



# 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

### SACRAMENT OF 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

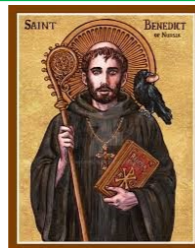
### DEVOTIONS

**Eucharistic Adoration:** Daily 10am-10pm (St Thérèse)  
**Novena to Our Mother of Perpetual Help:** Wed 9:15am Mass  
**Pilgrim Prayer:** Tuesday 8pm on Parish website & Facebook  
**Rosary:** 20mins before Mass on Wednesday & Saturday  
**First Saturday:** 10am (Holy Family)  
**Taizé Prayer:** last Friday of the month 8-9pm (Holy Family)

## SAINTS OF THE WEEK

Tue 11: St Benedict, Abbot, Patron of Europe, Feast  
Sat 15: St Bonaventure, Bishop, Doctor

*"He who labours as he prays, lifts his heart to God with his hands."*  
- St Benedict (c. 480-547)



## 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

## 14th Sunday in Ordinary Time

9 July 2023 ❖ Readings: A (I) ❖ Psalter: Week 2

### Pope Francis says...

"Jesus says that if we go to Him, we will find refreshment. The "refreshment" that Christ offers to the weary and oppressed is not merely psychological solace or a lavish handout, but the joy of the poor who are evangelised and are builders of the new humanity: this is solace. Joy. The joy that Jesus gives us. It is unique. It is the joy that He Himself has. It is a message for all of us, for all people of good will, which Jesus still conveys today in the world that exalts those who become rich and powerful ... But how many times do we say, "Ah, I would like to be like him, like her, who are rich, have a lot of power, lack nothing..." The world exalts those who are rich and powerful, no matter by what means, and at times tramples upon the human being and his or her dignity. And we see this every day, the poor who are trampled underfoot... And it is a message for the Church, called to live works of mercy and to evangelise the poor, to be meek and humble. This is how the Lord wants His Church, that is, us, to be.



May Mary, the humblest and highest of creatures, implore from God wisdom of the heart for us - the wisdom of the heart - that we may discern its signs in our lives and be sharers in those mysteries which, hidden from the proud, are revealed to the humble." (Sunday Angelus, 05.07.20)

### July: The Precious Blood

The Holy Father's Intention for July is for a Eucharistic life: *We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.*

When you say this prayer, with a contrite heart and with faith on behalf of some sinner, I will give him the grace of conversion. This is the prayer: 'O Blood and Water, which gushed forth from the Heart of Jesus as a fount of Mercy for us, I trust in You.' — St. Faustina Kowalska

### The Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O Good Jesus, hear me.  
Within Your wounds hide me.  
Suffer me not to be separated from you.  
From the evil one defend me.  
In the hour of my death, call me.  
And bid me come to You,  
That with all Your saints,  
I may praise You forever and ever. Amen.



## PARISH NEWS & EVENTS

**WEEKLY OFFERING.** The weekly collection on Sunday 02 July amounted to £3,980.58, and the monthly collection, for the support of our priests, was £2,314.86. The collection for Diocesan Pastoral Services will be taken up next weekend. Thank you for your continued generosity and support.

**PARISH 100 CLUB.** Week 24 winners: James O'Hare, Regina O'Callaghan, Nell Barbour, Denis Cooke & Rosaleen McParland (Promoter)

**EUCCHARISTIC ADORATION.** If you could spare an hour, during the summer holidays, please contact 02890777585.

**CHILDREN'S LITURGY**...is suspended for the summer months, to recommence September. However worksheets are available at Masses in both churches.

**PARISH OFFICE**..is currently closed, and will reopen Monday 24th July.

**HOLY FAMILY GUIDES 50TH ANNIVERSARY.** If you have any photos, memorabilia or interesting facts that you might share with us, please email holyfamilyguides@hotmail.com or leave into the parish office. Thank you.

**CONSULTATION ON FREE AND DISCOUNTED FARES ON PUBLIC TRANSPORT.** The proposals to change the provision of bus passes to senior citizens are likely to have an impact on many older parishioners. You can access online the public consultation currently being undertaken. See our parish Latest News section to link to the NI Direct website.

### A Summer Prayer for Families

May we make our homes places of relaxation, joy, love, peace and safety. May we be generous and considerate, not thinking only about ourselves, but helping others enjoy the blessings of the summertime. Lord God, Creator of all things, guide our steps and strengthen our hearts during these months of summer and vacation days. Grant us refreshment of mind and body. May we constantly strive to make a meaningful difference in the lives of our loved ones and in the world around us as we enjoy the warm days of summertime. Amen. (The Catholic Telegraph)

## MASS INTENTIONS

Sat 8 (6pm):	Joseph Matthews
Sun 9 (9am):	Priest's Intention
Sun 9 (10.30am):	Doreen Gilfedder
Sun 9 (12Noon):	Sheila Devenny MM
Mon 10:	Priest's Intention
Tue 11:	Deirdre Donnelly
Wed 12:	Priest's Intention
Thu 13:	Colm McCrystal
Fri 14:	Priest's intention
Sat 15 (10am):	Desmond Michael & Susan Patricia McConvey



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

## REST IN PEACE

**Recently deceased:** Fr. Oliver Treanor, Ethna Wilson, Jean Farry & Ernest Cadden  
**Month's Mind:** Sheila Devenny  
**Anniversaries:** Bernadette & Peter Molloy, Eileen Ferguson, Michael McQuillan, Antoinette Keane, Joseph Matthews, Doreen Gilfedder, Deirdre Donnelly, Colm McCrystal, James McGarrity & Mary McGarrity

*Eternal rest grant unto them, O Lord!*

