFICE
*For details on the course and tips on using ZOOM
go to - stmarysonthehill.online*

Join a Diocesan Lenten Course on Lectio Divina.

The Living Church team will be facilitating a 5 week Lectio
Divina programme written especially for Lent in
Lockdown.

- We have three options for you to join in;
- Monday at 7pm beginning on Monday 15th Feb
 - Thursdays at 1:30pm beginning on Thursday
18th Feb
 - Thursdays at 7pm beginning on Thursday 18th Feb

To join simply send an e-mail
to livingchurch@downandconnor.org we will send you
the zoom link.

Daily Reflections – thoughts for each day of Lent.

Download DAILY REFLECTIONS FOR LENT – NOT BY
BREAD ALONE.

Available from Amazon.uk Kindle Edition £0.72
OR

Download BRINGING LENT HOME WITH POPE
FRANCIS

Available from Amazon.uk Kindle Edition £2.05

Rediscover the Stations of the Cross

STATION TO STATION by Gary Jansen

A Book with an Ignatian Journey through the Stations
of the Cross.

Available from Amazon.uk Kindle Edition £4.99

Prayer App for your phone

Pray as you Go.

If you are out & about why not
download this free app and
listen to 15 mins of prayer
driving to work, on the bus, or just out for a walk.



FASTING

It is an ancient spiritual tradition to fast on Ash
Wednesday and the Fridays of Lent. Depending on
our age and well-being you might consider fasting
from Thursday 7pm to Friday 7pm on just liquids and
a small breakfast.

Adults might consider taking a Lenten pledge to
abstain from alcohol for all of Lent – a heroic sacrifice
and good example for young people.

The following prayer can be said daily;

*"I promise in honour of the Sacred Heart of Jesus and
with the help of the Blessed Virgin Mary to abstain
from all alcoholic drink until the end of Lent."*

Children traditionally fast from sweet things but
could also 'fast' from TV or computer games.

ALMSGIVING

You can donate to TROCAIRE online

Trocaire.org

"Don't forget the poor"

PRAYING

*"Essentially, everything becomes a part of this
dialogue with God (which is prayer). Every joy
becomes a reason for praise, every trial is an
opportunity to ask for help. Prayer is always alive in
life, like embers of fire... Even when the mouth does
not speak, the heart talks." POPE FRANCIS*