



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

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)

Pilgrim Prayer: Tuesday 8pm on Parish website & Facebook

First Saturday: 10am (Holy Family)

Taizé Prayer: last Friday of the month 8-9pm (Holy Family)

SAINTS OF THE WEEK

Mon. 30: St Aidan, Bishop
Tue. 31: St John Bosco, Priest
Wed. 1: St Brigid, Abbess, Secondary Patron of Ireland
Thu. 2: The Presentation of the Lord, Feast
Fri. 3: St Blaise, Bishop, Martyr



"It is not enough to love the young; they must know that they are loved." - St John Bosco

CONTACT INFORMATION

Parish Clergy: Very Rev. Michael Spence PP, Rev. Robert Sloan 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): 07802458240

Society of St Vincent de Paul (Helpline): 028 90351561

Email: holyfamily@downandconnor.org

Website: www.holy-familyparish.com

Webcam: available on Parish website homepage

4th Sunday in Ordinary Time

29 January 2023

Readings: A (I) ❖ Psalter: Week 4

Pope Francis on the Beatitudes

"In the Gospel we listened to Jesus who was teaching his disciples and the crowd that had gathered on the mountain near the lake of Galilee (cf. Mt 5:1-12). The Word of the risen and living Lord also shows us, today, the way to reach the true beatitude, the way that leads to Heaven. It is difficult to understand the path because it goes against the current, but the Lord tells us that those who go on this path are happy, sooner or later they become happy..."

Dear brothers and sisters, this is the way of holiness, and it is the very way of happiness. It is the way that Jesus travelled. Indeed, He himself is the Way: those who walk with Him and proceed through Him enter into life, into eternal life. Let us ask the Lord for the grace to be simple and humble people, the grace to be able to weep, the grace to be meek, the grace to work for justice and peace, and above all the grace to let ourselves be forgiven by God so as to become instruments of his mercy." (5 Nov 2015)

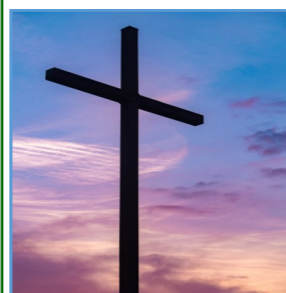


- 1 Happy are the merciful.
- 2 Happy are those who know how to put themselves in someone else's shoes, who are able to embrace, to forgive.
- 3 Happy too are those who bring new life and new opportunities.
- 4 Happy those who work and sacrifice to bring new life and opportunities.
- 5 Happy, then, are those who can help others when they make mistakes, when they experience misunderstandings.
- 6 Happy are the ones who can see the good in other people.

MEETING WITH YOUNG PEOPLE IN PARAGUAY 12/07/2015



REST IN PEACE



Recently Deceased: Sineád Savage, Frances Dorrian,
Month's Mind: John O'Kane
Anniversaries: Phil McIlwee, Edward Gribben, Aiden O'Neill, Mary Kevin, John Kevin, Angela & Seán Lowry, Mary Birmingham, Margaret Turner, Mary Catney, Colm Davis, Patrick Leo & Brigitt McCourt & Kieran Madden

Eternal rest grant unto them, O Lord!

PARISH NEWS & EVENTS

WEEKLY OFFERING

The weekly offering on 22 January came to £2,446.81. Thank you for your generous contribution and continued support.

PARISH 100 CLUB

The Parish 100 Club Draw has started, with cash prizes every week. It's not too late to join...contact the Parish Office for details. Week 1 winners: Ciaran O'Neill; Thomas & M. Matthews; Mr & Mrs McKee; Marian Campbell & Mairead McGowan (Promoter).

ST. VINCENT DE PAUL

Volunteers urgently required for St Therese SVDP. Those interested, please contact the Parish Office or Carmel Maginness (president) 07796236624.

SAFEGUARDING SUNDAY

This year, Sunday 29th January, has been designated as 'Safeguarding Sunday'. This is an opportunity for our parish and all parishes to acknowledge the dedication of many parish volunteers who serve in the ministry of Safeguarding across the Diocese. During the celebration of the Sunday liturgy, we will renew our commitment to the pastoral care of victims of sexual abuse as well as children, young people and adults in our parishes.

FOUR CORNERS FESTIVAL

The 4 Corners Festival seeks to inspire people from across the city to transform it for the peace and wellbeing of all. We celebrate our city through music, prayer, storytelling, discussion, and more. For details of events: info@4cornersfestival.com or www.4cornersfestival.com

ST BLAISE BLESSING OF THROATS (3rd February)

The traditional blessing of throats on the feast of St Blaise, a sacramental of the Roman Catholic Church, will take place on Friday 3rd February after the 10am Mass.

FIRST SATURDAY DEVOTIONS

In Holy Family Church on 4th February. 10am - Adoration of the Blessed Sacrament, Confession and Act of Consecration. 11am - Holy Sacrifice of the Mass.

ST BRIGID'S DAY LECTURE

On Wed 1st Feb at 7.30pm, in St. Bride's Parish Centre (38 Derryvolgie Avenue). Guest Speaker: Michael Kelly (The Irish Catholic). Theme: "When the Son of Man comes will he find faith on earth - the future of Irish Catholicism". All Welcome!

BLESSED TRINITY COLLEGE WINS A DIOCESAN AWARD

Congratulations to Blessed Trinity College who have been awarded the Down and Connor Spirit of Catholic Education Award 2023! They have been chosen because of their tremendous dedication to promoting the ethos and values of Catholic education, and in particular for their work in the area of social justice.

BELOVED DISCIPLES PROGRAMME

..explores and celebrates the gifts that older people bring to our Church community. The women's programme starts Friday 10th Feb at 11am in Living Church, 120 Cliftonville Road, facilitated by Fr Paul Byrne. livingchurch@downandconnor.org / 02890690920.

EXECUTIVE SUPPORT OFFICER VACANCY

In the Diocesan Curia Office. www.downandconnor.org/nijobs.com. Closes 07th Feb.

CALL FOR USED HAMPERS

If you have any spare hamper baskets at home, we'd be grateful for them, for this year's Christmas Fair. Please leave them into the Parish Office, or ring to arrange collection.

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

MASS INTENTIONS

Mon 30:	Mary Kevin
Tue 31:	Angela & Seán Lowry
Wed 1:	John Kevin
Thu 2:	Mary Birmingham
Fri 3:	Priest's intention
Sat 4 (10am):	Fergus & Anne Manning
Sat 4 (6pm):	Martha McGhee
Sun 5 (9am):	Una McMahon
Sun 5 (10.30am):	Patsy O'Callaghan MM
Sun 5 (12Noon):	Kathleen McGahan

