

HOLY FAMILY PARISH
North Belfast Pastoral Community
(Holy Cross, Holy Family, Sacred Heart,
St. Patrick's & St. Vincent de Paul)

06 March 2022

First Sunday of Lent

Readings: C

Psalter: Week 1



V. Rev. Paul Strain Adm. 90743119

Rev. Paul Morely C.C. 90743119

Canon Brendan Murray 90205041

Rev. Deacon Brendan Dowd 90743119

Emergency Telephone: 07802458240

Parish Office: 90743119

(Services are available via telephone and email, 9.30am – 2.30pm Monday-Thursday, 9.30am – 1.30pm on Friday. Parish Office remains closed.)

Office email: holyfamily@downandconnor.org

Website: holy-familyparish.com

Address: 226-228 Limestone Road, BT15 3AP

Pastoral Community Churches

Holy Cross- V. Rev. John Craven C.P(90748231)

Sacred Heart- Fr Jim Madden O.Praem. (90751543)

St. Patrick's- V. Rev. Eugene O'Neill (90324597)

St. Vincent de Paul - V. Rev. Patrick Devlin (90713401)

WEEKEND MASS

Holy Family Church: 6.30pm Vigil & 11.30am

St Thérèse Church: 6pm Vigil, 10am & noon

MIDWEEK MASS

Holy Family Church: Monday – Friday @ 9.15am

St. Thérèse Church: Monday – Saturday @ 10am

CONFESSION

Holy Family Church: Saturday 5.30pm-6.15pm

St. Thérèse Church: Saturday after 10am Mass

CHILDREN'S LITURGY

Worksheets available on the parish website (Young People).

PILGRIM PRAYER WITH DEACON BRENDAN

Every Tuesday night at 8pm on Facebook. **If you are not on Facebook go to the Holy Family website**, scroll down to the bottom and click on the Facebook symbol. For Facebook users simply like the Holy Family Facebook page.

REST IN PEACE

Recently deceased: Bernard Gallagher & Alice Campbell

Month's Mind: Marie Kelly

Anniversaries: Eamon Fitzpatrick, Norah Kevin, Hilary & Paul Burns, Kathleen & Michael Gallagher, Michael McCrudden, Dominic Blackham, Tommy O'Kane, Paddy O'Kane & Doreen Beagon

PARISH WEBCAM

Live streaming of all Masses takes place in Holy Family Church and St. Thérèse Church. For both Churches, click on the Live Webcams button on the Home Page of the Parish website www.holy-familyparish.com.

DIOCESAN PRIVACY POLICY

The Privacy Policy for the Diocese of Down and Connor, including Holy Family Parish, is available in the Safeguarding section of the Parish website. A paper copy may be obtained from the Parish Office if required.

COLLECTION

The **weekly collection** on Sunday 27 February came to £2,678.68. Thank you for your contribution.

MASSES IN THE COMING WEEK

HOLY FAMILY

Saturday 12th (6.30pm) Joseph Craig

Sunday 13th (11.30am) Mary Goldsmith & Kathleen Ferguson

ST. THÉRÈSE

Thursday 10th (10am) Doreen Beagon

Friday 11th (10am) Alethea Archer

Sunday 13th (10am) Ellen Wilson

Sunday 13th (noon) John & Patricia Martin

AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

100 CLUB BUILDING FUND WEEKS 15 & 16

£100 – Lorcan McCusker, Taunton Ave; Anne McIvor, Hopefield Ave; J. McDermott, Camberwell Court; Jane McCandless, Brookvale Fold; Paula Curran, Somerton Court; Claire & Ciaran Cooley, Cooldarragh Park; Dominican Sisters, Fortwilliam Park & Mrs Teague, North Circular Road.

Promoter: Eimear & Fiontan Eastwood and Brenda Mullan

SYNOD 2021-2023 “For a Synodal Church: Communion, Participation and Mission”

Pope Francis has called the entire People of God to participate in the upcoming Synod of Bishops and journey together by listening to one another and sharing their experiences of the church. This Synod on Synodality is thought to be the largest consultation in Church history and we encourage everyone to take part and share your views. The diocese has planned a series of Synodal Moments to help us on our journey together, beginning with the Make your Mark initiative launched on Ash Wednesday. Postcards containing three core questions are available in both churches and will be handed out at Masses this weekend. You are encouraged to reflect on these questions and write down your thoughts on the card. Please return the card to one of the collection boxes in either church by Sunday 13th March or email your response to the parish office. The Pastoral Council will review the responses and collate a summary which will be submitted to the diocese. Details about further parish and diocesan events and opportunities to participate in the synodal process will follow in the coming weeks.

