



Sacred Heart of Jesus Parish Westhoughton

8 LORD STREET, WESTHOUGHTON, BOLTON, BL5 3SE
Parish Priest: Rev Fr Christopher Dawson - 01942 812174
Parish Safeguarding Rep: Cathy Ward - 07746 296095
Salford Roman Catholic Diocesan Trustees Registered Charity Number 250037



DIOCESE OF SALFORD

Sunday 8th March 2026
3rd Sunday of Lent
Year A

MASS TIMES THIS WEEK

Saturday	6pm
Sunday	10am
Monday – Thursday	9am
Friday	10am

SACRAMENT OF RECONCILIATION

Saturday	5.30 – 5.50 pm
and at call	

STATIONS OF THE CROSS

Friday	7pm
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THIS SUNDAY'S MASS

First Reading

Exodus 17: 3-7

Give us water to drink.

Responsorial Psalm

Psalm 94: 1-2, 6-7b, R7c, 8a

O that today you would listen to his voice! 'Harden not your hearts'

Second Reading

Romans 5: 1-2, 5-8

Love has been poured into our hearts through the Spirit who has been given to us.

Gospel Acclamation

Lord, you are indeed the Saviour of the world; give me living water, so that I will not be thirsty.

Gospel

John 4: 5-42

A spring of water welling up to eternal life.

Facebook: @SHJWParish

Suggested items for inclusion in future editions of the newsletter may be emailed to

SHJWesthoughtonNewsletter

@outlook.com. Please

submit items for inclusion by midday Thursday.



THE WORD THIS WEEK

In each Lent, the first readings dwell on the Old Testament progress of the history of salvation; the third Sunday is always about Moses. In this year, Year A, the incident is chosen to pair with the gospel reading about living water. Christ is the living water of salvation, an image of which is the water provided for God's people when they were tortured by thirst in the desert. It was not just that they could do with a bit of a drink, as we in a well-watered country experience. When you run out of water in the desert you lose all strength, all will to advance, and eventually wilt to death. On two separate occasions, the story is told of Moses striking the rock, and the rabbis held that the rock followed them through the desert. Paul interprets the rock as Christ, who always provides for his people, but with most of them God was not well pleased. They continued to rebel and complain about their hardships and to long for 'the leeks and onions' of their slave life in Egypt. With the same ingratitude, we continue to neglect the salvation offered us, absorbed in any passing pleasures we can find.

Stations of the Cross will take place on Fridays during Lent at 7 pm. All welcome.

First Reconciliation: Please continue to pray for the children on our first communion programme this year as they get ready for their first celebration of the Sacrament of Reconciliation on Thursday 12th March at 6.30pm. The next session for parents will be on 6th March at 3pm in school.

Forthcoming Funerals: Please pray for Shelia McKiernan who died recently. Shelia's funeral will take place at Sacred Heart on Friday 13th March at 12 noon. Please remember Shelia, and her family and friends in your prayers at this time

CAFOD: Big Lent Walk 2026: Up to last Sunday Lisa Spann and the team have walked 309kms towards the team's total of 800kms. Only another 491kms to go! They are walking across the 40 days of Lent hoping to raise money £500 for CAFOD. To sponsor the walkers, you can use the 'Big Lent Walk' button on the card machine at the back of Church, add your details to the sponsor form at the back of church or visit the online donation page using this QR code.



Sunday Coffee Mornings: Join us for a warm welcome, a brew and a chat after Mass on the first, third, and fifth Sundays of the month. Our coffee mornings are 15th March and 29th March. Everyone is welcome.

Calligrapher wanted. Are you skilled with a pen or quill? I would like someone to write the First Holy Communion certificates this year. Please speak with Fr Christopher if this is something you could do.

Resources for Children: *How do we support our children to engage and participate as fully as possible in Mass? What are the best religious books, faith based toys and activities which you have used to promote your child's increasing awareness and involvement with the liturgy?* We would like to put together a collection of Christian story books, faith based toys and activities which can be used by young children when they are attending Mass. If anyone has any good quality, pre-loved items that they would be willing to donate, these would be gratefully received. Over the next few weeks there will be a box labelled 'Donations - Faith based Books/Toys /Activities' in the foyer. When we have a big enough collection, they will be made available during Mass for parents to

choose from as they enter Church and to return after mass has finished.

Children's Liturgy of the Word: Children aged from 3 until they have made their first holy communion are invited to celebrate God's word together during our Sunday Mass. Please register your child as you arrive for Mass.

Have you thought of becoming a Catholic? Are you interested in exploring the Catholic faith or wondering what it might mean to become Catholic? You are warmly invited to join our new group exploring the Catholic faith. There is no pressure or commitment – just an opportunity to ask questions and explore. You can even bring a friend if you wish! Our next meeting is on Tuesday 10th March at 7.30pm.

Did you know? There is a wide selection of faith books available to borrow in the parish hall? Parishioners are very welcome to browse and take a book home.

