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 15th March 2026
FOURTH SUNDAY OF LENT - LAETARE
Psalter Week 4

RESPONSORIAL PSALM:	**The Lord is my shepherd; there is nothing I shall want.**

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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Parish Office: parish.sacredheartofjesus@northamptondiocese.org
Parish Hall: hallbookings.sacredheartofjesus@northamptondiocese.org
Safeguarding: safeguarding.sacredheartofjesus@northamptondiocese.org
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 14th March	5.45pm 6.00pm-6.20pm 6.30pm	Evening Prayer Confessions Simon Comerford RIP (1st Anniversary)	
Sunday 15th March **PARISH HALL**	8.30am 9.00am 11.00am **Teas and Coffees**	Morning Prayer Reginald Blake RIP (35th Anniversary) People of Our Parish	**FOURTH SUNDAY OF LENT - LAETARE**
Monday 16th March			
Tuesday 17th March	**Our Lady Help of Christians Church 9.30am**	**SEAN O'RIADA MASS Gaelic sung Mass**	**ST PATRICK, BISHOP, PATRON OF IRELAND**
Wednesday 18th March			
Thursday 19th March **PARISH HALL CHURCH**	**10am-12 Noon**	**THURSDAY CLUB**	**SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY**
Friday 20th March	**6.30pm 7.00pm Following 7pm Mass**	Evening Prayer Bethsheba Kwao-Ampomah RIP (1st Anniversary) **Stations of the Cross Confessions**	
Saturday 21st March	**10.00am** 5.45pm 6.00pm-6.20pm 6.30pm	**ACIES Legion of Mary Mass** Evening Prayer Confessions Mary & John Walsh RIP	
Sunday 22nd March **PARISH HALL**	8.30am 9.00am 11.00am **Teas and Coffees**	Morning Prayer People of Our Parish William O'Reilly RIP (2nd Anniversary)	**FIFTH SUNDAY OF LENT**

PARISH HALL: Open after Sunday 11.00am Mass for teas and coffees. All welcome!

CONFESSION: Confessions are available 6.00pm - 6.20pm every Saturday, or by appointment. Confessions also available after Stations of the Cross on Fridays during Lent.

MORNING PRAYER: No Morning Prayer this week.
EVENING PRAYER: Friday 6.30pm (During Lent).

POPE'S PRAYER INTENTION FOR MARCH: For disarmament and peace
Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

STATIONS OF THE CROSS: During Lent there will be the opportunity to attend Stations of the Cross each Friday. **There will be no Friday morning 9.30am Mass. Mass throughout Lent at 7.00pm each Friday followed by Stations of the Cross.** All welcome to attend.

HAPPY MOTHERING SUNDAY TO ALL MOTHERS.

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.

POPE LEO XIV – MESSAGE FOR LENT 2026: Pope Leo XIV presents Lent as a renewed time of conversion centred on listening and fasting. He calls the Church to deeper attentiveness to the Word of God and to the cry of the poor, reminding us that true listening forms compassionate and discerning hearts. Fasting, he teaches, orders our desires and must be lived with humility and rooted in the Word, not as mere external discipline. Of particular pastoral relevance is his invitation to fast from words that wound, urging us to "disarm our language" and foster speech that builds communion.
Lent, the Holy Father concludes, is a shared ecclesial journey in which renewed listening and fasting can transform our relationships and communities as we move towards Easter.
Read the message here:
https://press.vatican.va/content/salastampa/en/bollettino/pubblico/2026/02/13/260213d.html

RIP: Please remember Gloria Keegan (wife of John Keegan), Margaret O'Brien (Sister of Pat and Steve Howell), John Harkin, Anne O'Boyle (nee Coyle) (Sister of Joe Coyle), who died recently. Please keep Gloria, Margaret, John and Anne in your prayers and keep their families and friends in your thoughts and prayers at this very sad and difficult time.
FUNERAL DETAILS: Gloria Keegan RIP, Thursday 26th March, Requiem 11.00am at Sacred Heart Church

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.

