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 8TH February 2026
FIFTH SUNDAY IN ORDINARY TIME
Psalter Week 1

RESPONSORIAL PSALM:	**A light rises in the darkness for the upright.**

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

Address: 148 Ashcroft Road, Stopsley, Luton, Beds., LU2 9AY
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 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** **Day of Prayer for Victims of Human Trafficking**
Monday 9th February	**NO MASS**		
Tuesday 10th February	9.30am	Stephen Merricks (Intention) **PRAYER GROUP**: Prayer for our needs, those of the Parish and beyond	**St Scholastica, Virgin**
Wednesday 11th February	9.30am	Stephen Merricks (Intention)	**Day of Prayer for the Sick and their Carers**
Thursday 12th February	9.30am **10.00am-12Noon**	Judy Weekes - Birthday **THURSDAY CLUB**	
Friday 13th February	9.30am	Holy Souls	
Saturday 14th February	5.45pm 6.00pm-6.20pm 6.30pm	Evening Prayer Confessions Peggy McGirl RIP	**SS CYRIL, MONK AND METHODIUS, BISHOP** **Co-Patrons of Europe**
Sunday 15th February **PARISH HALL**	8.30am 9.00am 11.00am **Teas and Coffees** **3.00pm**	Morning Prayer Marek Serafin RIP (1st Anniversary) People of Our Parish **Bethany Mass**	**SIXTH SUNDAY IN ORDINARY TIME** **Day of Prayer for the Unemployed**

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-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.

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

RIP: Please remember Mary Plummer, Jim Carway, Eddie Lynch and Dominic Regan (Nephew of Margaret & Maurice Buckley) who died recently. Please keep Mary, Jim, 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.

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: Thank you to all who donated in total £507.28 to the Christmas Crib Offerings/Donations towards supporting NOAH.

NOAH BLUE BINS: Available to accept donations at Sacred Heart this 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: Will take place at Sacred Heart next weekend on **Sunday 15th February at 3.00pm**. Refreshments in the Parish Hall afterwards. We welcome to Sacred Heart Fr Kevin O'Driscoll who will be presiding. All welcome!

ST VINCENT DE PAUL SOCIETY: At our Masses next weekend **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/**

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 5th March at 7.00pm, 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.

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/**

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 except on Friday 6th March (KS2 Sacred Heart Primary School attending). Mass throughout Lent will be at 7.00pm each Friday commencing Friday 20th February followed by Stations of the Cross.** All welcome to attend.

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**

ADORE SPIRITUAL MINI-RETREAT: 28th February 10.00am-1.00pm on Zoom: "JESUS – NO GREATER LOVE"
What is our relationship with Jesus, the source of eternal love? Mini retreat morning including Mass, Adoration, Praise, Prophecy, Prayer for the gifts of the Holy Spirit, and an inspiring talk from guest speaker Charles Whitehead KSG, celebrated international renewal leader, speaker, and author.
Register in advance at bit.ly/ADOREFEB2026 More information at www.altonrenewal.com

PROPERTY AREA CO-ORDINATORS – VACANCIES: Northampton Diocese is currently recruiting three Property Area Coordinators, each responsible for the maintenance, compliance, and performance of a defined portfolio of properties within an allocated geographic area of the Diocese. The role ensures that buildings are safe, legally compliant, well maintained, and fit for mission and ministry, while providing support to parishes, clergy, and diocesan stakeholders.
This is a full-time, 12-month fixed-term contract, with the possibility of extension or becoming permanent. As each role covers a different part of the Diocese, three area-specific Job Descriptions are available, and candidates should review the one relevant to their preferred location.
The closing date for applications is Friday 7th March 2026. Interview dates will be confirmed in due course; however, Northampton Diocese reserves the right to close the advert early should a sufficient number of applications be received. Full information and an application form can be found by visiting **https://northamptondiocese.org/jobs** All candidates should complete a Diocesan application form and email it to: **hr.admin@northamptondiocese.org**

WANT TO VOLUNTEER FOR ST PATRICK'S? Saturday 14th March - Volunteers needed for the Parade, band area, dance area, craft stall. Lunch provided for all day volunteers. Please call 01582 720447 or email **info@lutonirishforum.org**

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/

MARY'S MEALS: Would like to thank Sacred Heart Parish for their wonderful generosity in responding to their foreign currency initiative last year. The foreign currency was worth £767.17 which will enable Mary's Meals to feed 40 children one good meal every school day for a whole year. Thank you so much for your support, please continue to pray for the work of Mary's Meals. God bless you all.

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 01.02.2026: Envelopes £668.00; Loose Cash £303.05; Total £971.05 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/**

LUTON FOODBANK: Wish to express thanks to Sacred Heart Parish for their continued support in helping to strengthen the local community. The Luton Foodbank Newsletter features information about upcoming fundraising events such as the Colour Run, opportunities for students to join Young Ambassadors Programme and ways schools can get involved through food collections, awareness activities, and community projects. You'll also find key impact updates and insights into how your support continues to help families during challenging times. Please take a moment to read Luton Foodbank's Newsletter – visit **https://lutonfoodbank.org.uk/luton-foodbank-newsletter-january-2026/**

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:
John McAuliffe 1999; David Walker 1999; Dominic Rocha 2017; Mary Arnold 1956; David Archer 1989; Grace Law 1993; Elizabeth McManus 1994; Joseph Griffiths 2005; Helen Kelly 1952; Baby Moira Doran 1961; Baby Jeanette Leach 1973; Liborio Catuara 1979; Evelia Beresford 1994; Kathleen Anne McGuirk 2015; Carlo Pontone 2016; Elizabeth Dunne 2000; John McLaughlin; Patrick Kelly 1969; Matthew Ennis 1983; Susanne Oates 2009; Anne Robinson 1960; Sarah Ryan 1976; Cecelia Smoker 2003; Anthony Gleeson 2005; Baby Gregory Philipps 1987; Julia Sullivan 1988; Oswald Laherty 1989; Alexander Macpherson 1992; Cyril Harrison 2001; Kathleen McCann 2020; Athea Martin 2014; Daniel Locke 1978; Filomena Russo 1993; Brian Foley 1994; Mary Fannin 2003; Leda La Vita 2019 ✠ **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)