



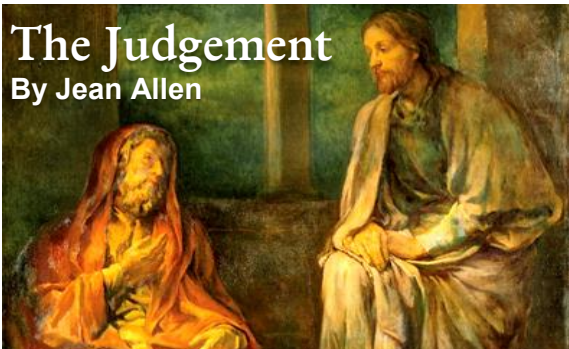
# Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1  
250-479-1611 | [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org) | [sacredheartvictoria.com](http://sacredheartvictoria.com)

**\* 4th Sunday of Lent | 10th March 2024 \***

## The Judgement

By Jean Allen



*"And this is the judgement, that the light has come into the world, and people loved darkness rather than the light because their deeds were evil."*

Judgement is a neutral word but, whenever we hear it,

our minds immediately think 'condemnation'. Judgement simply means assessment and resolution. In the above words, Jesus's assessment was that the light had come but people were rejecting the light. The resolution was yet to come. To resolve something means to settle, sort out, solve, find a solution for, find an answer to, work out, straighten out, deal with, set right, rectify, iron out and reconcile.

Judgement, then, is a positive and beautiful process! Jesus told Nicodemus that he was not sent into the world to condemn it but to save it. His judgement or assessment was that there was an awful lot of darkness and evil deeds, including the dark states of heart and the less than holy deeds of the Jewish authorities, of which Nicodemus was one. But Jesus came to resolve this problem of evil and the resistance to coming into the light. His teachings were part of the resolution but the main event was the cross. The cross was his final Word that he did not come to condemn but to save.

Nicodemus was presumably a moral and upright man but Jesus did not preclude him from the necessity of salvation. Moral uprightness can be seen and measured but it is no substitute for the indwelling Spirit who comes and goes and cannot be pinned down and measured. What the indwelling Spirit does is draw people into the light so their deeds, if evil and destructive, can be resolved, rectified and reconciled. No one is condemned out of hand. That would just perpetuate the myth of a vengeful God. God's justice is restorative, not retributive.

Has it been a while since you have experienced metanoia and realized that your moral uprightness is not what will save you? Your upstanding reputation has little to do with your salvation. What has saved you and does save you is Jesus.

Hence the phrase, "The Good News".

## LITURGICAL YEAR B

### Saturday:

English Mass 4:00 pm

### Sunday:

English Mass **(streamed)** 9:00 am

Polish 1:00 pm

Korean 3:00 pm

Vietnamese **(17 Mar)** 5:30 pm

## RECONCILIATION

Saturday 3:00 pm

## Weekday Masses

### English

Mass: Tuesdays to Thursdays 12:05 pm

Mass: Fridays 7:00 pm

Friday Adoration (Sign-up in the foyer) 3:00 pm

### Korean

Mass: Wednesdays 7:30 pm

Mass: Thursdays 10:30 am

## Sacred Heart YouTube Channel

<https://www.youtube.com/channel/UCzXJfSxennwmYIT4kPyUh6w>

## Nine-Day Divine Mercy Novena

Day 1: Fri	March 29   Good Friday	2:45 pm
Day 2: Sat	March 30   Holy Saturday	7:15 pm
Day 3: Sun	March 31   Easter Sunday	10:00 am
Day 4: Mon	April 1   Easter Octave	12:45 pm
Day 5: Tue	April 2   Easter Octave	12:45 pm
Day 6: Wed	April 3   Easter Octave	12:45 pm
Day 7: Thu	April 4   Easter Octave	12:45 pm
Day 8: Fri	April 5   Easter Octave	12:45 pm
Day 9: Sat	April 6   Easter Octave	9:45 am

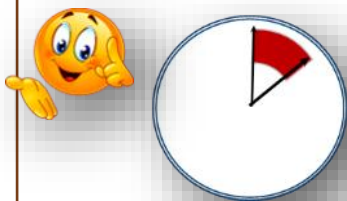
### Sunday April 7 | Divine Mercy Sunday

9:00 am – English Mass, Chaplet after Mass

2:45 pm – Divine Mercy Chaplet before Mass (English)

3:00 pm – Divine Mercy Mass (English)

**Remember**  
to adjust your clocks  
one hour ahead  
this Sunday, March 10.



*Congratulations*  
*Jesse and Cynthia Chiuten*  
on your  
**50th Wedding Anniversary!**

Please do let us know if you are celebrating a birthday or anniversary, and we will celebrate along with you through the Parish Bulletin.