The year of Matthew: This year the gospel readings for the Sundays of Ordinary time and other significant feasts will be taken from the Gospel of St Matthew. The noted scripture scholar and author Fr Micheal Winstanley SDB, will give a series of talks on the gospel of Matthew here at Sacred Heart. This will be a wonderful opportunity to explore the themes and structure of the gospel and help our understanding of the text. The final meeting is this Thursday evening 12th March at 7.30pm. All welcome. Tea and biscuits are served.

Future Social Events: save the date! April 24th Talk on the Hidden Gem, Joe O'Neill; May 22nd Quiz Night Fundraiser for HCPT; June 19th Music Night with vocalist Jim Berry; July 12th 'Heart to Heart' parish/family walk; Aug 12th Afternoon Tea; Sept 25th Parish Quiz Night; Oct 23rd Songs from the Musicals, Three Towns Choir; Nov 27th Bingo and Beetle Drive.

Our Parish Groups: We have so many fantastic *Ministry* groups that we have had to split them into two groups so we could celebrate them properly. Our Flower Arranging Team, Piety Stall Team, Cleaning Team and Readers play very important roles in our parish life. Some of these roles may also be subject to a DBS check. If you have an interest in or skills and experience in any of these areas, new volunteers are always welcome. If you are interested in finding out more, please speak to Father

Christopher or email shjwesthoughton@outlook.com.

Connecting Communities Through Integral Ecology - University of Manchester: The University of Manchester is hosting this two-day event on the 13 and 14 March, aimed at bringing faith, academia and communities together to make a positive impact on our world. For more information and to book your place, please visit the Eventbrite page: <https://www.eventbrite.co.uk/e/connecting-communities-through-integral-ecology-laudato-si-tickets-1981427440814>

Manchester Chinese Catholic Community (MCCC): MCCC would like to invite you to their monthly Mass on the second Sunday of the month at 2PM and is held in Salford's temporary Cathedral on Great George Street, M3 6EH.

Young Adults Hub: The diocesan Youth Team have commenced a Young Adults Hub, for those aged 18–35 across the Diocese of Salford. The Hub offers a welcoming space for young adults to deepen their faith, build authentic friendships, and grow together through prayer, formation, and social gatherings. For more information, please reach out to Mikey hub.president@vol.dioceseofsalford.org.uk and Edward hub.chair@vol.dioceseofsalford.org.uk

Laudato Si' Centre Parish Awards 2026: The inaugural Laudato Si' Centre Parish Awards will take place this year. The awards are open to parish communities who take part in practical action that supports environmental stewardship and/or social justice, showing faith-filled care for God's creation. Please email laudatosi@dioceseofsalford.org.uk for a nomination form. The deadline for nominations is Friday 27 March.

British Society of the Turin Shroud Golden Jubilee: The Society is hosting two events at Blackburn Cathedral. On April 11th, from 11:00 pm to 5:00 pm, a convention will gather leading authorities on the Shroud of Turin for a day of discovery, reflection and new insights. Tickets £40. The next day, April 12th at 1:00 pm, there is a free talk by Fr. Andrew Dalton about the Shroud of Turin in the Cathedral. For more details, visit: <https://bstsnewsletter.com/>

Called to Love, 2 - 3 May 2026: A retreat offered by the Christian Heritage Centre at Stonyhurst; for singles, dating and engaged young adults who want to think more deeply about relationships

and the call to marriage. This year's retreat will have as its theme masculinity and femininity. Runs from Saturday 2nd to Sunday 3rd May, with the option of staying Friday night. christianheritagecentre.com/events/called-to-love/

Youth pilgrimage to Lindisfarne: Salford diocese youth ministry is offering young people in Years 7, 8 and 9 another opportunity to go to Lindisfarne from Friday 22 May – Sunday 24 May 2026. The cost is £120 which includes travel by coach and full board accommodation. We will be staying on the island at the SVP Camp. For more information or if you have any questions, please contact youth@dioceseofsalford.org.uk

Forming Catholic Student Leaders: Two summer courses exploring faith, ethics and leadership for sixth form students, offered by the Christian Heritage Centre at Stonyhurst. Join us for 6 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). www.christianleadershipformation.com

Lourdes - Diocesan Youth Group: Young people are invited to join the Diocesan Pilgrimage to Lourdes. The pilgrimage and travel dates are 29th July to 6th August. The cost is £695 and this includes coach travel and full board hotel accommodation (Astoria Hotel). Young people can join in 3 age groups 13-15 (aspiring volunteers), 16-17 and 18+. If you are interested, please email youth@dioceseofsalford.org.uk for details of how to register.

Collection The total offertory collection for February was £2527.82. The collection for Caritas taken at the beginning of February was £378.52. Thank you for your generosity

HYMNBOARD

Entrance: 954 Blest be the Lord

Kyrie: 516

Gospel Acc. 184

Offertory: 965 As the deer pants for the water OR 605 Take our Bread

Communion: 777 O Lord, I know you are near, 929 O Lord hear my prayer

Recessional: 785 Though the mountains may fall

Please note: Hymns are subject to last minute changes!