



Holy Family Parish

A praying, caring community, centred in Christ

A member of the North Belfast Pastoral Community: comprising the parishes of Holy Cross, Holy Family, Sacred Heart, St Patrick's & St Vincent de Paul

MASS SCHEDULE

SUNDAYS

Holy Family Church: 6pm Vigil & 10.30am
St Thérèse of Lisieux Church: 9am & 12noon

WEEKDAYS

Holy Family Church: 9.15am Monday, Tuesday & Wednesday
St Thérèse of Lisieux Church: 10.00am Thursday, Friday & Saturday

SACRAMENT OF RECONCILIATION

Holy Family Church: Saturday 5.15pm-5.45pm
St Thérèse of Lisieux Church: Saturday after 10am Mass

BAPTISMS

(Prior booking via Parish Office)

Holy Family Church: Saturdays at 4pm
St Thérèse of Lisieux Church: Sundays at 1pm

DEVOTIONS

Eucharistic Adoration: Daily 10am-10pm (St Thérèse)
Pilgrim Prayer: Tuesday 8pm on Parish website & Facebook
Novena to Our Mother of Perpetual Help: Wed 9:15am Mass
First Saturday: 10am (Holy Family)
Taizé Prayer: last Friday of the month 8pm-9pm (Holy Family)

SAINTS OF THE WEEK

Mon 15th: St Bonaventure
Tues 16th: Our Lady of Mount Carmel

"If you learn everything, except Christ, you learn nothing.
If you learn nothing, except Christ, you learn everything."

St. Bonaventure



CONTACT INFORMATION

Parish Clergy: Very Rev. Michael Spence PP,
Rev. John O'Lavery CC & Rev. Deacon Brendan Dowd

Parish Telephone (Office hours): 90743119
Office hours: Mon-Thu 9.30am-2.30pm, Fri 9.30am-1.30pm
Address: 226-228 Limestone Road, Belfast BT15 3AP

Emergency Sick Calls only (24hrs): 07802458240
Society of St Vincent de Paul (Helpline): 028 90351561

Email: holyfamily@downandconnor.org
Website & Webcam: www.holy-familyparish.com

FIFTEENTH SUNDAY IN ORDINARY TIME

14th July 2024 ❖ Readings: B (II) ❖ Psalter: Week 3



2024
YEAR OF PRAYER

Pope Francis proposed that 2024 should be marked as a year dedicated to prayer in preparation for the Jubilee 2025. Prayer has been a key theme in his Wednesday addresses.

(The following is a continuation of last week's piece).

"The use of Psalms in the New Testament is followed by that of the Fathers and the entire Church, which makes them a fixed element in the celebration of Mass and the Liturgy of the Hours. "All the Sacred Scripture breathes the goodness of God", says Saint Ambrose, "but in particular the sweet book of the Psalms" — the sweet book of the Psalms. I wonder, do you pray with the Psalms from time to time? Do you pick up the Bible and pray a Psalm? When you are a bit sad for having sinned, for example, do you pray Psalm 50? There are many Psalms that help us keep going. Form the habit of praying with the Psalms. I assure you that you will be happy in the end. But we cannot only live on the legacy of the past: it is necessary to make the Psalms our prayer. It was written that, in a certain sense, we must ourselves become the "scribes" of the Psalms, making them ours and praying with them. If there are Psalms, or just verses, that speak to our heart, it is good to repeat them and pray them throughout the day. Psalms are prayers "for all seasons": there is no state of mind or need that does not find in them the best words to be transformed into prayer. Unlike other prayers, Psalms do not lose their effectiveness by being repeated; on the contrary, they increase it. Why? Because they are inspired by God and "breathe" God, every time they are read with faith".

(General Audience, 19th June 2024. See www.vatican.va)



Breath of Summer

Creator God
who breathed this world into being,
who is discernible within
the harmony of nature,
the perfection of a butterfly's wing,
the grandeur of a mountain range,
the soaring eagle and humming bird,
thank you for this world
which you have created.
Thank you for summer sun,
which reminds us
that your creative breath
is still alive and active.
Thank you for the warmth of your love,
sustaining this world,
your garden

(www.xavier.edu/jesuitresource, author unknown)



PARISH NEWS & EVENTS

WEEKLY OFFERING. Thank you for your continued generosity and support. Donations can also be made by standing order, or the website Donate button, or the contactless donation terminals in both churches.

PARISH 100 CLUB. Week 17 winners: A Miskelly, Mr & Mrs Campbell, Mr & Mrs Morgan, Mrs E Boulter & Anne White (Promoter).

PARISH OFFICE. Will be closed Mon. 08th - Fri. 19th July incl. Bookings for anniversary Masses, baptisms and weddings can be made when the office reopens on Mon 22nd.

ADORATION OF THE BLESSED SACRAMENT. Volunteers sought please for Sundays 6pm -7pm & Fridays 12 noon—1pm. If you could occasionally help cover an hour, during the summer holidays, please leave your details at either church.



LOUGH DERG THREE DAY PILGRIMAGE. Runs until 15th August. Booking advised at info@loughderg.org, or telephone 00353719861518. www.loughderg.org.

KNOCK SHRINE. Details of the summer programme can be found at www.knockshrine.ie, or on the posters in either church.

KITCHEN ASSISTANT SOUGHT. For the Dominican Sisters, Fortwilliam. 10 hours pw. CVs to caitrionaonahouse@gmail.com or phone Caitriona on 028 9037 0008.

SUMMER SINGING COURSE. St Dominic's Grammar School, 05-09 August, for boys and girls aged 8-17. £35, including refreshments. Scholarships available on request. Email cathedralmusic@downandconnor.org.

ACCORD NI. For marriage and relationship support, contact Accord at 02890233002 or email info@accordni.com.

CARAVAGGIO'S PAINTINGS AT THE ULSTER MUSEUM

Two famous paintings by the artist Michelangelo Merisi da Caravaggio (1571-1610) are currently on display in the Ulster Museum. 'The Supper at Emmaus' (1601) is on loan from the National Gallery in London, and 'The Taking of Christ' is on loan from the National Gallery of Ireland in Dublin. Both paintings very rarely travel, and they have hardly ever been seen together, since the first quarter of the 17th century. The bringing together of these two rare artworks, gives everyone a rare chance to see these masterpieces. The exhibition continues until 1st September 2024, at the Ulster Museum. Admission is free, and you do not need to book. The paintings are well worth seeing.

MASS INTENTIONS

Sat 13 (6pm): Maisie & Frank Manning
Sun 14 (9am): Priest's Intention
Sun 14 (10.30am): Jim McAlea
Sun 14 (12Noon): Priest's Intention
Mon 15: Priest's Intention
Tue 16: Desmond Michael (25th) & Susan Patricia McConvey
Wed 17: Priest's Intention
Thu 18: Priest's Intention
Fri 19: Priest's Intention
Sat 20 (10am): Priest's Intention



For more information and resources:
www.holy-familyparish.com



REST IN PEACE

Month's Mind: Josie Meighan

Anniversaries: Bernadette Molloy (50th), Peter Molloy, Antoinette Keaney, Elizabeth Wasson, Maisie & Frank Manning, Jim McAlea, Desmond Michael McConvey (25th), Susan Patricia McConvey

Eternal rest grant unto them, O Lord!