



SACRED HEART PARISH

Sunday 18th January 2026

2nd Sunday of Ordinary Time



Deacon: Joe Baxter

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

Email: sacredheart@downandconnor.org

Phone: 028 9075 1543

Hours open: 9am-2pm, Mon, Tues, Wed, Fri

Parish Secretary: Cathy Carroll

Sacristan: Collette Delaney

Acolyte: Thomas Liddy

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

Webcam sacredheartparishbelfast.com/Webcam

~Mass Times~

Saturday Vigil: 6.00pm: Molly Noble, Anniversary Mass

Sunday Masses: 9:30am: Jean Boyle, 1st Anniversary Mass
11:30am: Michael Curley, 1st Anniversary Mass

Weekday Masses: Tuesday 7:00pm: Novena Conor McKee, Anniversary Mass
Wednesday 10:00am: Friday 10:00am: Mary Hamill, 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.

~Upcoming Feast Days~

20th January
St Fabian

21st January
St Agnes

22nd January
St Vincent

~Anniversaries~

Dennis Murphy

Jim McFall

Martin Sterrett

Eternal rest grant unto them, O Lord

~Sanctuary Candles~

Thomas O'Neill
Gerard Mulhern
Alice Mulhern
Terry Murphy
Christie Murphy
Geordie &
Kathleen Adams
*A Donation of £5 per candle
is greatly appreciated*

~Weekly Collection~

£1261.25

~Building Fund~

£348.12

The Parish Thanks You
For Your Kindness And Generosity

~Baptisms~

Welcome into our community

Mable Boomer
Willow Rose Briars
Aoibh Wallace

~Recently Deceased~

Maureen Maginn
Gerry McMinn
Colette O'Halloran
Robert Maguire

*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

Pope Leo's Prayer Intentions for 2026

January: For Prayer with the word of God.

Let us pray that praying with the word of God be nourishment for our lives and a source of hope in our communities, helping us to build a more fraternal and missionary Church.



ALL ARE WELCOME

FLAME OF LOVE

of the Immaculate Heart of Mary Movement

Passing the Flame in BELFAST

On the Feast Day of the Flame of Love



February 2nd 2026

9:30 AM - 4:00 PM

ST. MARYS CHURCH,

2-4 CHAPEL LANE, BELFAST BT1 1HH

The Day will include:

Flame of Love Introduction, and talks on the Flame of Love, **Holy Mass at 1pm**, Praise and worship, Flame of Love Cenacle, The passing of the Flame of Love Candle Ceremony, Final Blessing.

Contact Martin 0044 7707 269589 or Eileen 0044 7793 557703

For more information email: info@flameoflove.ie

Child protection policy available by request.

Flame of Love has received approval to propagate

from Bishop Alan McGuckian

Website: www.flameoflove.ie

Registered Charity Number 20206554

St Colmcille's Parish Ballyhackamore Belfast warmly invites you to a Sensory Mass on Saturday, 24th January at 12:00 noon. This special Mass is designed to be inclusive and welcoming for individuals / families who may benefit from a quieter, more relaxed worship environment. Mass will feature gentle lighting and sound; A calm and supportive atmosphere; Space to move around if needed; Sensory items to aid regulation; A warm welcome for all. We would love to see you there. Refreshments after Mass in the parish centre.

St Columban's Primary School. Applications are now open for Primary 1 places in September 2026. Please visit the EA (Education Authority) website for all information and guidance.

Spiritual Exercises: 5 Day Silent Ignatian Retreat for Men. Led by Benedictine monks from St. Joseph Abbey, France. Thursday 30th April (3pm). Benburb Priory, Co. Tyrone (1 hr from Belfast). €450 (all meals & single room included). Daily Mass - Ordinary Form (Latin & ad orientem). Discover the strength that only comes when you stop running and let God speak. Book at: <https://soutenir.clairval.com/retreat-benburb-priory>

Join the 4 Corners Festival from January 31st - February 8th, 2026, and explore the theme of 'Journey' through music, conversation, sport, and shared experiences. Visit venues across Belfast for inspiring events including Bishop Rose Hudson-Wilkin sharing her journey from the Caribbean to Canterbury, Rev Dr Harold Good in conversation with Shannon Campbell, workshops on masculinity and disability inclusion, and a unique Glider journey across the city with live music and poetry. More information and book tickets at www.4cornersfestival.com

Join us at the Belfast Jesuit Centre for a gentle, insightful introduction to the Enneagram. Nuala Prince will lead us as we explore how the Enneagram can deepen self-understanding, strengthen relationships, and support spiritual and emotional wellbeing. Friday 23 Jan (7-9.30pm) & Saturday 24 Jan (10am-4pm) 193-195 Donegall Street, Belfast. Suggested donation: £40-£55. Refreshments provided; bring lunch on Saturday. Registration essential. 07955282371 or belfastjesuitcentre.co.uk / bjc@jesuit.ie

The charity 'Friends of Columbanus Bangor' will be hosting an event celebrating the lives of St Brigid and St Columbanus. Saturday 7th February in the North Down Museum Bangor: Enjoy a demonstration of St Brigid Cross Making and using the materials provided make your own cross. Refreshments provided. Limited number of places. For more information and to book now go to <https://www.visitardsandnorthdown.com/whats-on/celtic-saints-a-journey-through-time-and-tradition-p948071>

Radio Maria Ireland. Thank God and sincere thanks also to our many listeners and supporters as Radio Maria continues to grow. As an Irish-run Catholic Talk-Radio Station we enjoy commercial free broadcasting - Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies – do join our growing faith family! Here's how you can listen: 1. Via Digital TV - Saorview Channel 210. 2. Download our free App "RADIO MARIA IRELAND" 3. Stream on our website www.radiomaria.ie. 4. Via our 'Listen Live Radio' link on our Facebook Page. 5. Via phone – get live radio feed by calling +353 (0) 1 437 3277 (no extra charges apply). 6. Via DAB Radio in Leinster area. Why not drop a line to our Spiritual Director, Fr Des Farren by text on 089-4672000, by phone on 01-4123456, or come and pay us a visit at Radio Maria Ireland, St. Anthony's Business Park, Ballymount Road, Dublin 22. D22 R7W2

Chatty Café. Open Wednesday & Friday 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)

Narcotics Anonymous (NA) meeting upstairs in the Parish Centre on Wednesday's at 7pm-8pm.

Cocaine Anonymous (CA) meet every Tuesday at 7pm upstairs in the Parish Centre.

The Spred Group meet every second Monday in the Parish Hall 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

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

Sacred Heart of Jesus, I place all my trust in Thee