



Saint Brigid's Parish

Pastoral Community of South and East Belfast

The Most Holy Body and Blood of Christ (Corpus Christi)

4th June 2023, Year A, Psalter Week 1

Parish Priest: Fr Edward O'Donnell **Tel:** 028 9066 5409

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The Most Holy Body and Blood of Christ

First Reading: Reading from the book of Deuteronomy Duet 8:2-3.14-16

He fed you with manna which neither you nor your fathers had known.

Responsorial Psalm: Ps 147:12-16.19-20

R/. O praise the Lord, Jerusalem!

Second Reading: Reading from the letter of St Paul to the Corinthians 1 Cor 10:16-17

That there is only one loaf means that, though there are many of us, we form a single body.

Gospel: Gospel according to John Jn 6:51-58

My flesh is real food and my blood is real drink.

Anniversary List

Please pray for Natalie Liston recently deceased, and for all those whose anniversaries occur at this time: Kay Agnew, Peter Gormley, Nora Murphy, Owen Smyth, Gerald Smyth, Lily Mullan, Rose Murphy, Catherine O'Rourke, Patrick Stewart

May they rest in peace

The Liturgy

Sunday Mass

Saturday: 6.00 pm (Vigil Mass)

Sunday: 9.30 am
12.00 noon

Weekday Mass

Monday: 7.00 pm
Tuesday: 9.30 am
Wednesday: 9.30 am
Thursday: 9.30 am
Friday: 7.00 pm
Saturday: 12 noon



Confession

Monday: 7.30 pm – 8.00 pm
Friday: 6.30 pm – 7.00 pm
Saturday: 12.30 pm – 1.00 pm &
5.30 pm – 6.00 pm

Baptisms

1st & 3rd Sunday of the Month at 1.30pm
Please contact the Parish Office to book

Marriages

At least 6 months' notice required prior to date of Marriage.
Please contact Fr O'Donnell

Eucharistic Adoration

Monday: 7.30 pm – 8.00 pm

PARISH OFFERTORY COLLECTION

Weekly Collection 4th June: £6490.99

Monthly Collection 4th June: £3859.00



Thank you for your continued support

Bulletin Notices and Anniversaries

Bulletin Notices should be with the Parish Office by **12 noon on Thursday** to be included in the weekend bulletin.



Sunday Homily

Fr O'Donnell's Homily is available to read and listen to each Sunday morning on our Parish Website. Please visit the link > [Sunday Homilies](#)

Short Book Club

The book chosen for this month's face to face meeting is **The Loved One** by **Evelyn Waugh**. Everyone welcome - especially new members. Come along and join the discussion. The meeting will take place at **10:10am** on **Wednesday 21st June** in **St Bride's Hall**; coffee and tea will be available.

Clonard Solemn Novena

14th – 22nd June 2023

Monday to Saturday

6.45am, 9.30am, 11.30am, 4.00pm, 6.00pm, 8.00pm

Sunday

6.45am, 9.30am, 11.30am, 1.00pm 4.00pm, 6.00pm, 8.00pm

Blessing of the Sick at all Masses: Saturday 17th June

Blessing of Children at all Masses: Sunday 18th June

Youth Session with Mass: Sunday 18th June at 8.00pm

Inter-Church Day: Monday 19th June

Available to watch online also at www.clonard.com

PATHWAYS TO THE FUTURE

This weekend we celebrate *Corpus Christi*, a solemnity of the Church that allows us to reflect on the Most Holy Body and Blood of Jesus Christ. One of the early Church Fathers, St John Chrysostom, understood how the Eucharist draws the whole Church together. "What is the Bread actually? The Body of Christ. What do communicants become? The Body of Christ! Just as the bread comes from many grains, which remain themselves and are not distinguished from one another because they are united, so we are united with Christ."

St Paul teaches us that Christ is the head of the Church and we are the body, which is made up of many parts that work together. He's saying that we all have unique roles in the Church and as lay men and women, religious and priests we are called to work together. This is the vision of our *Pathways to the Future* programme too.

When we come to Mass we are one family of God's people. When we leave we carry Christ with us and we bring him out into the world. As we celebrate Corpus Christi, may we be strengthened and nourished by the Eucharist we receive to go out and serve God and his people.



Lay Dominican Meeting

The next meeting of the Lay Dominicans will be on **Monday 19th June at 7.45pm in Parish Centre**. (Reflection: *My Life in Fiji* by Fr Patrick Colgan)

Please Feel free to come along without any commitment!

Down and Connor Annual Knock Pilgrimage

We welcome you to join us for our Diocesan Knock Pilgrimage in person or Virtually on **Sunday 11th June 2023**. The ceremonies will be streamed live on the shrine website www.knockshrine.ie and on Knock Shrine Facebook [page](#).

