



## SACRED HEART PARISH

Sunday 26<sup>th</sup> January 2025

3rd in Ordinary Time



Priest: Kieran C.P.

Deacon: Joe Baxter

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

**Email:** [sacredheart@downandconnor.org](mailto:sacredheart@downandconnor.org)

**Phone:** 028 9075 1543

**Hours open:** 9am-2pm , Mon -Fri.

**Parish Secretary:** Cathy Carroll

**Sacristan:** Collette Delaney

**Acolyte:** Thomas Liddy

**Parish Webpage:** <https://www.sacredheartparishbelfast.com>

### ~Mass Times~

<b>Saturday Vigil:</b>	6.00pm:	Billy Graham, Anniversary Mass
<b>Sunday Masses:</b>	9:30am:	Agnes Fenton, Months Mind Mass
	11:30am:	Dan & Molly Shearan and Rosa Silo, Anniversary Mass
<b>Weekday Masses:</b>	Monday 10:00am:	John McGuire, Month's Mind Mass
	Tuesday 7:00pm:	Novena Maureen McAnoy, Anniversary Mass
	Wednesday 10:00am:	Lily & Con Haughan, Anniversary Mass
	Thursday 10.00am:	
	Friday 10:00am:	St Columbans School Mass

**Confessions & Adoration:** Saturday: 5:00pm - 5.45pm.

**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~

27th January -  
St Angela Merici

28th January -  
St Thomas Aquinas

31st January -  
St John Bosco

### ~Weekly Collection~

£1017.12

### ~Living Youth ~

£226.25

Thanks You For Your Generosity

### ~Recently Deceased~

Veronica Chambers  
Rosie Clarke  
Jean Boyle  
Edith Liggett  
Michael Curley  
Colette Grogan  
Sean Martin  
Hugh Ferrin  
Rose Marie McGhee

*Eternal rest grant unto them, O Lord*

### ~Sanctuary Candles~

Sean Rafferty  
Pauline & Paul Palmer  
Anne Gouldie  
For the Holy Souls

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

### ~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	
Our monthly Healing Mass will take place on <b>Saturday the 1st February at 11.00am.</b> All are welcome to attend, especially those parishioners who are ill at this time. Anointing will take place.	
<b>Taizé Prayer around the Cross.</b> You are warmly invited to Taizé Prayer Around the Cross on Friday 31st January 2025, from 8-9pm in Holy Family Church, Limestone Road. This is an opportunity to take time out to pray with the beautiful Taizé chants, to be still and to be refreshed. Everyone is very welcome, please come along and bring your friends. Refreshments will be served afterwards in the Gathering Space.	
<b>Come with me my Love.</b> Celtic prayer and song in the company of Brigid of Kildare and the God she loved. 3-4pm February 1, 2025. Good Shepherd Church, Ormeau Rd, Belfast. Written and led by Breige O’Hare, music by Mairéad Duffy. All welcome. No booking needed. No admission fee.	
<b>Our Lady of Lourdes Novena.</b> 3rd—11th February 2025. 7pm. Parish of Duneane, Our Lady of Lourdes Church, Moneyglass. 106 Roguery Road, Toomebridge, BT41 3PT	
<b>Welcoming Spring: Day of reflection.</b> Led by Breige O’Hare. 11am-4pm Saturday 1st February, 2025. Holy Rosary Parish Hall, 503 Ormeau Road, Belfast. BT7 3GR. Join us for a day of story and song, scripture and prayer in the company of the early Christian leader Brigid and the Jesus she loved. It's time to slow down, a chance for new beginnings and fresh starts, ending with a beautiful liturgy commissioned for the season with new music by Mairéad Duffy. Bring a packed lunch. Tea/coffee provided. Booking essential: email <a href="mailto:info@firststepwell.com">info@firststepwell.com</a>	
<b>4 Corners Festival.</b> You are warmly invited to the opening of this year’s 4 Corners Festival. In this 10 <sup>th</sup> anniversary year of Pope Francis’ Encyclical “ <i>Laudato Si</i> ”, Belfast is privileged to host Lorna Gold, Chair of the International Laudato Si Movement, at the 4 Corners Festival on Sunday 2 <sup>nd</sup> February (7pm, Jennymount Methodist Church, 222 North Queen Street, BT15 3DH). The 10th anniversary of Laudato Si’ coincides with the Jubilee Year of Hope, making it an ideal moment to reflect on the urgent call to care for God’s creation. The 4 Corners Festival is an annual celebration designed to inspire transformation across Belfast through events that promote peace, unity, and understanding. Further info from <a href="mailto:info@jointhetodotstogether.org">info@jointhetodotstogether.org</a>	
<b>Adoration Chapel.</b> Keys for the Adoration Chapel are available from the office. You will need to complete a form to receive your key.	
<b>Al-Anon offering Family support for those affected by alcoholism.</b> Whatever your relationship to the drinker, whatever your story, Al-Anon can help. We hold regular meetings where members share their own experience of living with alcoholism. Our Information Office, in Belfast is opened from 10am-1pm Monday to Friday; contact number 02890682368. All meetings are listed on the website <a href="http://www.al-anonuk.org.uk">www.al-anonuk.org.uk</a> , or call our Confidential Helpline	
<b>The Diocesan Pilgrimage to Lourdes</b> is seeking Doctors, Nurses and Adult Volunteer helpers for the 40th Diocesan Pilgrimage in 2025. The pilgrimage is from 10-15 July and volunteers receive a subsidised fare. For more information or to register, please visit <a href="http://www.downandconnor.org/lourdes">www.downandconnor.org/lourdes</a> or email <a href="mailto:lourdes@downandconnor.org">lourdes@downandconnor.org</a>	
<b>Confirmations</b> for the P7 children attending St Columbans, Bunscoil Bheann Mhadagain, and Cliftonville Integrated Primary Schools will take place on Friday 7th February at 11am.	
<b>Legion of Mary.</b> Every Monday 7.30pm, at The Church of the Immaculate Heart of Mary. 577 Antrim Road, Belfast, BT15 3BU. Every Thursday at The New Lodge Grotto for the Rosary.	
<b>Chatty Café.</b> Open Monday to Friday 10.30am to 12.30pm. Come and join us for a cuppa & a chat.	
<b>AA Meeting</b> upstairs in the Parish Centre every Monday & Friday, 6.30pm-7.30pm, and Thursday at 7pm. (Ladies Group)	
<b>Narcotics Anonymous (NA)</b> meeting upstairs in the Parish Centre on Wednesday’s at 7pm-8pm.	
<b>Cocaine Anonymous (CA)</b> will meet every Tuesday at 7pm upstairs in the Parish Centre starting 21st January	
<b>The Spred Group</b> meet every second Monday in the Parish Hall at 7pm.	
<b>Pensioners Group</b> meets every Thursday in the Parish Hall at 1pm. All welcome	
<b>The Stitch and Crocheting Group</b> meet on Thursday evenings, 7pm upstairs in the Parish centre. Come along and learn a new skill.	
<b>Lifeline-24hr</b> 7 days a week 0808 808 8000 <b>Samaritans</b> anytime night or day 116 123 <b>St Vincent De Paul</b> 028 90351561 <b>Cancer Lifeline</b> 028 90 351999 <b>AA</b> 02890351222	<b>Al-Anon Family Groups</b> 028 9068 2368 <b>PIPS</b> 0800 088 6042 <b>Youth Education Health Advise</b> 02890 757 809 <b>Diocesan Safeguarding Officer</b> Philip O’Hara 07534 992 124
<b>Sacred Heart of Jesus, I place all my trust in Thee</b>	