SIMON COMERFORD RIP – FIRST ANNIVERSARY: Please remember Simon in your prayers as his family gather at Sacred Heart this weekend to lovingly honour Simon on his first anniversary. Please keep Simon's family in your thoughts and prayers at this difficult time.

SEAN O'RIADA MASS: Tuesday 17th March 9.30am. Our Lady Help of Christians. A Gaelic sung Mass featuring the Luton Irish Forum Choir. All welcome to attend!

ST PATRICK'S DAY: Happy St Patrick's Day to all who are celebrating!

LUTON FOODBANK: This Lent, Luton Foodbank, invite Sacred Heart Parishioners to turn a season of reflection into a season of action. As shown in their Lent Challenge poster (Parish Noticeboard), there are two simple ways you can help Luton Foodbank to support local families in need:
The Daily Gift: Donate £1 or one non-perishable food item for each day of Lent.
The Collection: Once you've completed your challenge, simply drop your donations off at Sacred Heart Church.
"For I was hungry and you gave me something to eat." — Matthew 25:35.

LENTEN PROJECT: The Lenten Project at Sacred Heart of Jesus for 2026 will be for a 'Bleed Kit Cabinet' to be installed. This will be of benefit to the wider Stopsley community. A **second collection** at all Masses next weekend **Saturday 21st March/Sunday 22nd March** will take place to raise funds to facilitate the installation of a Bleed Kit Cabinet.

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 - **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).

HOLY WEEK AND TRIDUUM – EXTRAORDINARY MINISTERS AND READERS: Please add your name to the Rota for Holy Week and Triduum. A sheet is available in the Foyer.

NOAH BLUE BINS: Available to accept donations at Sacred Heart this weekend **14th/15th March**. Please donate your good quality, preloved items to help others in need.

FURNITURE BANK: Caritas in the diocese of Northampton responds to local poverty and hardship through a number of initiatives like the Furniture Bank, ensuring that families in the diocese receive the dignity and care they deserve.
The Furniture Bank operating out of St John the Apostle Church, provides essential furniture and household items including beds, storage, chairs, bedding, flooring, and cooking utensils to families and individuals in real need.
Can you help? Donating furniture? Volunteering to help? Collecting and distributing items?
If yes or for more information please contact: Deacon Jim Hannigan 07756 685220
Email: deaconjimhannigan@northamptondiocese.org Website: northamptondiocese.org/caritas

THANK YOU FROM CAFOD: Thank you for your generous support for Family Fast Day – your kindness is helping families like Shorai's in Zimbabwe and Rejoice's in South Sudan grow food, even in the face of drought and floods. You have shown what it means to love your neighbour this Lent – fasting and praying and giving so families can put food on the table. Find out how your donations are helping to build a better world at **cafod.org.uk/thankyou**
PS It's not too late to donate – pick up a CAFOD envelope in the Foyer or visit cafod.org.uk/envelope

BAPTISM PREPARATION: If you wish to have your child baptised at Sacred Heart Church a Baptism Preparation Class must be undertaken before Baptism can go ahead. Please contact the Parish Office to discuss further and to book your place. Baptism Preparation Classes for 2026 will take place on **Thursday 4th June at 7.00pm and Thursday 3rd September at 7.00pm.** Please make sure you have registered as a parishioner with the Parish through the CASPAR link.

PLANNED GIVING ENVELOPES: Wesley Weekes will be distributing new envelopes for the 2026 financial year before and after each Mass on the following weekends: **W/E 15th March; W/E 22nd March; W/E 29th March.** If you are new to the Parish and/or wish to make your weekly donations using envelopes then please contact Wesley on 01582 738569. Thank you.

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

BOOKCASES: Three large, good quality, bookcases for sale. Make an offer! Money received to go towards Lenten Project. Bookcases available to view in the garage (by appointment). Please speak to Maurice.

BIBLES – EUROPEAN LANGUAGES: The airport chaplaincy is interested in Bibles in European Languages. Luton Airport has flights all over Europe plus North Africa and the Near Middle East. They would be grateful if any Church felt able to provide Bibles in European Languages, if you have spare Bibles that you are not using, please pass them on to Fr Allan and he will pass them on to the Airport Chaplaincy.

