



# Heart to Heart

Newsletter of the Sacred Heart of Jesus Parish, Luton – Registered Charity Number 234091  
Province of Westminster, Diocese of Northampton, Deanery of St Alban

## FOURTH SUNDAY IN ORDINARY TIME Psalter Week 4 - Year C - Sunday 30<sup>th</sup> January 2022

**Parish Priest:** Fr Mirek Misiura  
**Parish Deacon:** Rev James Bannan  
**Parish Secretary:** Bernadette Horsted  
**Email:** parish.sacredheartofjesus@northamptondiocese.org  
**Address:** 148 Ashcroft Road, Stopsley, Luton, Beds., LU2 9AY  
**Parish Info:** www.sacredheartluton.org  
**Diocesan Info:** www.northamptondiocese.org

**Parish Office:** 01582 723099  
**Sacred Heart Primary School:** 01582 730781  
**Cardinal Newman School:** 01582 597125  
**L&D Hospital Chaplain:** 01582 663706  
**Hospice Chaplain:** 01582 502400  
**Pastoral Area Info:** www.lutonpastoralarea.org  
**Free Redundancy Coaching Info:** www.vitaeopus.co.uk

**NEW COVID GUIDANCE FOR PARISHES:** The latest Diocese of Northampton Covid Parish advice (based on the Catholic Bishops of England and Wales (CBEW) Covid guidance) is, in summary, that:

- The main mitigation against serious health issues arising from Covid infection is to be fully vaccinated. This means two doses plus a booster for anyone aged 16 or over. The CBEW and the Diocese of Northampton support and encourage vaccination
- The Diocesan guiding principles, consistent with the updated CBEW advice, continue to be:
  - providing safe places to worship and congregate
  - building confidence across and within our communities
  - respecting the needs of the vulnerable within our communities
  - reacting appropriately to local infection and hospitalisation rates
- In relation to Mass attendance:
  - Any people displaying symptoms of Covid-19 should stay at home and not attend
  - Wearing a face covering (both nose and mouth) continues to be encouraged
  - Ministers distributing Holy Communion (clergy and lay people) should hand sanitise
  - Ministers may continue to wear face coverings when distributing Holy Communion
  - Holy Communion must continue to be given under one kind only (the Sacred Host)
  - Social distancing is optional with sensitivity to the needs of others encouraged
  - Use of hymn books, missals and other worship aids can be resumed
  - It is still good practice to sanitise hands on entry and exit of churches
  - Congregations are encouraged to wear face coverings while singing
  - Good ventilation should continue, balanced against the need for heat
  - The usual forms and frequency of church cleaning are sufficient

The full CV-19 Guidance can be viewed on the Parish Website.

Saturday 29 <sup>th</sup> January	6.30pm	Betty Murphy RIP	<b>Our Lady on Saturday</b>
Sunday 30 <sup>th</sup> January	9.00am 11.00am	Tim Naughton RIP (1 <sup>st</sup> Anniversary) Bridget McDonnell RIP	<b>FOURTH SUNDAY OF THE YEAR</b>
Monday 31 <sup>st</sup> January	<b>NO MASS</b>		<b>St John Bosco</b>
Tuesday 1 <sup>st</sup> February	9.30am	Roddy Galbraith (Get Well Wishes)	
Wednesday 2 <sup>nd</sup> February	9.30am		<b>THE PRESENTATION OF THE LORD</b>
Thursday 3 <sup>rd</sup> February	9.30am	Thomas Brady RIP	<b>St Blaise</b>
Friday 4 <sup>th</sup> February	9.30am		
Saturday 5 <sup>th</sup> February FIRST SATURDAY OF THE MONTH DEVOTIONS	<b>11.00am</b>	<b>Rosary and Adoration followed by Mass at 11.30am</b>	<b>St Agatha</b>
FIRST HOLY COMMUNION	<b>3.00pm 6.30pm</b>	<b>PARENTS MEETING Michael Gear RIP</b>	

Entrance Antiphon	<b>Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.</b>
Psalm Response	<b>My lips will tell of your help.</b>
Gospel Acclamation	<b>Alleluia, alleluia! I am the Way, the Truth and the Life, says the Lord; no one can come to the Father except through me. Alleluia!</b>
Communion Antiphon	<b>Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.</b>

**PARISH OFFICE:** The Parish Office is open Monday, Wednesday and Friday from 10.00am until 12 Noon. When leaving a voicemail message please state the date and leave a contact number.

