



# 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

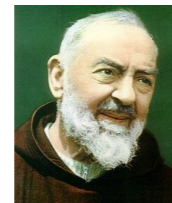
**Eucharistic Adoration:** Daily 10am-10pm (St Thérèse)  
**Novena to Our Mother of Perpetual Help:** Wed 9:15am Mass  
**Pilgrim Prayer:** Tuesday 8pm on Parish website & Facebook  
**Rosary:** 20mins before Mass Wednesday & Saturday  
**First Saturday:** 10am (Holy Family)  
**Taizé Prayer:** last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

## SAINTS OF THE WEEK

Wed 20: Ss Andrew Kim Tae-gon, Priest, and Paul Chong Ha-sang, and Companions, Martyrs  
Thu 21: St Matthew, Apostle and Evangelist, Feast  
Sat 23: St Pius of Pietrelcina (Padre Pio), Priest

*"Pray, hope and don't worry. Anxiety doesn't help at all. Our Merciful Lord will listen to your prayer."*

- St Padre Pio (1887-1968)



## CONTACT INFORMATION

**Parish Clergy:** Very Rev. Michael Spence PP, Rev. John O'Laverty 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

## 24th Sunday in Ordinary Time

17 September 2023 ❖ Readings: A (I) ❖ Psalter: Week 4



**Let Justice and Peace Flow**  
Season of Creation 2023

A Mighty River  
Amos 5: 24

Gratitude is an attitude and one of the ways in which gratitude finds expression is in saying 'thank you'. In this Season of Creation, we are being invited to give thanks to God for the gifts of nature.

One way in which we can grow in our appreciation of the environment and nature and of the connection between God, environment and the food on our tables, is by giving thanks to God by saying grace at meal times. This is simply a prayer said, either privately or with others at the table, giving thanks to God for the food to be eaten. This custom of giving thanks for the food and drink we have, goes back into Jewish tradition. Jesus himself, following Jewish custom, gave thanks (or blessed) the food he was about to eat and share with others. We see this at the miracle of the multiplication of the loaves and fishes and at the Last Supper.

This action of saying thanks occurs at the beginning of the Liturgy of the Eucharist at Mass. The bread is taken and prepared as the following words are said: *"Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life."* Similar words are said over the cup of wine.

This action of giving thanks to God can extend into our own homes and kitchens. We can say a prayer of thanksgiving before and after a meal. Pope Francis has invited all of us to rediscover this practice at home. He writes: *"One expression of this attitude is when we stop and give thanks to God before and after meals. I ask all believers to return to this beautiful and meaningful custom. That moment of blessing, however brief, reminds us of our dependence on God for life; it strengthens our feeling of gratitude for the gifts of creation; it acknowledges those who by their labours provide us with these goods; and it reaffirms our solidarity with those in greatest need."* (Pope Francis, *Laudato Si'*, **On Care For Our Common Home**, #227)

Prayers thanking God before and after meals are offered below. For convenience a prayer card containing these prayers is also available to bring home.

### Grace before Meals

Bless us O God, as we sit together.  
Bless the food we eat today.  
Bless the hands that made the food.  
Bless us O God. Amen.

### Grace After Meals

Thank you God, for the food we have eaten.  
Thank you God, for all our friends.  
Thank you God, for everything.  
Thank you God. Amen.



## BREAKFAST TREAT AT ST THERESE

Last Sunday we had a wonderful gathering of parishioners after both Masses. Everyone enjoyed a bite to eat, and a chance to chat. Thankfully the weather stayed dry. A big thank you to the Ministry of Hospitality and Welcome, Margaret from Newington Day Centre, parish staff, and all those who volunteered. We are blessed to have so many willing and able parishioners.

Thank you to Holy Family Parish and Newington Day Centre, who funded the event.

## PARISH NEWS & EVENTS

**WEEKLY OFFERING.** The weekly collection on Sunday 10 September amounted to £1,958.67. Thank you for your continued generosity and support. Donations can also be made by Standing Order (please contact the parish office), and via the Donate button on the website.

**PARISH 100 CLUB.** Week 34 winners: Mary Rose McAleer, Tracy McDaid, Angela Mullin, Mrs Teague & Claudine McKeown (Promoter).

**PARISH OFFICE.** Due to unforeseen circumstances, opening hours in the parish office may be curtailed in the next 2 weeks. All voicemails and emails will be responded to in due course.

**PARISH CHRISTMAS FAIR – SUNDAY 26 NOVEMBER @ 2.30PM.** Reminder that we'd be glad of any unwanted gifts and hampers, as well as volunteers, both past and newcomers. Please contact the parish office.

**NEWINGTON DAY CENTRE.** Free drop-in carers support information morning, Thurs 28 Sept, 11am-1pm. Organisations present include Alzheimer's Society, Tar Isteach and Belfast Trust's Dementia Navigator. Please ring 90351947, if you intend to come along. Also, free dementia course for carers starting November.

**CATHOLIC CHAPLAINCY QUB** is reopening (temporarily) at 42 University Road, with a chapel, social space and the much-loved Mosaic Café (open 8.30am - 8.30pm weekdays, during term). See [www.qubcatholic.org](http://www.qubcatholic.org) for Mass times.

**OUR LADY'S ROSARY FESTIVAL.** 30 September - 08 October, with 7 events, including a retreat for mothers, Devotions and St. Michael's Camino. Ends with the 20th Annual Rosary Procession. [www.legionofmarydc.co.uk/07955386288](http://www.legionofmarydc.co.uk/07955386288).

**YOUTH 2000 RETREAT IN LOUGH DERG.** 29 Sept - 01 October, for anyone aged 16-35. The retreat is donation only, and accommodation £35. Workshops, prayers, music, drama, confessions and craic. Register at [www.youth2000.ie](http://www.youth2000.ie).

**PEACE DAY 2023.** Thurs 21 Sept at 7pm, in St Anne's Cathedral. Musicians, speakers and contributors from different cultures and religions. All welcome.

## MASS INTENTIONS

Sat 16 (6pm): Seamus Slevin (1st)  
Sun 17 (9am): Denis O'Hagan  
Sun 17 (10.30am): Mary Quigley (née Shannon)  
Sun 17 (12Noon): Jimmy Tracey, Brea McDermott & Clarkes  
Mon 18: Joe McCann  
Tue 19: Alfie Dowd  
Wed 20: James Larkin  
Thu 21: Priest's Intention  
Fri 22: Sally Brown (10th)  
Sat 23 (10am): Priest's Intention



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

## REST IN PEACE



**Recently deceased:** Martin McNally, Patsy Burns, Kieran Dunphy, Maura Gillen, Joseph Donnelly, Tom Taggart, Christy Matthews, Vincent O'Toole & Ludo Stirling (London)  
**Anniversaries:** Kathleen McCrudden, Elizabeth Lloyd, Patrick White, Seamus Slevin (1st), Oliver Magill (1st), Mary Quigley (née Shannon), Denis O'Hagan, Jimmy Tracey, Brea McDermott, The Clarke Family, Joe McCann, James Larkin, Sally Brown (10th), Alfie Dowd and John, Muriel & David Austin

*Eternal rest grant unto them, O Lord!*