



Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1
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*** 6th Sunday in Ordinary Time | 11th February 2024 ***

FAST AND ABSTINENCE DURING LENT

Fasting, almsgiving, and prayer are the three disciplines of Lent.

Abstinence is to be observed from age 14 and older.

Fasting is to be observed from the age of 18, and for those who have not yet celebrated their 60th birthday.

The faithful and catechumens undertake these practices seriously in a spirit of penance in preparation for baptism and for the renewal of our baptismal vows at Easter.

Days of Fast & Abstinence

Ash Wednesday, February 14, and Good Friday, March 29.

Fridays of Lent are compulsory days of abstinence: no meat is allowed during meals. In Canada, Catholics may substitute an act of charity in place of abstinence. However, it is strongly encouraged that some form of penitential discipline be undertaken.

On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not add up to another full meal. Eating between meals is not permitted. Plain water is allowed at any time.

Please Note: when health or ability to work are seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, consult the parish priest.

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 **(11, 18 Feb)** 5:30 pm

RECONCILIATION

Saturday 3:00 pm

Weekday Masses

English

Mass: Tuesdays to Thursdays 12:05 pm

Mass: Fridays 12:05 pm

Adoration until 3 pm
(Sign-up sheet, in the foyer)

Korean

Mass: Wednesdays 7:30 pm

Mass: Thursdays 10:30 am

Sacred Heart YouTube Channel

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



CHOOSING TO LISTEN

by Jean Allen

*"See my eyes, I can hardly see.
See me stand, I can hardly walk.
I believe you can make me whole.
See my tongue I can hardly talk.*

*See my skin, I'm a mass of blood. See my legs I can hardly stand.
I believe you can make me well. See my purse, I'm a poor poor man."*

(Jesus Christ Superstar, Sir Andrew Lloyd Webber)

Jesus told the leper not to go broadcasting his healing to the world, a command the leper completely ignored. Consequently, Jesus couldn't move freely in the towns and had to set up camp out in the country. Since he could heal people whether he was in the populated areas or out in the countryside, obviously Jesus's primary purpose was not healing. It was teaching. It was hard to teach when there were multitudes beseeching him for healing.

Healing naturally flowed out of Jesus's loving compassion and mercy and when the leper said "If you choose...", Jesus immediately said, "I do choose!" But while he had compassion on the sick, Jesus did not want his ministry to be simply about long lineups of people only wanting to be touched. He wanted to teach people about the real nature of God and he wanted to free people from the unbearable burden of the laws that had been laid on their shoulders. That was his main mission before his ultimate mission of the cross.

Jesus still chooses to heal but the critical question is, "Do we choose to listen?" Do we go to him when we have needs but fail to seek him to hear what he wants to teach us about himself, about God and about ourselves as we go about our day-to-day living? Are we aware that there is far more to Christ than what he can physically give us? If we don't sit at his feet to hear the Word meant personally for us, we simply become part of the clamoring crowd looking for an answered prayer but not being concerned about the desires of the one we are clamoring to.

He is here for you. Are you here for him?

World Day of the Sick.

Sunday, 11 February 2024

Read Pope Francis' message here:

<https://www.vatican.va/content/francesco/en/messages/sick/documents/20240110-giornata-malato.html>

ASH
Wednesday

14 February

Mass at 12:05 pm & 6:00 pm



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

MASS : 7:00 pm.





Please pray for:

Those who have died

*Jane Holatko, Pedrito Kalaw, Mary-Lou & Frank Konrath,
Crestiano & Antonio Pimentel, Judd Talavera,
Anna Vuong, Priscilla Yulo*

Those who are ill

*Skarlet, Thérèse A, Jon A, Catalina Bautista, Maritza C, Patricia C,
Darrell C, Cora C, Ludwik D, Lesley D, Kathleen G, Richard G,
Aoife Hoffman, Pedrito K, Derek L, Lisa L,
Michele R, Mike R and Maria T.*



Eternal Rest Grant Unto Franciszka Simic (5th February 2024)

***Funeral Mass, 1:30 pm, Tuesday, 13 February
O Lord, and let Perpetual Light Shine Upon them.
May their souls rest in peace. Amen.***

Mark your calendar and save the dates!



Join

Fr. David Reilander
*President of Catholic Missions in Canada
for a*

Lenten Retreat

***Sacred Heart Parish, 7 pm, March 25 to 27
Reconciliation Service, 6 pm, Wednesday, 27 March.***



Options to Donate

E-Transfer:

The email to use is 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!

Feb 3 & Feb 4, 2024

Envelopes \$ 2,044.15

Cash \$ 558.00

Total \$ 2,602.15

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

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.**

Our Lenten Journey

The rich symbolism and meaning in the Church's Liturgical Cycle assists us in our salvation journey. Ash Wednesday, this coming Wednesday, February 14, begins Lent: the season of fasting and prayer, 46 days before Easter Sunday.

The practice of Ash Wednesday comes from the ancient Jewish tradition of penance and fasting that includes placing ashes on the head to symbolize the dust from which God made us, and grief, which in this case, is grief that we have sinned and caused our division from God. So the reminder, when the priest says on Ash Wednesday: "Remember that you are dust, and to dust you shall return." or: "Repent and believe in the Gospel."

The ashes are made from blessed palm branches, taken from the previous year's Palm Sunday Mass: creating a link in the Liturgical Year by using the symbol of the triumphant entry of Jesus into Jerusalem that begins Holy Week, with the ashes distributed on Ash Wednesday the following Season of Lent. This reminds us that life is transient, and we are on a pilgrim journey to eternity. This also reinforces that each gesture, symbol, and prayer in Sacred Liturgy through each Liturgical Calendar, is filled with purpose to focus our hearts and minds on God through our daily life each year.



