



Parish of St. Bernadette



First Sunday of Lent (C) 10th. March 2019. Vol.16 No. 29.

www.stbernadettesparish.org e-mail: info@stbernadettesparish.org

Fr. Paul Armstrong P.P. 28 Willowbank Park. Tel. 9079 3023 Option 1.

Mass Times Sunday

10a.m. with the Adult Choir.
12p.m. Children's Liturgy for P2 - P5.

Weekdays

9.30a.m. except on Tuesday.

Tuesday

7.30p.m. (with Novena to Our Mother of Perpetual Help)

Saturday

6.00p.m. Vigil Mass with the Folk Choir every second Week.

Holy Days of Obligation

10a.m.
Other Mass times may vary and will be published in the Parish Bulletin and on the church notice boards, and Parish website.

Confessions Saturday

6.45p.m. after the Vigil Mass.

Eucharistic Adoration

Tuesday from 9a.m. to 7.15p.m.

Baptisms

On the first Sunday of each month. By appointment only four weeks in advance.

Notices for the Parish Bulletin should be sent by **e-mail only** to: info@stbernadettesparish.org

First Reading (Deuteronomy 26:4-10) Moses wants the Chosen People to be able to describe what God has done for them. We can be strong in our faith only when we have a sense that God has blessed us.

Second Reading (Romans 10:8-13) To be a person of faith is to recognise that Jesus is Lord; but not only that: that recognition must be heartfelt – and what is heartfelt cannot but bear fruit in our lives.

Gospel (Luke 4:1-13) Jesus was tempted - the Gospel is not pretending or exaggerating. Jesus had to stand his ground in the face of real, concrete temptation. It is to him we should run whenever we experience temptation. ©Intercom



Reflection

For us, too, the battle against evil never stops. The selfishness, the greed, the anger and hostility, the jealousy and resentment, above all the desire to have rather than to share, to control rather than to serve will continually dog us. We and our children are caught up in the competitive rat race without even knowing it. Our only success in life can be what we achieve in building not palaces or empires but in building a society that is more loving and just, based on the message of Jesus, a message of truth and integrity, of love and compassion, of freedom and peace. That is why we need this purifying period of Lent every year. If, in past years, we let it go by largely unnoticed, let this year be a little different. Let it be a second spring in our lives. Let it mean something in our discipleship with Christ. ©1999- 2019 Living Space



Eucharistic Adoration

Eucharistic Adoration is at the centre of our life as a Parish community. Adoration of the Blessed Sacrament continues on **Tuesday** in the **Lourdes Chapel** from **9a.m.** until **7.15p.m.** New volunteers are always needed to attend throughout the day so that someone is always present before the Blessed Sacrament. Why not drop in for a few minutes of quiet reflection, away from the rush of daily life? Sit and rest in the presence of the Lord. Say a silent prayer for those who need you to pray for them, or pray for your own personal intentions.

Our Faithful Departed



Anniversaries

John Mullan, Flo Mossey, Maurice Campbell, Archdeacon Daniel Murphy,

May the Lord grant them eternal rest.

Names for inclusion in the weekly Anniversary List of the Dead should be submitted at least one week in advance to: info@stbernadettesparish.org

Preparing for Easter



The **Parish Pastoral Council** warmly invite you to participate in a Lenten programme entitled "**Let it be Done Unto Me**" presented in DVD format, followed by a short discussion. We will explore the importance of Mary's role in the Church and in each of our lives as she is the one **Chosen By God, The First Disciple, Mother of All, the Queen of Heaven and Help of Christians.** The programme begins on **Monday** in **St. Bernard's School** and will run until **Monday 8th April** beginning each evening at **8.15p.m.** and finishing around **9.30p.m.** The programme is free of charge. The book that accompanies the course can be purchased on the first evening. Cost: £2. Parishioners from other Parishes will also be most welcome.

If you attend the Vigil Mass, please make a little sacrifice and arrive early. **Lenten Stations of the Cross** will take place each **Saturday** at **5.45p.m.** It is surely one of the most important devotions honouring the Passion of Jesus.

Fast This Lent

(in the words of Pope Francis)

Fast from hurting words, say kind words,
Fast from sadness and be filled with gratitude,
Fast from anger and be filled with patience,
Fast from pessimism and be filled with hope,
Fast from worries and have trust in God,
Fast from complaints and contemplate simplicity.

Reflections on the daily **Mass** readings during **Lent** are available at the back of the church. It only takes a few moments to read them each day. Anything which helps to direct our minds to a greater spiritual preparation for Easter is more than worthwhile.



Parish Collections

Last week's collection amounted to **£1,544**. Sincere thanks for your generosity.

