



## 6th Sunday of the Year 11th February 2024

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### MASS TIMES AT CLONARD

#### Public Mass & Masses via Webcam

**Sunday (Vigil Sat- 7.30pm)**, 7.00am, 9.30am, 11.00am, and 12.30pm.  
**Mon, Tues, Wed, Fri.**  
7.00am, 9.30am and 6.15pm.  
**Thursday (Novena)** 7.00am, 9.30am, 6.15pm and 8.00pm.  
**Saturday** 7.00am, 9.30am & 12.00 Noon.



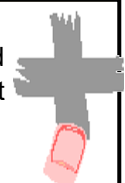
We thank you for last week's collection which came to £2,229 for Clonard, £955 for the Bishop's collection. Also for your kind donations, online and by post.

### The Season of Lent begins on Wednesday, February 14.

Ashes will be blessed and distributed during the 7.00am, 9.30am, and 6.15pm Masses. There will also be a Service of Distribution of Ashes at 12.00pm and 4.00pm.

On Fridays during the Season of Lent the Blessed Sacrament will be exposed for private prayer and reflection after the 6.15pm Mass until 7.30pm. We encourage you to join us for this time of prayer and reflection

**Health professionals and caregivers** play an important role in our lives. Their dedication and care to the sick and vulnerable is often overlooked. This afternoon, Sunday, February 11, at 3.00pm here in Clonard, we will have a special Service of Recognition and Blessing for all those in the caring professions. All those involved in the care of the sick, elderly and vulnerable are welcome. We encourage you to share this information with your friends and family members who are care-givers.



**DUE TO THE NEED FOR NECESSARY MAINTENANCE AND REPAIRS , THE CHURCH TOILETS WILL NOT BE AVAILABLE FOR USE FOR THE FORSEEABLE FUTURE. WE APOLOGISE FOR THE INCONVENIENCE.**

### **Do you want to fast this Lent? This is what Pope Francis says:**

This week we begin the Season of Lent. "What are you giving up for Lent?" It's a question a lot of people will get these next few days. If you want to change your body, perhaps alcohol, sweets and cigarettes is the way to go. But if you want to change your heart, a harder fast is needed. This narrow road is gritty, but it isn't sterile. It will make room in ourselves to experience a love that can make us whole and set us free. So, if we're going to fast from anything this Lent, Pope Francis suggests that even more than sweets or alcohol, we fast from indifference towards others.

"Indifference to our neighbour and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience." These are the words of the Pope:

*Fast from hurting words ... and 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, Fast from pressures ... and be prayerful, Fast from bitterness ... and fill your hearts with joy, Fast from selfishness ... and be compassionate to others, Fast from grudges ... and be reconciled, Fast from words ... and be silent so you can listen!*

**Unity Pilgrims** - This Sunday, 11 Feb, pilgrims will join the 4 Corners Festival Morning Service which is being broadcast on BBC Radio Ulster. Meeting in Clonard at 9.00am.

**4 Corners Festival closing event** - Towards a Culture of Hope - This Sunday 11 Feb. at 7.00pm in St Comgall's, Divis St (BT12 4AQ). Guest speaker is Rev Doug Gay, author, songwriter and theologian. Music by Eilidh Patterson. All welcome! *Night Prayer will follow at 9.30pm in St Comgall's.*

**'Why Do Peace Walls Still Exist'** - Wednesday, 21 February at 7.30pm in Forthspring, (373 Springfield Rd BT12 7DG) - a Clonard/Fitzroy event with speaker Danny Sweeney of Belfast City Council's Good Relations Unit. All welcome!

The loss of a partner through death, separation or divorce is devastating. Beginning Experience is offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave., Belfast on Saturday (24th February and 23rd March 2024) Booking essential. To find out more, contact Marie 07896119669 or 07519289185 or email belfastbe@yahoo.com



### Feast Days this week::

Saturday 17th: Seven Holy Founders of the Servite Order.