



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. 7: Sts Perpetua & Felicity, Martyrs
Wed. 8: St John of God, Religious
Sat. 11: St Aengus, Bishop & Martyr



"Labour without stopping. Do all the good works you can while you still have time."

- St John of God (1495-1550)

Founder of the Brothers Hospitallers

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 & Webcam: www.holy-familyparish.com

2nd Sunday of Lent

5 March 2023 ❖ Readings: A (I) ❖ Psalter: Week 2

LENTEN DEVOTIONS

EARLY MORNING MASS: Monday to Friday at 7.15am in Holy Family

MORNING PRAYER: 15mins before Masses Mon-Sat (9.15am & 10am)

STATIONS OF THE CROSS: St Thérèse: Fridays after Morning Mass

Holy Family: Fridays at 3pm

From Pope Francis:



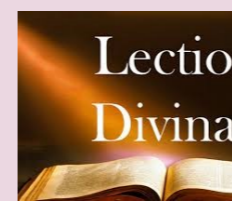
"The Gospel of the Transfiguration is proclaimed every year on the Second Sunday of Lent. During this liturgical season, the Lord takes us with him to a place apart. While our ordinary commitments compel us to remain in our usual places and our often repetitive and sometimes boring routines, during Lent we are invited to ascend "a high mountain" in the company of Jesus and to live a particular experience of spiritual discipline – *ascesis* – as God's holy people.

...Like the ascent of Jesus and the disciples to Mount Tabor, we can say that our Lenten journey is "synodal", since we make it together along the same path, as disciples of the one Master. For we know that Jesus is himself the Way, and therefore, both in the

liturgical journey and in the journey of the Synod, the Church does nothing other than enter ever more deeply and fully into the mystery of Christ the Saviour." (Message for Lent 2023: Lenten Penance and the Synodal Journey)

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 method of *Lectio Divina*. You are welcome any Wednesday.



WEEKLY LENTEN RESOLUTIONS

(FOR THOSE WHO HAVEN'T STARTED YET)

MO

PRAY

OFFER THIS WEEK AS A SACRIFICE TO THE LORD

TU

GIVE

BE GENEROUS WITH THE GIFTS THAT GOD HAS GIVEN YOU

WE

THANK

THANK THOSE WHO SHOW YOU THE GOODNESS OF GOD

TH

SERVE

THINK OF OTHER PEOPLE'S NEEDS

FR

FAST

FROM EVERYTHING THAT KEEPS YOU AWAY FROM GOD

SA

BE QUIET

BE SILENT, KEEP YOUR INTERIOR AND EXTERIOR QUIET

SU

REFLECT

THINK OF THIS PAST WEEK AND HOW YOU CAN IMPROVE

"WHATEVER YOU EAT, THEN, OR DRINK, AND WHATEVER ELSE YOU DO, DO IT ALL FOR THE GLORY OF GOD."

1 CORINTHIANS 10:31



PARISH NEWS & EVENTS

WEEKLY OFFERING. The weekly offering on Sunday 26th February came to £2,570.19 Thank you for your generous contribution and continued support.

TRÓCAIRE In 1973, the Bishops of Ireland founded Trócaire in response to injustice and suffering in the developing world. Today, Trócaire provides support in areas of greatest need around the world. Your donation to the Lenten campaign is very appreciated. Boxes are available to collect from the entrance to the Churches.

PARISH 100 CLUB. Week 6 winners: Mary Lavery, Mary Brennan, Mr & Mrs Cooley, Mary Gleeson & Sr. Regina Caffrey (Promoter)

EUCCHARISTIC ADORATION. Adorers still needed. If you can spare an hour in your week, please contact the Parish Office for details.

SALE OF ANTIQUES & COLLECTIBLES. Including crystal, china, boxed cars and costume jewellery, all at much reduced prices. Saturday 11 March, 10am - 4pm in Holy Family Parish Centre, Cavehill Road. Free admission. Proceeds to Holy Family Parish. Why not come along and find that perfect Mother's Day Gift?

QUB CATHOLIC CHAPLAINCY 'The Evolution of Modern Slavery in the 21st Century and the Church's Response', Tues 7th March at 7pm in the Chaplaincy.

EVANGELIUM – CATHOLIC APOLOGETICS CONFERENCE FOR YOUNG ADULTS Saturday 25th March, 9am - 6pm in DCU All Hallows Campus, Dublin. Speakers include Fr Andrew Black. €38, to book search 'Evangelium Ireland' on Eventbrite, and for information, email evangeliumireland@gmail.com.

MASS FOR LIFE. In St Patrick's Church on Saturday 11 March at 12.30pm, followed by a Rally for Life at 2pm, in Custom House Square.

DOWN AND CONNOR DIOCESAN LOURDES PILGRIMAGE 2023. 11-17 July; 12-17 July & Youth Team, 11-17 July. Volunteer registered nurses sought. Contact the Pilgrimage Office: lourdes@downandconnor.org /9077 0162

LAY DOMINICANS meet in Iona House, 28 Fortwilliam Pk at 3pm on 2nd Sunday of every month (rosary & evening prayer). All welcome. Text 07808570281.

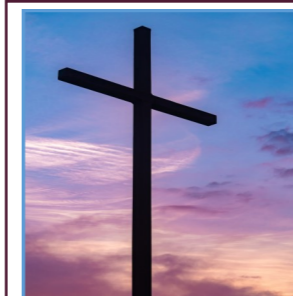
MASS INTENTIONS

Mon 6: Maura & Billy Konrad
Tue 7: Priest's intention
Wed 8: Priest's intention
Thu 9: Nora Neeson (10th)
Fri 10: Doreen Beagon
Sat 11 (10am): Janette McGarry (1st)
Sat 11 (6pm): Sheila Faloon MM
Sun 12(9am): Priest's intention
Sun 12 (10.30am): Sheila & Niall Parkhill
Sun 12 (12Noon): Patrick (10th) & John Martin



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

REST IN PEACE



Recently deceased: Thérèse Leonard
Month's Mind: Sheila Faloon & Elizabeth McNamara
Anniversaries: Michael McCrudden, Kathleen Gallagher, Sr. Thérèse, Gerard McSorley, James & Mary Crilly, Eileen Bell, Olive McAlea, Patrick Aldridge, Maura & Billy Konrad, Nora Neeson (10th), Doreen Beagon, Eamon Fitzpatrick, Dominic Blackham, Tommy O'Kane & Paddy O'Kane

Eternal rest grant unto them, O Lord!