



SACRED HEART PARISH

Sunday 1st February 2026
4th Sunday of Ordinary Time
The Feast of St Brigid



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](https://www.sacredheartparishbelfast.com/Webcam)

~Mass Times~

Saturday Vigil:	6.00pm:	Elizabeth Rafferty, Anniversary Mass
Sunday Masses:	9:30am:	Otavio & Ellen Rosato, Anniversary Mass
	11:30am:	Sean Martin (1st) & Loretto Martin, Anniversary Mass
Weekday Masses:	Tuesday 7:00pm:	Novena Eleanor Riley, Anniversary Mass
	Wednesday 10:00am:	Patsy Cummings, 1st Anniversary Mass
	Friday 10:00am:	Kieran McKinley, 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~

1st February
St Brigid

3rd February
St Blaise

5th February
St Agatha

~Sanctuary Candles~

Elizabeth Rafferty
Martin Sterrett
Pat & Lily Evans
The McAleenan Family
The MacQuillan Family

*A Donation of £5 per candle
is greatly appreciated*

~Recently Deceased~

Gabriel McAuley
Don King
Seamus Perry
Richard Murtagh
Eileen Jordan
Maureen Maginn
Gerry McMinn
Colette O'Halloran
Robert Maguire

Eternal rest grant unto them,

~Weekly Collection~

~£1192.58~

Faith & Pastoral Development~

~£269.70~

The Parish Thanks You

For Your Kindness And Generosity

~Baptisms~

Welcome into our community

Milo Barrett
Penny Allison
Conor Boyle

~Anniversaries~

Tony Bradley
Elizabeth Perry

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**

**February:
For children with incurable
diseases.**

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

CONGRATULATIONS TO ALL THE P7 STUDENTS FROM ST COLUMBAN'S, CLIFTONVILLE INTRAGRATED, AND BUNSCOIL BHEANN MHADAGAIN PRIMARY SCHOOLS, WHO MADE THEIR CONFIRMATIONS ON FRIDAY.
MAY GOD BLESS YOU ALL.

Medjugorje Pilgrimage. 29th July-5th August 2026 - an opportunity to experience the Peace of Medjugorje and the absolute Joy of our faith with the Mladifest Youth Festival. 7 nights £755 pps (£705 with January discount). Contact Éadaoin for details 07706288095.

First Saturday Devotions will take place in Holy Family Church, Limestone Road, 7th February 2026. 10am: Adoration of the Blessed Sacrament, Confessions and Act of Consecration, Rosary and Divine Mercy Chaplet. 11am: Holy Sacrifice of the Mass. All welcome.

St Brigid's Day Lecture 2026, will be given by Fr Tom Layden, S.J. Fr Layden is a Jesuit priest, living and working in Belfast. The theme of his lecture, "The Nicene Creed: A foundation for Ecumenism", is based on Pope Leo XV1's address at Nicaea. The Lecture will be in St Brigid's Parish Centre, Derryvolgie Avenue, Belfast BT9 6FP, Sunday 8th February, at 4.00pm. All welcome.

Crib Collection. Thanks to your generosity , a total of £1042.75 was donated by the parishioners of Sacred Heart Parish over the Christmas period. This money has been sent to the Order of Malta, Holy Family Hospital Bethlehem.

Trócaire. A grand total of £5207.31 was raised from the sales of Trócaire's Gifts of Change at Christmas. Thank you to all who donated for your generosity.

Lenten Scripture Course: Learning from Matthew's Church. Tuesdays at 7pm | Begins 3rd February 2026. The Belfast Jesuit Centre invites you to a six-week journey into the Gospel of Matthew; our liturgical Gospel for 2026. Led by Fr Kieran O'Mahony OSA of Tarsus Scripture School, the course explores Matthew's unique vision of church: a community navigating challenge, change, and mission. Each session will offer fresh insight into the Gospel's themes, including forgiveness, prayer, parables, and the call to discipleship. Whether you're new to scripture study or seeking deeper understanding, all are welcome. Weekly sessions: Feb 3-10-17-24; Mar 3-10. Suggested donation: £80-£120. Belfast Jesuit Centre, 193-195 Donegall Street, BT1 2FL 07955282371 | belfastjesuitcentre.co.uk | bjcc@jesuit.ie

Silence in the City: Silent Prayer in Lent. Fridays during Lent at the Belfast Jesuit Centre. Tea/coffee from 11.00 am, session begins 11.15 am. Led by Sean O'Brien. Optional Mass at 12.30 pm. All welcome.

Celebrating 70 years of Faith. St Agnes' Parish Novena to Our Lady of Lourdes 2026 begins 10am Tues 3rd Feb The Call of the Good Shepherd "I know my own and my own know me" (John 10:14). Speakers: Jim Deeds, Bridget McNicholl, Paula & Joseph McKeown. Sun:9.30am &12.30pm. Mon to Fri:10am &7pm. Sat:1pm &6.30pm (Vigil). Penitential Service: Fri 6th Feb 7pm. Mass for the Sick: Sat 7th Feb 1pm. Gathering of Youth: Sun 8th Feb 7pm.

Join the 4 Corners Festival from January 31st - February 8th, 2026. Theme: 'Journey' through music, conversation, sport, and shared experiences. Visit venues across Belfast for 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 with live music and poetry. www.4cornersfestival.com

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>

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

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