



# SACRED HEART PARISH

Sunday 3rd May 2026

5th Sunday of Easter



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, 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~

<b>Saturday Vigil:</b> 6.00pm: Vigil	Gerard & Alice Mulhern, Anniversary Mass
<b>Sunday Masses:</b> 9:30am:	Joe Canavan, Anniversary Mass
11:30am:	Catherine Powell, Anniversary Mass
<b>Weekday Masses:</b> Tuesday 7:00pm: Novena	Sr Pascal & Sr Mary, Anniversary Mass
Wednesday 10.00am:	James Taggart, 1st 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.

### ~Sacrament of Marriage~

Please contact the Parish Office to arrange.

### ~Upcoming Feast Days~

**4th May**  
St Conleth

**5th May**  
Blessed Edmund Rice

**8th May**  
Blessed John Sullivan

### ~Recently Deceased~



Betty Murray  
Daniel Devlin  
Rosina Noble  
John Webb  
Dominic Hopkins  
Andrew Petticrew  
Dennis Morrison  
George (Gerry) McFarlane  
Billy Stewart

*Eternal rest grant unto them, O Lord*

### ~Sanctuary Candles~

The Mulhern Family

A Donation of £5 per candle  
is greatly appreciated



### ~Baptisms~

Welcome into our community

Barra McBurney  
Odhran Toal  
Setanta Healy  
Corleone Logan



### ~Weekly Collection~

£1038.87

### ~Trócaire~

£4525.67

The Parish Thanks You  
For Your Kindness And Generosity

### ~Anniversaries~

Marie McDyre  
*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



**ANNUAL NOVENA  
TO OUR MOTHER OF PERPETUAL HELP**

“Living our Baptism today”  
**ST GERARD’S PARISH CHURCH,  
722 ANTRIM ROAD**

**MONDAY 11th to TUESDAY 19th MAY 2026**  
Monday to Friday 9.30am and 7.30pm  
Saturday 9.30am and 6.30pm  
Sunday 10.30am and 7.30pm

St Gerard’s Parish warmly invite you  
to participate in our Annual Novena  
in honour of Our Mother of Perpetual Help.

**EVERYONE IS WELCOME!**

Visit [www.stgerardsparish.org](http://www.stgerardsparish.org) for more information

**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**

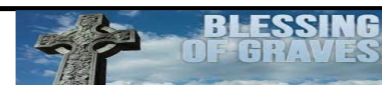


**CONGRATULATIONS TO ALL THE CHILDREN FROM  
ST COLUMBAN’S PRIMARY SCHOOL  
WHO MADE THEIR FIRST HOLY COMMUNION  
HERE IN SACRED HEART ON FRIDAY.**

*May the grace of this sacrament strengthen your faith  
and bring you closer to God each day*

**PLEASE NOTE: THE PARISH OFFICE WILL BE CLOSED ON  
MONDAY 4TH MAY.**

**Milltown Cemetery** - Blessing of the Graves at Milltown will take place on Sunday 10th May at 3:00 pm.



**Annual Parish Census 2026.** A count of attendance will take place at all Masses across the Diocese the weekend of **9<sup>th</sup> & 10<sup>th</sup> May 2026**. The annual parish census captures valuable information about the numbers, ages, and gender of people attending Mass. This information helps the Diocese & parishes to identify pastoral needs, address them, and provide support to our faith communities. We look forward to seeing you at Mass that weekend and thank you for your co-operation and patience.

**Knock Pilgrimage to Pray for Peace in the Holy Land.** People are invited to Knock Shrine on Saturday 16th May, for a special pilgrimage to pray for peace in the Holy Land. The pilgrimage, organised by the papal charity, Aid to the Church in Need – will be led by Bishop William Shomali from Bethlehem. Bishop Shomali will offer a message of hope at 11am and celebrate Mass at 3pm. All are welcome. For more information [www.acnireland.org](http://www.acnireland.org)

**LOUGH DERG 2026 Pilgrimage Season**

A pilgrimage has a vital part to play in our life of faith, for it removes us from our daily routines, and gives us time and space to encounter God more deeply.  
- Pope Leo XIV

**Diocese of Down and Connor  
Three Day Pilgrimage**

LED BY BISHOP ALAN MCGUCKIAN SJ AND JIM DEEDS

**Friday 19<sup>th</sup> – Sunday 21<sup>st</sup> June 2026**

**Cost: £100pp**  
(Includes Island admission and bus transfers)

**For further information and bookings contact:**  
NAME: Claire  
Tel: 028 90690920  
Email: [pathwaystothefuture@downandconnor.org](mailto:pathwaystothefuture@downandconnor.org)

**1-DAY RETREAT  
TOBAR MHUIRE  
RETREAT CENTRE  
CROSSGAR**

**SAT 6<sup>TH</sup> JUNE 2026  
10.00 AM – 4.00 PM**

**LET GO, LET GOD  
“SURRENDER TO JESUS”**

**MORE INFORMATION TO  
FOLLOW IN THE PARISH  
NEWSLETTER OVER THE  
COMING WEEKS  
RE BOOKING AND COST**

**Standing in the Breach – Catholic Men’s Retreat.** A powerful half-day retreat for men centred on our call to holiness. Join other men for a morning of straight-talking teaching, prayer, and real-life testimonies, led by Fr Andrew Black. A call to step up, take responsibility, and live the faith with courage in today’s world. Saturday 9th May, 9am – 1pm, Portglenone Monastery. Includes prayer/teaching/testimonies/tea/coffee/time to connect. Call Thomas Carey 07967620435 for info.

**The Chosen—Friday mornings (May & June):** The Belfast Jesuit Centre will host a weekly screening of *The Chosen* (Season 1) Fridays at 10.45am, beginning 8th May and continuing through June. Tea/coffee at 10.45am—episode beginning 11am sharp, followed by a short Examen and discussion. Session ends at 12.15pm with option to remain for mass at 12.30pm. All welcome. To register visit: [www.belfastjesuitcentre.co.uk](http://www.belfastjesuitcentre.co.uk)

Sanctuary of Saint Patrick - Lough Derg  
Pettigo, County Donegal, F94 PC60  
+353 (0)71 9861518 @info@loughderg.org  
[www.loughderg.org](http://www.loughderg.org)

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

**Medical Missionaries of Mary.** Through the generosity of the Parishioners of Sacred Heart, £840.00 was collected for MMM. Thank you for supporting us with your prayers and donations, your prayers are particularly appreciated and needed.

**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.

- |  |  |
|--|--|
| <p><b>Lifeline-24hr</b> 7 days a week 0808 808 8000<br/> <b>Samaritans</b> anytime night or day 116 123<br/> <b>St Vincent De Paul</b> 028 90351561<br/> <b>Cancer Lifeline</b> 028 90 351999<br/> <b>AA</b> 02890351222</p> | <p><b>AI-Anon Family Groups</b> 028 9068 2368<br/> <b>PIPS</b> 0800 088 6042<br/> <b>Youth Education Health Advise</b> 02890 757 809<br/> <b>Diocesan Safeguarding Officer</b> Philip O’Hara 07534 992 124</p> |
|--|--|

**Sacred Heart of Jesus, I place all my trust in Thee**