



# SACRED HEART PARISH

Sunday 22nd March 2026

5th Sunday of Lent



Deacon: Joe Baxter

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

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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: Eamonn Loughens, Anniversary Mass

Sunday Masses: 9:30am: Patrick & Mary Jane Scullion, Anniversary Mass

11:30am: Laurence McGillan, Anniversary Mass.

Weekday Masses: Tuesday 7:00pm: Novena Hanna Blake, Anniversary Mass

Wednesday 10.00am: Noel Hannon, 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~

21st March  
St Enda

24th March  
St Macartan

25th March  
Annunciation

### ~Anniversaries~

Deirdre Finn  
Briege Hamill (Month's Mind)  
Eddie & Rachel Murphy

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

### ~Sanctuary Candles~

Tommy Arbuckle & Family  
Sarah Stewart & Family  
Mary Lagan  
Peggy Grant (2)  
Gerard Lagan (2)  
Gabrielle Slavin

*Eternal rest grant unto them,  
O Lord*

### ~Recently Deceased~

Caitriona O'Neill  
William Mallaghan  
Bridget Mulvenna  
Marie Keenan  
Liam Curley  
Denis Ferguson

*Eternal rest grant unto them,*

### ~Weekly Collection~

£1125.54

### ~Needy Parishes Collection~

£272.46

The Parish Thanks You  
For Your Kindness And Generosity

### ~Baptisms~

### Welcome into our community

Rossa Jody McDonnell  
Antóin Patrick McCavana

### ~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**

**March: For disarmament and peace.**

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.  
**Amen**

**Our Penitential Service**  
**in preparation for Easter,**  
**will take place here in Sacred Heart**  
**on Thursday 26th March at 7pm.**

All are welcome to join us.

Penitential Services will also be held in:  
Holy Family: Sunday 29th March (Palm Sunday) at 7pm  
Holy Cross: Wednesday 1st April at 7pm  
St Gerard's: Wednesday 1st April at 7pm

**Reflecting on 'The Last Seven Words'.** In preparation for Holy Week, you are warmly invited to reflect on the 'Seven Last Words' spoken by Jesus from the Cross, including the beautiful Taizé Chants, in Holy Family Church, Limestone Road on Friday 27th March, 8-9pm. Please come along and bring your friends. Refreshments will be served afterwards in the Gathering Space.

**Belfast Jesuit Centre: Faith & Film Night – Silence (2016)**

You are warmly invited to our next Faith & Film evening, Thursday 26th March, 7–10pm, where we will watch Silence, Martin Scorsese's powerful film about faith, courage, and perseverance in 17th century Japan. A short reflective conversation will follow for those who wish to stay. No need to register, just come along and bring a friend. Light refreshments provided.

**A Prayer for the Fifth Week of Lent**

Loving Creator of mine,  
I feel the pace quicken, the time draw near.  
I am filled with joy as I move  
toward Easter and the promised reconciliation with you.  
Teach me to follow the example of your Son,  
to be worthy of being called one of his people:  
a Christian.  
Help me to live each day as he did,  
turning hatred to love and conflict to peace.  
I await the new life with eagerness,  
faith and a deep gratitude.  
**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.

**Feast of the Divine Mercy**

Sunday, 12th April 2026



St. Peter's Cathedral, Belfast (2:30pm); and Sacred Heart Church, North Belfast (2:15pm) (Rosary, Divine Mercy Chaplet, & Holy Mass)

**Always the Same and Always New: Holy Week Through Poets' Eyes.** Belfast Jesuit Centre, Mon 30 March, 7–9 pm. Join us for a reflective exploration of Holy Week through selected poems that engage with its central themes. Drawing on the first line of the Elizabeth Jennings' poem Crucifixion, "Always the same and always new," we will consider how poetry can illuminate the spiritual significance of Holy Week. Participants will be invited into guided reflection and thoughtful conversation. Everyone welcome. Small donation suggested. To register, visit: <https://belfastjesuitcentre.co.uk/always-the-same-and-always-new-holy-week-through-poets-eyes/>

**Cappella Caeciliana** warmly invites you to a special performance of Mozart's *Requiem* on Sunday 29 March at 6:30pm in Clonard Monastery. Conducted by Matthew Quinn, featuring a collaboration with the Ulster Youth Orchestra, alongside an outstanding line-up of internationally experienced soloists. Mozart's Requiem remains one of the cornerstones of the sacred Classical repertoire, and we are delighted to present it in the beautiful setting of Clonard Monastery as part of our 30th Anniversary season. Tickets: General Admission £20 | Under 25s £5. Available at our website, [www.caeciliana.org](http://www.caeciliana.org)

**Good Friday Falls/Shankill Annual Inter-Church Prayer Walk** - will take place on Good Friday 3rd April, beginning at 4.45pm in front of Clonard Church, stopping midway at Shankill Methodist for a brief prayer, returning to Clonard by 6pm. At this precarious time in our world, we commit ourselves once again - in the footsteps of Jesus - to His ministry of reconciliation and peace. All are welcome.

**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)

**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**