



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 Wednesday & Saturday
First Saturday: 10am (Holy Family)
Taizé Prayer: last Friday of the month 8-9pm (Holy Family)

SAINTS OF THE WEEK

Fri 21: St Lawrence of Brindisi, Priest, Doctor
Sat 22: St Mary Magdalene, Feast

"The Word of God is a light to the mind and a fire to the will, so that man may know and love God."
- St Lawrence of Brindisi (1559-1619)



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

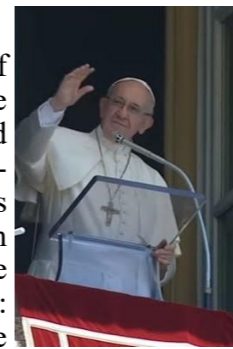
Email: holyfamily@downandconnor.org
Website & Webcam: www.holy-familyparish.com

15th Sunday in Ordinary Time

16 July 2023 ❖ Readings: A (I) ❖ Psalter: Week 3

Pope Francis says...

"This Parable of the Sower is somewhat the 'mother' of all parables, because it speaks about listening to the Word. It reminds us that the Word of God is a seed which in itself is fruitful and effective; and God scatters it everywhere, paying no mind to waste. Such is the heart of God! Each one of us is ground on which the seed of the Word falls; no one is excluded! The Word is given to each one of us. We can ask ourselves: what type of terrain am I? Do I resemble the path, the rocky ground, the bramble bush? But, if we want, we can become good soil, ploughed and carefully cultivated, to help ripen the seed of the Word. It is already present in our heart, but making it fruitful depends on us; it depends on the embrace that we reserve for this seed.



Often one is distracted by too many interests, by too many enticements, and it is difficult to distinguish, among the many voices and many words, that of the Lord, the only one that makes us free. This is why it is important to accustom oneself to listening to the Word of God, to reading it. And I return once more to that advice: always keep with you a handy copy of the Gospel, a pocket edition of the Gospel, in your pocket, in your purse... and so, every day, read a short passage, so that you become used to reading the Word of God, understanding well the seed that God offers you, and thinking about the earth that receives it.

(Sunday Angelus, 12.07.20)

INDEX FINGER FOR THE ONES THAT TEACH US
For those who instruct you and heal you. They need the support and wisdom to show direction to others.

MIDDLE FINGER FOR OUR GOVERNORS
As it is the tallest finger, it reminds us of our leaders, the governors and those who have authority.

RING FINGER FOR THE SICK AND WEAKEST
It is our weakest finger. It reminds us to pray for the weakest, the sick or those plagued by problems.

THE THUMB FOR THE ONES WE LOVE
Start praying for those who are closest to you. They are the easiest to remember.

THE PINKY PRAY FOR YOURSELF
The smallest finger should remind you to pray for your own needs when you are done praying for the other four groups.

THE 5 FINGER PRAYER
BY POPE FRANCIS

SOURCE: CATHOLIC.ORG - POPE FRANCIS' FIVE FINGER PRAYER
<http://www.catholic.org/prayers/prayer.php?p=3396>

CatholicLink

PARISH NEWS & EVENTS

WEEKLY OFFERING. The weekly collection on Sunday 09 July amounted to £2498.06. Thank you for your continued generosity and support.

PARISH 100 CLUB. Week 25 winners: Pat McGreevy, Paul & Mary Henderson, Mrs McIlvenny, Mrs M Matthews & B McCusker (Promoter)

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

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

DROMANTINE RETREAT CENTRE. "Stop Missing Your Life", 01—03 Sept, cost £235. As we move into a post-pandemic world, many are reporting symptoms of numbness, frustration and exhaustion. This compassionate and optimistic workshop will transform the way we manage stress, helping us to learn habits that promote resilience. Contact 02830821964 or admin@dromantineconference.com

SPIRITANS APPEAL. A member of the Spiritans congregation, formerly the Holy Ghost Fathers, will visit our parish next weekend. They work in over 60 countries, in 6 continents, serving the poor and vulnerable.

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

LEGION OF MARY YOUNG ADULT CONFERENCE. 19th & 20th August. All Hallows campus, DCU, Dublin. deusetpatria@gmail.com or call 085 144 2423

WORLD YOUTH DAY, 06 AUGUST. Archbishop Eamon Martin will celebrate Mass at Slane on August 6th. All welcome. E: hillofslaneaugust6@gmail.com

SINGING FOR BOYS 2023. 14-18 August, in St. Dominic's Grammar School, Falls Road. Contact James McConnell at schola@downandconnor.org.

RADIO MARIA IRELAND an Irish-run Catholic Talk-Radio Station continues to grow with commercial free broadcasting - Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies! You can listen via: Digital TV - Saorview Channel 210 or Freeview 826; Download our free App "RADIO MARIA IRELAND"; Website - www.radiomaria.ie; 'Listen Live Radio' link on our Facebook Page. Why not drop a line to our Priest Director, Fr. Eamonn McCarthy, by text on 089-4672000, by phone on 01-4123456, or come and pay us a visit at Radio Maria Ireland, St. Anthony's Business Park, Ballymount Road, Dublin 22?

MASS INTENTIONS

Sat 15 (6pm):	Joe Cassidy
Sun 16 (9am):	Edward Bannon
Sun 16 (10.30am):	Christy Brady (1st),
Sun 16 (12Noon):	Mary McCaughey
Mon 17:	Priest's intention
Tue 18:	Priest's intention
Wed 19:	Priest's intention
Thu 20:	Roisin McMullan
Fri 21:	Hugh McLaughlin (30th)
Sat 22 (10am):	Niall Largey



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

REST IN PEACE



Recently deceased: Ernie Cadden
Anniversaries: Eddie Quinn, Joe Cassidy, Mary McCaughey, Christy Brady (1st), Edward Bannon, Desmond Michael & Susan Patricia McConvey, Hugh McLaughlin (30th), Roisin McMullan.

Eternal rest grant unto them, O Lord!