



Sacred Heart of Jesus Parish Westhoughton

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Salford Roman Catholic Diocesan Trustees Registered Charity Number 250037



DIOCESE OF SALFORD

Sunday 5th July 2026
14th Sunday in Ordinary Time
Year A

MASS TIMES THIS WEEK

Saturday Vigil	6pm
Sunday	10am
Mon, Wed, Thurs	9am
Tuesday – Requiem	13.15 pm
Friday - Year 6 Leavers	10am

SACRAMENT OF RECONCILIATION

Saturday 5.30-5.50pm
and at call

THIS SUNDAY'S MASS

First Reading

Zechariah 9:9-10

Behold, your king is coming to you,
humble.

Responsorial Psalm

Ps 145(144):1-2. 8-9. 10-11. 13c-14. Rcf.1

I will bless your name for ever, my God
and king.

Second Reading

Romans 8:9, 11-13

If by the Spirit you put to death the
deeds of the body, you will live.

Gospel Acclamation

Matthew 11:25

Alleluia, alleluia.

I thank you, Father, Lord of heaven and
earth, you have revealed the secrets of
the kingdom to little children. Alleluia.

Gospel

Matthew 11:25-30

I am gentle and lowly in heart.

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

Chapter 8 of St Paul's Letter to the Romans, from which readings for the next three Sundays are chosen, is the chapter of the Spirit. We have seen that the Christian, baptized into Christ, lives with his life, the life of the Spirit of Christ. This means that the Christian's whole value system is that of the Spirit, the reverse of the values of the 'flesh'. 'Flesh' in Paul does not mean, as it often does in modern parlance, only the grosser, 'carnal' desires such as sex, gluttony, drunkenness. In the Letter to the Galatians 5:18-21 (and in many ways Galatians is a preliminary to Romans), the 'works of the flesh' includes such non-physical things as sorcery, rivalry, quarrels, malice. The concept of 'flesh' therefore centres on unchecked or unschooled natural desires, self-indulgence as opposed to self-control. To live by the law of the Spirit is therefore not to live by the Law of Moses, which merely checks external actions; neither is it to live by the law of the flesh, but it is to live by the Spirit of Christ, from which spontaneously well up love, joy, peace, patience, kindness, trustfulness, gentleness and the other Christ-like motivations. In this sense, the Law of Christ does not restrain from without but impels from within.

Forthcoming Funerals: The Requiem Mass for Margaret Bromiley will take place at Sacred Heart on Tuesday 7th July at 13.15 pm. Please remember Margaret, and her family and friends in your prayers at this time.

Year 6 Leavers' Mass: our Year 6 leavers will attend Mass on Friday 10th July at 10am. All family and friends are warmly invited.

Sunday Coffee Mornings: Join us for a warm welcome, a brew and a chat after Mass on the first and third Sundays of the month. Our next coffee mornings are this Sunday, 19th July & 2nd August. Everyone is welcome.

Heart to Heart Walk Sunday 12th July: Our family walk is next Sunday after 10 am Mass. If you haven't already done so, please pick up a Walkers' Guide from the back of church. There is still time to sign up on the sheet on the notice board. Families and individuals are welcome to have a sociable walk and enjoy the hospitality at Sacred Heart Hindley Green. Hot & cold drinks will be provided. Bring your own picnic. Please note if the weather is unsuitable the walk may be cancelled at short notice.

Finance and Property Committee: The committee's next quarterly meeting is this Wednesday, 8th July at 7pm in church. Last Friday we were pleased to welcome Martin Heywood, Health & Safety Business Partner for Salford Diocese to meet the Finance & Property Committee. He was pleased to see how well looked after the church buildings and grounds are. We discussed the quotes we obtained for the installation of a Fire Detection and Alarm system and how best to assist those with mobility issues to evacuate the building safely and in a timely manner. We are pleased to say that work on the new fire alarm should begin in the near future.

St John's Cathedral, Salford: the restoration work is almost finished and the Cathedral will reopen on 16th July, the feast of Our Lady of Mount Carmel, the principal patron of the diocese. On this occasion, Bishop John will dedicate the new altar, so this is an important occasion for the whole diocese. Our parish has been given two tickets for the Mass at 12 noon. If you would like to represent our parish at this event, please speak with Father Christopher.

Annual Mission Appeal: The annual appeal of one of the religious orders engaged in missionary work will take place on the weekend of 25th and 26th July when we will welcome Fr Franklin Achionye of the Missionary Society of St Paul. The MSP is a religious congregation working in different parts of the world, committed to spreading the Good News of Jesus Christ and the salvific work of God the Father in the Holy Spirit. There will be a retiring collection at both parish Masses. Alternatively, the MSP have provided this QR code for digital donations.



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.

Exploring the Catholic Faith: our next session for those thinking of becoming Catholic is on Tuesday 14th July at 7.30pm. All welcome.