2019/20 Offertory Envelope Boxes

The new boxes will be delivered to Parishioners homes in the coming days. **Volunteers are needed for deliveries in Glencregagh / Beechgrove, and in the Glendale & Glenholm areas.** Please leave your name and contact details in the Sacristy. If you live outside the Parish, your new box may be collected from the Sacristy next weekend. If you do not currently have Offertory Envelopes and would like to take a box, please give contact the Sacristan after Mass or send an e-mail to: info@stbernadettesparish.org



Retirement Association

Thursday 14th. March - Weekly Walk. Meet in the church car park at 10.15a.m.

Friday 15th. March - Ten Pin Bowling at the Ice Bowl, Dundonald from 10.30 - 11.30a.m. £2 per game.

Tuesday 19th. - Thursday 21st. March - Our annual trip to Malahide. Cost €187 p.p.s bed & breakfast basis for two nights (including dinner on Tuesday). Single room occupancy €262. For Bookings, please contact **Geraldine** Tel. 078459 33371.

Wednesday 27th. March - "The Sound of Music" with **St. Agnes Choral Society** in the **Grand Opera House** at 7.30p.m. Limited tickets: £31 each. Contact **Anne** Tel. 9064 3031 as soon as possible. Early booking is essential.



Parish Centre News

For information & bookings: Tel. 9040 1169 or call in and speak to Paul on weekdays from 9a.m. to 1p.m.

Monday

10.15a.m. Drop in for tea/coffee & a chat after Mass.
10.30a.m. Mothers & Toddlers.
7.30p.m. - 8.30p.m. Pilates Class.
8p.m. Indoor Bowling Club.
8.30p.m. - 9.30p.m. Pilates Class.

Tuesday

7p.m. - 8p.m. Zumba Class.

Wednesday

10.30a.m. Mothers & Toddlers.
8p.m. - 9.15p.m. Yoga Class.
8p.m. Taekwondo.

Thursday

10a.m. - 11a.m. **Yoga For All**. Limited spaces still available! Contact **Rachel** Tel. 07802 469676 or email: rachelaoverton@gmail.com

Friday

9.30a.m. - 10.30a.m. Pilates Class.
7p.m. Youth Club. Registered members only!

Saturday

10a.m. Taekwondo.
1.30p.m. Junior Badminton.

Rosetta 2-4 After School Club

From **Monday - Friday** for P1 - P7 children from **2p.m. - 4p.m.** Contact **Sinead** Tel. 07816 779910.

The latest & past editions of the Parish Bulletin are available online at www.stbernadettesparish.org

Ministers of the Eucharist



March - Group 1.

Team Leader - **Maura Presley**.

Ministers of the Word



Sunday 17th. March.

Group 1.

500 Club



Congratulations to the lucky winners in the Draw for **Week 25: Patrick Hardy & Brigid Beggan.** Each receives £50

We offer a confidential, non-judgemental service to vulnerable individuals and families who are in great need. We can provide direct financial assistance and essential items such as food, fuel, and household items. Do you need our help? Tel. **9035 1561**

Latest News



This Lent your love can help change lives. This is the season for solidarity with the poor and underprivileged. During 2017-2018, we spent £62.8m to support over 2.8 million people in over 20 countries across Latin America, Asia, the Middle East and Africa. 92p in every £1 donated goes directly to our charitable activities. Lenten Boxes are now available in the church. Please take one home with you and return it with your donation at the Mass of the Lord's Supper on Holy Thursday.



Living Youth



Summer Madness - join with over 2,000 other young people, from all religious backgrounds, across the island of Ireland to celebrate, connect and explore your faith. This 5-day camping experience at Glenarm Castle takes place from **28th. June to 2nd. July**. Cost: £120. Age 15-18.

Camino Through the Mourne - join with other young adults to spend time together in a faith environment, all through the medium of outdoor activities such as hikes, walks and outdoor adventures. Stay in Newcastle from **6th. - 9th. August**. Cost: £125. Age 18-25. For more information and to apply go to www.livingyouthni.org or follow Living Youth on social media.

What's On!



March 13th. Anam Cara meeting for bereaved parents at 7.20p.m. in the **Crowne Plaza Hotel**, Shaw's Bridge. Visit anamcara.ie or ring the Information Line Tel. 9521 3120.

March 15th. 'Strictly Come Dancing' in **Drumbo Parish Centre** at 7.30p.m. hosted by the Down & Connor Youth Team. Tickets £15 each from the Parish Office Tel. 9081 2238 **Option 2**. All money raised will go to the Lourdes Pilgrimage Fund.

March 30th. Cappella Caeciliana present "More than Gold" by Belfast composer Aneslm McDonnell in **St. Malachy's Church**. Tickets: £12. Students and under 25s free of charge (no ticket required). Proceeds are in aid of St. Malachy's Church Restoration Fund. Tickets can be purchased online at: www.caeciliana.org or from Matchetts, 50 Wellington Place.