Heart to Heart

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

YEAR A – Sunday 1st February 2026
FOURTH SUNDAY IN ORDINARY TIME
Psalter Week 4
RACIAL JUSTICE SUNDAY

RESPONSORIAL PSALM:	**Blessed are the poor in spirit; for theirs is the kingdom of heaven.**

Parish Priest: Rev Fr Allan R. Jones, CRIC, M.A., MTh.
Parish Deacon: Rev James Bannan (On Sabbatical)
Parish Secretary: Bernadette Horsted

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Free Redundancy Coaching Info: www.vitaeopus.co.uk

Parish Info: www.sacredheartluton.org
Diocesan Info: www.northamptondiocese.org
Pastoral Area Info: www.lutonpastoralarea.org

Parish Office: 01582 723099
Sacred Heart Primary School: 01582 287480
Cardinal Newman School: 01582 597125
L&D Hospital Chaplain: 01582 497370
Hospice Chaplain: 01582 502400

Saturday 31st January	5.45pm 6.00pm-6.20pm 6.30pm	Evening Prayer Confessions Bridget McDonnell RIP	**St John Bosco, Priest**
Sunday 1st February **PARISH HALL**	8.30am 9.00am 11.00am **Teas and Coffees**	Morning Prayer People of Our Parish Bridie Tobin RIP (5th Anniversary)	**FOURTH SUNDAY IN ORDINARY TIME** **Day of Prayer for Racial Justice**
Monday 2nd February	**NO MASS**		**THE PRESENTATION OF THE LORD**
Tuesday 3rd February	9.30am	Thomas Brady RIP **PRAYER GROUP**: Prayer for our needs, those of the Parish and beyond	
Wednesday 4th February	9.30am	Suzanne Keating RIP	**St Gilbert, Priest**
Thursday 5th February	**NO MASS** **10.00am-12Noon**	 **THURSDAY CLUB**	**St Agatha, Virgin and Martyr**
Friday 6th February	9.30am SHP KS2 attending	Bridget Benton RIP	**St Paul Miki and Companions, Martyrs of Japan**
Saturday 7th February	10.00am-11.00am 12Noon-1.00pm 5.45pm 6.00pm-6.20pm 6.30pm	First Reconciliation – Group A First Reconciliation – Group B Evening Prayer Confessions Thanksgiving Mass – Siobhan Shiels	
Sunday 8th February **PARISH HALL**	8.30am 9.00am 11.00am **Teas and Coffees**	Morning Prayer Jack & Hetty Hargrave RIP People of Our Parish	**FIFTH SUNDAY IN ORDINARY TIME**

PARISH HALL: The Parish Hall is open this Sunday after the 11.00am Mass for teas and coffees. All welcome!

CONFESSION: Confessions are available 6.00pm - 6.20pm every Saturday or by appointment.

MORNING PRAYER: Tuesday, Wednesday and Friday this week - 8.50am followed by Rosary – All welcome.

POPE'S PRAYER INTENTION FOR 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.

SECOND COLLECTION: This weekend 31st January/1st February there will be a second collection at all Masses in aid of **Racial Justice Sunday.** Racial Justice Sunday 2026 is devoted to the promotion of racial justice in our Catholic parishes across England and Wales throughout society and an encouragement to be conscious of the need for justice in all its forms.

FIRST RECONCILIATION: Please pray for our young parishioners preparing for First Holy Communion as they receive the Sacrament of Reconciliation next weekend.

WORLD DAY OF CONSECRATED LIFE: Each year, **February 2nd, the Feast of the Presentation of the Lord,** marks the World Day of Consecrated Life, a celebration initiated by Pope St. John Paul II to recognise and honour the gift of consecrated life within the Church. Let this day inspire us to give thanks for the gift of consecrated life, to pray for those who have answered this call, especially Fr Allan and the other members of his Order, and to renew our own commitment to live out the consecration we received in baptism with faith, courage, and joy.

RIP: Please remember Eddie Lynch and Dominic Regan (Nephew of Margaret & Maurice Buckley) who died recently. Please keep Eddie and Dominic in your prayers and keep their families and friends in your thoughts and prayers at this very sad and difficult time.

MASS INTENTIONS: Mass intentions moved for unforeseen reasons (e.g. funerals) will be honoured on another day. Please provide contact details when requesting intentions and check the weekly newsletters.

