

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

29 May 2022
Readings: C

The Ascension of the Lord
Psalter: Week 3



V. Rev. Paul Strain Adm. 90743119
Rev. Paul Morely C.C. 90743119
Canon Brendan Murray
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.
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

... can now be found on our parish website, by pressing the 'Readings & Prayer Times' button.

PILGRIM PRAYER WITH DEACON BRENDAN

Every Tuesday night at 8pm on Facebook and on the Holy Family website. For Facebook users simply like the Holy Family Facebook page.

CHILDREN'S LITURGY

We are hoping to restart our parish Children's Liturgy in September. Anyone interested in helping lead the sessions will be very welcome. Contact Pat McGuinness on 07812085294.

REST IN PEACE

Recently deceased: Brendan Kelly. **Month's Mind:** Mary McAree & Alma Loughrey. **Anniversaries:** Frank Donaldson, Rita & Tommy Hill, Frances Mulligan, Rose & Hugh Dowd, Jackie McDade (1st), Tony McGlinchey, Dan Hand, Antonio Vaz & John McCausland (50th)

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.

COLLECTIONS

The **weekly collection** for Sunday 22 May came to £1,684.95. Thank you for your contribution.

MASSES IN THE COMING WEEK

HOLY FAMILY

Wednesday 01 June (9.15am) Rose & Hugh Dowd
Saturday 04th (6.30pm) John Shortt
Sunday 05th (11.30am) Willie Loughran MM

ST. THÉRÈSE

Friday 03rd June (10am) Jackie McDade (1st)
Saturday 04th (6pm) Josephine McCann & Brendan McCann

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 WEEK 28

£100 – Mrs Bermingham, Old Cavehill Road; Callum Irvine, Evewilliam Park; Mr & Mrs Morgan, Cavehill Road and Frances Doran, Somerton Road **Promoter:** Anne Wright

EUCCHARISTIC ADORATION ..has resumed, and we

appeal for your help in filling some slots:- **Tuesdays 2pm-3pm; Wednesdays 4pm-5pm and Saturdays 12noon-1pm; 2pm-3pm & 3pm-4pm.** Please contact the Parish Office. (This is a Diocesan shrine for prayer for the priesthood).

CALLING ALL ADORERS OF THE BLESSED SACRAMENT IN DOWN & CONNOR

National Eucharistic Adoration Pilgrimage to Knock on Saturday 18th June (Corpus Christi weekend) leaving Belfast City Centre at 6.15 am. Cost £22, bring a packed lunch. Contact Harriet 07812098991 or Maureen 07745093530 to inquire or book a seat. visit www.eucharisticadoration.ie

RENOVATIONS IN ST.THÉRÈSE CHURCH

Further to last week's closure, we need to close Thérèse Church again on Monday 30th May, to allow for new carpets to be laid in the sanctuary and altar. There will be no 10am Mass or Eucharistic Adoration on that day.

PARISH OFFICE

.. will be closed on Thurs 02nd & Fri 03rd June (bank holidays).

THOUGHT FOR THE WEEK

A person's friendships are one of the best measures of their worth.

COVID-19 UPDATE

Attending Mass on Sunday and Holy Days of Obligation has, once again, been deemed an essential expression of faith. As always, those whose health is vulnerable, or who are unwell, will not be under any obligation to attend Mass. Please do not attend if you have any symptoms of COVID-19. The wearing of face coverings and use of hand sanitiser are strongly encouraged. A section with formal 2m 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 Parish Welcome team if you wish to avail of this. The holy water fonts have been refilled. Please sanitise hands before using.

