



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

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)

Pilgrim Prayer: Tuesday 8pm on Parish website & Facebook

Novena to Our Mother of Perpetual Help: Wed 9:15am Mass

First Saturday: 10am (Holy Family)

Taizé Prayer: last Friday of the month 8-9pm (Holy Family)

SAINTS OF THE WEEK

Tue 09: St Columba (St Colum Cille, Secondary Patron of Ireland)

Thu 11: St Barnabas, Apostle

Fri 12: The Most Sacred Heart of Jesus

Sat 13: The Immaculate Heart of the Blessed Virgin Mary and St Anthony of Padua

"Pray as if everything depended on God, and work as if everything depended on you."
St Anthony of Padua



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



THE MOST HOLY BODY & BLOOD OF CHRIST

7TH JUNE 2026

Readings: A (II) ♦ Psalter: Week II

Paying A Visit to the Blessed Sacrament

Today we celebrate the solemnity of Corpus Christi. This celebration reminds us of the Real Presence of the Risen Christ in the Eucharist. The consecrated bread is the true Body of Jesus Christ. The Lord's own words confirm this, as we are reminded in today's Gospel.

Apart from receiving the Lord in Holy Communion at Mass, the custom of paying a visit to the Blessed Sacrament is a cherished Catholic devotional practice. It involves going to a church to sit, reflect and pray before the Holy Eucharist. Some will make a short visit, and others may commit to stay with the Lord for a longer period. In our parish, Adoration takes place in St. Thérèse church every day from 10am. Whether we make a short visit or a long visit, it is always uplifting to be in the Lord's company. We are always blessed.

To help us all pray before the Blessed Sacrament, a new parish prayer leaflet is being launched this weekend. Copies will be available after Mass and will continue to be available in both churches. We hope it is helpful.

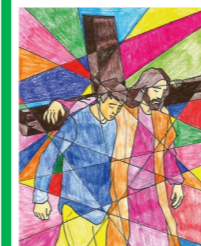
PRAYING BEFORE THE BLESSED SACRAMENT

Holy Family Parish



EUCCHARISTIC ADORATION

St. Thérèse of Lisieux Church



DOWN & CONNOR DIOCESAN NOVENA TO THE SACRED HEART 4TH - 12TH JUNE

It is with great joy as a diocese we continue to celebrate the Novena to The Sacred Heart. The Sacred Heart Novena invites you to nine days of prayer, culminating in the celebration of the Feast of the Sacred Heart. Come to Me. These words of Jesus are among the most tender in all of the Gospels. They are not a command but an invitation - offered freely, offered personally, offered to each one of us.

To set aside time each day for prayer is to say yes to that invitation.

It is a simple act, yet a profound one. In the busyness of our lives - with all their demands, their joys, and their anxieties - to pause and turn our hearts toward Jesus is itself a form of love.

If you did not pick up a booklet at Mass, it is available to read online, in the Prayer Resources section of the parish website. It will also include a piece of scripture and a reflection for each day for those who wish to go a little deeper. The images used in this year's Novena book are by students from our schools from across the diocese. Bishop Alan's hope is that this novena will be prayed either individually or together by parishes, groups, schools or families. Even young children can join in with the short prayers.



A MORNING PRAYER OF ST COLUM CILLE

Be thou a bright flame before me,

Be thou a guiding star above me,

Be thou a smooth path below me,

Be thou a kindly shepherd behind me,

Today, tonight, and evermore.

Amen.

17th - 25th June 2026 Clonard Solemn Novena

In honour of our Mother of Perpetual Help

WEEKDAYS

6:45am, 9:30am, 11:30am, 4:00pm, 6:00pm, 8:00pm.

SATURDAY and SUNDAY

6:45am, 9:30am, 11:30am, 1:30pm, 4:00pm, 6:00pm, 8:00pm.

Sacrament of the Sick

Saturday, 20th June at 9:30am, 11:30am and 6:00pm

Procession in Thanksgiving to Our Mother of Perpetual Help After the final 8:00pm Mass on Thursday, 25th June



PARISH NEWS & EVENTS

WEEKLY OFFERING. The weekly collection on Sunday 31st May came to £2,490.92 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 4 winners: Corinna Bennett, Robert Sheppard, Frances Doran & Brenda Mullan (Promoter). Congratulations to all the winners.

CONGRATULATIONS. To the P7s, and all involved at Holy Family PS, for their wonderful production of Beauty & the Beast, this week. Also congratulations to the P7s, and all involved at St Thérèse PS, for their wonderful production of Annie.

DIOCESAN PILGRIMAGE TO KNOCK. Sunday 14th June 2026. Ceremonies begin with the Anointing of the Sick at 2.30pm, in the Basilica.

DOWN & CONNOR DIOCESAN PILGRIMAGE TO LOUGH DERG. 19th-21st June, £100 incl. transport & island admission. Contact 02890690920, or E: pathwaytothefuture@downandconnor.org. For details of the 1 & 3 day retreats, visit www.loughderg.



VOCATION 'ALLIES' EVENING. Tuesday 9th June at 6.30pm, in QUB Chaplaincy, followed by refreshments. Focused on gently building a stronger culture of vocations across the Diocese, particularly to the priesthood and religious life. Please register at d.goodwin@downandconnor.org

MAGNIFICA HUMANITAS. Pope Leo has recently published his encyclical *Magnifica Humanitas*, which addresses the issue of safeguarding the human person, in the time of Artificial Intelligence. The full text is available on the Vatican's website, www.vatican.va, or via the QR code.

CONVERSATION ON THE ORDINATION OF WOMEN. An honest and open conversation with Bishop Alan and Dr Abigail Favale. It can be viewed on our parish Facebook page, as well as on the Diocesan Facebook page, and on YouTube.

RECHARGE QUIZ NIGHT. In support of Mary's Meals, Friday 19th June at 7.30pm in St Colmcille's Church Hall, Ballyhackamore. £5 donation. Sign up at Eventbrite:- <https://www.eventbrite.com/e/charity-quiz-tickets->

CARERS WEEK. 8th - 14th June. Visit Latest News for details of events, incl. a Celebration & Thanksgiving for Carers on 10th June, in Knockbracken Hall, Saintfield Road.

THE ANNUAL DIOCESAN LOURDES ASSOCIATE PILGRIMS CHURCH DOOR COLLECTION

will be taken up after Masses next weekend, 13th & 14th June. These donations are used to bring sick pilgrims to Lourdes for the Diocesan Pilgrimage, and to care for them there.



REST IN PEACE

Recently deceased: Deirdre McErlean, Una Williamson, Conor McCarthy, Kitty Brady

Anniversaries: Rose Smyth (1st), Henry Martin (1st), Jackie McDade, Robert McIvor, Josie Meighan, Eamon Donnelly, Peter Lagan, Patrick & Kathleen Hart, Malachy Smyth, John McAteer, Mary Kennedy

Eternal rest grant unto them, O Lord!



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

MASS INTENTIONS

Sat 6 (6pm): Josie Meighan
Sun 7 (9am): People of the Parish
Sun 7 (10.30am): Roland McGuinness
Sun 7 (12 Noon): Eamon Donnelly & Peter Lagan
Mon 8 : Patrick & Kathleen Hart
Tue 9: Malachy Smyth
Wed 10: Priest's Intention
Thu 11: John McAteer
Fri 12: Special Intention
Sat 13 (10am): Paul Smith (1st)