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

CHRISM MASS: Please be aware that the Chrism Mass will take place on **Wednesday, 1st April with Mass at the Cathedral at midday. Lunch 1.00pm - Parishioners - St Thomas Centre.**

THURSDAY CLUB: Thursday Club **Easter lunch will be on 19th March at 12.00 pm.** Coffee, tea and bingo as usual. Everyone welcome! The club will close for the Easter break and will reopen on 16th April.

ESCORTED TOUR TO WESTPORT, KNOCK & CO MAYO, 26TH APRIL 2026: £999.00 pps. Price includes flight from Heathrow or Luton, 10kg hold luggage, 5 nights in 4* Castlecourt Hotel, Westport with Dinner, Bed & Breakfast. Full use of leisure facilities. All entertainment, excursions and transport included. Visit Knock Shrine, Ballintubber Abbey, Fr. Peyton Centre & Kylemore Abbey. Irish music nightly. Cooking demonstration. Single supplement on Enquiry. Contact 01268 762 278 or 07740 175557 or email **knockpilgrimages@gmail.com.**

NEW WINESKINS DISCERNMENT PROCESS: The New Wineskins process began in March 2025. Later in the year we had listening groups across parishes, schools and Catholic organisations. A small group of local clergy and parishioners has been meeting regularly since then to reflect on the listening, together with data about the life of our communities, our finances and property.
As well as wanting to be a confident, visible Catholic community that shares the Good News with all, the group recognise that there is a need to plan for fewer priests into the future, as well as significant repair costs for our properties. There are no easy answers, as well as real opportunities to work together more and build up our mission and community life. There were two open meetings at St Mary's Dunstable and St Martin de Pores. There will be a third opportunity to hear about the process so far **on Wed 25th March, 7.30-8.30pm at Sacred Heart Church**. All welcome. More information about the New Wineskins process can be found here: **https://northamptondiocese.org/pd-luton/**

FORMING CATHOLIC STUDENT LEADERS: Two summer courses exploring faith, ethics and leadership for sixth form students, offered by the Christian Heritage Centre at Stonyhurst. Six days in the beautiful Ribble Valley to explore themes linked to The Common Good (Year 12, 10-15 August) and to The Human Ecology (Year 13, 5-10 July). Meet new friends, discuss and share with peers, tutors and academics, learn new skills, develop your relationship with Christ, build your character.
www.christianleadershipformation.com **(See Poster on the Noticeboard.)**

LEGION OF MARY – PILGRIMAGE TO AYLESFORD PRIORY: Saturday 9th May 2026
Cost: Adult £20 Child £12 - Coach: Sacred Heart 8.45am Saturday 9th May 2026
(Alternative pick-up times and places – see Poster on the Noticeboard.)
All seats must be confirmed and payment received by Tuesday 28th April 2026. Payments to be forwarded to Judy Weekes. Contact Judy Weekes via Sacred Heart Parish Office 01582 723099 or via Wesley Weekes 01582 738569 or 07549 996123

PARISH WEEKLY COLLECTION: Figures for w/e 08.03.2026: Envelopes £705.50; Loose Cash £340.79; Total £1046.29 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/**

RIP ANNIVERSARIES: Please pray for those whose anniversaries occur at this time:
Baby Caroline Murphy 1965; Joseph Brewster 1972; Bridget Leonard 1981; Gerard Shanahan 1998; Rolande Hattock Ayen 2024; Denis Harte 2000; Mamie McHugh 2002; Anne Dixon 1975; Tydfil Meade 1991; John McIlroy 1993; Patrick Harte 1995; Thomas Anthony Kenny 2008; Patrick Clifton 1973; Catherine Knox 1981; Elizabeth Simpkins 1983; Reginald Blake 1990; Kevin Francis Callaghan 2012; Liam Galvin 2019; Mabel Smith 1991; Lindsay Mary McCormack 2013; Emily Dwyer 1990; Mary Webster 1991; Mary Balfe 2005; Norman Daniel Brown 2008; Kevin Breslin 1961; Mary Gill 2018✠ **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).