



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)

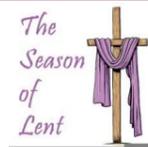
Holy Family Church: Saturdays at 4pm
St Thérèse of Lisieux Church: Sundays at 1pm

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)

SAINTS OF THE WEEK

Thu 05: St Kieran
Sat 07: Ss Perpetua and Felicity



St Kieran of Saighir was born in Co. Cork, and is numbered among the pre-Patrician saints of Ireland. He went to the Continent, where he was baptised, and later ordained priest and bishop. He returned to his father's territory Ossory, where he lived as a hermit. Disciples soon joined him, and Saighir became a well known monastery.

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): 07928968773
Society of St Vincent de Paul (Helpline): 028 90351561

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

SECOND SUNDAY OF LENT

1 March 2026

Readings: A (II) Psalter: Week II



PARISH LENTEN DEVOTIONS

EARLY MORNING MASS: Monday - Friday at 7.15am in Holy Family
MORNING PRAYER: 20 mins before Masses, Mon-Sat (i.e. 8.55am / 9.40am)
STATIONS OF THE CROSS: In St Thérèse Church after 10am Mass on Fridays.
& In Holy Family Church on Fridays at 7pm.

LENTEN COURSES

PRAYING WITH THE SUNDAY GOSPELS OF LENT. We invite you to join us for our parish programme, reflecting on the Sunday Gospels of Lent. Continuing in Holy Family Church on the Wednesdays of Lent at 10.15am.



IT'S NOT TOO LATE TO COME ALONG TO YOUTH ALPHA. 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. Food, conversation, and plenty of laughs along the way.

Continues: TODAY 1st, and 8th, 15th, 22nd & 29th March
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.

THE WAY OF SILENT PRAYER

If you would like to discover more about Silent Prayer this Lent, come along on:

Dates: Friday 6th, 13th, 20th & 27th March
Time: 6.30pm -7pm (before the Stations of the Cross)
Venue: Holy Family Church



SILENCE IN THE CITY: An Introduction to the Prayer of Silence. In the Belfast Jesuit Centre, at 11am on the Fridays of Lent. Visit www.belfastjesuitcentre.co.uk.

REDISCOVER THE PATH! Join the Legion of Mary for a Lenten experience of learning, intimacy with God, and healing of the spirit. www.legionofmarydc.com.



Trócaire boxes are still available in both churches. This year's Lenten campaign centres on the story of a multi-generational, female-led household in rural Rwanda.

LENTEN THOUGHTS

O Lord, make this Lenten season different from the other ones. Let me find you again. *(Henri Nouwen)*

Every path towards conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit. There is a relationship between the word, our acceptance of it and the transformation it brings about. For this reason, the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ, accompanying him on the road to Jerusalem, where the mystery of his passion, death and resurrection will be fulfilled.

(Taken from Pope Leo's Message for Lent 2026)

PARISH NEWS & EVENTS

WEEKLY OFFERING. The weekly collection on Sunday 22nd Feb. came to £2,688.28. Thank you for your continued generosity and support. The second collection this Sunday will be taken up after Communion, for the priests of the parish. For information on standing order and contactless methods of donation, please contact the parish office.

PARISH 100 CLUB. Week 46 winners: J Dundas, M Morgan, Mr & Mrs Rea & Bernie Konrad (Promoter). Congratulations to all the winners.

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

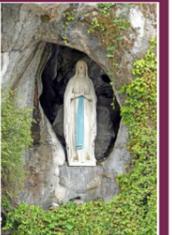
BAPTISED AND SENT—BISHOP ALAN'S PASTORAL LETTER FOR LENT. Available to read in Latest News, on our parish website. *"Through our Baptism we are Children of God...The season of Lent invites us to rediscover this truth. Over forty days, the Church asks us to remember who we are as God's children and how we can live out this identity. We do this as we prepare to renew our baptismal promises at the Easter Vigil".*

APOSTOLIC SOCIETY. A coffee morning, in aid of the Apostolic Society, will be held next Saturday 7th March, in 96 Somerton Road, after 10am Mass in St Thérèse church. Free entrance and free raffle. All welcome.

BEGINNING WEEKEND EXPERIENCE. The loss of a partner through death, separation or divorce is devastating. Beginning Experience is offering "a weekend away for a lifetime of change" at Drumalis Retreat and Conference Centre, Larne on Friday 20th-Sunday 22nd March 2026. To find out more, contact Marie 07896119669 or Pauline 07519289185 or email belfastbe@yahoo.com

DOWN & CONNOR PILGRIMAGE TO LOURDES 2026

8th/9th – 14th/15th July. 5 & 7 Night options available. Please visit www.downandconnor.org/lourdes for more information, or call the Pilgrimage Office on (028) 9077 0162, or email lourdes@downandconnor.org Youth Team (8th-15th July): applications open (see website for details)



We are seeking doctors, registered nurses and volunteers to care for pilgrims who need medical, nursing, personal care or assistance to make their pilgrimage to Lourdes possible. New members are welcome for our medical, nursing brancardier (adult male helpers) and handmaiden (adult female helpers) teams. For more information please email your contact details to lourdes@downandconnor.org.

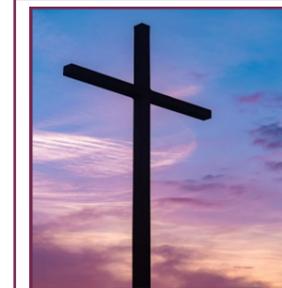
MASS INTENTIONS

Sat 28 (6pm):	James & Mary Crilly
Sun 1 (9am):	For the People of the Parish
Sun 1 (10.30am):	James Feighan
Sun 1 (12Noon):	Margaret Doherty MM
Mon 2 (7.15am):	Kathleen & James Gibney
Mon 2 (9.15am):	Elizabeth & Patrick Walsh
Tue 3 (7.15am):	Denis O'Hara
Tues 3 (9.15am):	Bill Gilmore
Wed 4:	Fr Brian Hart
Thurs 5:	Kathleen McGahan
Fri 6 (7.15am):	Kathleen and Michael Gallagher
Fri 6 (9.15am):	Vivienne Jackson
Sat 7: (10am):	Kate Boyle (née D'Arcy)



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

REST IN PEACE



Recently Deceased: Patrick Mulligan **Month's Mind:** Christina Mooney, Mary Rainey, Margaret Doherty
Anniversaries: James & Mary Crilly, James Feighan, Elizabeth & Patrick Walsh, Denis O'Hara, Bill Gilmore, Fr Brian Hart, Kathleen McGahan, Vivienne Jackson, Brian Brady, The Cunningham Family, Danny Gault, Bill Reynolds, Michael McCrudden, Kathleen and Michael Gallagher, Kathleen & James Gibney

Eternal rest grant unto them, O Lord!