



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)

Pilgrim Prayer: Tuesday 8pm on the Parish Facebook page

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

Mon. 20	St Apollinaris
Tues. 21:	St Lawrence of Brindisi
Wed. 22:	St Mary Magdalene
Thurs. 23:	St Bridget of Sweden
Fri. 24:	St Declan & St Sharbel Makhlûf
Sat. 25:	St James

St Mary Magdalene, who was granted an appearance of the Risen Lord, became known as "the apostle to the apostles".



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

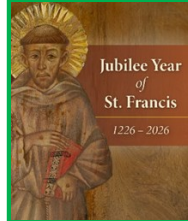
Address: 226-228 Limestone Road, Belfast BT15 3AP

Emergency Sick Calls only (24hrs): 07928968773

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

Email: holyfamily@downandconnor.org

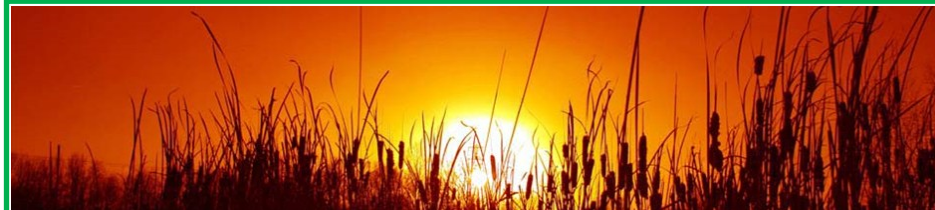
Website & Webcam: www.holy-familyparish.com



16TH SUNDAY IN ORDINARY TIME

19TH JULY 2026

Readings: A (II) Psalter: Week IV



SPORT AND FAITH

Over the past number of weeks, football lovers have been treated to the spectacle of the FIFA World Cup. It reaches its climax this weekend. The origins of the competition may surprise. The FIFA World Cup owes its existence to Jules Rimet, a French Catholic who believed football could serve a higher purpose than mere competition. Influenced by Pope Leo XIII's social teaching and his encyclical *Rerum Novarum* (1891), he saw sport as a means of fostering peace, friendship and unity within the human family. In the years between the World Wars, he championed the creation of the World Cup, first played in 1930. The original trophy was renamed the Jules Rimet Trophy in 1946, a title it retained until 1970.

WORLD DAY FOR GRANDPARENTS AND THE ELDERLY, July 26th

"I will never forget you." (Isaiah 49:15)

"I will never forget you" (Isaiah 49:15) is the theme chosen by Pope Leo XIV for the Sixth World Day for Grandparents and the Elderly, which seeks to emphasise how God's love for every person is never lacking, even in the fragility of old age.

Taken from the book of the prophet Isaiah, the chosen verse is intended to be a message of consolation and hope for all grandparents and the elderly, especially those who live in solitude or who feel forgotten. At the same time, it is a reminder to families and church communities not to forget them, recognising in them a valuable presence and a blessing. World Day for Grandparents and the Elderly, established by Pope Francis in 2021, is celebrated on the fourth Sunday of July, and offers an opportunity to bring the Church closer to the elderly and to acknowledge their contribution to families and communities. This year, the date coincides with the feast of Saints Joachim and Anne, the grandparents of Jesus.



Jubilee Year of Saint Francis

"So we, seeing bread and wine with our eyes, firmly believe it to be his most holy Body and true and living Blood. And in this way our Lord is ever with his faithful." St. Francis

Like St. Francis, I will remember Christ is present with me in the Eucharist. I am not alone in any circumstance because Christ is faithful to his promise. Loving Saviour, help me to receive the Eucharist with joy, with gratitude, and with reverence. Amen.
St. Francis inspire us all to live a life of joyful simplicity, deeper faith, and compassionate care of others.