COVID-19 UPDATE

Although COVID restrictions have been lifted by the Health Minister, infection rates are still high and some members of our parish community will be particularly vulnerable to the virus. While there is a clear need for continued caution, this has to be balanced against the need to move forward safely. The following parish guidelines have been updated with this in mind and in line with current diocesan advice and public health recommendations:

- It is no longer necessary to book a place at Mass
 - It is important that you do not attend if you have any symptoms of COVID-19, even if mild
 - The wearing of face coverings at all times is strongly encouraged, including when seated
 - Please continue to use the hand sanitiser on entering and exiting the church
 - Ventilation will continue to be maximised with windows and doors left open where possible
 - Churches will be sanitised daily
 - The majority of pews are now open, but please be mindful of the needs of those around you
 - A section with formal socially distanced seating will be retained in each church for those who may wish to adopt a more cautious approach – please inform one of the ushers if you wish to avail of this
 - The ushers will continue to guide you to an appropriate seat so that some space is maintained between household groups/bubbles
 - There are no limits on numbers attending baptisms, weddings and funerals
 - The obligation to attend Mass on Sundays and Holy Days remains suspended for now
- Many thanks for your continued understanding and support. As always, we are extremely grateful for the dedication of our wonderful volunteer ushers and sanitisers – we could not do without them!

REMINDERS

Parish Census

Online at www.holy-familyparish.com (Parish Census), or return your form to the Parish Office, or phone 90743119

Diocesan Vocations Weekend

11 –13 March. Contact Fr. Kevin McGuckien on 02890614567 or at vocations@downandconnor.org

Diocesan Pilgrimage To Lourdes 2022

13-18 July, 5 nights full board £685. Contact the Parish Office, or Pilgrimage Office: 90770162 lourdes@downandconnor.org

THOUGHT FOR THE WEEK

The best way to show that a stick is crooked is not to argue about it, but to lay a straight stick alongside it.

ECO CORNER

Walk of Leaf: Forest Immersion Walks in Wicklow & Dublin. Forest bathing/forest immersion is a health and well-being practice that originated in Japan in the 1980s. A small group of people goes into the forest, with the aim of slowing down and (re)connecting with nature, with themselves, and with each other. Studies have shown health benefits, including a reduction in stress, lower blood pressure and a boost to the immune system. It can also improve people's mood, increase concentration and enhance creativity.

LENT 2022

NO GREATER LOVE

(DUE TO UNFORSEEN CIRCUMSTANCES, THIS PROGRAMME WILL START NEXT SUNDAY 13TH MARCH, NOT 06TH)

Lent is a season of reflection and preparation, as we look forward to the celebration of Easter. No Greater Love is a series of short films shot on location in the Holy Land, allowing us to be with Jesus in the final moments of His life, revealing Christ's amazing love for us. Over 5 weeks we walk step by step with Jesus through the Scriptures, from the Garden of Gethsemane to Mount Calvary. **Starting Sunday 13th March** for 5 consecutive Sundays (13th, 20th & 27th March and 03rd & 10th April), 7pm – 8pm in the Parish Centre, Cavehill Road. You can still sign up, by contacting the Parish Office 90743119 / holyfamily@downandconnor.org

Early Mass will continue each week day in Lent, (apart from St. Patrick's Day), in Holy Family at 7.15am.

TROCAIRE

Trócaire boxes are available in both churches. Please take one home, and why not take one for a friend or neighbour.

NEWINGTON DAY CENTRE

...continues to support older people, and those who care for them at home, throughout this awful pandemic. As with many charities, we have been unable to fundraise for the past two years, due to the many ongoing restrictions, which included no annual church collection. In order to continue our services, we urgently need to raise £5000. As we approach Lent, we ask our community to support, once again, the work of the Centre. We ask families and friends to come together to donate £30, (or whatever you can afford), to pass on the gift of daycare to another family. We thank our community for their continual support of the Centre. Donation by cash, cheque or in person at Newington Day Centre 31/35 Atlantic Avenue. Telephone 0289035 1947.

INTERNATIONAL WOMEN'S DAY (Tues 08th March)

We pray for women around the world. May the Holy Spirit reveal to them their value and purpose. We pray that women respect and support each other, and have compassion for each other, in Jesus's name. Amen

ANAM CARA BELFAST

Monthly Parent Evening for bereaved parents on Monday 14th March at 7.30pm in the Crowne Plaza Hotel. Online meeting Monday 21st March at 7pm. Contact 02895213120.

PARISH PARTNERS IN PRAYER

Please join us this week, as we pray for all those with a birthday in March. May their birthday, and the year ahead, be filled with God's blessings and goodness.

CHILDREN'S CORNER

Children say the funniest things.....

The first commandment was when Eve told Adam to eat the apple!