



St. Anne's Parish

Pastoral Community of Derriaghy & Colin

Fr. Peter O'Hare, PP
Rev Pat McNeill, Deacon
Sr. Mary Murray, Parish Sister

Parish Office: 02890610112
www.saintannesparish.net

Parish Centre: 07745169205
Email: stannes@downandconnor.org

10th May 2020

Fifth Sunday of Easter

We now have a [YouTube Channel](#) – [St. Anne's Dunmurry](#)

All our services will be celebrated in **private** by Fr. Peter and uploaded onto our parish **YouTube** channel: **St. Anne's Dunmurry**.

When you go to YouTube **please subscribe.....** to receive notifications of uploaded material. **Subscription is free!**

Mass will be celebrated for the intentions of all our parishioners. If you have a particular anniversary that you wish to have celebrated then please email Fr. Peter with the details.

[St. Anne's Mass](#): Sunday 11am, Tues, Wed & Thurs 10am

- **You can find resources for your use at home on our parish website www.saintannesparish.net or the diocesan website – www.downandconnor.org**

We Remember them

Anniversaries: Aine Kelly.

St Anne's Parish Website: www.saintannesparish.net

It has been updated with all the latest information and advice with an **extended version** of the weekly bulletin - Diocesan Directives, Webcams, Prayer Resources, Praying at home, Children's Corner etc and lots lots more. Please check the website for regular updates.

Parish WhatsApp Group – Keep up to date with what is happening in our parish community and join in our parish prayer for each other at this very worrying and difficult time.....text your name and mobile number to 07714691281 to be added to our WhatsApp group.

Your Giving: This w/end - **Weekly Offering**

- You may wish to set up a **Standing Order** and if so, there are some available **in the porch of the church** or call the parish office on 028 90610112 and leave your details or email us on stannes@downandconnor.org

OR

- **Donate online** to St. Annes Parish
A/C No. 07707787 Sort Code 93 83 00

OR

- **Envelopes**- Parishioners can use their weekly envelopes as usual and when Government policy allows us, we will look at measures to safely collect them. They are available for pick up in the porch of our church.

Your continued helpful generosity would be very much appreciated.

- Thank you in anticipation
- They are set out in the porch and can be picked up 9am - 4pm.
- The boxes are laid out in **ALHABETICAL** order.

OR

- Use the "**Donate**" button on our home page of this website.

Bereavement Support Group: Have you suffered the pain of loss and bereavement? Talk in confidence – call 90610112 and a member of the Group will contact you.

Please.....I need a little help!

Do you need a helping hand...at this difficult time? Do you need some medicine picked up from the chemist? Do you require some food items to be delivered to you? Would you like someone to take the dog out for a walk? Or would you just like someone to have a wee chat with? Then please don't hesitate or be afraid to call us on 02890 610112 or send an email to stannes@downandconnor.org or use the contact form on the parish website.

Prayers for the Pandemic: for a household in lockdown

God of the indoors,
who knew the confines of domestic space
at a time of little comfort,
help us in this time of confinement,
help us to see it as an act of love, in solidarity
with those who care for us and put their own lives
on the line for the sake of others.

Help us to 'make room' for each other,
even if room is scarce,
help us to find reserves of patience
we never knew we had,
to take offence less easily, to find in our hearts
an easy apology when we're petulant.
Help us to be attentive, careful, and thoughtful.
May we draw deeply from the well
of our most loving times. *Raymond Friel*

The spiritual communion

Those who are unable to make sacramental Communion with Christ by participating in the Eucharist, can express the desire to receive him in their spirit with these words that help to make spiritual communion with him:

My Jesus, I believe that you are truly present
in the Most Holy Sacrament of the Altar.
I love you above all things and desire
to receive You into my soul.
Since I cannot at this moment receive you sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and unite myself
wholly to You.
Never permit me to be separated from you. Amen

Saint Alphonsus Liguori



Seeing your Life through the Lens of the Gospel

John 14:1-12

- 1.** 'Do not let your hearts be troubled. Believe in God. Believe also in me.' Trust in another person can help us in difficult times. Remember and give thanks for the people you were able to trust in difficult moments. Remember also when your faith in God helped you through anxious moments.
- 2.** Thomas struggled with the desire, which is in all of us, to know the exact destination before we set out. Jesus invites us to make an act of faith and to take one step at a time. Can you recall times when it helped you to take that trusting attitude to life?
- 3.** Jesus proposed himself to Thomas as the way, the truth and the life. In what ways has Jesus been the way, the truth and the life for you on your faith journey?
- 4.** Philip wanted Jesus to give him a glimpse of God and got the surprising answer: 'Whoever has seen me has seen the Father'. Jesus put a human face on the love of God. He gives us a glimpse of the divine. Who are the people whose love has helped you to believe in the love of God? To whom have you given an occasional glimpse of the divine?

