



Holy Family Parish

A praying, caring community, centred in Christ

Holy Family Parish is a member of a Family of Parishes, comprising the parishes of St Patrick's, Holy Family and St Gerard's.

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 Facebook page
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

Sun 8: St Josephine Bakhita
International Day of Prayer and Awareness
against Human Trafficking
Tues 10: St Scholastica
Wed 11: Our Lady of Lourdes
Sat 14: Ss Cyril and Methodius

"I do not promise to make you happy in this world, but in the other."
Our Lady of Lourdes



CONTACT INFORMATION

Parish Clergy: Very Rev. Michael Spence PP,
Rev. John O'Lavery 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): 07928968773
Society of St Vincent de Paul (Helpline): 028 90351561
Email: holyfamily@downandconnor.org
Website & Webcam: www.holy-familyparish.com

FIFTH SUNDAY IN ORDINARY TIME

8 February 2026 ❖ Readings: A (II)
Psalter: Week I

WORLD DAY OF THE SICK, 11 FEBRUARY 2026

On 11th February in 1858, Our Lady first appeared to the 14 year old Bernadette Soubirous at Lourdes. In 1992, Pope John Paul II instituted The World Day of the Sick to be held on the commemoration of Our Lady of Lourdes. This year, Pope Leo finished his letter to mark this day, with a prayer to Our Lady. He wrote:-

"Let us raise our prayers to the Blessed Virgin Mary, Health of the Sick, asking her to assist all who suffer and are in need of compassion, consolation and a listening ear. Let us seek her intercession with this ancient prayer, that has been invoked in families for those living with illness and pain":

*Sweet Mother, do not part from me.
Turn not your eyes away from me.
Walk with me at every moment
and never leave me alone.
You who always protect me
as a true Mother,
obtain for me the blessing of the Father,
Son and Holy Spirit.*



DOWN & CONNOR PILGRIMAGE TO LOURDES 2026

8/9 – 14/15 July. 5 & 7 Night options available. Prices start at £779. Visit Latest News or www.downandconnor.org/lourdes for more information. Alternatively, call the Pilgrimage Office on (028) 90770162, or email lourdes@downandconnor.org.

Youth Team (8-15 July): Cost £810. Online applications now open to all 17-24 year olds (at the time of travel). See Latest News or Diocesan website for details.



YOUTH ALPHA IS COMING TO HOLY FAMILY PARISH THIS LENT

Got questions about life, faith, or God? You're not alone – and Youth Alpha is the place to explore them.

Youth Alpha is a relaxed, welcoming space for young people aged 16+ to chat, listen, ask anything, and share ideas in a friendly, no-pressure environment. There's food, conversation, and plenty of laughs along the way.

Begins Sunday 22nd Feb. for the 6 weeks of Lent
Time 5.00pm

Location Gathering Space, Holy Family Church

Everyone is welcome – whether you come with lots of questions, a little faith, or none at all. Just come as you are.

For more information, please contact the parish office on 90743119.

For a registration form, please email holyfamily@downandconnor.org.

Our parish is blessed with young people who are asking big questions about faith, life, and purpose. From 22nd February, through our six-week Youth Alpha course, we are creating a safe and welcoming space where those questions can be explored honestly and openly. But this work cannot happen on enthusiasm alone — it needs prayer.

We invite you to become a Prayer Partner for our young people. By committing to pray regularly for our young people, leaders, and sessions, you share directly in this mission of evangelisation. Your prayer can help open hearts, deepen faith, and remind our young people that this parish walks with them.

If you are interested please email or phone and give your name to the parish office.

PARISH NEWS & EVENTS

WEEKLY OFFERING. The weekly collection on Sunday 1st February came to £2,863.97, and the monthly collection for the priests of the parish was £3,641.05 Standing order contributions to the white and blue envelopes, during January, were £1,750 & £470 respectively. Contactless and website donations in January amounted to £580. Thank you for your continued generosity and support. For information on standing order and contactless methods of donation, please contact the parish office.