DIOCESAN PILGRIMAGE TO FATIMA

Full board in hotel: 7 nights (8-15 September) from £689 per person sharing. For further enquiries and bookings contact Joe Catney 02890714001/0776425631

ANNUAL DIOCESAN PILGRIMAGE TO KNOCK. 11TH AND 12TH OF JUNE 2022

Fully guided pilgrimage with overnight stay in The Knock House Hotel. Bus leaves Saint Patricks Church Donegal Street. Total cost £140. Contact Sally on 02890 247587

DIOCESAN PILGRIMAGE TO LOURDES

Full board in hotel: 5 nights (13-18 July) from £685. (028) 9077 0162 email: lourdes@downandconnor.org or visit www.downandconnor.org/Lourdes

FIRST SATURDAY DEVOTIONS

In Holy Family Church on 04 June. 10am – Adoration of the Blessed Sacrament, Confessions and Act of Consecration. 11am – Holy Sacrifice of the Mass

CARER/BEFRIENDER REQUIRED

...for flexible support, Lansdowne Road area. Please call Maura (07763145345) if you're interested, or need more detail.

DROMANTINE SUNDAY, SMA OPEN DAY & FAMILY FUN DAY

Sunday 12th June, 1pm – 5.30pm. There is a £5 admission for each car (it doesn't matter how many are in the car). Tel: 02830821964 for more information. Everyone welcome.

ST CLEMENTS – JOURNEY OF FAITH GROUP

We are looking for volunteers who would like to join us on our journey of faith to develop a new Centre of Spirituality, and at the same time make new friends. Please contact stclemsfaith@gmail.com

ECO CORNER

Laudato Si' echoes through Sardinian valleys

Protection of the environment, solidarity and a vision for the future are at the heart of a project conceived among the mountains of Sardinia, in the World Wildlife Fund (WWF)'s largest Italian nature reserve. It represents one of those cases in which man is transformed from being nature's enemy to its custodian, creating jobs and opportunities for the reintegration of vulnerable persons. Read more at www.vaticannews.va

A PRAYER FOR STUDENTS TAKING EXAMS

God, love them and sustain them;
Renew and support them with Your strength.
Pour out Your spirit of wisdom on them;
Help them to remain calm and to attend carefully to the questions asked.
Help them to think clearly, to remember accurately and to express themselves well.
May they reflect the best of the work they have done, and the best of the teaching they have received.
May Your love be upon them O Lord, as they place all their trust in You.
May the power of Your love enable them to accomplish what is right and good. Amen.

We pray for the students in our parish, who are sitting exams at this time. May the Holy Spirit inspire them.

SAFEGUARDING

The Safeguarding Office have contacted all parishes, to identify training needs. If you are a leader or volunteer involved in any activity involving children, please make contact with the Safeguarding Committee via the Parish Office, to agree any training requirements.

CEILI CATHOLIC COMMUNITY

...are looking for new members, for all areas of outreach:- Parish Missions, Primary Schools, Youth Work and Teaching & Training. Tel: 00353579333100 or 00353868172973 or email admin@ceilicommunity.net.

FUN EXERCISE, DANCE, AND RELAXATION

Newington Day Centre are funding a class in Holy Family Parish Centre on the 4 Tuesdays in June. (7th 14th, 21st and 28th), 6.45pm-7.45pm. The class will be taken by Elizabeth Higginson, who facilitates a variety of different exercises based around exercise, yoga and mindfulness. This class is primarily for carers providing care to older people (whether paid or unpaid), and is fully funded. It's about having fun and meeting others, with music and calming relaxation exercises. Contact 90351947 and book your free place, as numbers are limited.

ADDICTION

Do you or somebody you know suffer from addiction? Annual pilgrimage at the shrine of Matt Talbot in Our Lady of Lourdes Church, Sean Mc Dermot Street, Dublin, on Sun 12 June at 2pm. www.matttalbotprayersociety.com or contact vita@matttalbotprayersociety.com (028) 71262894

CHILDREN'S CORNER

Little Tom was spending the weekend with his granny. His granny decided to take him to the park on Saturday morning. It had been snowing all night and everything was beautiful. His granny remarked... "Doesn't it look like an artist painted this scenery? Did you know God painted this just for you?" Tom said, "Yes, God did it and he did it left handed." This confused his granny a bit, and she asked him "What makes you say God did this with his left hand?" "Well," said Tom, "he must have done, because we learned at Children's Liturgy last week, that Jesus sits on God's right hand!"