SACRAMENT OF THE SICK: If you wish to receive the Sacrament of the Sick or to ask for a relative/friend then please contact Fr Allan or telephone/email the Parish Office.

MINISTERS OF THE WORD: Please pick up and complete a form in the Foyer to show your availability to read at your preferred Mass time attendance. Thank you. Completed forms to be returned to the Parish Office.

THURSDAY CLUB: Please contact anyone that you may feel would benefit from attending the Thursday Club and extend a warm welcome to come along to Sacred Heart's Parish Hall to have a chat and a cup of tea **every Thursday 10.00am-12 Noon**. All welcome!

PARISHIONERS: There are many parishioners who are unwell at the moment, both at home and in hospital. The Church is not always notified. Please let the Parish Office know if you are aware of a parishioner who is unwell (name/address/telephone number or family contact details).

LITURGY OF THE WORD ZOOM SESSIONS FOR 2026: 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.
Future sessions in 2026: Wednesday 11th February, Wednesday 8th April, Wednesday 8th July, Wednesday 9th September, Wednesday 11th November.
Each session runs from 7.30pm-8.30pm Cost: No charge but there will be the opportunity to make a donation. Please register in advance to secure a place by emailing **deaconpeter.collins@northamptondiocese.org** **Full details on Poster displayed on the Noticeboard.**

CHRISTMAS CRIB OFFERINGS/DONATIONS: The Christmas Crib Offerings/Donations (for Christmas 2025 until Candlemas 2nd February 2026) will go towards supporting NOAH. Your offering/donation can help NOAH to change a life by providing someone to talk to, clean clothes and something to eat for those facing homelessness. This weekend is your last chance to donate to NOAH through our Crib Collection.

NOAH BLUE BINS: Available to accept donations at Sacred Heart next weekend **7th/8th February.** Please donate your good quality, preloved items to help others in need.

7TH-14TH FEBRUARY - THE JOY OF LOVE: ON MARRIAGE AND FAMILY LIFE: On the Feast of St Joseph, 19th March 2026, will be the tenth anniversary of Pope Francis' Post-Synodal Apostolic Exhortation Amoris Laetitia – "On Love in the Family." To prepare for this anniversary, we invite you from the beginning of National Marriage Week, 7th – 14th February until 19th March 2026, to reflect on the central role that marriage and family life play in our Church and in wider society. The Joy of Love published in 2022 by the Bishops' Conference Committee for Marriage and Family Life explores the key themes of Amoris Laetitia on: Joy, Love, Mercy, Realities and Discernment, and Mission.
For more information visit: **https://cbcew.b-cdn.net/wp-content/uploads/sites/3/2022/07/AL-Joy-of-Love.pdf**

BETHANY MASS: The next Bethany Mass will take place at Sacred Heart on **Sunday 15th February at 3.00pm**. Refreshments in the Parish Hall afterwards. All welcome!

ST VINCENT DE PAUL SOCIETY: At our Masses on the weekend of the **14th/15th February** there will be an appeal for members from our local St Vincent de Paul Society to hear about their work in our town and how you can you can turn your concern into action by joining them.

JOURNEY WITH JESUS THROUGH LENT: During Lent, the Pastoral Development Vicariate is offering the opportunity for online small group sessions once a week for **6 weeks beginning w.c. 16th February.** During each weekly small group session, facilitators will be using St Beuno's Outreach Prego resources, allowing you to pray and reflect on Scripture for the coming Sunday. Within the session, there will also be time for silent reflection and sharing what spoke to you from Scripture. Sessions will be available on various days and times. For information visit: **https://northamptondiocese.org/lenten-journey/**

WALKING IN THE HOLY SPIRIT (FANNING INTO FLAMES): The Northampton Charismatic Diocesan Services of Communion (CDSC) invite parishioners to take part in *Walking in the Holy Spirit (Fanning into Flames)* — a four-part monthly online series exploring how the Holy Spirit shapes, strengthens, and sends us out as disciples of Christ.
Each Zoom session offers accessible teaching and practical encouragement to deepen our relationship with the Holy Spirit and grow in confidence in everyday Christian life.
Sessions run from 7.00–8.30pm on Tuesdays:

- **17th February – Growth – Fr Emmanuel Okami**
- **17th March – Bonding – Speaker to be confirmed**
- **16th June – Empowerment – Charles Whitehead**
- **14th July – Mission – Maria Heath**

