



SACRED HEART PARISH

Sunday 14th September 2025

Exaltation of the Holy Cross



Priest: Kieran C.P.

Deacon: Joe Baxter



Parish Office: 1B Glenview Street, Belfast, BT14 7DP

Email: sacredheart@downandconnor.org

Phone: 028 9075 1543

Hours open: 9am-2pm, Mon -Fri.

Parish Secretary: Cathy Carroll

Sacristan: Collette Delaney

Acolyte: Thomas Liddy

Parish Webpage: <https://www.sacredheartparishbelfast.com>

Webcam: <https://www.sacredheartparishbelfast.com/Webcam>

~Mass Times~

Saturday Vigil: 6.00pm: Peggy & Neal Green, Anniversary Mass

Sunday Masses: 9:30am: Danny Boyle, Anniversary Mass
11:30am: Declan O'Loughlin, Anniversary Mass

Weekday Masses: Monday 10:00am: **Please note: there is no Monday Mass until further notice**
Tuesday 7:00pm: Novena: Michael Rice RIP, Recently Deceased
Wednesday 10:00am: Jackie Cassidy, Anniversary Mass
Thursday 10:00am: Patrick (Patsy) Thomas, Anniversary Mass
Friday 10:00am: Jackie McCloskey, Anniversary Mass

Confessions & Adoration: Saturday: 5:00pm - 5.45pm.

Divine Mercy Prayer Group: Friday 2:15pm, Exposition, Prayer and Confessions

~Sacrament of Baptism~

Baptisms are held on the 1st & 3rd Sundays of each month at 12.30pm. From September, parents will be required to attending a baptismal course and a £50 voluntary donation will be required to book a baptism. Please contact the parish office to arrange a baptism.

~Upcoming Feast Days~

13th September,
St John Chrysostom

15th September,
Our Lady of Sorrows

19th September, St Januarius

~Weekly Collection~

£814.18

~Monthly Offering~

£314.80

Thank You For Your Generosity

~Anniversaries~

Rosaleen Holmes

Eternal rest grant unto them, O Lord

~Sanctuary Candles~

Collette Donaldson (nee Adams)
Paul McGinn & Family
Terry & Jackie Chester
Evelyn Canavan
Deirdre Rocks
George Adams Jr

A Donation of £5 per candle is greatly appreciated

~Recently Deceased~

Catherine Trias
(Mother of Fr Frank CP)

Brian Mullan

Catherine (Kate) Ferris

Kevin Burrows

Rita Donnelly

Jerry Smyth

Eternal rest grant unto them, O Lord

~A Spiritual Communion~

Jesus, I believe that you are present in the **Most Blessed Sacrament**. I love You above all things, and I desire to receive You into my soul. Since I cannot now receive You Sacramentally, come at least spiritually into my heart, I embrace You as if you are already there, and I unite myself wholly to You.

The Lord asks of you only this, that you act justly, love tenderly and walk humbly with your God.
(Micah 6:8)

