



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

Tues 17: St Fintan
Wed 18: Ash Wednesday
Sat 21: St Peter Damian, Doctor of the Church

"Do not be disheartened. Rather, let the serenity of your spirit shine through your face. Let the joy of your mind burst forth."
(St Peter Damian)



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

SIXTH SUNDAY IN ORDINARY TIME

15 February 2026 ♦ Readings: A (II)

Psalter: Week II



ASH WEDNESDAY (February 18th)

Day of Fast & Abstinence

Distribution of Ashes during Mass:

Holy Family Church: 7.15am & 9.15am
St Thérèse Church: 10am & 7pm

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 a 6 week parish programme, reflecting on the Sunday Gospels of Lent. In Holy Family Church on the Wednesdays of Lent at 10.15am, beginning Ash Wednesday.

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 February, 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.



YOUTH ALPHA PRAYER PARTNERS. As our young people follow the Youth Alpha programme this Lent, we invite you to become a Prayer Partner for them, supporting them on this journey, by your prayer. 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 contact the parish office.



THE WAY OF SILENT PRAYER

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

Dates: Friday 20th & 27th Feb and 6th, 13th, 20th & 27th March

Time: 6.30pm -7pm (before the Stations of the Cross)

Venue: Holy Family Church



Working for a Just World

The Trocaire Lenten Campaign 2026 launches on Ash Wednesday. Trocaire boxes are available to collect from both churches. The theme of the 2026 Trocaire Lenten campaign centres on the story of a multi-generational, female-led household in rural Rwanda.

FASTING AND ABSTINENCE DURING LENT

Ash Wednesday is to be observed as a day of penance in the whole church, one of both abstinence and fasting.

A LENTEN PRAYER RESOURCE

"PRAYING WITH THE PSALMS". This booklet is available to buy from the parish office, price £2.95. It offers short prayers and reflections for each day of Lent, based on the Psalms.

PARISH NEWS & EVENTS

WEEKLY OFFERING. The weekly collection on Sunday 8th February came to £2,500.15. Thank you for your continued generosity and support. The second collection this Sunday will be taken up after Communion, for Sick and Retired Priests. For information on standing order and contactless methods of donation, please contact the parish office.

PARISH 100 CLUB. Week 44 winners: Tom Nolan, Aislinn McParland, Catherine Scott & Anne White (Promoter). Congratulations to all the winners.

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

SILENCE IN THE CITY: An Introduction to the Prayer of Silence. In the Belfast Jesuit Centre, at 11am on the Fridays of Lent, starting 20th February. A gentle invitation to rest, reconnect, and re-discover the sacred within a world that rarely stops talking. Visit www.belfastjesuitcentre.co.uk.

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, 20th-22nd March 2026. To find out more, contact Marie 07896119669 or Pauline 07519289185 or email belfastbe@yahoo.com

DAY OF PRAYER FOR VICTIMS AND SURVIVORS OF ABUSE

In Ireland, a Day of Prayer for Victims and Survivors of Abuse is marked each year on the Friday immediately following Ash Wednesday. This year it will be marked across Ireland on Friday 20th February. This day is not only for victims and survivors who have been so severely injured inside our Church, but also for the families and communities affected by the pain and grief of their loved ones.

Bishop Alan McGuckian SJ will celebrate Mass on Friday 20th February in St Peter's Cathedral at 6pm, to pray for and remember victims and survivors of abuse within our Church. There is an open invitation to this important Diocesan event.

Lord, forgive us our many sins.

We grieve and repent with all our hearts for having offended you, for our great failings and neglect of the young and vulnerable.

We place all of those who have been hurt by the Church in any way into your loving hands and under the protection of Our Blessed Mother.

Lord, bring peace to their broken lives and show us all the way out of darkness and into the light of your Word. May we as the people of God be more fully human, more fully Christ-like and more fully your people, that we may see the errors of the past and go forward with renewed hope and faith in Christ and in our Church. Amen

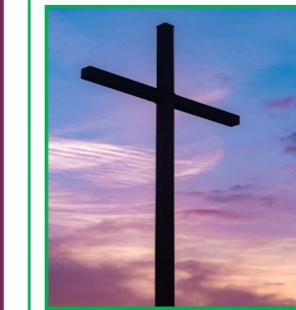


MASS INTENTIONS

Sat 14 (6pm): John McFarlane
Sun 15 (9am): For the People of the Parish
Sun 15 (10.30am): Margaret Matthews (20th)
Sun 15 (12Noon): Abraham Pothen
Mon 16: Phil McIlwee
Tue 17: Jim Gunn
Wed 18: John Madden MM
Thurs 19: Eddie Keenan
Fri 20: June & Gerry Chappell
Sat 21: Harold Scott



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



REST IN PEACE

Recently Deceased: Patsy Gillen, Danny Hale, Catherine Donnelly, Bernard Kerr & Frances Hughes

Month's Mind: Joe McIlvenny, John Madden

Anniversaries: Bernadette Clancy (1st), Fr Brian Hart, Mary Hale, Dymphna Taggart, May McNulty, Maureen Cochrane, Tony Magill, John McFarlane, Margaret Matthews (20th), Abraham Pothen, Jim Gunn, Eddie Keenan, Gerry Chappell, Eileen Bell

Eternal rest grant unto them, O Lord!