The programme will commence with the Sacrament of the Anointing of the Sick at 2.30pm and Mass will be celebrated at 3pm by Bishop Donal McKeown (Apostolic Administrator of the Diocese of Down and Connor). Bishop McKeown will also deliver the Homily. The Mass will be followed by the Recitation of the Rosary

You are invited to place a Petition by visiting the Knock Shrine Website and all the Petitions will be before the Altar during the Mass. You may also request that a candle be lit for your intentions, or you may do so in person.

With Every Blessing

Father Vincent Cushnahan

(Diocesan Knock Pilgrimage Director)

The Mission of My Life – Blessed John Henry Newman

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another.

I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it if I do but keep His commandments. Therefore, I will trust Him, whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.

DAY FOR LIFE 2023

Sunday 18th June 2023

Eleventh Sunday in Ordinary Time

Day for Life is celebrated this year on Sunday 18 June. The theme is '*Listen to Her*' and focuses on the experience of one Catholic woman in the aftermath of abortion. It tells of her journey towards healing. The hope is that this will help people to listen, to understand and to respond with compassion.

Day for Life Message

Jane's Story

I went to Catholic schools, I knew about God and morality on some level, but for me, the culture spoke louder when it came to making decisions around sexuality.

When I was 15, I discovered I was pregnant and the fear clouded everything. I had one aim, and that was to solve the problem I had found myself in. A quick search for confidential help landed me at a clinic connected to an abortion provider. They seemed to genuinely believe that abortion was the solution to my problem and I don't remember discussing any other options. I was relieved when they determined that I was capable enough to make this decision alone, without the involvement of an adult, which is still legal to this day.

That Saturday I travelled alone to the clinic. My parents were unaware, due to other difficulties in the family home that I didn't want to contribute to. I went through the degrading experience of a surgical abortion, and I thought that if I could just get through that day, I would never have to think about it again. I remember feeling conflicted as a tear rolled down my cheek, that I quickly wiped away. I believed I couldn't be sad because this was something I had chosen to do. So, after the initial feeling of relief, I pushed down the experience and avoided anything to do with the topic of abortion. It was difficult to be around pregnant women and I found the anniversary difficult each year.

Over the next few years, I became more curious about faith through the invitation of a friend. I was looking for direction and truth, but my spiritual life was always tainted by the thought that I could never be forgiven for what I had done – somehow, God's mercy didn't apply to me. In the fleeting moments of honesty with myself and God, I knew that my choice didn't make me lose something, but someone. At times, this realisation was unbearable. This led to periods of deep depression and suicidal thoughts, as well as more promiscuous behaviour and numbing the pain with alcohol, food, or isolation.

This all changed when I was encouraged to go to confession. Even when I tried to justify my choice, the priest met me with the love and mercy of Jesus. The tears he shed melted my heart of stone. I began to give up my old ways of life and follow His way. On this journey I was introduced to Rachel's Vineyard: a healing ministry that provides support for those who are suffering after abortion. I remember the kindness of the woman that I spoke to, and I knew I wouldn't be judged there.

It took so much courage to go on a retreat, but I can genuinely say it changed my life. By hearing other people share their stories and being gently encouraged by the team, I was able to speak the truth of what had happened to me on that day. My feelings were acknowledged, including my sense of loss. I was finally given permission to grieve for the baby that had died through my choice. I acknowledged my motherhood and named my son Joseph. This was the start of God turning the guilt, shame and unforgiveness into a deep love for my son, as any good mother would have.

The healing has continued alongside my faith journey. I've taken responsibility for the role I played in my abortion, but with perspective and time, I can see that my 'choice' wasn't really a choice at all. There were other people's failures, and an inability to truly give informed consent as a teenager that also contributed. The option that was presented as a quick fix solution has eternal consequences, and I truly believe that if I'd have known the impact abortion would have had on my life, even as a teenager, I would have made a different choice.

Support Organisations

Have you or someone you know been affected by abortion? There are some wonderful organisations that can help you. Here are three.

Rachel's Vineyard rachelsvineyard.ie / rachelsvineyard.org.uk

Rachel's Vineyard is a safe place to renew and rebuild your life after experiencing the trauma of abortion. Their healing weekends offer a supportive, confidential and non-judgmental environment where women and men can deal with painful post-abortive emotions.

Gianna Care giannacare.ie

Gianna Care's goal is to help people in any way they can. Whether you are experiencing an unexpected pregnancy, or need help following an abortion, their trained client advocates, counsellors, nurses and doctors are here to help.

Abortion Recovery Care and Helpline (ARCH) archtrust.org.uk

ARCH is dedicated to promoting the emotional, psychological and spiritual well-being of clients, by the provision of real understanding, counselling and supportive help to women, men and families after an abortion.