PARISH NEWS & EVENTS

WEEKLY OFFERING. The figures for the weekly collection on Sunday 12th July will be reported in next weekend's bulletin. The second collection this Sunday will be taken up after Communion, for Diocesan Pastoral Services. Thank you for your continued generosity and support. For information on standing order and contactless methods of donation, contact the parish office.

PARISH 100 CLUB. Week 10 winners: Michael O Fearraigh, James O'Hare, Mr & Mrs Morgan & Adelaide Moreland (Promoter). Congratulations to all the winners.

ADORER NEEDED. For Sundays 6pm—7pm. Please contact the Parish Office.

WORDS OF SPIRIT AND LIFE. An evening with Jeff Cavins (Bible in a Year podcast) on Sunday 26th July, 7pm Voco Hotel, Belfast. Share in a time of prayer led by Fr Conor McGrath, and be reminded that the words of Jesus are Spirit and they are life.
Register Online: <https://tinyurl.com/5h483c83>

24 HOURS OF PRAYER FOR VOCATIONS TO THE DIOCESAN PRIESTHOOD. In St Colmcille's, Ballyhackamore on 3rd & 4th August. The vigil will begin with Mass at 7pm on Monday, 3rd, and conclude with Mass at 7pm on Tuesday 4th August. Come for any part of the day or night, which includes Adoration & Confession. To sign up, or for more information, contact Fr Conor McGrath at c.mcgrath@downandconnor.org.

LOUGH DERG THREE DAY PILGRIMAGE. Runs until 15th August. Booking at info@loughderg.org, or 00353719861518. www.loughderg.org.



KNOCK SHRINE NATIONAL GRANDPARENTS PILGRIMAGE. Sunday 26th July. Anointing of the Sick at 2.30pm, Mass at 3pm. Chief celebrant Archbishop Eamon Martin. Join online at www.knockshrine.ie/watch.

CATHOLIC MEN'S RETREAT. Standing in the Breach: Freedom in Christ. In Portglenone Monastery on Saturday 25th July, 9am-1pm. Keynote speaker Dr Robert McNamara. T: Thomas Carey on 07967 620435 or E: sean@catholicminute.co.uk

YOUTH 2000 SUMMER FESTIVAL. 13th–16th August in Newbridge College, Co. Kildare, for those age 16-35. This is a donation-only event, with free buses available across the country, and all meals included. Visit youth2000.ie or @Youth2000Ireland.

DOWN & CONNOR JOB VACANCIES. Full time Youth Ministers sought for:- Ballymena Parish (closing 21st July), and St Colmcille's & Family of Parishes (closing 28th July). For further information, and to apply, visit www.downandconnor.org or the Community NI website.

SAFEGUARDING. Please note that, in the interests of safeguarding, it is important that children are accompanied at all times, when in our church buildings.

FLEADH CHEOIL NA hÉIREANN. Is coming to Belfast from Sunday 2nd to Sunday 9th August 2026. The city will be welcoming many visitors to this event. For a full programme of events, visit fleadhcheoil.ie. As part of the festivities, Mass will be celebrated in Irish by Bishop Alan McGuckin, in St Patrick's church on Sunday 9th at 11am. All welcome.



REST IN PEACE

Recently Deceased: Elenor Brooks
Anniversaries: Gerard McGuigan (1st), Peter Gallagher (1st), Desmond Pettigrew (1st), Conor Carson, Maeve & Margaret Gilfedder, Mary McCaughey, Malachy Darling, Edwin Bradley, Eugene McGahan, John Masterson

Eternal rest grant unto them, O Lord!

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

MASS INTENTIONS

Sat 18 (6pm):	Conor Carson
Sun 19 (9am):	For the People of the Parish
Sun 19 (10.30am):	Maeve & Margaret Gilfedder
Sun 19 (12 Noon):	Mary McCaughey
Mon 20 :	Priest's Intention
Tue 21:	Priest's Intention
Wed 22:	Malachy Darling
Thu 23:	Edwin Bradley
Fri 24:	Eugene McGahan & John Masterson
Sat 25 (10am):	Nuala McGrath

