



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

Mon 23: St Turibius of Mongrovejo

Tue 24: St Macartan & St Oscar Romero

Wed 25: The Annunciation

“Behold, I am the handmaid of the Lord. May it be done to me according to your word.”

Luke 1:38



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

FIFTH SUNDAY OF LENT

22 March 2026

Readings: A (II) Psalter: Week I



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 final session of this parish programme, reflecting on the Sunday Gospels of Lent. Holy Family Church on Wednesday 25th March at 10.15am.

YOUTH ALPHA

We continue to pray for our young people and leaders on our Lenten Youth Alpha programme.

THE WAY OF SILENT PRAYER

Date: 27th March

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

Venue: Holy Family Church



PENITENTIAL SERVICE

The Parish Lenten Penitential Service will take place **next Sunday (Palm Sunday), 29th March at 7pm**, in Holy Family church. A number of priests will be available for individual confession.

Penitential Services in our neighbouring parishes:

St Gerard's: Wednesday 1st April at 7pm

St Patrick's: See St Patrick's bulletin for details

Sacred Heart: Thursday 26th March at 7pm



"Going to confession is about going to meet with our Father who pardons us, who forgives us and who rejoices." - Pope Francis

REFLECTING ON 'THE SEVEN LAST WORDS'

In preparation for Holy Week, you are warmly invited to reflect on the 'Seven Last Words' spoken by Jesus from the Cross, including the beautiful Taizé Chants, in Holy Family Church on Friday 27th March, 8-9pm. Please come along and bring your friends. Refreshments will be served afterwards in the Gathering Space.

TRÓCAIRE LENTEN LUNCH

The Developing World Group will be hosting the annual Trócaire Lenten Lunch after Masses in Holy Family Gathering Space on Palm Sunday. Your support will be greatly appreciated. Help Uwamahoro and her community rebuild their homes, and safeguard their future. Thank you!

EUCCHARISTIC ADORATION will be suspended at 6.45pm on Holy Thursday, and will resume at 10am on Easter Thursday, 9th April.



POPE LEO'S PRAYER INTENTION FOR MARCH

Although it was written long before the attacks on Iran, the following prayer from Pope Leo is prophetic and timely. For "Disarmament and Peace", Pope Leo invites us to pray with him:

"Lord of Life, you shaped every human being in your image and likeness. We believe you created us for communion, not for war, for fraternity, not destruction....Disarm our hearts of hatred, resentment and indifference, so we may become instruments of reconciliation. May every kind word, every gesture of reconciliation, and every choice for dialogue, be seeds of a new world. Amen".

PARISH NEWS & EVENTS

WEEKLY OFFERING. The weekly collection on Sunday 15th March came to £2,293.27, and the collection for Needy Parishes was £1,633.75, including £260 in standing order donations. 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 49 winners: F Parker, Mrs Fullerton, Mr & Mrs Morgan and Pam Cullinan (Promoter). Congratulations to all the winners. We kindly ask our members to ensure that they are fully paid up, in order to qualify for the Big Draw next week.

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.

MINISTRY OF THE WORD. Ministers of the Word are still needed for Sundays in St Thérèse. If you would like to contribute to this important part of our Liturgy, please contact the parish office.

FIRST CONFESSION. We pray for our parish Primary 3 children, as they prepare to receive the sacrament of First Confession in the coming week.

BELFAST JESUIT CENTRE: Faith & Film Night – Silence. Thursday 26th March, 7pm–10pm. Martin Scorsese's powerful film about faith, courage and perseverance in 17th Century Japan, followed by short reflective conversation. Registration not required. Also... **Always the Same and Always New: Holy Week Through Poets' Eyes** Monday 30th March, 7pm—9pm. A reflective exploration of Holy Week through selected poems, considering how poetry can illuminate the spiritual significance of Holy Week. Register at belfastjesuitcentre.co.uk.

GOOD FRIDAY FALLS/SHANKILL ANNUAL INTER-CHURCH PRAYER WALK. Beginning at 4.45pm in front of Clonard Church, returning to Clonard by 6pm. All are welcome.

FEAST OF DIVINE MERCY. Sunday 12th April. Celebrated in St Peter's Cathedral at 2.30pm, and in Sacred Heart church at 2.15pm. Rosary, Divine Mercy Chaplet & Mass.

TRÓCAIRE EVENT: FUELLING INJUSTICE. 26th March, 6.30pm – 8pm, in the Trócaire office, 60 Berry St. A panel discussion, including Jackline Mugoboka from the Trócaire Rwanda team, who will share her insights from the country that is at the centre of our Lenten campaign this year. Booking: <https://imaginebelfast.com/event/fuelling-injustice/> or E: nicholas.hanrahan@trocaire.org.

We also welcome, to our Masses this weekend, **Peter Heaney, Head of the Trócaire Belfast office. Peter will speak to us about this year's Lenten campaign.**

GO RAIBH MAITH AGAIBH!

A BIG THANK YOU to all those who helped make St Patrick's Day such a joyous celebration in our parish. From the Hospitality and Welcome team, to the cooks and the bakers, to the dancers from Tír Na nÓg dancing school and the musicians, and all our parishioners who supported the day. A great time was had by all!



ALSO THANKS for the great response to the sale of shamrock last weekend. The £250 raised will be split between Holy Family Guides and Newington Day Centre. We are very grateful to our parishioners, for their generosity.

MASS INTENTIONS

Sat 21 (6pm): Sinéad Savage & Rosie O'Neill
Sun 22 (9am): Anthony Magill
Sun 22 (10.30am): For the People of the Parish
Sun 22 (12Noon): Mary Lagan
Mon 23: Ellen, James & Gerard McGarrity
Tue 24: Elizabeth Bradley (40th)
Wed 25: Priest's Intention
Thurs 26: Sheila Mullan
Fri 27: James Byrne
Sat 28: (10am): Kay Rolston (1st)



For more information and resources:

www.holy-familyparish.com

REST IN PEACE

Recently Deceased: Florence Taylor
Anniversaries: Ellen & James McGarrity, Gerard McGarrity, Sinéad Savage, Rosie O'Neill, Anthony Magill, Mary Lagan, Elizabeth Bradley (40th), Sheila Mullan, James Byrne, Kay Rolston (1st), Tilly Cash, Brendan Cochrane, Winnie McArdle, Maura Gillen, Mary O'Neill, Arthur (30th) & Catherine Mulgrave

Eternal rest grant unto them, O Lord!