All are welcome. More information: **https://northamptondiocese.org/courses/walking-in-the-holy-spirit/**

NATIONAL BOARD OF CATHOLIC WOMEN: Dr Phyllis Zagano, world expert on the role of women in the Catholic Church, will be joining the National Board of Catholic Women (NBCW) on **Thursday 26th February online at 6.30pm, for a conversation entitled: The Synod and Women: Which Way to the Future?**
Dr Zagano joins the NBCW (a consultative body to the Bishops' Conference of England and Wales) at the beginning of an exciting year of innovative engagement with Catholic women.
To register and find out more, please visit: **https://www.nbcw.co.uk**

CATHOLIC YOUNG ARTIST AND YOUNG WRITER AWARDS: The Catholic Union Charitable Trust is delighted to announce the Catholic Young Artist Award, newly launched this year and open to primary school-aged children.
Theme: Forgiveness; Judge: Margaret Mizen, Founder of the Mizen Foundation
The winner will be announced before the end of the academic year and will receive a cash prize, with runners-up also recognised. (See Poster on the Noticeboard.)
This Award runs alongside the Catholic Young Writer Award, open to Catholic pupils of secondary school age, which invites young people to reflect on the question:
"Why do we go to Confession?"
More information: https://catholicunion.org.uk/2026/01/young-catholic-artist-award-2026/

CSSA THEMATIC INSPECTION: SURVIVOR ENGAGEMENT AND SUPPORT: The Catholic Safeguarding Standards Agency (CSSA) has launched a public survey as part of its thematic inspection on survivor engagement and support. Victims and survivors of abuse—whether recent or historic—are invited to share their experiences of contact with dioceses and Religious Life Groups.
In Northampton, we continue to walk alongside survivors through initiatives such as the Healing Garden at Northampton Cathedral. Survivors are encouraged to participate in the survey, helping shape a safer Church for all. Visit:
https://forms.office.com/Pages/ResponsePage.aspx?id=SSQzRY2fT0OpJmB_Xy63KLBEXoG2tlVAm_9UYqKjMSFUOTc5TzlLTEdTWkUySjhaTlU0QURaOU05SC4u

PARISH WEEKLY COLLECTION: Figures for w/e 25.01.2026: Envelopes £690.76; Loose Cash £343.42; Total £1034.18 Thank you. Many parishioners give faithfully through the offertory collection each week. Did you know that if you are a UK taxpayer, your gift could be worth 25% more at no extra cost to you? Through Gift Aid, a donation of £10 becomes £12.50 — and we can even reclaim up to four years of past donations. Signing up is simple, confidential, and makes a big difference to parish life.
Find out more at: **https://northamptondiocese.org/gift-aid/**

COME AND SEE – DISCERNMENT DAY FOR MEN: Are you a man who is wondering whether God may be calling you to the priesthood? The Diocese warmly invites you to "Come and See" — a day of prayer, reflection, and questions for men who are thinking about or discerning a vocation to the priesthood. **Date: Saturday 28th March, 2026**
Programme: A day including prayer, reflection, input on priestly vocation, and an open Q&A
Who is it for? Men who are exploring, questioning, or discerning a call to the priesthood
Where? Our Lady of Christian and St Lawrence, Olney.
This day offers a relaxed and supportive opportunity to reflect on God's call, to learn more about priestly life, and to ask honest questions in a prayerful setting. **To register your interest or for more information, please contact: Fr Pius: vocationsdirector@northamptondiocese.org Tel:** 01753 523147

RIP ANNIVERSARIES: Please pray for those whose anniversaries occur at this time:
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; Margaret Lally 2024; Angela Joseph Forrester 2025; Sheila Barber 2023; William Joyclin 1957; Theresa McStravick 1960; Catherine Duffy 1974; John Ryan 1979; Kathleen Hosey 1993; Bridget Barber 1998 ✠ **May their souls and the souls of all the faithful departed through the mercy of God rest in peace. Amen**

PARISH REGISTRATION: To complete your parish registration, please use the QR code at the top of the Newsletter on the right, or go to **www.caspar.church/me?ID=56040**, or contact the parish office for assistance.

If you do not have an email address then please pick up a form in the Foyer to give your authority for the Parish Office to register you. Please remember to include the following information on the back of the form: Name, Address, Postcode, Telephone Number (if applicable)