



# 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

Tue. 21: St Peter Damian, Bishop, Doctor

Wed. 22: Ash Wednesday

*"It is not sinners but the wicked who should despair; it is not the magnitude of one's crime, but contempt of God that dashes one's hopes."*

- St Peter Damian



## 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

## 7th Sunday in Ordinary Time

19 February 2023 ❖ Readings: A (I) ❖ Psalter: Week 3

### ASH WEDNESDAY (Feb 22nd)

Distribution of Ashes during Mass:

Holy Family Church: 7.15am & 9.15am

St Thérèse Church: 10am & 7pm

## LENT 2023

### Parish Lenten Devotions

**Early Morning Mass:** Monday to Friday at 7.15am in Holy Family.

**Morning Prayer:** 15mins before Masses Mon-Sat (i.e. 9am or 9.45am).

**Stations of the Cross:** St Thérèse: Fridays after Morning Mass

Holy Family: Fridays at 3pm.

### Praying with the Scriptures during Lent

Join us in **Holy Family Church every Wednesday 7-8pm during Lent**, beginning 1st March, for a course on praying with the Scriptures. This practical and experiential course will introduce us to prayer using the Lectio Divina method.

### No Greater Love

An invitation to join with Living Church to reflect over Zoom on the final moments of Jesus' life. Best selling author, Edward Sri, will guide us through the final hours of Christ's life. The programme will be facilitated by Fr Paul Byrne and Aishling Steen over the five weeks of Lent beginning on Monday Feb 27th at 7pm. To book your place, please email: livingchurch@downandconnor.org.

### A Springtime of Faith Lenten Scripture

Based on his book *Hearers of the Word: Praying and exploring the Readings of Lent and Holy Week Year A*, Fr. Kieran O'Mahoney will draw on the rich resources of theology, Sacred Scripture, literature and our current realities to help the critical reader towards an ever deeper appreciation of the Word in this season. Wednesdays 2-4pm during Lent. Cost £40. Tel: 07706316319 or email belfastjesuitcentre@gmail.com.

### Free Catholic Apps for Lent

**Pray 40 Days:** Fr. Michael Denk created the Pray 40 Days app to set your prayer time on fire this Lent.

**Laudate:** This app is wonderful year-round, not just during Lent. It provides the daily readings, reflections, and a vast collection of prayers.

**Lent #Pray40 Challenge from Hallow:**

Take the Lent #Pray40 Challenge from Hallow – the Catholic Prayer and Meditation App!



### Fasting and Abstinence during Lent

For Catholics, Ash Wednesday and Good Friday are days of fasting and abstinence. Fridays during Lent are days of abstinence. The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.

## PARISH NEWS & EVENTS

**WEEKLY OFFERING.** The weekly offering on Sunday 12th February came to £2,378.01. Thank you for your generous contribution and continued support.

**TRÔCAIRE** boxes are now available to collect from the entrance to both Churches. The Lenten 2023 campaign this year highlights Somalia.

**PARISH 100 CLUB.** It's still not too late to join...contact the Parish Office for details. Week 4 winners: Mr & Mrs McCormack, Kate Catney, Mrs. Mary Corbett, Mr & Mrs Montgomery & Anne Largey (Promoter).

**EUCHARISTIC ADORATION.** Adorers needed for Wed 11am-12noon, 12noon-1pm & 3pm-4pm; Thurs 6pm-7pm, 7pm-8pm & 8pm-9pm; Fri 12noon-1pm & 1pm-2pm; Sat 11am-12noon and Sun 9pm-10pm.

**TAIZÉ PRAYER AROUND THE CROSS.** Friday 24th February from 8-9pm in Holy Family Church. Refreshments served afterwards.

**NEWINGTON DAY CENTRE.** Inviting all men over 65 years to attend a talk in the Day Centre, highlighting the seriousness of an Abdominal Aortic Aneurysm. Tues 28th Feb at 11am followed by a light brunch. Booking essential (90351947), by Tuesday 21st February.

**INTERCHURCH ASH WEDNESDAY SERVICE AT CLONARD.** Wed 22nd at 7.30pm. Imposition of ashes, however, Mass will not be celebrated.

### DAY OF PRAYER FOR VICTIMS & SURVIVORS OF ABUSE (FEB. 24).

Mass in Saint Patrick's Church Donegall Street at 1:00pm on 24th February, to pray for, and remember, victims and survivors of abuse within our Church.

**SLOW DOWN FOR LENT.** Led by Briege O'Hare. 11am-3pm, Feb.25th in Holy Rosary Parish Hall, Ormeau Road. Light-hearted, plain English. No discussions - just God & you. Bring lunch. Tea/coffee provided. Donation £5. Book in: briegeohare@firststepcentre.com or Tel: 075655026621.

**DIOCESAN YOUTH TEAM TRIP TO LOURDES IN JULY 2023.** 11th-17th July, £690 pp sharing. All applicants 17-24yrs from July 2023. Limited Spaces available. Contact lourdes@downandconnor.org.

## MASS INTENTIONS

Mon 20:	Bill Gilmore
Tue 21:	Kathleen Ferguson & Mary Goldsmith
Wed 22 (9.15am):	Jean Rox
Wed 22 (10am):	Kathleen McNally
Thu 23:	James & Mary O'Hare
Fri 24:	Fergus & Anne Manning
Sat 25 (10am):	Helen Hughes (1st)
Sat 25 (6pm):	John Martin
Sun 26 (9am):	Tony Magill
Sun 26 (10.30am):	Harold Scott
Sun 26 (12Noon):	John & Josephine McNicholl



For more information and resources:  
[www.holy-familyparish.com](http://www.holy-familyparish.com)

## REST IN PEACE

**Recently deceased:** Desmond Cassidy & Anthony McKee  
**Anniversaries:** Susan O'Hara, Eddie Keenan, Anita Cochrane, Molly & Arthur Steele, James Feighan, Bill Gilmore, Kathleen Ferguson, Mary Goldsmith, Jean Rox, Kathleen McNally, James & Margaret O'Hare, Fergus & Anne Manning & Cara O'Hagan

*Eternal rest grant unto them, O Lord!*