## Fridays during LENT

**16 February to 22 March**

**NO 12:05 pm Mass on Fridays**

Friday Adoration	: 3:00 pm
Benediction	: 6:15 pm
Stations of the Cross	: 6:30 pm
<b>MASS</b>	<b>: 7:00 pm.</b>



## **Please pray for:**

### **Those who have died**

Joe and Jose DeLima, Vilma Gaspar, Richard Koorn,  
Jonah Hillis-Gold, Maria Mui, Willy Pivaral, Monica Wheaton.

### **Those who are ill**

Stan D, Abigail, Skarlet, Thérèse A, Jon A,  
Catalina B, Maritza C, Patricia C, Darrell C, Cora C,  
Ludwik D, Lesley D, Kathleen G, Derek L, Lisa L,  
Rafael Melendez-Duke, Davide Rinaldo, Mike R and Maria T.



## **Confessions are available during Lent** **Tuesdays to Thursdays, 11:30 am before the 12:05 Mass** **Five Conditions of a Good Confession**



1. Examination of Conscience
2. Repentance and remorse for one's sins: arising from faith and love of God.
3. Firmly resolve not to sin, or repeat a sin again.
4. Confess and disclose the sins to a priest.
5. Fully intend to make reparation, and do works of reparation for the sins.



## **Knights of Columbus "Cor" Meeting** **Tuesday, March 12, 7:30 pm Parish Hall**

Please join us for an hour of prayer, formation, reflection, and fellowship. All men, including non-Knights and non-Catholics, are most welcome.

Our topic for this meeting is  
Divine Mercy - St. Thérèse of Lisieux and her "Little Way".  
See you there!

## **Options to Donate**

### **E-Transfer:**

The email to use is [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

### **Pre-Authorized Debit (PAD)**

Automatic Debit Form:

<http://sacredheartvictoria.com/docs/PAD%20form%202020.pdf>

The PAD form is also available from the Parish Office.

If you are using the Special Collection Envelopes, please remember to complete your name and address on those envelopes to receive a tax receipt. Information & links are also available on our website.

### **Canada Helps**

<https://www.canadahelps.org/en/dn/47781>

If you have any questions on the available options, or would like to make a change in how you donate, please contact the parish office. Thank you.

## **Thank you for your contributions!**

### **Mar 3 & Mar 4, 2024**

Envelopes \$ 3,199.00

Cash \$ 492.05

**Total \$ 2,577.60**

### **February 2024**

Canada Helps \$ 1,021.35

PAD \$ 6,455.00

E-Transfer \$ 1,495.00

Donations through PAD, Canada Helps, & e-Transfer will be reported after the end of the month.

*Thank you for accompanying the Lord on the*  
***Scriptural Stations of the Cross***  
*every Lenten Friday at 6:30 pm. You make it meaningful.*



## **Adoration** **at the Altar of Repose**

Thursday, 28 March  
After Holy Thursday Mass  
until Midnight



Everyone is welcome to spend time at the Altar of Repose. Please sign-up to spend time with the Lord, before His Passion on Good Friday. Signing up ensures that at least two people are present before the Blessed Sacrament at all times.

The Sign-up Sheet is in the lobby of the church.

## **Holy Week Schedule 2024**

### **Saturday March 23 | Passion (Palm) Sunday**

4:00 pm – English (Guest: Fr. David Reilander)

### **Sunday March 24 | Passion (Palm) Sunday**

9:00 am – English (Guest: Fr. David Reilander)

1:00 pm – Polish

3:00 pm – Korean

### **Monday March 25 | Lenten Mission**

The Anatomy of Reconciliation (Fr. David Reilander)

12:05 pm Mass & 7:00 pm – English (Lenten Mission)

### **Tuesday March 26 | Lenten Mission**

Offering Forgiveness (Fr. David Reilander)

12:05 pm Mass & 7:00 pm – English (Lenten Mission)

### **Wednesday March 27 | Lenten Mission**

Asking for Forgiveness (Fr. David Reilander)

12:05 pm Mass & 7:00 pm – English (Lenten Mission)

**From 6:00 pm – Reconciliation Service**



## **The Triduum**

### **Thursday March 28 | Holy (Maundy) Thursday**

7:00 pm – English Mass

9:00 pm – Korean Mass

**Until Midnight: Adoration at the Altar of Repose**

### **Friday March 29 | Good Friday**

10:00 am – Stations of the Cross

2:45 pm – Chaplet of Divine Mercy (1st Day: Novena)

3:00 pm – Good Friday Service

6:30 pm – Korean Stations of the Cross

7:00 pm – Korean Good Friday Service

### **Saturday March 30 | Holy Saturday**

7:15 pm – Chaplet of Divine Mercy (2nd Day: Novena)

7:30 pm – Easter Vigil

10:30 pm – Korean Easter Vigil

### **Sunday March 31 | Easter Sunday**

9:00 am – English Mass

10:00 am – Chaplet of Divine Mercy (3rd Day: Novena)

1:00 pm – Polish Mass





You made the  
**Knights of Columbus Lenten Retreat 2024**  
last Saturday, March 2<sup>nd</sup> meaningful and a success.  
Thank you!



