



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. 22nd: St Mary Magdalene
Wed. 24th: St Declan
Thurs 25th: St James
Fri. 26th: Ss Joachim & Anne, parents of Our Lady



Prayer for Grandparents

God of love,
we thank you for our wonderful grandparents.
They bring such joy and happiness into our lives.
Thank you for all the special times that we have with them.
Please watch over them, protect them and care for them now.
May they know your goodness and love always. Amen.

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

SIXTEENTH SUNDAY IN ORDINARY TIME

21st July 2024 ❖ Readings: B (II) ❖ Psalter: Week 4



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).

"If we feel oppressed by remorse or guilt, because we are sinners, we can repeat with David: *"Have mercy on me, O God, according to thy steadfast love"* (Ps 51:1). If we want to express a strong personal bond with love, let us say: *"O God, thou art my God I seek thee, my soul thirsts for thee; my flesh faints for thee, as in a dry and weary land where no water is"* (Ps 63:1). It is not for nothing that the Liturgy has inserted this Psalm in the Lauds of Sunday and the solemnities. And if fear and anguish assail us, those wonderful words of Psalm 23 come to our rescue: *"The Lord is my shepherd ... Even though I walk through the valley of the shadow of death, I fear no evil"* (Ps 23:4).

Psalms allow us not to impoverish our prayer by reducing it merely to requests, to a continuous "give me, give us...". Let us learn from the Lord's Prayer, which, before asking for our "daily bread", says, *"Hallowed by thy name; thy Kingdom come, thy will be done"*. The Psalms help us to open ourselves to a prayer that is less focused on ourselves: a prayer of praise, of blessing, of thanksgiving; and they also help us give voice to all creation, involving it in our praise.

Brothers and sisters, may the Holy Spirit, who gave the Church Bride the words to pray to her divine Bridegroom, help us to make them resound in the Church today, and to make this year of preparation for the Jubilee a true symphony of prayer. Thank you!"

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



Summer Blessing for Families

May we make our homes places of relaxation,
joy, love, peace and safety.
May we be generous and considerate,
not thinking only about ourselves,
but helping others enjoy the blessings of the summertime.
Lord God, Creator of all things,
guide our steps and strengthen our hearts
during these months of summer and vacation days.
Grant us refreshment of mind and body.
May we constantly strive to make a meaningful difference
in the lives of our loved ones and in the world around us
as we enjoy the warm days of summertime.

(www.xavier.edu/jesuit resource, The Catholic Review)



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 18 winners: Marion Gallagher, Patricia Lavery, Ursula Harris, Mr & Mrs McCormick and Rosaleen McParland (Promoter).

PARISH OFFICE. Will reopen Monday 22nd July.

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 contact the parish office.

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 caitrionaionahouse@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 20 (6pm): Mary & Herbert Johnston
Sun 21 (9am): Priest's Intention
Sun 21 (10.30am): Colm McCrystal
Sun 21 (12Noon): Mary McCaughey
Mon 22: William Tolan (1st)
Tue 23: Priest's Intention
Wed 24: Priest's Intention
Thu 25: Edward Bradley
Fri 26: Winifred O'Callaghan
Sat 27 (10am): Nuala McGrath



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

REST IN PEACE

Anniversaries: Mary & Herbert Johnston, Colm McCrystal, Mary McCaughey, Edward Bradley, William Tolan (1st) & Winifred O'Callaghan

Eternal rest grant unto them, O Lord!

