



SACRED HEART PARISH
Sunday 19th July 2026
16th 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 Support Officer: Cathy Carroll
Sacristan: Collette Delaney
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
Sunday Masses: 9:30am: Paul Skillen, Anniversary Mass
11:30am: Mayor Olukoya, Month's Mind Mass
Weekday Masses: Tuesday 7:00pm: Novena Patricia Rogan, Anniversary Mass
Wednesday 10.00am: Eileen Edwards (nee Cassidy), 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~

21st July
St Lawrence
22nd July
St Mary Magdalane
24th July
St Declan

~Recently Deceased~



Joe O'Boyle
Annmarie Harper
Mayor Olukoya
Noleen Moyles
Thomas McCann

Eternal rest grant unto them, O Lord

~Sanctuary Candles~



Rose Corbett
Frank Murphy
Brendan Murphy
Roisin Rooney
Donor's Intentions
Fred O'Neill
Thomas O'Neill

A Donation of £5 per candle is greatly appreciated

~Weekly Collection~
(available next week)

The Parish Thanks You
For Your Kindness And Generosity

~Anniversaries~

Caroline McCartan



We pray for all those
whose anniversaries occur at this time.

Eternal rest grant unto them, O Lord

~Baptisms~

Welcome into our
community

Sophia McBride
Hayden Burns
Kova Rayne Boyle



~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 **July: For Respect of Human Life**

Let us pray for the respect and protection of human life in all its stages, recognising it as a gift from God.
Amen

Catholic Men's Retreat: Standing in the Breach: Freedom in Christ. Portglenone Monastery on Saturday 25th July, 9am -1pm. The keynote speaker will be Dr Robert McNamara. The morning will be an opportunity for men to come together for prayer, encouragement, fellowship and renewal in the Catholic faith. All men are warmly invited to attend. For further information or to book a place, please contact Thomas Carey on 07967 620435 or email Sean sean@catholicminute.co.uk

Words of Spirit and Life: An evening with Jeff Cavins. Sunday 26th July 2026, 7at pm in the Voco Hotel, Belfast. Spend an inspiring evening with Jeff Cavins, the internationally renowned Bible teacher, author, and creator of The Great Adventure Bible Timeline that shaped the hugely popular Bible in a Year podcast. Whether you're a catechist, young adult, or simply drawn to Scripture, come to meet others who love the Word, and 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://>



DO GOOD, FEEL GREAT!

NI Hospice Support Groups

START A HOSPICE FUNDRAISING SUPPORT GROUP!

CARE STARTS WITH YOU!

SCAN TO HELP US CARE FOR LOCAL PEOPLE

Meet new people, make lasting friendships and help raise vital funds for Northern Ireland Hospice and Children's Hospice.

Whether it's organising a coffee morning, helping at an event or bringing new fundraising ideas to life, every contribution helps local families receive the care and support they need.

Why join?

- Meet new people
- Have fun in your community
- The opportunity to support families in your local community
- Make a real difference
- Be part of something special

What is a Hospice Support Group?

Northern Ireland Hospice Support Groups are made up of passionate local volunteers who come together to organise fundraising events and activities within their communities.

From coffee mornings and quiz nights to bucket collections and community events, these groups play a vital role in raising the funds needed to support Northern Ireland Hospice and Children's Hospice services across the region.

It costs more than £21 million every year to provide our specialist care, and with only a small portion of this funded by government, we rely heavily on the generosity and dedication of our supporters. Without our incredible Support Groups, we simply couldn't be there for local patients and families when they need us most.

By joining an existing group or starting one in your area you'll be helping to ensure that every family facing a life-limiting illness can access the compassionate care and support they deserve.

Every pound raised stays right here in Northern Ireland, supporting your local Hospice and helping us make every moment matter.

nihospice.org

NATIONAL GRANDPARENTS PILGRIMAGE - 26 JULY 2026

KNOCK SHRINE

CELEBRATING WORLD DAY FOR GRANDPARENTS & THE ELDERLY

'I will never forget you' (Isaiah 49:15)

Chief Celebrant Archbishop Eamon Martin, Primate of all Ireland
• Director of Music Una Nolan & Choirs
• Special Guest Dana Rosemary Scallon
• Anointing of the Sick in the Basilica - 2:30pm
• Holy Sacrifice of the Mass - 3:00pm
• Rosary Procession after Mass (weather permitting)
• Children's Prayer Appeal for Grandparents, send or bring prayers to the CGA office at Knock Shrine
• Plenary Indulgence granted for the occasion

** Please organise transport with your local parish.

THOSE UNABLE TO JOIN US IN PERSON CAN TAKE PART ONLINE AT WWW.KNOCKSHRINE.IE/WATCH
WWW.KNOCKSHRINE.IE Telephone: +353 (0) 28 358 8100

Medjugorje Youth Festival

FAITH • FRIENDS • JOY • HOPE

Be part of something bigger!

29th JULY - 5th AUGUST 2026

£755

PRICE INCLUDES:

- Travel to Mosor Medjugorje
- Transport from Dublin to Dublin
- 7 nights accommodation near to St. James Church with breakfast and dinner
- Luxury coach transfers with local guide
- Full religious programme sponsored by Marian Pilgrimages Medjugorje Team
- Assistance of Marian Pilgrimages Rep. with 24hr support throughout your stay
- All travel and local taxes (except from September - £100)

7 NIGHTS

FOR MORE INFORMATION PLEASE CONTACT

Eadaoin Ní Ruairí

Tel: 077 0628 8095

MARIAN PILGRIMAGES

One week that can change your life. See you in Medjugorje!

LOUGH DERG **2026 Pilgrimage Season.**
3 Day Pilgrimage: running until Sat 15th August (last start date: Thurs 13th August)
1 Day Retreat. August: 18th, 22nd, 23rd, 29th & 31st.
September: 5th, 6th, 9th, 12th, 19th, 20th
Themed Days. Sat 5th September - Pioneer National Pilgrimage, 6th September - Saint Carlo Acutis
Quiet Day: September 11th
Pilgrim Path: August 30th- 12km walk begins 11am, 8km walk begins 11.30am
Heritage Week : 20th August - 11.30am & 2.30pm. Booking: 353719861518 / email info@loughderg.org.

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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/>

Down and Connor Diocesan Trust are seeking to recruit a 'Youth Minister', to work with in St Colmcille's Parish. We are looking for a person with a passion for deepening the faith of young people, focus on their personal, social and spiritual development, and initiate and implement new outreach ideas to connect with young people and draw them into a journey of faith. 35 hours per week, will involve evening and weekend work. Full details relating to the vacancy can be found on the Diocesan website at: <http://www.downandconnor.org>
Closing date: 28th July at 12pm

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