Visiting Blessed Sacrament: Reminder that if anyone wishes to visit the Blessed Sacrament on weekdays, the doors to the church will remain unlocked. Please speak to Father Christopher for the code to the keypad on the main doors. The prayer books and books of Christian poetry that were in the adoration chapel remain where they were and can be accessed when you visit.

World Cup Prediction game. With the conclusion of the group phase of the FIFA Men's World Cup the winners of our parish prediction game can be announced. Congratulations to Nathan Keogh (72pts), Lisa Spann (68 pts) and joint third prize winners of Stephen Mullineaux and Natalia and David Atkinson (65 pts). Please collect prizes from Fr Christopher.

Future Social Events: save the dates! Aug 12th Afternoon Tea; Sept 25th Parish Quiz Night; Oct 23rd Songs from the Musicals, Three Towns Choir; Nov 27th Bingo and Beetle Drive.

A Night of Music and Fun: The African Priests and Religious of the Diocese of Salford invite you to a concert celebrating African Liturgical and folk music. This is to be held at St. Mary's Catholic Church, Failsworth, M35 0NN on 31 July 2026 at 7 pm. This promises to be a night of good music (by the invited

choir) and laughter (by the priests and religious who also try to sing!). Above all else, let us come with our parishioners to have a fun evening.

Catholic holidays in the lake district this summer: During August and September, Castlerigg Manor in Keswick is opening its doors to families, groups of friends, or private individuals who are looking for an affordable stay in the Lake District. Breakfast and evening meal are provided, and Mass is celebrated on site. For more information check out castleriggmanor.com/stay-with-us or contact director@castleriggmanor.co.uk 017687 72711

Free Will & Grace retreat, 28th - 31st August 2026: Join us for a theological and philosophical deep dive on one of the great themes of the Christian Faith: human freedom and Divine grace. With lectures and workshops building on St Thomas Aquinas' writings, the course will also explore questions of conscience and the problem of evil. This year's guest speaker will be Rev. Dr Simon Gaine, OP. For further information see: <https://christianheritagecentre.com/events/free-will-grace-course/>

St Mary's RC Cemetery & Southern Cemetery Masses: This annual Mass will take place on Monday 31 August at 11 am at St Mary's Cemetery, Wardley. It will be held outside the Chapel and there will be limited seating. The mass at Southern Cemetery will be on Monday 31 August at 12 noon.

Fancy a walk? Caritas Salford is organising a 6-mile scenic, circular sponsored hike in Lancashire, along the delightful Downham Trail. Taking place on 5th September, the walk is an undulating route with the potential for expansive views from the summit of Beacon Fell. To register, visit: www.caritassalford.org.uk/LancsWalk

Quiet retreats for adults this October: During October half term, Castlerigg Manor is running a quiet retreat for individual adults who want to spend a few days of peace, relaxation and prayer in the Lake District. Each day there will be a talk, Mass, and evening prayer, and then a lot of time to explore the area, pray, or just simply relax. Book at castleriggmanor.com/events or contact director@castleriggmanor.co.uk

Help end Child Poverty in our Parishes: Child poverty is increasing in our area, with the latest statistics from the

government showing almost one in three children is growing up in poverty. Our diocesan charity Caritas Salford supports local families facing crisis and is asking us to join them in taking action to help. There are many ways you and your parish can get involved. Please visit www.caritassalford.org.uk/endchildpoverty to find out more.

New Volunteering Role at Caritas Salford: Our diocesan charity Caritas Salford has a team of almost 200 amazing volunteers, all of whom support people in our parishes who are experiencing poverty, homelessness and discrimination. The team is looking for suitable volunteers who would be interested in giving a little time to work alongside families at their young parent accommodation in Blackburn - supporting and facilitating activities with the babies and their parents. All roles will be subject to an enhanced Disclosure and Barring check. To find out more about this or other volunteering opportunities with the charity visit www.caritassalford.org.uk/volunteer or m.yates@caritassalford.org.uk

Book on the history of the Diocese of Salford presented to Pope Leo: Mgr John Allen has harnessed his love of the geography and history of our diocese, by penning a special book which is being sold in aid of our diocesan charity Caritas Salford. The book, A Popular History of the Diocese of Salford, was presented to Pope Leo recently, and you can read about it, or get a copy for yourself or someone else, on the Caritas Salford website: caritassalford.org.uk/pope-leo-book

HYMNBOARD

Entrance: 954 Blest be the Lord
Kyrie: 502
Gloria: 1013
Offertory: 967 O the love of my Lord is the essence
Holy Holy: 1014
Communion: 777 O lord, I know you are near, 627 This is my body
Lamb of God: 1014
Recessional: 846 Amazing grace
 Please note hymns are subject to last minute changes

Collections The total offertory collection for May was £3196.51. Thank you.