



SACRED HEART PARISH

Sunday 22nd February 2026

1st Sunday of Lent



Deacon: Joe Baxter

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

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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: Thomas McSherry, Anniversary Mass

Sunday Masses: 9:30am: Paul Larkin, Anniversary Mass
11:30am: Lucy Cranney, Anniversary Mass

Weekday Masses: Tuesday 7:00pm: Novena Kathleen Burns & Kelly Thackeray, Anniversary Mass
Wednesday 10.00am: Michael Lowe, Anniversary Mass
Friday 10:00am: NO 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~

21st February
St Peter Damian

23rd February
St Polycarp

27th February
St Gregory of Narek

~Sanctuary Candles~

Marese McCormick
Donors Intentions
Rita & Ned Murphy
Charlie McAlinden

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

~Recently Deceased~

Linda O'Donovan
Thomas Daly
Gabriel McAuley
Don King
Seamus Perry
Richard Murtagh
Eileen Jordan

*Eternal rest grant unto them,
O Lord*

~Weekly Collection~

£998.91

~Sick & Retired Priests~

£394.80

The Parish Thanks You
For Your Kindness And Generosity

~Anniversaries~

Marie Benson

*Eternal rest grant unto them,
O Lord*

~Baptisms~

Welcome into our community
Alaiya McGuire

~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

Sycamore Lenten Programme, starting Wednesday 25th February at 7pm

Has been cancelled due to unforeseen circumstances.

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.

There will be no 10am Mass on Friday 27th February.

A Prayer for the First Week of Lent

"Lord God, as I begin this Lenten journey, I ask for your guidance to walk this path of spiritual discipline.
Strengthen my resolve to pray more, sacrifice willingly, and give generously.
When I am tempted to turn away from you, give me the courage to stand firm, reminding me of your ultimate victory over evil.
Open my heart to true repentance, that I may let go of selfishness and bitterness, and instead be filled with gratitude and joy.
Transform my heart to love you more and to see you in others, especially those who are marginalized or in need.
May this first week set the tone for a deeper, more intimate relationship with you.
I ask this in the name of Jesus Christ, my Savior.

Amen."

Divine Mercy Prayer Group. The Stations of the Cross will take place every Friday during Lent at 2.15pm in Sacred Heart, followed by Exposition, Prayers and Confessions. Everyone is welcome to join.

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.

Taizé Prayer around the Cross. You are warmly invited to Taizé Prayer Around the Cross, Fri 27th February, 8-9pm in Holy Family Church, Limestone Road. This is an opportunity to take time out to pray with the beautiful Taizé chants and to be still. Everyone is very welcome, come along and bring your friends. Refreshments afterwards in the Gathering Space.

Divine Mercy Conference, Main Hall, RDS, Ballsbridge, Dublin 4. Saturday 28th February 2026. Bus will leave St Paul's Church, Falls Road at 7.30am, returning approx. 10.45/11.00pm. A long day but well worth it. Cost is £25 (bus price only) which must be paid when booking. Travel confirmation 1 week before departure. No refund can be given in cases of sickness etc. Conference tickets to be bought at the venue £35 or Euros. Bring food for lunch and dinner – tea and coffee stations for hot drinks and snacks can be purchased. Telephone Tina McCrory – 07523824350 to book a seat on the bus.

Pioneer Total Abstinence Association of the Sacred Heart. Abstaining from alcohol is a means of offering hope and prayerful support to those who are living under the shadow of addiction. A Pledge for Lent can be taken in a parish Pioneer centre or via www.pioneers.ie.

Rediscover the Path! A 6-week journey of reflection, belonging and renewal, designed for people who feel distant from faith, community or themselves. Find us online for 5 weeks starting 21st February, last session, 28th March in St Paul's Parish Hall, Falls Road. Join the Journey! More info available on our website: www.legionofmarydc.com

Don't miss a DIVINE invitation to come on St Patrick's Way Pilgrim Walk in Downpatrick with guides Martina Purdy and Elaine Kelly on Saturday March 14 in honour of Ireland's patron saint and the 25th Anniversary of The Saint Patrick Centre. Includes the fabulous 180° IMAX film of St Patrick, with internal bus transfers, pilgrimage lunch, an authentic Camino passport and a 6 mile pilgrimage walk finishing at St Patrick's grave. A special 25% discount price is on offer of £40 (normally £55) To book ring 02844 61900 or www.thesaintpatrickcentre.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

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