



Second Sunday of Lent 1st March 2026



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*A Day of Reflection and Prayer
for all who are in a
Recovery Program for any Addiction*

*"I have come that they may have life,
life in all its fullness" John 10:10*



On: Saturday, March 14th. 10.30am - 3.30pm

In: The Conference Room, Clonard Monastery

Facilitator: Fr Brendan Keane CSsR.

*This is a special invitation from the
Clonard Community.*



Bring a packed lunch. Tea/Coffee will be provided.

A SERVICE OF RECOGNITION,
THANKSGIVING, AND
BLESSING OF THOSE
WHO CARE
FOR US



**Sunday, March 1, 2026 at 3.00pm
Clonard Monastery, Belfast.**

For All
Healthcare Workers, Social Care Workers,
Carers in Nursing Homes, in Families, in
the Community.

All are welcome

AN INVITATION:

On the **Wednesdays of Lent**, we invite those who attend the **9.30am Mass** to join with the Redemptorist Community for **Tea/Coffee** in the **Dining Room** after the celebration of the Mass. *All Welcome*

ADDICTION SERVICES

This **Thursday, March 5**, from **6.00 to 8.30pm**, staff from **Addiction Services** will be available in the Monastery for support and guidance. This is open to anyone affected by addiction, including carers, family and friends.

*We thank you for last week's collection which came to £3,631.
Also your kind donations, online and by post.*

REFLECTION ON MATTHEW 17:1-9 – THE TRANSFIGURATION

In our lives we probably all have had those "mountaintop" moments; those rare flashes of clarity where we undeniable feel Gods grace and presence and at that moment life makes sense. We can feel almost like Peter, James, and John standing on the mountain as Jesus shines bright before them. However there are also a lot of the times, when our faith looks less like a "mountaintop" moment but more like stumbling along dealing with the everyday trials and tribulations of life, rarely having the time to listen never mind hear God's voice.

In this Gospel Jesus gives Peter, James, and John a glimpse of his divine glory. It wasn't just a light show; it was a visual promise. He knew they were about to face the darkness of Calvary, and they needed a memory of the light to hold onto when things got terrifying. That's why this Gospel speaks to us so deeply, it reminds us that God offers glimpses of His glory to strengthen us on life's journey. We just need to remember not to be afraid but instead to stop, pause and listen.

In the Transfiguration, the disciples see Jesus as He truly is - beloved, radiant, more than they ever imagined. And then, just as quickly, the moment passes. They must walk back down the mountain, back into ordinary life, carrying only a memory and a command: "Listen to Him." This is our calling too. Most days won't be filled with blinding light. But God is still there, in small encouragements, moments of clarity, unexpected peace. When life feels uncertain or overwhelming, we are invited to return to the Father's simple instruction - "listen to Jesus".

Listen to His gentleness, His truth, His courage, His love. If we can do that, even imperfectly, our ordinary days can quietly become places of grace and peace.

CLONARD PERPETUAL NOVENA - LENT 2026

We continue with our **Perpetual Help Devotions videos** with **Br. Dan Korn, C.Ss.R.**
Thursday 5th March will be **Part 3 - The Child God in the arms of Mary.**

The videos will be shown on the **Thursday Novena Masses** at **9.30am, 6.15pm, 8.00pm.**
The videos are also available to watch on the Clonard website - www.clonard.com.

SOFTENING THE BARRIERS IN OUR CITY

Tuesday 3rd March at 7.30pm in Clonard Monastery (Conference Room)

At the request of the Clonard-Fitzroy Fellowship, officers of the Belfast City Council will outline the aims of the Reconnected Belfast Project, the challenges encountered in relation to the interface/gated barrier in Alexandra Park, and how they are being addressed.

Then we will have questions, answers, refreshments and chat! *All welcome!*



INTER-CHURCH PRAYER WALK

March's monthly prayer walk will meet at **St Peter's Cathedral**, on **Monday, 9 March at 7.30pm**. We will walk and pray blessings on the local community around the Cathedral and finish with tea/coffee at 8.30pm. *All Welcome*