



# SACRED HEART PARISH

Sunday 9th February 2025  
5th Sunday 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>

Webcam [sacredheartparishbelfast.com/Webcam](https://www.sacredheartparishbelfast.com/Webcam)

<b>~Mass Times~</b>		
<b>Saturday Vigil:</b>	6.00pm:	Kathleen Burns, Anniversary Mass & Kelly Thackeray
<b>Sunday Masses:</b>	9:30am:	Isobel Scullion, Anniversary Mass
	11:30am:	Kieran McKinley, Anniversary Mass
<b>Weekday Masses:</b>	Monday 10:00am:	Eddie Kerr, Anniversary Mass
	Tuesday 7:00pm: Novena	Colette Grogan, Month's Mind Mass
	Wednesday 10:00am:	Anne Canavan, Anniversary Mass
	Thursday 10.00am:	Freddie & Sarah Mawhinney, Anniversary Mass
	Friday 10:00am:	Helen Armstrong, Month's Mind 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~

10th February  
St Scholastica  
  
11th February  
Our Lady of Lourdes  
St Gobnait  
  
14th February  
St Cyril  
St Methodiusl

## ~Recently Deceased~

Mary McMillan  
Sean Curley  
Patrick Cummings  
Anne Gouldie  
Veronica Chambers  
Jean Boyle  
Edith Liggett  
Michael Curley  
*Eternal rest grant unto them, O Lord*

## ~Sanctuary Candles~

Joe & Anne Canavan  
Alec Kerr  
Margaret Donaghy  
Brigid & Owen  
The Lowe Family

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

## ~Weekly Collection~

£1055.66  
Thanks You For Your Generosity

## ~Anniversaries~

Michael Lowe  
*Eternal rest grant unto them, O Lord*

## ~Baptisms~

**Welcome into our Community**

Gideon Okotie  
Éirinn McKenna

## ~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. Never permit me to be separated from 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



We ask God's blessing for all the P7 children from  
St Columban's, Bunscoil Bheann Mhadagain, Cliftonville Integrated and  
Bunscoil Mhic Reachtain Primary School's  
who made their Confirmation on Friday.

Congratulations to them, their parents and teachers.

May the Holy Spirit fill their hearts  
and guide them throughout their lives.

**Spring into Health 2025.** You're invited! To a health focused programme delivered by Reach Out, Community Health & Wellbeing, for older people, commencing on: Wednesday 12th February 2025 at 11am in the Parish Centre. The programme will consist of activity & health information sessions over 6 weeks. To register contact Julie/Fionnuala on 02890745588

**Down & Connor Pilgrimage to Lourdes 2025:** Celebrating the Jubilee Year and our 40th Annual Diocesan Pilgrimage: 9/10–15th/16th July. 5 & 7 Night options available. Please visit [www.downandconnor.org/lourdes](http://www.downandconnor.org/lourdes) for more information or call the Pilgrimage Office on (028)90770162 or email [lourdes@downandconnor.org](mailto:lourdes@downandconnor.org) Youth Team (9-16th July): applications now open (see website for details)

**Al-Anon. Family support for those affected by alcoholism.** Our Information Office, Belfast is opened from 10am-1pm Monday to Friday; call 02890682368. All meetings: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk), Confidential Helpline 02890682368 10am-1pm or 6pm-10pm daily.

**Adoration Chapel.** Keys for the Adoration Chapel are available from the office. You will need to complete a form to receive your key.

**Shrines of Italy Pilgrimage.** San Giovanni Rotondo, Loreto, Assisi and Cascia. 17th – 24th September 2025, 7 Nights flying from Dublin to Bari. Including visits to the Tombs of Blessed Carlo Acutis, St Francis, St Clare and St Pio. Visit the first Eucharistic Miracle of the Catholic Church in Lanciano, and the Holy House of Nazareth in Loreto, plus much more. Comprehensive Travel insurance is extra. Cost £1,229 per person sharing. Seats are limited. Single room supplement is £350.00 Extra. Spiritual Director: Fr Ciaran Dallat. £300.00 deposit secures a seat! or further details contact: Jean Reynolds 07729 402311 or email: [jeanreynolds@hotmail.co.uk](mailto:jeanreynolds@hotmail.co.uk)

**Legion of Mary.** 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.

**Chatty Café.** Open Monday to 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, Thursday at 7pm.(Ladies )

**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.

**Ladies Pensioners Group** meets every Thursday in the Parish Hall at 1pm. All welcome

**The Stitch and Crocheting Group** meet on Thursday evenings, 7pm upstairs 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**