John Byrne OSA

Mary is the saint among the saints, blessed above all others. She teaches us the way of holiness and she walks ever at our side. She does not let us remain fallen and at times she takes us into her arms without judging us. Our converse with her consoles, frees and sanctifies us. Mary our Mother does not need a flood of words. She does not need us to tell her what is happening in our lives. All we need do is whisper, time and time again: 'Hail Mary...'

Gaudete et Exsultate 176

Mother, help our faith! Open our ears to hear God's word and to recognize his voice and call. Awaken in us a desire to follow in his footsteps, to go forth from our own land and to receive his promise. Help us to be touched by his love, that we may touch him in faith. Help us to entrust ourselves fully to him and to believe in his love, especially at times of trial, beneath the shadow of the cross, when our faith is called to mature. Sow in our faith the joy of the Risen One. Remind us that those who believe are never alone. Teach us to see all things with the eyes of Jesus, that he may be light for our path. And may this light of faith always increase in us, until the dawn of that undying day which is Christ himself, your Son, our Lord!

Lumen Fidei 60

Spiritual Exercise



We encourage you to sit in stillness for ten to fifteen minutes and open your heart to receive God's gift of the Holy Spirit.

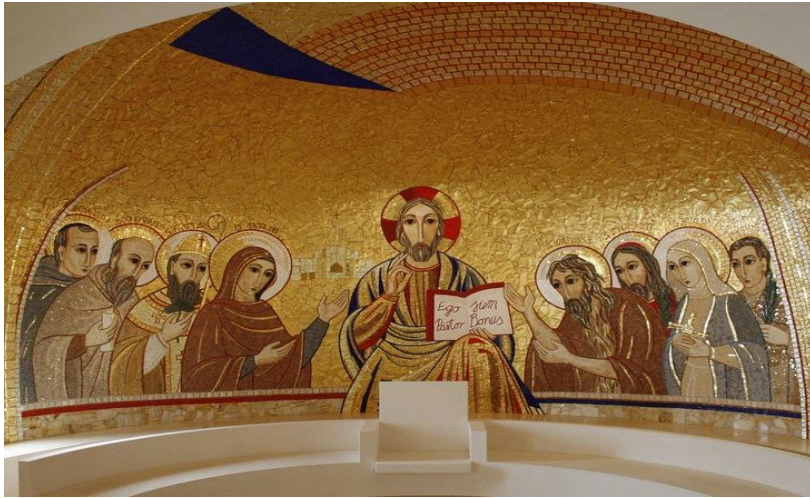
This spiritual exercise will deepen your awareness of the presence of the Holy Spirit in your heart and give you confidence that the Spirit will be with you in everything you do to make Christ known.

1. Centre yourself; sit upright, two feet firmly on the floor; breathe rhythmically with deep breaths, in and out, from the abdomen; clear your mind of all preoccupations.
2. Bring yourself to bodily stillness.
3. Now welcome in your heart this gift that Jesus has for you: "*Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid*" (John 14:27).
4. Quietly repeat those words of Jesus and hand over to him all worries or trouble.
5. You may find it helpful if you name to God a specific area where you need healing or forgiveness.
6. Now be still for some time in the presence of God as you welcome the Holy Spirit into your heart.
7. As you are about to finish your time of prayer, focus again on your breathing while you relax in God's presence.
8. Bring yourself gently back to your daily concerns.

May you receive that peace of Christ each day.

Exercise excerpt taken from *Talking about Jesus*

Standing with the Risen Lord Just as the Risen Lord stood among his disciples (Lk 24:36; Jn 20:19; 20:26), early Christians stood with the Risen Lord as they gathered during Easter. Standing was also their posture on Sundays, the weekly celebration of the Resurrection. Tertullian, writing around the year 200, said that fasting or kneeling on the Lord's Day was unlawful and the same applied from Easter to Pentecost, through the fifty-day feast of Easter. Intercom May 2020



WALKING THE WAY – Song for the Journey.

It reflects the journey to Emmaus, and reminds us that we are not on our own - for not alone is God with us on the journey, but God WANTS to be with us on the journey.

"Let me walk with you on the journey, open your heart to me,
Share with me your story, and you will come to see
That I am always beside you, walking the way with you,
I am always beside you, living my life through you."

Sister Marie Dunne

After the lockdown.....



Mrs. Jones got a little too used to watching online worship from home.

