



SACRED HEART PARISH

Sunday 8th February 2026

5th 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: Anne Canavan, Anniversary Mass

Sunday Masses: 9:30am: Isobel Scullion, Anniversary Mass
11:30am: Frank Fitzsimons, 1st Anniversary Mass

Weekday Masses: Tuesday 7:00pm: Novena Anne Gouldy, 1st Anniversary Mass
Wednesday 10:00am: Patrick Kelly, Anniversary Mass
Friday 10:00am: NO 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~

7th February
St Mel

10th February
St Scholastica

11th February
Our Lady of Lourdes

~Sanctuary Candles~

Anne Canavan
Kathleen Burns
Kelly Thackeray
Dirk & May LeMahieu
Tilly & Sam Mahoney
Sandra Cole

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

~Recently Deceased~

Thomas Daly
Gabriel McAuley
Don King
Seamus Perry
Richard Murtagh
Eileen Jordan
Maureen Maginn
Gerry McMinn
Colette O'Halloran
Robert Maguire

*Eternal rest grant unto them,
O Lord*

~Weekly Collection~

~£1219.43~

~Monthly Offering~

~£490.69~

The Parish Thanks You
For Your Kindness And Generosity

~Baptisms~

Welcome into our community

Milo Barrett
Penny Allison
Conor Boyle

~Anniversaries~

Ethan Canavan
Eddie Kerr

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

**February:
For children with
incurable diseases.**

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

SAVE THE DATE

Sycamore Lenten Programme, starting Wednesday 27th February at 7pm

An informal 6-week programme exploring the Christian faith and its relevance for today. For practising Christians, people with some Christian background, or anyone who wishes to renew their faith in the Season of Lent. Come along, watch a movie, have a cuppa. All welcome.

There will be no 10am Mass on Friday 13th February.

Ash Wednesday, 18th February.

Mass will be Celebrated at 7pm in Sacred Heart. There will be no 10am Mass this day.



Day of Prayer for Survivors and Victims of Abuse. In Ireland, a Day of Prayer for Victims and Survivors of Abuse is marked each year on the Friday immediately following Ash Wednesday. This year it will be marked across Ireland on Friday 20th February 2026. This day is not only for victims and survivors who have been so severely injured inside our Church, but also for the families and communities affected by the pain and grief of their loved ones. "It is essential that we, as a Church, be able to acknowledge and condemn, with sorrow and shame, the atrocities perpetrated by consecrated persons, clerics, and all those entrusted with the mission of watching over and caring for those most vulnerable. Let us beg forgiveness for our own sins and the sins of others. An awareness of sin helps us to acknowledge the errors, the crimes and the wounds caused in the past and allows us, in the present, to be more open and committed along a journey of renewed conversion". Abuse happened within the Catholic Church in Ireland. Abuse happened in our Diocese of Down and Connor. Bishop Alan McGuckian SJ will celebrate Mass in St Peter's Cathedral on Friday 20th February 2026 at 6:00pm. Chairs and members of Parish - Family of Parishes Safeguarding Committees are invited to attend the Mass in St Peter's Cathedral and join with Bishop Alan in praying for all those who have been affected by abuse.

Accord (NI) and Couples for Christ (NI/Ireland) St. Valentine's Thanksgiving Eucharistic Celebration with blessing of rings for engaged couples and renewal of marriage vows for milestone celebrants. Main celebrant, Auxiliary Bishop Michael Ruter, concelebrants Fr. Conor Mcgrath, Fr. Manuelito Milo, and Fr. Eddie Creamer This will take place on Saturday 14th February 2026 in St. Colmcille's Church, Upper Newtownards Belfast BT14 3JB, at 2pm, followed by a meal in Stormont Hotel at 4pm. £75.00 per couple. RSVP info@accordni.com/02890233002

Divine Mercy Conference, Main Hall, RDS, Ballsbridge, Dublin 4. Saturday 28th February 2026. Bus will leave St Paul's Church, Falls Road at 7.30am, returning approx. 10.45/11.00pm. Yes, a long day but well worth it. Travel cost is £25 (bus price only) which must be paid when booking. Travel confirmation 1 week before departure. Unfortunately, no refund can be given in cases of sickness etc. Conference tickets to be bought individually at the venue £35 or Euros. Bring enough food for lunch and dinner – there are tea and coffee stations where hot drinks and snacks can be purchased. Telephone Tina McCrory – 07523824350 to book a seat on the bus.

Lenten Scripture Course: Learning from Matthew's Church. Tuesdays at 7pm | Begins 3rd February 2026. The Belfast Jesuit Centre invites you to a six-week journey into the Gospel of Matthew. Led by Fr Kieran O'Mahony OSA of Tarsus Scripture School, the course explores Matthew's unique vision of church: a community navigating challenge, change, and mission. Each session will offer fresh insight into the Gospel's themes. Whether you're new to scripture study or seeking deeper understanding, all are welcome. Weekly sessions: Feb 3-10-17-24; Mar 3-10. Suggested donation: £80-£120. Belfast Jesuit Centre, 193-195 Donegall Street, BT1 2FL 07955282371 | belfastjesuitcentre.co.uk | bjc@jesuit.ie

Silence in the City: Silent Prayer in Lent. Fridays during Lent at the Belfast Jesuit Centre. Tea/coffee from 11.00 am, session begins 11.15 am. Led by Sean O'Brien. Optional Mass at 12.30 pm. All welcome.

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

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