

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

27 February 2022
Readings: C

08th Sunday of the Year
Psalter: Week 4



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: Helen Hughes, Dr. Barry Bradley & Sr. Rosaire Boden **Month's Mind:** Stephen Mallon & Kate McGarrity **Anniversaries:** Olive McAlea, James & Margaret O'Hare, Maura & Billy Konrad, Bill Reynolds, Fr. Brian Hart, Marian O'Boyle, Nora Neeson, Anne Owens (50th), Sean Carroll, Brian Brady, Peter Emmett (1st), Sr. Thérèse Larkin, Patrick Aldridge

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.

RECORDINGS

If agreed by the family, all funerals will be recorded and kept in the Live Webcams section of the website for 2 weeks.

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 20 February came to £1,170.79 and the collection for **Sick & Retired Priests** was £1,192.57. Thank you for your contribution.

MASSES IN THE COMING WEEK

HOLY FAMILY

Monday 28th (9.15am) Marian O'Boyle
Tuesday 01st March (9.15am) Patrick Aldridge
Saturday 05th (6.30pm) Marie Kelly MM
Sunday 06th (11.30am) Daniel Gault (1st)

ST. THÉRÈSE

Thursday 03rd March (10am) Nora Neeson
Friday 04th (10am) Anne Owens (50th)
Sunday 06th (10am) Frances & Paul Scott & Terence Sands
Sunday 06th (noon) Denis O'Hara

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.

PARISH PARTNERS IN PRAYER

Please join us this week, as we pray for all those who work in IT & computing. We give thanks for the good work they do, especially the vital role played by IT during the pandemic.

THOUGHT FOR THE WEEK

If you can't fly, then run; if you can't run, then walk; if you can't walk, then crawl; but whatever you do, you have to keep moving forward.

PARISH CENSUS REMINDER

To those who have not yet updated their details, please return your census form to the Parish Office, or complete it online at www.holy-familyparish.com (clicking on the 'Parish Census' button on the home page). Alternatively, ring the Parish Office (90743119) and we will do it with you over the phone. Thank you to all who have responded.

DIOCESAN VOCATIONS WEEKEND

Drumalis Retreat Centre, Larne, 11 –13 March.. listen to what God might be saying to you and what He might be calling you to. Contact Fr. Kevin McGuckien on 02890614567 or at vocations@downandconnor.org

COVID-19 UPDATE

For many people, the lifting of COVID-19 restrictions, as announced recently by the Health Minister, is very welcome and encouraging. For others, however, it is a source of significant anxiety. The infection rate with the extremely transmissible Omicron variant is still high and some members of our parish community will be particularly vulnerable to the virus, and its potential long-term effects. 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
 - Unless exempt, the wearing of face coverings at all times is strongly encouraged, including when seated
 - Please continue to use the hand sanitiser available at the doors of the church on entry and exit
 - Ventilation will continue to be maximised as a key safety measure with windows and doors left open where possible
 - Churches will be sanitised daily
 - The requirement for formal social distancing has been lifted and the majority of pews are now open, however we encourage everyone to be mindful of the needs of those around them
 - The ushers will continue to guide you to an appropriate seat so that some space is preserved between household groups/bubbles
 - A section with socially distanced seating will be maintained 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
 - Holy Communion should continue to be received in the hand only
 - The physical Sign of Peace remains suspended
 - 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 commitment and dedication of our wonderful volunteer ushers and sanitisers, who continue to give of their time so generously, to ensure the safety and wellbeing of all who attend our churches – we could not do without them!

DIOCESAN PILGRIMAGE TO LOURDES 2022

13-18 July, 5 nights full board £685. Pilgrims must be able to travel independently, or be accompanied by someone who can provide for all their needs. Contact the Parish Office, or Pilgrimage Office: 90770162 lourdes@downandconnor.org

PRECIOUS LIFE “Restore Personhood”

Pre-election campaign meeting at 7.30pm on Tuesday 1st March, in the Wellington Park Hotel. Contact 07592280522 or restore.personhood@gmail.com

ECO CORNER

Irish Churches Creation Care Conference, with leading theologians and senior church leaders: 8 April, 10am – 4pm in Dromanine. £20 incl. lunch. .. www.eventbrite.co.uk/e/irish-churches-creation-care-conference-tickets

LENT 2022

NO GREATER LOVE

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 06th March for 5 consecutive Sundays (06th, 13th, 20th & 27th March & 03rd April), 7pm – 8pm in the Parish Centre, Cavehill Road. Please register your interest with the Parish Office by phone (90743119) or email (holyfamily@downandconnor.org), by Ash Wednesday, 02 March.

ASH WEDNESDAY MASS, 02 March (A day of fast and abstinence for Ukraine)

Holy Family Church: 7.15am & 9.15am

St. Thérèse Church: 10am & 7pm (Ash Wed. evening)

NB 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 028 9035 1947.

STUCK FOR A LENTEN RESOLUTION?

Prayer:

- In private at home, or in our churches
- No Greater Love programme (see above)
- Family Prayer - grace before meals, family rosary

Fasting:

- From TV, computer games and social media
- From chocolate, sweets or alcohol, (I promise in honour of the Sacred Heart of Jesus, and with the help of the Blessed Virgin Mary, to abstain from all alcoholic drink during Lent)
- From the clenched fist –complaining, gossiping, foul language

Almsgiving:

- Give your time to support someone who lives alone
- Place a Trócaire box in a prominent place in your home.
- Donate to St Vincent de Paul

CHILDREN’S CORNER – more Kids’ Bible Howlers

The greatest miracle in the Bible was when Joshua told his son to stand still, and he obeyed him!