



# SACRED HEART PARISH

**Sunday 19<sup>th</sup> January 2025**

**2nd 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>

		<b>~Mass Times~</b>
<b>Saturday Vigil:</b>	6.00pm:	Maureen Boyle & Molly Noble Anniversary Mass Maura Hanna, Month's Mind Mass
<b>Sunday Masses:</b>	9:30am:	Gerard Mulhern, Anniversary Mass
	11:30am:	Carmen McKeever, Anniversary Mass
<b>Weekday Masses:</b>	Monday 10:00am:	Michael Cassidy, Anniversary Mass
	Monday 12:00pm:	Michael Curley RIP, Funeral Mass
	Tuesday 10:00am:	Jean Boyle RIP Funeral Mass
	Tuesday 12:00pm:	Edith Liggett RIP, Funeral Mass (Holy Cross)
	Tuesday 7:00pm: Novena	Margaret Toal, Month's Mind Mass
	Wednesday 10:00am:	Gearoid O'Caireallain, Month's Mind Mass
	Thursday 10:00am:	
	Friday 10:00am:	Kathleen Ward, Anniversary Mass Cliftonville Integrated 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.

<b>~Upcoming Feast Days~</b>	<b>~Recently Deceased~</b>	<b>~Anniversaries~</b>	<b>~Sanctuary Candles~</b>
20th January - St Fabian  22nd January - St. Vincent  24th January - St. Francis de Sales	Jean Boyle Edith Liggett Michael Curry Colette Grogan Sean Martin John McGuire Hugh Ferrin Rose Marie McGhee	Jim McFall Christie Murphy Hugh, Eileen & Collette Boyle Felix Hagan Denis Murphy Lily Evans Patrick Evans	Billy McAreavey Jim McFall Christie Murphy Conor McKee Andrea Lawless Richard & Frances Foster  <i>A Donation of £5 per candle is greatly appreciated</i>
<b>~Weekly Collection~</b> £1668.86  <b>~Monthly Offering~</b> £340.30  Thanks You For Your Generosity	<i>Eternal rest grant unto them, O Lord</i>	<i>Eternal rest grant unto them, O Lord</i>	<b>~Baptisms~</b> <b>Welcome into our Community</b> Gideon Okotie

## **~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

**Welcoming Spring: Day of reflection.** 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 [info@firststepwell.com](mailto:info@firststepwell.com)

**Beginning Experience.** The loss of a partner through death, separation or divorce is devastating. Beginning Experience is offering a programme of bereavement support in St Bride's Hall, Derryvolgie Ave. Belfast on three Saturdays (25th January; 22nd February and 29th March) Booking essential. To find out more contact Pauline 07519289185 or Marie [07896119669](tel:07896119669) or email [belfastbe@yahoo.com](mailto:belfastbe@yahoo.com).

**Al-Anon offering Family support for those affected by alcoholism.** Al-Anon is launching a new campaign 'You are not alone!' during Dry January 2025 to encourage more people living with problem drinkers to find their local Al-Anon meeting. 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, based in Belfast is opened from 10am – 1pm Monday to Friday; contact number 02890682368. All meetings are listed on the website [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk), or you can call our Confidential Helpline on 02890682368 10am – 1pm or 6pm – 10pm daily.

**The Feast Day of St Brigid** is approaching on the 1st of February, St Brigid's Crosses will be sold after the Masses on 25th and 26th January at a cost of £3 each.

**The Diocesan Pilgrimage to Lourdes** 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 [www.downandconnor.org/lourdes](http://www.downandconnor.org/lourdes) or email [lourdes@downandconnor.org](mailto:lourdes@downandconnor.org)

**Salvation in The Gospel Of John: Keys for Unlocking the Message Today.** Dr Kieran O'Mahony OSA will return to the Belfast Jesuit Centre this Lent to lead this programme which will run at 7.00pm, on each of the Thursdays of Lent, beginning on the 6th March and concluding on the 10th April. A suggested donation of between £80-£120 is suggested for the course but a small number of subsidised places are available for those unable to pay. Early registration is advised, numbers are limited. Visit our Facebook page or website: [www.belfastjesuitcentre.co.uk](http://www.belfastjesuitcentre.co.uk) to register.

**Accord Catholic Marriage Care Service CLG** is currently recruiting volunteers to train as marriage preparation programme facilitators. If you are supportive of marriage in the Catholic Church and have the enthusiasm to be part of the Accord team that supports couples preparing for the Sacrament of Marriage, then Accord wishes to hear from you! An Accord marriage preparation facilitator is a personally fulfilling role, blending life experience and faith. Successful applicants will receive professional training in the Accord marriage preparation programme and be part of a team delivering programmes locally. Contact Aisling on 01 505 3112 or by email to [marriagepreparation@accord.ie](mailto:marriagepreparation@accord.ie) and for further information see [www.accord.ie](http://www.accord.ie)

**Confirmations** for the P7 children attending St Columbans, Bunscoil Bheann Mhadagain, and Cliftonville Integrated Primary Schools will take place on Friday 7th February at 11am.

**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, and Thursday at 7pm. (Ladies Group)

**Narcotics Anonymous (NA)** meeting upstairs in the Parish Centre on Wednesday's at 7pm-8pm.

**Cocaine Anonymous (CA)** will meet every Tuesday at 7pm upstairs in the Parish Centre starting 21st January

**The Spred Group** meet every second Monday in the Parish Hall at 7pm.

**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**