

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

21 August 2022

21st Sunday of the Year

Readings: C

Psalter: Week 1



V. Rev. Michael Spence P.P. 90743119

Rev. Robert Sloan C.C. 90743119

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. Andrew Black (temporary) (90751543)

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

St. Vincent de Paul V. Rev. Vincent Cushnahan (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 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.

REST IN PEACE

Anniversaries: Gerard Rea, Mary Rea, John Henry Walls Snr., Robert Morrow, Grace Neill, Margaret Hill, Lily McKee, Ellen Markey, Joe Lynch, Bronagh Crossan, Mick McAleer and Terry & Clare McGuinness

PARISH OFFICE

The office will be closed on the following days:-
Tuesday 23 August; Thursday 25 August; Monday 29 August (bank holiday) & Tuesday 30 August.

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** on Sunday 14 August came to £1,470.52. Thank you for your contribution.

MASSES IN THE COMING WEEK

HOLY FAMILY

Monday 22nd (9.15am) Grace Neill

Tuesday 23rd (9.15am) Margaret Hill

Wednesday 24th (9.15am) Lily McKee & Ellen Markey

Saturday 27th (6.30pm) Stephen Darby MM

Sunday 28th (11.30am) Christopher Brady MM

ST. THÉRÈSE

Monday 22nd (10am) Joe Lynch & Bronagh Crossan

Wednesday 24th (10am) Terry & Clare McGuinness

Saturday 27th (6pm) Anniv Dermot McGarry

Sunday 28th (noon) Doreen Quinn MM

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.

EUCCHARISTIC ADORATION

We continue to appeal for your help in filling some slots:-

Mondays 1pm – 2pm & 7pm – 8pm; Wednesdays 11am – noon, 4pm – 5pm & 6pm– 7pm; Thursdays 4pm-5pm & 8pm-9pm; Saturdays 12noon-1pm; 2pm-3pm & 3pm-4pm and Sundays 8pm – 9pm.

Summer Months

If you could cover an hour per week, occasionally, to assist Eucharistic Adoration during the remainder of the holidays, please contact the Parish Office.

100 CLUB BUILDING FUND WEEK 40

£100 – Bridget O'Hare, Dunlambert Drive; Dympna Eastwood, Ardmillan; S. White, c/o Henderson Avenue & Fionnuala Carson, Thirlmere Gardens
Promoter – Patricia Connolly

ST THÉRÈSE FOLKGROUP (SUNDAYS AT NOON)

...are recruiting new members. We welcome anyone, age 8 up. We currently meet upstairs at 11.40am to run through the music for the day. No audition or previous experience required, just bring along a voice & some enthusiasm! If you're interested in joining, please speak to Claire after Mass.

COVID-19 UPDATE

The obligation to attend Mass on Sunday and Holy Days of Obligation has returned, however for those whose health is vulnerable, or who are unwell, will not be under any obligation. Please do not attend if you have any symptoms of COVID-19. A section with formal 2m socially distanced seating remains 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 use of hand sanitiser continues to be strongly encouraged, and please sanitise hands before using the holy water fonts. Please note that current public health guidance continues to strongly recommend the use of face coverings in all public indoor settings. Wearing a face covering helps keep you and others safe from COVID-19. Many thanks for your cooperation.

ST VINCENT DE PAUL PILGRIMAGE TO KNOCK

Saturday 10th September, cost £20 p.p. Stopping at The Killyhevin Hotel for a break on the way to Knock, and again for dinner on the return journey. Adults only. Limited number of seats available. Contact Tom O’Kane 07747076681.

DIOCESAN PILGRIMAGE TO FATIMA

Full board in hotel: 7 nights (8-15 September) from £689 per person sharing. Joe Catney 02890714001/0777642563

ACCORD RECRUITMENT

Volunteer facilitators sought, training will be provided. Contact Brenda on 90233002 or at info@accordni.com.