## Society of St. Vincent de Paul



In today's Gospel, God demonstrates great love for us by sending his Son so that we may believe in him. We demonstrate our great love for God by doing good works: reaching out to others, acting in justice and charity. Through almsgiving, you are performing a good work; far greater than you think. If you are interested in joining the society, please email Georgina: [mgvshort@telus.net](mailto:mgvshort@telus.net)

For monetary donations,  
please specify that it is for the "SCO Food Pantry".  
Cheques: "Society of St. Vincent de Paul".  
Donate online and specify "Sacred Heart Parish" at:  
<https://www.canadahelps.org/en/charities/society-of-st-vincent-de-paul-of-vancouver-island/>

## Horizons of Hope

**April 1, 8, 15, 22**

6:30 pm to 8:30 pm, Parish Hall

As Catholics, we need to make good choices regarding end of life issues. This program provides information to empower and educate parishioners on palliative care, dying, death, suffering, and bereavement in a holistic manner. The four modules you will go through are:

- April 1, Module 1: Understanding the Human Experience of Dying and Death.
- April 8, Module 2: Discerning and Making Decisions at the End of Life.
- April 15, Module 3: Accompanying those at the End of Life.
- April 22, Module 4: Supporting and Integrating within the Wider Community.

Refreshments and written material will be provided. The sessions will be led by Dr Felipe Edora and Angela Spencer.

**Please sign-up. The Sign-Up Sheet is in the church foyer.**

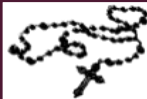


## Next CWL General Meeting

10 am, Saturday March 16th

Pope John Hall

Fr. Jan will be speaking on Divine Mercy and Belle Perez de Tagle will speak on the Holy Rosary virtues and meditation. New members are welcome.



## Sorrowful Mystery Meditation

**New Time: 2.15 pm Lenten Fridays**

with Belle Pérez de Tagle

Based on the revelations of the Blessed Virgin Mary to Ven. María de Ágreda. Meditate on one mystery at a time. Participate and receive the graces attached to contemplating these mysteries and glimpse the tremendous power of Mary, Queen of Angels.

You can now gain access to FORMED through the parish. There are many Sacred Heart Churches on the list. Please scroll and search for our parish: "**Sacred Heart Catholic Church, 4040 Nelthorpe Street, V8X 2A1**" Select it and create a new account on [www.formed.org/signup](http://www.formed.org/signup)



## SHARE LENT 2024

**Training next-generation farmers in Indonesia**



In rural Indonesia, young people are abandoning agriculture to work in cities. Over time, this could threaten food sovereignty. Our partner PAYO-PAYO empowers village communities to work together to find solutions to common challenges related to agriculture, food, energy, natural resource management and the engagement of youths, especially women.

This Lent, meet our solidarity visitor Karno Batiran, the executive director of PAYOPAYO. Learn more at [devp.org/lenet](http://devp.org/lenet).



## Special Mass

**in honour of those in health care**

4 pm Saturday, March 16

Sacred Heart Church

with Bishop Gary Gordon

You are invited to attend, either in person at Sacred Heart Church. A reception will follow in the parish hall for health care workers and volunteers who attend in person.

Livestream at <https://www.youtube.com/watch?v=pFqXWFAvwJE>.



## From the Diocese



## Deacon Joseph Yuson

will be ordained to the Priesthood  
10 am on Saturday, 22nd June, 2024  
at St. Andrew's Cathedral.

Deacon Yuson is looking for families willing to host seminarians who might come to Victoria for his ordination on the weekend of 21-24 June. If you are willing and able, please contact him at [jyuson@rcdvictoria.org](mailto:jyuson@rcdvictoria.org).

## CHRISM MASS

Diocese of Victoria will celebrate the annual  
Chrism Mass at St. Andrew's Cathedral  
at 7 pm on Thursday, March 21, 2024.



