



# 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  
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24<sup>th</sup> May 2020

**The Ascension of the Lord**

**Check out our [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](http://www.saintannesparish.net) or the diocesan website – [www.downandconnor.org](http://www.downandconnor.org)**

**We Remember them –**

**Recently Deceased**: Maureen Loughran, Pat Hill, Geraldine Anderson, Gerry Higgins.

**Anniversaries**: Kathleen Torney, Bernadette Price.

**Parish WhatsApp Group** – Keep up to date with what is happening in our parish community .....text your name and number to 07714691281 to be added to our WhatsApp group.

**St Anne's Parish Website**: [www.saintannesparish.net](http://www.saintannesparish.net)

It has an **extended version** of the weekly bulletin - Diocesan Directives, Webcams, Prayer Resources, Praying at home, Children's Corner etc and lots more. Please check for updates.



## **Re-opening our Church for Private Prayer**

Following on from a Statement from Bishop Noel on 13<sup>th</sup> May, we have been preparing to re-open St. Anne's Church. To help with this preparation the Diocese have issued us with Guidelines under the headings of Risk Assessment, Hygiene Control, Reserved Area/Seating, Stewarding and Monitoring and

Opening Times. We have carried out the necessary Risk Assessment and now had a deep clean of our church, thanks to so many volunteers! We are putting in place all the necessary signage and information so that the health and safety of any visitors to our church is our priority. Hopefully we will re-open this **Tuesday 26<sup>th</sup> May**.

**The Opening Times as a starting point will be:**

**Tues, Wed and Thurs 2pm to 4pm**

There will be a **One Way System** in place. All visitors will enter by the main door and exit by a side door. Hand sanitisers will be in place at the entrance and wipes will be available within the church for the cleaning of seats before and after use by visitors.

**All visitors to our church for private prayer are asked to note**

**No communal recitation of prayers led by and at the initiative of any individual (e.g. the Rosary, Divine Mercy Chaplet etc) should take place during the time the church is open for private prayer.**

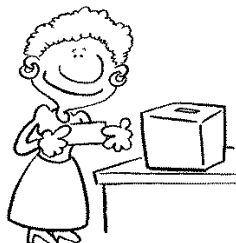
**Out of consideration for others, those praying are kindly asked not to overly prolong their visit if the maximum number of visitors is reached and someone else is waiting to enter the church for prayer.**

**All visitors are asked to strictly observe social distancing rules and only occupy the marked seating.**

**Your Giving:**

This w/end - **Weekly Offering**

- You may wish to set up a **Standing Order** and if so, call the parish office on 028 90610112 and leave your details or email us on [stannes@downandconnor.org](mailto: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.

Your continued helpful generosity would be very much appreciated. Thank you in anticipation

**OR**

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

**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](mailto:stannes@downandconnor.org) or use the contact form on the parish 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.

**Readings**

**First reading Act1:1-11** - The words of Jesus at the heart of this reading are both a promise and a caution: the disciples will be witnesses to Christ once they have received the Spirit; and by the same token, there is no effective witness or mission without the empowerment of the Spirit.

**Second reading Ephesians 1:17-23** - If there is no mission without the Spirit, neither is there understanding. This is why Paul prays that God may enlighten the believers to whom he writes, so that they may grow in their understanding of God. Without God's Spirit, the faith can be neither understood nor propagated.

**The Gospel Matthew 28:16-20** - If the writings of St Luke, which include the Acts of the Apostles, focus on witness, the Gospel of Matthew focuses on 'with-ness.' From the beginning of the Gospel, Jesus is proclaimed as 'God with us.' At its very end, he promises to remain with us.

**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



**Seeing your Life through the Lens of the Gospel**

**Matthew 28:16-20**

1. Jesus meets the disciples for the last time. His final words give them direction for their future. Perhaps you can recall such parting moments in your own life – leaving home, school, college, or the death of a loved one. Was there an occasion when the words spoken to you gave you direction for the future?
2. Perhaps you can identify with Jesus in the story, when as a parent, teacher, or in some other way, you sent someone on his/her way in life, knowing that you would not be with him or her as in the past. When did the way you parted help the other to make his or her way in life?
3. Despite this extraordinary encounter with Jesus, some of the disciples doubted. Dealing with questions and doubt is part of an adult faith journey. How have your questions and doubts helped to shape the faith you have today?
4. Jesus commissioned this collection of believing and doubting disciples to carry on his work. We inherit that mission today. How do you see yourself as commissioned to continue the mission of Jesus?
5. Jesus told his disciples that although he would not be physically with them, he would be with them in a new way right through life. Have there been times when you were reassured by the love and support of another even though he or she was not physically present with you? What are the things that help you to be aware of the presence of Jesus on life's journey?

John Byrne OSA

Today is also **World Communications Day** and this is an opportunity for us to reflect on how we communicate with each other and the wider world.

News travels fast, bad news even faster, but it was not always like that. During the Napoleonic Wars, a monkey escaped from a ship in the port of Hartlepool in the north east of England. The people hanged the monkey, thinking it was a Frenchman. The news of Napoleon's defeat at Waterloo took two days to reach London.

Today, twenty-four hour news channels, newspapers, blogs and social media keep us inundated with news, and with opinion which can disguise itself as news. It is hard to differentiate news from propaganda.

We need time to reflect on events, but rarely have the opportunity of doing so. We would be wise to take a leaf from St Paul's book: to read our daily newspaper, weekly periodical, favourite blog, or to listen to radio or television, with what Paul describes as 'a spirit of wisdom and perception'.

World events may tempt some people to question the existence of God; others no longer listen to radio and television news bulletins or read the daily newspapers because there is so much bad news.

Yet amidst all this, may we take note of Christ's last recorded words in this world, before he ascended into heaven: 'Know that I am with you always; yes, to the end of time.'

## **Live Laudato Si'**

This week marks the fifth anniversary of the publication of Pope Francis' encyclical on Care for Our Common Home.

Catholic communities worldwide have been asked to celebrate Laudato Si' Week in some way from 16 to 24 May.

Laudato Si is a beautiful document, inspired by the words of St Francis of Assisi, 'Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruit with coloured flowers and herbs.' In this document, Pope Francis asks us to listen to the cry of the earth, to really awaken to what is happening to God's creation.

We live in extraordinary times, where vast ecosystems are being destroyed and global warming poses a threat to life, all due to human activity. Young people are calling on us to take action in order to ensure a sustainable future for all.

In Laudato Si', Pope Francis says that this environmental crisis is, in reality, a spiritual crisis, because we have forgotten who we are and where we come from. We need a conversion of heart where our relationship with nature is concerned. He invites us to re-awaken a child-like sense of awe and wonder and to remember that 'the entire material universe speaks of God's love... soil, water, mountains: everything is a caress of God' (LS 84).

In today's Gospel, Jesus says: 'This is the Spirit of truth... He abides with you and He will be in you.' Let us begin again to see God present within ourselves, in others and in all of creation. We start here, for we will only protect what we love. How will you celebrate Laudato Si' week this week in your home and in your parish community?

Spend time in nature, plant a tree, read Laudato Si'...

## *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.

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. Bring yourself to bodily stillness.

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).

Quietly repeat those words of Jesus and hand over to him all worries or trouble. You may find it helpful if you name to God a specific area where you need healing or forgiveness.

Now be still for some time in the presence of God as you welcome the Holy Spirit into your heart.

As you are about to finish your time of prayer, focus again on your breathing while you relax in God's presence.

Bring yourself gently back to your daily concerns. May you receive that peace of Christ each day.

**Exercise excerpt taken from** *Talking about Jesus*