**WEEKDAY MASSES:** Morning Masses throughout the week will be at 9.30am on Tuesday, Wednesday, Thursday and Friday. Please check the weekly Newsletter for the Mass Intentions.

**FIRST SATURDAY OF THE MONTH DEVOTIONS:** Saturday, 5th February, there will be Rosary and Adoration with Confessions at 11.00am followed by Mass at 11.30am.

**CONFESSIONS:** Every Saturday at 11.00-11.30am.

**FIRST HOLY COMMUNION 2022 - PARENTS MEETING:** A Meeting for Parents of children registered to receive the Sacrament of First Holy Communion in 2022 will take place on Saturday 5th February 2022 at 3.00pm in the Church. It is important that every child has a parent or guardian in attendance at this Meeting.

**SPOTLIGHT MEET:** NYMO's online event on Monday 31<sup>st</sup> January from 7.00-8.30pm led by Pippa Baker, discussing the challenges facing our young people as they try and live their Christian faith in today's culture. Open to all who work and volunteer with our young people. Please email [info@nymo.org](mailto:info@nymo.org) to register and receive the Zoom code.

**PREPARATION FOR BAPTISM:** If you wish to have your child baptised in 2022 at Sacred Heart Church then please speak to Fr Mirek or Deacon Jim after Sunday Mass. A Baptism Preparation Class **must be undertaken** before Baptism can go ahead. Dates for Baptism Preparation Classes are advertised on the Noticeboard. All classes start promptly at 3.30pm. Please note the next Baptism Preparation Class takes place on Saturday 26<sup>th</sup> February 2022. Please speak to Deacon Jim to book your place.

**NOAH – URGENT APPEAL:** NOAH Enterprise is appealing for the following items for their community shops: clothing, shoes, toys and bric-a-brac. If you have any unwanted items in good condition, please consider donating them to either the Lewsey Farm NOAH or High Town NOAH shop. Thank you for your support. (High Town Shop Tel: 01582 736751 or the Lewsey Farm Shop Tel: 01582 6627737). **Please do not leave items in the blue bins at Sacred Heart Church.**

**HAVING FUN HELPING OTHERS:** Luton Catenians are organising 'Masquerade – a fun evening of opera' on Saturday 26<sup>th</sup> February at Holy Ghost Parish Centre, 33 Westbourne Rd, Luton LU4 8JD in aid of NOAH, the Luton-based charity working across Bedfordshire offering hope and support to people struggling against homelessness and exclusion. Whether you are an opera lover or not you will be enraptured by the singing and the joyous occasion, so come along to this light but professionally sung gala evening, at the same time supporting a great cause. Bid in advance to have your favourite song performed in front of you. Win the prize for the best masquerade mask. Make up a group, bring your friends and book tickets at £32 per head (a price kept as low as possible even though the event is being staged to generate funds for NOAH) via <https://noah-masquerade-opera.eventbrite.co.uk>. See the Poster on the Noticeboard in the Foyer.

**NEEDLE PHOBIA WORKSHOP:** Total Wellbeing Luton will host a face-to-face Needle Phobia Workshop at Hightown Community Sports and Arts Centre, Concorde Street, Luton, LU2 0JD on Monday 28<sup>th</sup> February at 6.00pm. Their goal is to help as many people as possible overcome their needle phobia fears so that they can receive the covid/flu jab, donate blood, attend blood tests etc. The workshop will be led by trained therapists and NHS nurses will be on hand to speak to everyone who attends. No need to book you can just turn up or if you wish to register then feel free to phone 0300 555 4152 to discuss further.

