

MASSES

Saturday Vigil 6.00pm
Sunday 9.30am 11.00am, 12.30pm
Weekdays 10.00am, 7.15pm

Exposition of Blessed Sacrament
every Tuesday 10.30am-7.15pm

CONFESSIONS

Saturday 10.30am, and before
evening Mass
Eve of Holydays & eve of First
Fridays: 10.30am. and before
evening Mass

BAPTISM COURSES

1st & 3rd Wednesdays of the month at
8pm

BAPTISMS: One month's notice
Every Saturday at 7.00pm

Parochial House 71267070
Email:office@holyfamilyparish.com
Web www.holyfamily-parish.com

Parish Sisters 71260398
Holy Family School 71267798
St. Eithne's School 71377077

PARISH GROUPS

Tues: 8pm Choir Practice
Thurs 7.45pm Scripture Group
New members welcome!

PUTTING ON THE ARMOUR OF GOD

I place on my head the helmet of
salvation, as a protection against
all thinking, speaking and seeing
which is not of you;

I place on my chest, the breastplate
of righteousness, as a protection
against all fears and anxieties, all
sickness and all harm;

I place round my waist, the griddle
of truth, so I may be truthful at
every level of my being;

I place on my feet, the sandals of
the Gospel of Peace so that I may
be a messenger of your Good
News to others;

I take in my left hand, the shield of
faith to protect our family from all
that is ill or harmful.

I take in my right hand the sword
of salvation, with which our family
will have courage to face the
future.

Jesus, through your precious body,
protect our family from all harm
and evil, now, today, tonight, at
times of special difficulties and for
ever more. Amen.

Mary, my Mother, Queen of Peace
pray for us. All Angels and Saints,
pray for us.



HOLY FAMILY CHURCH

Sun 17th July 2016 Vol.33 No28

MARY LISTENED

There are times when, more than anything, all we need is a friend to listen. We were told in last Sunday's Gospel how Jesus needed a listening ear more than food and how Mary saw his need. Then she gave him her full attention. Like poor Martha we too may need training in the art of listening and quietness, living as we are in a state of constant noise and bustle.

A good way to start is by deliberately paying attention to all the gentler sounds around you, sounds that come from the furthest distance, sounds of things you cannot see. Listen to the wind... sighing or blowing. Learn to love the little pitter-patter of the raindrops- no shortage this summer so far! Listen every day to the song of the birds. Perhaps it's the sound of things that tick or even the expansion or contraction of pipes in your home.

Attend next to the gentle sounds and the rhythms of life within you. Get in touch with the quiet rhythm of your breathing... intake ...holding... letting go. Breath in what is bright and pure such as love, joy and peace. Breath out the darkness of anger, pain and fear. Pick up the rhythm of your heartbeat....working away unnoticed within you. Feel the ground beneath your feet and your clothes against your skin. Learning how to be quiet and still will dispose us for prayer. Then we can listen to God in one of his many ways of speaking to us. Firstly he said *'Be still'* and then *'Know that I am God.'*

ANNIVERSARIES

Sister Kathleen McKeown,
John Donaghey, Bernadette Collins,
Allana and Hugh Burns

EXPERIMENT This weekend we are reserving a seat at the **back** of the church for those who are too disabled to come forward for Holy Communion.

SUNDAY COLLECTION 10th July amounted to £2034.14 and €104.30. Thank you.

ST MICHAEL'S APOSTOLATE OF PRAYER FOR PRIESTS: The co-ordinators wish to raise awareness of the Apostolate and to invite people to join in this prayer initiative. The co-ordinators are Rosemary Johnson Tel 07810387825, Email brendan_rosemary@yahoo.co.uk Siobhan Sweeney Tel 07880 588041, email siobhanswen1@yahoo.co.uk, website www.prayerforpriests.com

Diocesan Lough Derg Pilgrimage for Year of Mercy: you are invited to join Bishop Mc Keown for a Diocesan Pilgrimage to Lough Derg 5-7 August. Cost £60 or, with bus transport included, £70. Bus pick-ups in Derry, Strabane and Omagh can be arranged. Please contact the Catechetical Centre for a booking form or more information. Phone: +44 2871264087 email: ddcc@derrydiocese.org

MASS FOR THE SICK will take place in Termonbacca on Tuesday 19th July at 8p.m

THE NATIONAL COMMITTEE OF THE POPE JOHN PAUL II AWARD is seeking an enthusiastic and highly skilled candidate to coordinate the Pope John Paul II Award at a national level. Application Form and Job Description may be obtained by email to ddcc@derrydiocese.org or by telephoning (028) 71264087 during normal office hours. Completed applications must be returned by 5 August 2016. Interviews will be held on 18 August 2016.

TOUR DE FOYLE 10k Walk – Preliminary Notice: Bishop Donal McKeown, Bishop Ken Good, Rev Robert Buick and Rev Peter Murray will lead the way in the Tour de Foyle 10k Walk on **Saturday 27th August** and they invite you to join them! The Walk is on behalf of the North West Methodist Mission and the Churches' Trust to highlight and support the homeless and those in need in our community. The Walk starts from the Foyle Arena on the Limavady Road at 11am. The route goes across the PeaceBridge, along the Quay, BayRoadPark, across the Foyle Bridge and down the Waterside Greenway back to the Foyle Arena.

CARMELITE PILGRIMAGE TO KNOCK - Sunday 24th July. Fare £37 For details. Tel: 71262512.

DROMANTEENS Boys Summer Camp, Age 11 – 16 years. Residential camp more. 24th July – 29th July and 31st July – 5th August. To book or for enquiries, Tel 30821224, Email: dromantinecamp@sma.ie

NORTH WEST METHODIST MISSION Due to the on-going reorganisation of our services, we have immediate employment opportunities for people who are seeking a challenging and rewarding career in an established community facility. Closing Date for Applications: Thursday 21 July 2016 at 5.00 pm For further information and an Application Pack please contact our Personnel Department on 02871309388 Ext: 326 or email: karen.oconnor@nwmm.co.uk

Are you aged 60+? If you have one hour per week to spare and interested in being part of a Befriending service, please contact Majella Stewart on 02871269327 or 07593621352 for information. Alternatively, call to Dove House Community Trust, 32 Meenan Square, Derry, for a Volunteer Registration Day on the Thurs 14 July between 10am and 2pm

CHILDREN IN CROSSFIRE climb Ben Nevis on 21st Oct to 23rd Oct flying from Derry airport, call 71269898, email events@childrenincrossfire.org

PARISH PILGRIMAGE HOLY LAND (half board)
From 9th-17th October 2016.
Cost: £1275.€1495. Deposit £150.
3 nights Galilee, 4 nights Jerusalem Flying directly from Dublin
Tel Margaret 07732468511
Savings scheme now started in the Parochial House each Thursday evening from 8-9pm.

MEDJUGORJE IRISH CENTRE PILGRIMAGES: Airport Transport Dubrovnik or Split and 7 nights
Apartment B&B £205. Tel. 020 3239 8662 or email reservations@med-irishcentre.com

EMIGRANT INFORMATION PACK A free copy of information for intending Irish emigrants, such as visa requirements, advice on health insurance, gaining employment, accommodation and other information pertaining to each of the main receiving countries. It also provides information for is available from Teresa at the Derry Diocesan Office, Email: t.mcmenamain@derrydiocese.org or Tel 028 7126 2302. It is also available online: <http://www.catholicbishops.ie/tag/emigrants>