



# 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

## From Pope Francis:

“What does living Holy Week mean to us? What does following Jesus on his journey to Calvary on his way to the Cross and the Resurrection mean? In his earthly mission Jesus walked the roads of the Holy Land; he called 12 simple people to stay with him, to share his journey and to continue his mission. He chose them from among the people full of faith in God’s promises. He spoke to all without distinction: the great and the lowly, the rich young man and the poor widow, the powerful and the weak; he brought God’s mercy and forgiveness; he healed, he comforted, he understood; he gave hope; he brought to all the presence of God who cares for every man and every woman, just as a good father and a good mother care for each one of their children.



God does not wait for us to go to him but it is he who moves towards us, without calculation, without quantification. That is what God is like. He always takes the first step, he comes towards us.

...What is the meaning of all this for us? It means that this is my, your and our road too. Living Holy Week, following Jesus not only with the emotion of the heart; living Holy Week, following Jesus means learning to come out of ourselves — as I said last Sunday — in order to go to meet others, to go towards the outskirts of existence, to be the first to take a step towards our brothers and our sisters, especially those who are the most distant, those who are forgotten, those who are most in need of understanding, comfort and help. There is such a great need to bring the living presence of Jesus, merciful and full of love!”

*(General Audience, 27.03.13)*

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

## MASS INTENTIONS

Mon 3: Lena Lyons  
Tue 4: Clare McCaughey  
Wed 5: Deceased Members of the O’Neill Family



## 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](mailto:holyfamily@downandconnor.org)  
**Website & Webcam:** [www.holy-familyparish.com](http://www.holy-familyparish.com)

# PALM SUNDAY

2 April 2023 ❖ Readings: A (I) ❖ Psalter: Week 2

## HOLY WEEK SCHEDULE

### MONDAY, TUESDAY & WEDNESDAY

7.15am Mass (Holy Family)  
9.00am Morning Prayer (Holy Family)  
9.15am Mass (Holy Family)

### HOLY THURSDAY

9.15am Morning Prayer (Holy Family)  
10.00am Morning Prayer (St Thérèse of Lisieux)  
7.00pm The Lord’s Supper (Both Churches)  
9.00-10.00pm Holy Hour & Night Prayer (Both Churches)

### GOOD FRIDAY

9.15am Morning Prayer (Holy Family)  
10.00am Morning Prayer (St Thérèse of Lisieux)  
3.00pm Celebration of the Lord’s Passion (Both Churches)  
7.00pm Stations of the Cross (Holy Family)  
(Led by the young people from Scouts and Guides Units)

### HOLY SATURDAY

9.15am Morning Prayer (Holy Family)  
10.00am Morning Prayer (St Thérèse of Lisieux)  
9.00pm The Easter Vigil (Both Churches)

### EASTER SUNDAY

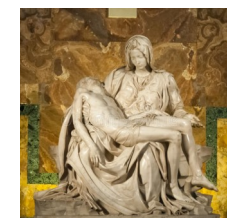
9.00am Mass (St Thérèse of Lisieux)  
10.30am Mass (Holy Family)  
12noon Mass (St Thérèse of Lisieux)

### SACRAMENT OF RECONCILIATION

Palm Sunday **Penitential Service:** 4pm in Holy Family  
Holy Saturday: 10.15am (St Thérèse) & 5pm (Holy Family)

### REST IN PEACE

**Recently deceased:** Harry Madden, Kevin Vernon & Thomas Jackson  
**Month’s Mind:** Stacia O’Byrne  
**Anniversaries:** Norman O’Connor, Joe O’Connor (10th), Niall McCullough, Lena Lyons, Clare McCaughey, Carmel & Louis Quinn, Mary Shannon, Sean Savage, Bridie Cassidy, Lily Moreland, Mary Begley, Oliver Begley (40th) & Marie Monaghan



*Eternal rest grant unto them, O Lord!*

## PARISH NEWS & EVENTS

**WEEKLY OFFERING** The weekly offering on Sunday 26th March came to £2,235.37. Thank you for your generous contribution and continued support.

**GOOD FRIDAY COLLECTION FOR THE HOLY LAND** A collection for the welfare of Christians living in the Holy Land will be taken up at the Good Friday Liturgy.

**TRÓCAIRE LENTEN CAMPAIGN** draws to a close in Holy Week. Please remember to return your Trócaire box to either church from Holy Thursday onwards or donate online at [www.trocaire.org](http://www.trocaire.org).

**CHRISM MASS** will be celebrated by Bishop Donal McKeown (Diocesan Administrator) in St Peter’s Cathedral on Wed 4th April at 12noon. All welcome.

**PARISH 100 CLUB** Week 10 winners: M. O’Ferraigh, B. Killough, A. Miskelly, A. Fallon & Nell Barbour (Promoter).

**URBI ET ORBI** Pope Francis’ message and blessing to the City of Rome and the world will be aired on *RTE One* and *BBCI* at 11am on Easter Sunday.

**PARISH OFFICE WILL BE CLOSED** Good Friday and all of Easter Week. The office will reopen on Monday 17th April.

**LEGION OF MARY MORNING STAR VOLUNTEERS SOUGHT**, to help care for the spiritual and temporal needs of vulnerable and homeless men living in Morning Star House. For information, call 07596128437 any day after 5pm.

### Prayer of St Francis of Assisi before the Crucifix

*All highest, glorious God, cast your light into the darkness of my heart. Give me right faith, firm hope, perfect charity and profound humility, with wisdom and perception, O Lord, so that I may do what is truly your holy Will. Amen.*

## HOW TO MAKE THE MOST OF HOLY WEEK?

5 WAYS TO LIVE IT WELL

### 01 MEDITATE ON THE PASSION

Meditate on the Passion using passages in the Bible, the Sorrowful Mysteries of the Rosary, etc.

### 02 TRY TO BE SILENT

Avoid listening to music or attending parties or celebrations. Make sure to keep your conversations as sober as possible.

### 03 MAKE AN EXTRA SACRIFICE

In addition to fasting and abstinence on Friday, make another small sacrifice.

### 04 ATTEND THE LITURGIES

Try to attend all of the liturgies and invite your family and friends.

### 05 KEEP ALL DISTRACTIONS AWAY

Keep away from distractions like your cell phone, videos, etc.

#HOLYWEEK

