



SACRED HEART PARISH
Sunday 16th August 2026
20th of Ordinary Time
The Assumption of the Blessed Virgin



Deacon: Joe Baxter

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Hours open: 9am-2pm , Mon, Tues, Wed, Fri
Parish Support Officer: Cathy Carroll
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Acolyte: Thomas Liddy
Parish Webpage: <https://www.sacredheartparishbelfast.com>
Webcam [sacredheartparishbelfast.com/Webcam](https://www.sacredheartparishbelfast.com/Webcam)

~Mass Times~
Saturday Vigil: 6.00pm: Vigil Dominic & Charlie O'Halloran, Anniversary Mass
Sunday Masses: 9:30am: Missa Pro Populo
11:30am: Shaun McMahon, Anniversary Mass
Weekday Masses: Monday 11:00am Patrick Pryor RIP, Funeral Service
Tuesday 7:00pm: Novena Kathleen & James Shields, Anniversary Mass
Wednesday 10.00am: Isobel Lynn, 1st Anniversary Mass
Confessions & Adoration: Saturday: 5:00pm - 6:00pm.
Divine Mercy: Friday 2:15pm, Exposition, Prayer and Confessions

~Sacrament of Baptism~
Baptisms are held on the 1st & 3rd Sundays of each month, at 12.30pm.
Please contact the parish office to arrange a baptism.

~Sacrament of Marriage~
Please contact the Parish Office to arrange.

~Upcoming Feast Days~ 17th August Our Lady of Knock 19th August St John Eudes 20th August St Bernard	~Recently Deceased~  Martin Dunlop Danny Deeds Patrick Pryor Kevin Cassidy Belle McCullough Raymond Burns Paul Mackin Michael Crilly <i>Eternal rest grant unto them, O Lord</i>	~Sanctuary Candles~ James & Kathleen Shields  <i>A Donation of £5 per candle is greatly appreciated</i>
~Weekly Collection~ (August 2nd) £1525.47 ~Monthly Offering~ £383.85 ~Weekly Collection~ (August 9th) £1169.34 ~Building Fund~ £329.50 The Parish Thanks You For Your Kindness And Generosity	~Anniversaries~ We prayer for all those whose anniversaries occur at this time.  <i>Eternal rest grant unto them, O Lord</i>	~Baptisms~ Welcome into our community Heidi Stanton Kathleen Stanton 

~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	
<u>Pope Leo's Prayer Intentions for 2026</u> <u>August: For Evangelisation in the City</u> Let us pray that in large cities often marked by anonymity and loneliness we find ways to proclaim the Gospel, discovering creative paths to build community. Amen	
Please note: There will be an extra collection for Sr Patricia Speight next weekend (August 22nd & 23rd). Sr Speight founded the Love and Hope Centre in Nakuru, Kenya and has been helping the poor and marginalised there for over 30 years. Please show your support so that she and her team may continue their invaluable work.	
Can you spare a few hours?? We would like to give the Church, Parish Centre and grounds a deep clean! Come along on Saturday 29th of August at 12.00pm for as long as you can to help us out. Cleaning materials will be supplied. Tea/coffee/juice and biscuits will be available. Thank you in advance for your support!	
St Joseph Men's Camino. Every Camino changes us in ways we don't expect, every man needs one. Join men from across Ireland on Saturday 12th September for a 25km pilgrimage through the Boyne Valley, beginning in Drogheda. The day includes Mass, Adoration, Rosary, Confessions, fraternity, lunch and dinner, with after-dinner speaker Fr Mark Quinn. Open to men aged 18+. Cost €65 (student €55). Registration and accommodation details @ : www.dominicans.ie/events. Enquiries: op.evangelisation@gmail.com.	August & September 2026 @ Lough Derg. 'A pilgrimage has a vital part to play in our life of faith, it removes us from our daily routine, and gives us time and space to encounter God more deeply.' <i>Pope Leo XIV</i> One Day Retreats – Guided Days of Prayer and Reflection - places available on August 18th, 22nd, 23rd, 29th and 31st & September 5th, 6th, 9th, 12th, 15th, 19th and 20th. Admission €50. Group discounts available. Advance Booking Essential. Includes Special Themed Retreats: 23rd August - St Peregrine, 5th September – Pioneer Pilgrimage, 6th September – St Carlos Acutis 9th & 12th September – Vocations Monstrance 19th September – Divine Mercy Pilgrimage Heritage Day Tours – Explore one of Ireland's most enduring and authentic spiritual destinations. Thursday 20th August. 11am & 2:30pm As part of National Heritage Week celebrations, visitors will enjoy a guided boat trip on the lake, guided tour of Station Island and refreshments. Admission €15. Student & Child discounts available. Advance Booking Essential. Lakeshore Pilgrim Path Pilgrimage – In the footsteps of pilgrims through the centuries. Sunday 30th August. 8km & 12km routes, fully guided. Outdoor Mass weather permitting. Admission €25. Advance Booking Essential. NEW FOR 2026 SEASON –Overnight accommodation available on Station Island the night before beginning a Retreat or Pilgrimage. For mor info www.loughderg.org email. info@loughderg.org Tel. 0719861518
Matt Talbot-Urban Mystic. The Knights of St Columbanus, CK12 Downpatrick, invite you to a special screening of <i>Matt Talbot – Urban Mystic</i> at the Newcastle Community Cinema, St Mary's Hall, Main Street, Newcastle, Friday 4th September at 7.00pm. Matt Talbot's remarkable true story of faith, struggle, addiction and redemption continues to inspire people throughout the world and offers a powerful message of hope to those affected by addiction and their families. The evening will feature guest speaker Michael Murphy. Admission is free, with a suggested donation of £3 towards costs. Tea and coffee will be served following the screening. Everyone is very welcome – please bring family and friends.	
Catholic Mothers Ireland – Family Day. Catholic Mothers Ireland will hold its Annual National Mass on Sunday, 6th September at Termonbacca Retreat Centre, Derry City. The day will begin with Mass at 2pm, celebrated y Bishop Donal McKeown, followed by refreshments, children's activities, and a talk for parents. It promises to be a lovely day for the whole family. For more information and booking details, please email info@catholicmothers.ie. All are welcome.	
Abide in His Love Women's Conference. The Great Northern Hotel, Bundoran, November 2—22,2026. Join women from across Ireland for a faith-filled weekend with inspiring speakers. A conference not to be missed! Register now: https://abideinhislove.eventbrite.com/	
Mass cards are available from the office. £2.50 each	
Chatty Café. Open Wednesday 10.30am to 12.30pm. Come and join us for a cuppa & a chat.	
AA Meeting upstairs in the Parish Centre every Monday & Friday, 6.30pm-7.30pm, and Thursday at 7pm. (Ladies Group)	
Cocaine Anonymous (CA) meet every Tuesday at 7pm upstairs in the Parish Centre.	
The Spred Group are finished for the Summer and will rejoin on Monday 7th September at 7pm.	
The Stitch and Crocheting Group meet Thursday evenings,7pm in the Parish centre. Come along and learn a new skill.	
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	AI-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
Sacred Heart of Jesus, I place all my trust in Thee	