The Ordo 2023-2024 (CCCB 2023, p 65) reminds us that the liturgies of Lent focuses on two themes: Baptism and Penance (reconciliation and conversion). Lent invites us, through prayer, penance, and reconciliation, to prepare ourselves for the renewal of our Baptismal promises at Easter. All in anticipation of the highest point in the Church's calendar; the three-day memorial celebration: the Sacred Paschal Triduum, or the Easter Triduum that begins on Maundy Thursday (March 28) and ends with the Easter Vigil on Saturday (March 31).

To create the contrast on our journey to the light of Easter, the "Gloria" and "Alleluia" are not sung during Lent; flowers are absent from the Altar and its surroundings; and silence is observed to contemplate on Christ's Redemptive Sacrifice for us. This makes the proclamation and celebration of our Lord's Resurrection all the more glorious and triumphant at Easter. As St. Paul said: "If Christ has not been raised, your faith is futile and you are still in your sins." (1 Corinthians 15:17)

*Fr. Ian thanks you for joining him
to celebrate the Blessing of the Candles* (Presentation of the Lord, Friday, 2nd February),



and St. Blaise, Blessing of the Throat
(Saturday, 3rd February)



Join us for the next Pancake Breakfast

hosted by the Knights of Columbus

Sunday, February 18, after the 9am Mass

Donations to help cover the costs will be gratefully accepted.



Next Cor Meeting

7:30 pm, Tuesday, 13 February, 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 "St. Thomas Aquinas - Scholar and Saint". See you there!



Horizons of Hope

April 1, 8, 15, 22

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

When it comes to a loved one nearing death what are our Catholic options?

Horizons of Hope helps us and loved ones face the end of life by teaching us about palliative care. Through four modules, we explore the dying process; discernment and decision-making; accompaniment along the journey to the end of life; and the need for compassionate communities to walk with us as we near the end of life. The sessions will be led by Dr Felipe Edora and Angela Spencer. Please stay tuned for more information.



From the Diocese

Syro Malabar Holy Mass

St. Joseph the Worker Parish

Fr. Shijo Ottaplackal George

Saturdays: 7:00 pm

Sundays: 12:00 pm

Ash Monday Mass

February 12: 7:30 pm



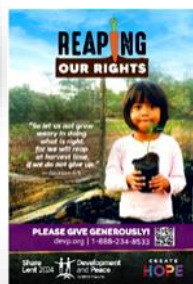
LENTEN MISSIONS

**Feb 19 to 21, St. Mary's Church,
Ladysmith**

Fr. Doug MacDonald

Feb 26 to 28, St. Andrew's Cathedral
Fr. Mark Cherry

**Mar 1 to 3, Holy Family Notre Dame,
Port Alberni**
Fr. Mark Cherry



SHARE LENT 2024

Canada's Development and Peace - Caritas' *Create Hope: Reaping our Rights* campaign calls you to stand with small-scale farmers and peasant communities who feed the world while caring for the Earth. Do this by:

1. Donate online at devp.org/give or during Solidarity Sunday, March 17, the 5th Sunday of Lent. Your generosity helps support over 73 projects in 36 countries around the world!
2. Learning more by reading the Mini-magazine and other resources available at devp.org/lent/resources.
3. Meeting solidarity visitors and participating in the campaign launch webinar on February 17 at 1:30 p.m. ET.

For more information, contact Stan Dzbik at stan.dzbik@telus.net



Catholic Women's League Friendship Lunch

Members and friends are invited to the Friendship Lunch on February 17th to celebrate Chinese New Year with Chinese Food. Cost: \$30 per person.

To register, please contact Denise Owen by February 11th:
deniseowen@shaw.ca or 250-580-0066

CWL Bursary in Honour of Freda Smith Deadline: March 31

This \$750 Bursary is awarded to a Catholic student graduating from a secondary school or home schooling program in the Diocese. For more information, and for the application form, please visit <https://cwlodv.org/bursaries>

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, 10 February, 4 pm

Altar Servers : Daisy, Mariah, Sarah, Rachel
Lectors : Belle PdT, Sigrune F
EMCs : Raul R
Ushers : Denise O, Heidi, Karla C
Music : Arlene S, Rafael O

Sunday, 11 February, 9 am

Altar Servers : Pio, Elias, Mara, Michael
Lectors : Connie H, Gail-Golden F
EMCs : Gail F, Cong N
Ushers : Lucia DD, Linh DD
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](https://www.rcdvictoria.org/Responsible-Ministry)
or call 1-800-968-3146

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

Sacred Heart Contacts

Pastor: Fr. Jan Grotkowski, SDS
jgrotkowski@rcdvictoria.org

Korean: Fr. Robert Ryu
youngjinryu0758@gmail.com

Polish: Fr. Jan Grotkowski, SDS
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Vietnamese: Fr. Michael Tran
michaeltran@rcdvictoria.org

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

Parish Administrative Assistant
Katherine Newton:
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Lidia Moodie:
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Parish Liturgy Coordinator
Rafael Oei:
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RMSE Coordinator
Sindhu Merwin:
sacredheartrmse@gmail.com

PARISH MINISTRIES & GROUPS



Please contact the
Parish Office:
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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SACRED HEART CATHOLIC CHURCH

Victoria BC, 2024