**TREE PROJECT:** You are invited to attend an event at Stopsley Baptist Church, St Thomas' Road, Luton, LU2 7XP on Wednesday 23<sup>rd</sup> February 7.00pm-9.00pm to learn more about how the TREE project aims to tackle concerns around violence and the criminal exploitation of children and young people in our communities. For further information please contact: Gareth Williams 07740 457985 or Bernie Dunne 07919 111827. (Please see the Poster on the Noticeboard.)

**MARY'S MEALS:** Our Double The Love campaign ends on Monday, 31<sup>st</sup> January – meaning there's still time for your donation to be matched by a generous group of supporters.

We are so grateful for everything you do to ensure we can keep feeding the children who rely on Mary's Meals. If you can, please donate today to help us access all of the £1.6 million of match funding that is available to us.

Together, we can reach even more hungry children with a nutritious school meal – including those affected by natural disasters, conflict, and the ongoing Covid pandemic. Visit [www.marysmeals.org.uk](http://www.marysmeals.org.uk) for further information.

**WELCOME:** Leo Thomas Coffey who is to be baptised into the community of Sacred Heart of Jesus Parish on Sunday 6<sup>th</sup> February.

**CATHOLIC SCHOOLS 6<sup>TH</sup> FORM PUBLIC SPEAKING COMPETITION:** 3<sup>rd</sup> March 2022 – 6<sup>th</sup> Form Students, pit your skills against other 6<sup>th</sup> Form Students from across the region, by speaking for four minutes on a subject you are passionate about. Win a monetary prize and recognition for your school. Entry is now open. Please see the Poster on the Noticeboard advertising this competition for further information.

**LUTON DEANERY MARRIAGE COURSE:** Saturday 26<sup>th</sup> February 2022 10.00am to 4.00pm at St. Joseph's Parish Centre. If you are planning to marry next year, please book your place by downloading a booking form at [www.stjosephschurchluton.org.uk](http://www.stjosephschurchluton.org.uk) by Friday 18<sup>th</sup> February 2022.

**LUTON FOODBANK:** Food donations (non-perishable) can be placed in the boxes in the Foyer. Thank you.

**NEW BEREAVEMENT SUPPORT GROUP:** A safe place for those who are grieving or who have suffered loss to come together for support. Meetings held in the parish rooms on the second Tuesday of every month from 7.00pm at St John's Church, Luton, LU3 3AL. Contact Kim Gaughan 07488275949 for further information. See Poster and leaflets in the Foyer.

**THE GOD WHO SPEAKS – OUR LITURGY OF THE WORD:** A series of online Zoom sessions exploring the upcoming Lectionary readings and Seasons of the Liturgical Year led by the Liturgical Formation Team. Register in advance email [admin@nores.org.uk](mailto:admin@nores.org.uk) or phone 01582 723312 (Ext 1). For further information, see the Poster on the Noticeboard. Cost: No charge but there will be the opportunity to make a donation.

**VOTIVE CANDLES:** When lighting a votive candle please place the candle in an appropriate holder on the stand; do not place lit candles anywhere else on the stand as it is a fire safety hazard. Thank you.

**THE CATHOLIC NETWORK:** As Catholic writers, editors and publishers, the Catholic Network team know the importance of good, relevant communication. Please support The Catholic Network by subscribing to their free weekly newsletter at [www.thecatholicnetwork.co.uk](http://www.thecatholicnetwork.co.uk)

**ANNIVERSARIES:** Please pray for those whose anniversaries occur at this time:  
Bridget (Bridie) Ann Tobin 2021; Mary McCormick 1986; Kathleen Angela Gibbon 2012;  
Florence Barber 1986; Timothy Hayes 1990; Baby Elizabeth Foxen 1995; John Harley 1960;  
Mary Garvey 1979; Anne Cashin 1991; John Yarker 1999; Thomas (Tom) Brady 2019;  
Alice Nolan 1978; Thomas Caulfield 1979; Dawn King 2002; Kathleen McCarthy 2005;  
Olga Yake 2011; Sean Kelly 2005; Siobhan Stansfield 2019; Patrick Carrigan 1994;  
Maureen McCarthy 2010 ✠ **May their souls and the souls of all the faithful departed through the mercy of God rest in peace. Amen.**