## St. Joseph the Worker Parish Reconciliation Service

Wednesday, March 20, 2024 at 7 pm



**We welcome and congratulate**

**Jackie Marchand, CPA, CA,**

who has been appointed

**Chief Financial Officer for our Diocese**

effective April 4th, 2024.

## Come and save the oaks!

Be part of an ecological crew dedicated to restoring the properties of St. Andrew's High School, the Pastoral Centre, and Sacred Heart Parish. Every Saturday morning, to help remove English Ivy, Scotch Broom, and Himalayan Blackberry and plant native plants from the property. Meet in the Sacred Heart parking lot from 10 am to 12 pm, rain or shine. Pruners and shovels will be provided. Please bring your own gloves, safety glasses, and water.

For information and to sign up, please email:  
[jseale1234@gmail.com](mailto:jseale1234@gmail.com)

## PARISH PASTORAL COUNCIL 2023 / 2024

Marilyn Bojko (Chair)    Jim Haffey  
Peter Martin                Jeremy Côté  
Rick Perez de Tagle        Edgar Tan Jr.  
Samantha Sherman        Will Podmoroff

### OUR MINISTRY VOLUNTEERS

**Saturday, 9 March, 4 pm**

Altar Servers : Daisy, Mariah, Gabby, Melanie  
Lectors : Belle PdT, Sigrune F  
EMCs : Marilyn T  
Ushers : Miriam P  
Music : Arlene S, Rafael O

**Sunday, 10 March, 9 am**

Altar Servers : Pio, Elias, Mara, Michael  
Lectors : Ben P, Connie H  
EMCs : Ghie S, Angela S  
Ushers : Teresa E, Lisa S  
Music : Sacred Heart Choir, Rafael O

*Thank you to all our volunteers*

### TO REPORT SEXUAL ABUSE TO AN INDEPENDENT AGENCY

To report sexual abuse by a clergy member,  
religious, employee, or volunteer, visit  
[RCDVictoria.org/Responsible-Ministry](http://RCDVictoria.org/Responsible-Ministry)  
or call 1-800-968-3146

To report sexual abuse or cover-up  
by a Catholic Bishop,  
visit [BishopReportingSystem.ca](http://BishopReportingSystem.ca) or call  
1-866-892-3737

## Sacred Heart Contacts

**Pastor: Fr. Jan Grotkowski, SDS**  
[jgrotkowski@rcdvictoria.org](mailto:jgrotkowski@rcdvictoria.org)

**Korean: Fr. Robert Ryu**  
[youngjinryu0758@gmail.com](mailto:youngjinryu0758@gmail.com)

**Polish: Fr. Jan Grotkowski, SDS**  
[jgrotkowski@rcdvictoria.org](mailto:jgrotkowski@rcdvictoria.org)

**Vietnamese: Fr. Michael Tran**  
[michaeltran@rcdvictoria.org](mailto:michaeltran@rcdvictoria.org)

**Hospital Chaplain**  
**Fr. Sean Flynn: 250-889-3761**

**Parish Administrative Assistant**  
**Katherine Newton:**  
[sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

**Children's Religious Ed.**  
**Coordinator**  
**Lidia Moodie:**  
[sacredheartreled@rcdvictoria.org](mailto:sacredheartreled@rcdvictoria.org)

**Parish Liturgy Coordinator**  
**Rafael Oei:**  
[sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

**RMSE Coordinator**  
**Sindhu Merwin:**  
[sacredheartmse@gmail.com](mailto:sacredheartmse@gmail.com)

## PARISH MINISTRIES & GROUPS



Please contact the  
Parish Office:  
[sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

### PARISH LITURGICAL MINISTRIES

**Parish Liturgy Coordinator**  
Altar Servers  
Extraordinary Ministers

Floral Ministry  
Lectors  
Music Director  
Pastoral Care Ministry  
Ushers

Video Streamers

**Rafael Oei**  
Karla Montano  
Gilbert Santos  
Chay Santos  
Ruby Rivera  
Stan Dzbik  
Rafael Oei  
Lynda Tan  
Marisa Tinsay  
Isme Liem  
Peter Liem

### PARISH GROUPS

Christian Meditation  
C.W.L. / Prayer Line  
Knights of Columbus  
Led By The Spirit Group  
Moms & Tots  
Phone-tree  
Funeral Receptions  
Social Justice/D & P  
St. Vincent de Paul

Margie Noonan  
Margot McLaughlin  
Rick Perez de Tagle  
David MacIntyre  
Chantal Côté  
Elizabeth Olcen  
Elizabeth Olcen  
Stan Dzbik  
Georgina Short

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CONSULTING MANAGER

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**SACRED HEART CATHOLIC CHURCH**

Victoria BC, 2024