PARISH 100 CLUB. Week 43 winners: Mrs McKillop, Colette Costello, Siobhán Weiniger & Anne McConvey (Promoter). Congratulations to all the winners.

EUCCHARISTIC ADORATION. Adorers are needed please for Wednesdays 11am—12noon & 12noon - 1pm; Fridays 2pm-3pm, Saturdays 3pm-4pm & Sundays 7pm –8pm.

PARISH OFFICE. Will be closed on Monday 09th February.

CONGRATULATIONS. To the P7 children who celebrated the Sacrament of Confirmation this week. Sincere thanks to all the staff in Holy Family & St. Thérèse PSs, for preparing the children so well.

ANNUAL DIVINE MERCY CONFERENCE. 28th February, bus leaving St Paul's at 7.30am. Cost £25, conference tickets extra. Contact Tina McCrory on 07523824350.

CARETAKER SOUGHT. For the Dominican Sisters, Falls Road. 25-30 hours pw, driving licence essential. Closing date 14th February at 5pm. E: caitrionaionahouse@gmail.com.

ST VALENTINE'S THANKSGIVING EUCCHARISTIC CELEBRATION FOR ENGAGED & MARRIED COUPLES. Saturday 14th February at 2pm, in St Colmcille's, Upper Newtownards Road, followed by a meal in the Stormont Hotel. RSVP info@accordni.com or 02890233002, by 9th February. "Marriage is not a static ideal but a lived witness to total, faithful, and fruitful love. Even in brokenness, hope remains". (Pope Francis)



DISCERNMENT RETREAT FOR DIOCESAN PRIESTHOOD. 6TH–8TH MARCH. In Drumalis Retreat House, Larne. For young men who are open to the question: "Is God calling me to be a priest?" A chance to step away from the noise and busyness of everyday life. Time for prayer, silence, and honest conversation. No pressure to decide anything — just space to listen and reflect. Contact Fr Conor McGrath at c.mcgrath@downandconnor.org.

PRAYER FOR AN END TO HUMAN TRAFFICKING—SUNDAY 8TH FEBRUARY

O God, when we hear of children and adults deceived and taken to unknown places for purposes of sexual exploitation, forced labour, and organ 'harvesting', our hearts are saddened and our spirits angry, that their dignity and rights are ignored through threats, lies, and force. We cry out against the evil practice of this modern slavery, and pray with St. Bakhita for it to end. Give us wisdom and courage to reach out and stand with those whose bodies, hearts and spirits have been so wounded, so that together we may make real Your promises to fill these sisters and brothers with a love that is tender and good. Send the exploiters away empty-handed, to be converted from this wickedness, and help us all to claim the freedom that is Your gift to your children. Amen.

MASS INTENTIONS

Sat 7 (6pm):	For the People of the Parish
Sun 8 (9am):	Michael McCaughey
Sun 8 (10.30am):	David, Joyce & Bridie McCann
Sun 8 (12Noon):	Kieran Dowd (1 st)
Mon 9	Patrick Amadi (1 st)
Tue 10:	Margaret McGuigan
Wed 11:	James & Margaret O'Hare
Thurs 12:	June Chappell
Fri 13:	Fergus & Anne Manning
Sat 14:	Eamonn McEntee



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



REST IN PEACE

Recently Deceased: Maureen Burns, Arthur McGrogan, Patsy Gillen, Danny Hale, June Chappell
Anniversaries: James Matthews, Brenda Cooke, Patricia Burns, Michael Caulfield (1st), David, Joyce & Bridie McCann, Michael McCaughey, Kieran Dowd (1st), Patrick Amadi (1st), Margaret McGuigan, James & Margaret O'Hare, Fergus & Anne Manning, Geordie McDade

Eternal rest grant unto them, O Lord!