CARMONEY CEMETERY SUNDAY

3rd & 4th September. For details, please visit – www.stmarysonthehill.online.

PRAYER FOR STUDENTS WHO HAVE RECEIVED, OR WILL RECEIVE, EXAM RESULTS

Remind me that you hold me safe, you understand me, and you cherish me. I lay down my fears before you. I leave them at the foot of the cross, for you have overcome the world. I choose to give you all my concerns, worries and fears of failure. I trust that your loving hand will hold me through these exam results and lead into a bright future. Amen.

ECO CORNER

Food can account for a surprising one fifth of our average household carbon emissions. The choices we make can have a big impact in reducing our individual carbon footprint. Here are some tips to reduce food emissions:-

Buy your food locally and eat seasonally. Consider how far your food has travelled. Has it been wrapped in plastic? Is it heavily processed?

Look for MSC Certification, the world’s leading certification and eco-labelling program for sustainable seafood.

Avoid products containing palm oil and soya, as both have been implicated in mass deforestation.

Join an allotment or grow your own food in your garden.

Make use of local refill shops, to reduce packaging.

Reduce food waste by planning weekly meals, and using up leftovers.

COLLECTION FOR FR. STRAIN AND FR. MORELY

From this weekend, envelopes will be available in both churches, for anyone who wishes to contribute to gifts for Fr. Paul Strain and Fr. Paul Morely. Sealed envelopes can be returned to the collection box in either church, or to the Parish Office, or to the black box on the wall outside the Parish Office. A Thank You Event is being organised for early autumn - further details to follow in the coming weeks.

VACANCIES IN ST. VINCENT DE PAUL PARISH

1. **Housekeeper**, permanent, 12 hours per week: Mon, Wed & Thurs, 10am – 2pm, (flexible from time to time), £9.50 p.h.

2. **Parish Secretary**, permanent, 12 hours per week: Mon, Tues & Thurs, 9.30am – 1.30pm. £10.50 p.h.

Full details relating to both posts are on the Diocesan website at: www.downandconnor.org, clicking on the tab: JOB VACANCIES or on the Community NI website, or from St. Vincent de Paul parish office (90713401). Both vacancies close at 12 noon on Thursday 1st September.

SPIRITUAL CHALLENGES IN LATER LIFE

...with Sr Una Agnew, in Drumalis, via Zoom. 5 Saturdays, 11am – 12.30pm, starting 3 September. Suggested donation £50 p.p. Contact 28272196/28276455 or drumalis@btconnect.com

WIN A TRIP TO MEDJUGORJE WITH THE IRISH CENTRE

Free draw. Win one week’s all included package trip to Medjugorje for one person. This includes 7 nights B&B, return airport transfer and flight (up to €300 flight & luggage value). www.med-irishcentre.com / 00353 1443 4510 or email reservations@med-irishcentre.com

LAGANSIDE SINFONIA PRESENTS 'STARS AND STAR WARS'

Join Laganside Sinfonia on Sat 3rd Sept at 7.30pm, at 2, Royal Avenue, Belfast, for an evening of fabulous music, with local soloists Russell Coates, William Curran and Susanna Griffin. There will also be music from Star Wars and more, with conductors Paul McCusker and Patrick Rafter. Free admission (refreshments included), with retiring collection in aid of Help Musicians UK. Visit lagansidesinfonia.com for more info.

THOUGHT FOR THE WEEK

So becoming a forgiving people is not about being forgetful. It is about opening the door for God’s creative grace. It is inseparable from learning to talk to the other person who has hurt you. Unfreezing the sea; opening the way for healing words; letting the barren desert of hurt be touched by spring. (Timothy Radcliffe O.P.)

CHILDREN’S CORNER

A little boy, in church for the first time, watched as the ushers passed around the offering plates. When they came near his pew, the boy said loudly, “Don’t pay for me, Daddy, I’m under five.”