



SACRED HEART PARISH

Sunday 25th January 2026

3rd 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](https://www.sacredheartparishbelfast.com/Webcam)

~Mass Times~

Saturday Vigil: 6.00pm: Michael Cassidy, Anniversary Mass

Sunday Masses: 9:30am:
11:30am: Carmen McKeever, Anniversary Mass

Weekday Masses: Tuesday 7:00pm: Novena Maureen McAnoy, Anniversary Mass

Wednesday 10:00am:

There will be no Mass on Friday 30th January at 10am

Friday 11:00am: Confirmations

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~

24th January
St Francis de Sales

26th January
St Timothy & St Titus

28th January
St Thomas Aquinas

~Sanctuary Candles~

Sean Rafferty
Geordie Adams Jr
Collette Donaldson
Charles McCullough
Elizabeth McCullough
Jim McFall

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

~Recently Deceased~

Eileen Jordan
Maureen Maginn
Gerry McMinn
Colette O'Halloran
Robert Maguire

*Eternal rest grant unto them,
O Lord*

~Weekly Collection~

~£1192.58~

Faith & Pastoral Development~

~£269.70~

The Parish Thanks You
For Your Kindness And Generosity

~Baptisms~

Welcome into our community

Mable Boomer
Willow Rose Briars

~Anniversaries~

Sean Rafferty
Pat & Lily Evans

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.

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.



St Columban's Primary School –

Recipients of the Spirit of Catholic Education Award 2026

It is my pleasure to announce that this year, St Columban's Primary School was one of the award-winning schools. At a special ceremony in St Mary's University College on Wednesday 21st January, the school received the award from Bishop Alan McGuckian, in recognition of their commitment, dedication and lived Christian witness to developing and nurturing the spiritual and prayer life of their school community. This focus was linked to the Jubilee Year of Hope and the invitation to "fan the flame of faith". The 'Spirit of Catholic Education Award' is presented annually in conjunction with Catholic Schools' Week, to celebrate outstanding contributions to Catholic Education in terms of instilling the Gospel values and ethos of the Christian message into the daily life of the school. Within this gospel-inspired educational environment, pupils are brought to understand and

appreciate the importance of their sacredness as children of God, caring for others in need within their school, parish, community, and wider society, contributing to building peace and reconciliation and being ecologically aware of the beauty and wonder of God's creation. It also provides an opportunity to affirm and pay tribute to the ongoing work of the governors, school leaders, teaching and support staff as they seek to form young people in their spiritual, intellectual, moral, and social development. We send our warmest congratulations to all the staff of St Columban's Primary who are representative of how teachers across the diocese monitor, evaluate, review, and embed an ongoing commitment to living out the Spirit of Catholic Education. **Well done to everyone.**

Taizé Prayer around the Cross. Friday 30th January, 2026, 8-9pm. 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, please come along and bring your friends. Refreshments will be served afterwards in the Gathering Space.

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