DATES FOR YOUR DIARY	
<p>Join us as Fr Kieran celebrates his last Masses in Sacred Heart Parish.</p> <p>Vigil Mass at 6pm next Saturday 20th and the 9.30 & 11.30 Masses on Sunday 21st September. We hope you will all be able to attend to celebrate and pray with him as he embarks on his next mission.</p>	
<p>Jubilee Year of Hope. Celebration of Youth. An evening of prayer, reflection & connection. Join us in the beautiful Church of the Most Holy Redeemer at Clonard Monastery for a special celebration of youth, hope, and faith. On the evening of Friday 26th September, Bishop Alan McGuckian SJ invites youth and young adults from across the diocese to gather as pilgrims of hope to pray with and for one another in this Jubilee Year. All youth and young adults are warmly welcome. Spread the word!</p>	
<p>The ‘Walk the cross’ Eucharistic Procession. Starting at St Michael’s Church, Finaghy. Sunday 14th September at 4.30pm. Processing with Jesus to Saint Peter’s Cathedral. Holy Mass at 6.00 pm followed by Benediction and Anointing of the sick. Unite your cross with the cross of Christ and unite your Heart to his Eucharistic Heartbeat. For further information please visit walkthecross.ie</p>	
<p>Raising Hope for Our Common Home. Saturday, September 20th, 2025. Knock House Hotel. 10am – 3pm. €15 per person. This special day will focus on caring for our environment and promoting sustainability, with inspiring talks from Éanna Ní Lamhna, Jane Mellett, and Dr. Brendan O’Keeffe. It promises to be an enriching event, encouraging practical and hopeful action in response to today’s environmental challenges.</p>	
<p>SMA Novena 2025 . In honour of St. Thérèse Of the Child Jesus, Patroness of the Missions. Tuesday 23rd September to Wednesday 1st October. Daily Mass & Novena Prayers. At 10.00am & 7.30pm. SMA Chapel Dromantine. All Welcome. Also, via webcam (www.sma.ie). African Missions, Dromantine, Newry, BT34 1RH</p>	
<p>Word Alive -Ecumenical Readers' Training. Ever wondered how to bring Scripture to life when you read it aloud? Join us for a transformative evening of training designed for church readers- and anyone who loves the spoken Word! Focus Text: The Book of Amos - we’ll explore the prophetic voice of Amos using Richard Rohr’s contemplative approach from The Tears of Things, learning how to read with both heart and voice. Thu 18 Sept, 7pm, Belfast Jesuit Centre, Donegall St. To register visit: https://belfastjesuitcentre.co.uk/word-alive-ecumenical-readers-training/</p>	
<p>The Season of Creation, Monday 1 September 2025 to Saturday 4 October 2025. This year, Join the Dots Together is marking the season with a series of events that bring people of faith and goodwill together to explore how our choices—personal, communal, and political—can make a difference for peace and the planet. As we move towards COP30 in Brazil next year, the gap between promises and action is impossible to ignore. Northern Ireland has declared a climate emergency. That means all of us must take responsibility. One practical way to act is by engaging with the DAERA Climate Action Plan consultation process, which runs until 8 October. This is an opportunity to speak into the policies that will shape our future. Showing up matters. Adding your voice matters. Public meetings are scheduled across Northern Ireland in September and early October: For more information go to https://seasonofcreation.org/about/ Join us as we commit ourselves not just to words, but to action—for the sake of peace, for the sake of the planet, for the sake of generations to come.</p>	
<p>Belfast Stories. Join us at a session to discuss the Belfast Stories project with the Christian Faith Community. Tuesday 16th Sept, 7pm-8.30pm, May Street, Belfast. RSVP to BelfastStories@BelfastCity.gov.uk. We are interested in understanding the stories people would like to tell and what’s important to them. For Belfast Stories to be a success, it must resonate with the people of the city from all perspectives. We would welcome the opportunity to share with you the idea of Belfast Stories and to receive the Christian Faith Community’s feedback, comments and input at this stage of the project.</p>	
<p>Ards CCÉ are very proud to be the host branch for the all Ireland fleadh coming to Belfast in 2026, the worlds largest Irish music festival. Come and join us and be a huge part of history. Open day St Joseph’s College Ravenhill Road . Sunday 14th Sept 5-6 pm, all welcome. Formal classes start Sunday 28th sept for all traditional instruments and all levels . More info on Ards CCÉ Facebook or contact Niall McClean 07960072218</p>	
<p>Legion of Mary. Monday 7.30pm, Church of the Immaculate Heart of Mary, Antrim Road, Thursday, New Lodge Grotto, Rosary.</p>	
<p>Chatty Café. Open Monday to Friday 10.30am to 12.30pm. Come and join us for a cuppa & a chat.</p>	
<p>AA Meeting upstairs in the Parish Centre every Monday & Friday, 6.30pm-7.30pm, Thursday at 7pm.(Ladies Group)</p>	
<p>Narcotics Anonymous (NA) meeting upstairs in the Parish Centre on Wednesday’s at 7pm-8pm.</p>	
<p>Cocaine Anonymous (CA) meet every Tuesday at 7pm upstairs in the Parish Centre.</p>	
<p>The Spred Group meet every second Monday in the Parish Hall at 7pm.</p>	
<p>The Stitch and Crocheting Group meet Thursday evenings,7pm in the Parish centre. Come along and learn a new skill.</p>	
<p>Lifeline-24hr 7 days a week 0808 808 8000 Samaritans anytime night or day 116 123 St Vincent De Paul 028 90351561 Cancer Lifeline 028 90 351999 AA 02890351222</p>	<p>Al-Anon Family Groups 028 9068 2368 PIPS 0800 088 6042 Youth Education Health Advise 02890 757 809 Diocesan Safeguarding Officer Philip O’Hara 07534 992 124</p>
<p>Sacred Heart of Jesus, I place all my trust in Thee</p>	