



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)
Novena to Our Mother of Perpetual Help: Wed 9:15am Mass
Pilgrim Prayer: Tuesday 8pm on Parish Facebook page
Rosary: 20mins before Mass Wednesday & Saturday
First Saturday: 10am (Holy Family)

SAINTS OF THE WEEK

Mon. 3: St Blaise
Wed. 5: St Agatha
Thurs. 6: Ss Paul Miki & Companions
Fri. 7: St Mel
Sat. 8: St Josephine Bakhita



*"The whole of my life has been God's gift."
(St Josephine Bakhita)*

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): 07928968773 (new)
Society of St Vincent de Paul (Helpline): 028 90351561
Email: holyfamily@downandconnor.org
Website & Webcam: www.holy-familyparish.com

THE PRESENTATION OF THE LORD

2 February 2025 ❖ Readings: C (I)
Psalter: Week IV



JUBILEE 2025

"Upon seeing the Lord enter his temple, Simeon and Anna are enlightened by the Holy Spirit and recognize him as the child whom Mary carries in her arms. They had been waiting for him all their lives: Simeon,

"righteous and devout, looking for the consolation of Israel, and the Holy Spirit was upon him" (Lk 2:25); Anna, who "did not depart from the temple" (Lk 2:37).

It is good for us to look at these two elders who were waiting patiently, vigilant in spirit and persevering in prayer. Their hearts have stayed awake, like an eternal flame. They are advanced in age, but young at heart. They do not let the days wear them down, for their eyes remain fixed on God in expectation (cf. Ps 145:15). Fixed on God in expectation, always in expectation. Along life's journey, they have experienced hardships and disappointments, but they have not given in to defeat: they have not "retired" hope. As they contemplate the child, they recognize that the time has come, the prophecy has been fulfilled, the One they sought and yearned for, the Messiah of the nations, has arrived. By staying awake in expectation of the Lord, they are able to welcome him in the newness of his coming. Brothers and sisters, waiting for God is also important for us, for our faith journey. Every day the Lord visits us, speaks to us, reveals himself in unexpected ways and, at the end of life and time, he will come. He himself exhorts us to stay awake, to be vigilant, to persevere in waiting. Indeed, the worst thing that can happen to us is to let "our spirit doze off", to let the heart fall asleep, to anesthetize the soul, to lock hope away in the dark corners of disappointment and resignation.

Pope Francis (2nd February 2024)



CELEBRATING THE CENTENARY OF THE CANONISATION OF ST THÉRÈSE OF LISIEUX

PARISH PILGRIMAGE TO LISIEUX

Holy Family parish pilgrimage 10th-15th June 2025. The price of £895 per person sharing includes:- flights from Dublin to Paris, accommodation, breakfast and dinner, transport throughout the pilgrimage, guides etc. Please contact the parish office for further information.

St Thérèse of Lisieux, pray for us

ST BLAISE & THE BLESSING OF THROATS. Tradition says that St. Blaise was a physician, before becoming a bishop. He was reputed to have miraculously cured a little boy, who nearly died because of a fishbone in his throat. For centuries, he has been invoked on behalf of the sick, especially those afflicted with illnesses of the throat. Throats will be blessed at 9.15am Mass on Monday 3rd February. "Through the intercession of St. Blaise, bishop and martyr, may God deliver you from all ailments of the throat and from every other evil. In the name of the Father, & of the Son, & of the Holy Spirit. Amen."



PARISH NEWS & EVENTS

WEEKLY OFFERING. The weekly collection on Sunday 26th January came to £2,436.20. Thank you for your continued generosity and support. The second collection this Sunday will be taken up after Communion, for the priests of our parish. Collection offerings can be made by standing order, or via the Donate button on the website. Contactless donation terminals are also in operation in both churches.

PARISH 100 CLUB. Week 46 winners: E Markey, T Carson, Mr & Mrs McKee, Helen McAleer & Connie Hawkins (Promoter). We would kindly remind promoters to submit their final monies please to the parish office, as soon as possible.

EUCCHARISTIC ADORATION. Adorer needed please for Fridays 11am-12noon. Please contact the parish office.

CONFIRMATION. We pray for the P.7 children of Holy Family P.S. and St Thérèse of Lisieux P.S, who will celebrate their Confirmation in the coming week.

ST BRIGID'S DAY LECTURE. TODAY SUNDAY at 4pm, in St Brigid's Parish Centre. Guest speaker Bishop Alan McGuckian. The theme is *Synodality for Mission*. All are welcome.

RELICS OF THE VENERABLE MATT TALBOT. Will be received at St Peter's Cathedral at 5pm on Mon. 3rd Feb. Mass at 7.30pm, Night Prayer at 10pm. All welcome to join in prayer, particularly for all those affected by addiction.

INTERNATIONAL DAY OF PRAYER AND AWARENESS AGAINST HUMAN TRAFFICKING. Sat. 8th February is the memorial of St Josephine Bakhita (1868-1947), a native of Sudan, brought as a slave to Italy, where she became a Christian and entered a religious community. This date is observed as International Day of Prayer and Awareness against Human Trafficking. Each year, around 2.5 million people are victims of trafficking and slavery. For those engaged in trafficking, it has become one of the most lucrative illegal activities in the world. Through this Day of Prayer, we reflect on the experience of those who have suffered, but we are also called to reach out to victims and survivors.

THE POPE'S INTENTION FOR FEBRUARY For Vocations to the Priesthood and Religious Life

Let us pray, that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.

MASS INTENTIONS

Sat 1 (6pm):	Edward Gribben
Sun 2 (9am):	Una McMahon
Sun 2 (10.30am):	Bridie McCann
Sun 2 (12Noon):	Michael Donaghy
Mon 3:	Mary Magee & Eoin Markey
Tue 4:	Patrick & Elizabeth Walsh
Wed 5:	Mary McLarnon
Thurs 6:	Maureen McAteer
Fri 7:	Mary & Con Devine
Sat 8:	Michael McCaughey



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

REST IN PEACE

Recently Deceased: Joe Hamilton
Anniversaries: John McCrystal, Kathleen Lynn, Richard Lynn, Roisin Anagnostides (née O'Neill), Niall O'Neill, Hugh Johnson, Fr Brian Hart, Elizabeth McManus, Edward Gribben, Una McMahon, Bridie McCann, Michael Donaghy, Mary Magee & Eoin Markey, Patrick & Elizabeth Walsh, Mary McLarnon, Maureen McAteer, Mary & Con Devine, Michael McCaughey

Eternal rest grant unto them, O Lord!

