



SACRED HEART PARISH
Sunday 31st May 2026
The Most Holy Trinity



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: Vigil	Rosemary McSherry, Anniversary Mass
Sunday Masses: 9:30am:	Colm Kerr, Anniversary Mass
11:30am:	Geraldine Courtney, Anniversary Mass
Weekday Masses: Tuesday 7:00pm: Novena	Agnes & Christie Corner, Anniversary Mass
Wednesday 10.00am:	Kay, Kathleen & Dan O'Reilly, Mass Anniversary
Thursday 10.00am:	Opening of Sacred Heart Novena with Bishop Alan
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.

~Sacrament of Marriage~

Please contact the Parish Office to arrange.

~Upcoming Feast Days~

1st June

St. Justin

3rd June

St Kevin

5th June

St Boniface

~Recently Deceased~



Clive Webb
 Patricia Griffin
 Mark Begley
 Paddy Shannon
 Betty Murray
 Daniel Devlin
 Rosina Noble

Eternal rest grant unto them, O Lord



THE MONTH OF
MAY
 IS DEDICATED TO
 OUR BLESSED
 MOTHER,
VIRGIN MARY

~Weekly Collection~

£1075.79

The Parish Thanks You
 For Your Kindness And Generosity

~Anniversaries~

We pray for all those
 whose anniversaries occur at this time.

Eternal rest grant unto them, O Lord

~Sanctuary Candles~

Stuart Baxter
 Thomas Casey



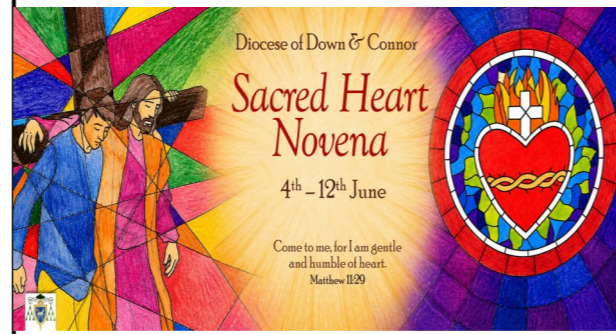
A Donation of £5 per candle is greatly appreciated

~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



SACRED HEART NOVENA
We are very please that Bishop Alan will celebrate Mass here in Sacred Heart Church to begin The Sacred Heart Novena on Thursday 4th June at 10am All are very welcome.

Down & Connor Diocesan Novena to The Sacred Heart June 4th to June 12th, the feast of the Sacred Heart of Jesus.

It is with great joy as a diocese we celebrate the Novena to The Sacred Heart.

The Sacred Heart Novena invites you to nine days of prayer, cumulating in the celebration of the Feast of the Sacred Heart.

Come to Me.

These words of Jesus are among the most tender in all of the Gospels. They are not a command but an invitation - offered freely, offered personally, offered to each one of us.

To set aside time each day for prayer is to say yes to that invitation. It is a simple act, yet a profound one. In the busyness of our lives - with all their demands, their joys, and their anxieties - to pause and turn our hearts toward Jesus is itself a form of love.

The prayers will be available in a booklet you can pick up at Mass or read online; it will also include a piece of scripture and a reflection for each day for those who wish to go a little deeper.

The images used in this year's Novena book are by students from our schools from across the diocese.

Bishop Alan's hope is that this novena will be prayed either individually or together by parishes, groups, schools or families.

Even young children can join in with the short prayers!

First Saturday Devotions will take place in Holy Family Church, Limestone Road, 6th June. 10am - Adoration of the Blessed Sacrament, Confessions and Act of Consecration, Rosary and Divine Mercy Chaplet. 11am, Holy Sacrifice of the Mass . All welcome.

Pope Leo's Prayer Intentions for 2026

May: That everyone might have food.

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food and to ensure that everyone has access to quality food.

Amen

LET GO, LET GOD (Surrender to Jesus). 1-Day, Tobar Mhuire Retreat Centre Crossgar. Sat 6th June 10am-4pm. Registration (tea/coffee/biscuits) 9.40am. Morning Break (tea/coffee/biscuits) & lunch provided. 3 Themed sessions, group discussions & time for individual reflection. £30. To book call 02844 830242. Name/mobile/email details will be required. 9am mass optional.

New Readers Packs are available from the office or see Colette. Thank you

Sensory-Friendly Mass. St Colmcille's Parish (Ballyhackamore) invites you to our monthly Sensory Mass next Saturday 30th May at 12noon. This special Mass is designed to be inclusive and welcoming for individuals and families who may benefit from a quieter, more relaxed worship environment. It is especially helpful for those with Dementia, Autism & ADHD. The Mass will feature: Gentle lighting & sound; A calm and supportive atmosphere; Space to move around; Sensory items to aid regulation; For all ages and abilities. Whether you or a loved one experience sensory sensitivities, or you simply wish to attend a short peaceful & reflective service, we would love to see you there. Refreshments after Mass.

Down & Connor Diocesan Pilgrimage to Lourdes 2026

Associate Pilgrims

We invite those who are unable to travel with us to Lourdes to join us in prayer during the days of our pilgrimage. We remember all our associate pilgrims in prayer each day of the pilgrimage and leave the names of all those enrolled at the feet of Our Lady at the Grotto of Massabielle.

To enrol, scan the QR code or visit <https://forms.cloud.microsoft/e/wUgkxBLytZ>

Please join us in prayer each day of our pilgrimage!

Inmaculate Mary, when you showed yourself to Bernadette, you brought the warmth, light and beauty of your presence.

Guide us to your Son, Jesus Christ, the source of true life. Make us pilgrims, journeying with your Church, nourished by the Bread of Life.

Together with Bernadette, we pray to you, O Mary, may we begin to know the joy of the Kingdom of Heaven.

Glorify you, Virgin Mary, blessed servant of the Lord, Mother of God, dwelling place of the Holy Spirit! Amen.

The launch of Msgr Paddy Delargy's latest book, 'Listening to People who Listen to God', will take place in All Saints Parish & Community Centre, Ballymena, on Friday 5 June at 11am. To register your interest, please contact the parish centre on 028 256 31236 or allsaintspc@outlook.com . Book (£12.50) available from the repository in the Parish Centre and Shanway Press. Proceeds to Aid to the Church in Need

Anyone interested in joining the **Parish Safeguarding Committee**, please leave your name and contact details with the office.

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

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