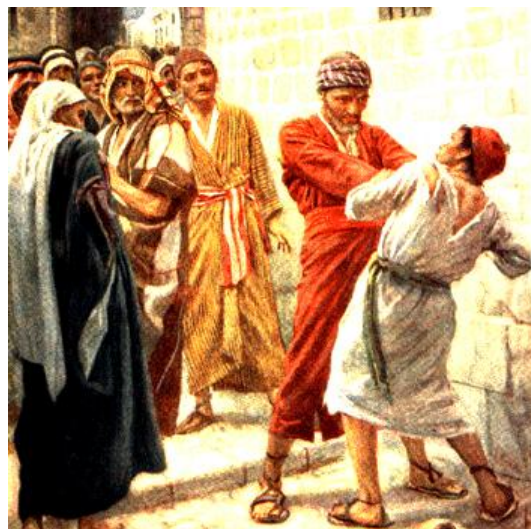




Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1
250-479-1611 | sacredheart@rcdvictoria.org | sacredheartvictoria.com

*** 24th Sunday in Ordinary Time | 13 September 2026 ***



The Release of Forgiveness

by Jean Allen

We have all read this text about the slave that was forgiven a huge debt by his master but then went out and demanded repayment from those who owed money to him and refused to forgive them their debts and thought, "What a terrible person!" But it doesn't occur to us that every single one of us has refused to forgive someone who offended us, even though God has lavished his forgiveness on

us. We think we have a right to be offended. We think that forgiveness is a weakness, that our rights will be abused and that if we forgive, we are just giving that person permission to be a jerk. We chew on the wrongs done to us and we struggle with the stress these ruminations create. Every time we remember what the person did, our brains think it's happening again in the present moment and we are filled again with anguish, pain and anger.

Which brings us to the disturbing conclusion of this week's Gospel where Jesus said that if we don't forgive, God will hand us over to be tortured. Is this the compassionate God that Jesus teaches and preaches about?

The thing is, when we won't forgive someone, we have already excluded ourselves from the Kingdom and, from the above description of what happens to us when we refuse to forgive, we can see that we keep ourselves in a place of inner torture. God is not full of wrath like the master in Jesus's parable. He does not take us and throw us into a place of torture. We put ourselves there by refusing to leave the arena of violence of unforgiveness. Yes, unforgiveness is violence and the Kingdom of God is a Kingdom of peace, mercy and forgiveness. We exclude ourselves and we torture ourselves. There are lots of individuals who live their whole lives in a tortuous existence simply because they refuse to forgive. Some cultures even see unforgiveness as a virtue and holding onto offenses as a strength.

The torture is real and the torturers are us.

LITURGICAL YEAR A

Saturday:

English Mass (anticipated Mass) 4:00 pm

Sunday:

English Mass 9:00 am
Syro-Malabar 11:00 am
Korean 3:00 pm
Vietnamese (Please contact the Parish Office) 5:30 pm

Weekday Masses English Masses

Tuesday (Our Lady of Sorrows) 11:00 am
Wednesday (St. Cornelius & St. Cyprian) 11:00 am
Thursday 11:00 am
Friday Exposition after Mass 11:00 am
Benediction 1:30 pm

First Fridays of the month Exposition 5:30 pm
Benediction 6:15 pm
Holy Mass 6:30 pm

Korean Masses

Wednesday 7:30 pm
Thursday 10:00 am

Syro-Malabar Mass

Thursday (Every 3rd Thurs of the month) 7:00 pm

RECONCILIATION

Tuesday to Friday 10:30 am
Saturday 3:15 am
Sunday 8:15 am

Parish Office Hours

Tuesdays to Fridays, 9:30 am to 3:00 pm

Closed on Sundays, Mondays, and Saturdays

If you would like to register or volunteer for a ministry, please send an email to sacredheart@rcdvictoria.org

For Baptism, Marriage, Funerals, and Anointing of the Sick

Please contact:
E. sacredheart@rcdvictoria.org
P. 250-479-1611

Sacred Heart Parish Website >



Mid-Autumn Festival

5:30 p.m. Saturday, September 19
Parish Hall

You are invited to celebrate the Mid-Autumn Festival as a parish with the whole family.

Enjoy Lantern-Making, delicious food, treats, games, prizes and raffles. Fun and fellowship for the family! Celebrate and bond as a parish!

All funds raised will go toward the Church Roof Project.



Enjoy a delicious

Welcome Back
Pancake
Breakfast



Hosted by the Knights of Columbus after the 9 am Mass, this Sunday, 13 September in the Parish Hall.

All proceeds will go toward the Sacred Heart Parish Building Fund. See you there!



Nepal Flooding Relief Efforts



Development and Peace
CARITAS CANADA

Development & Peace - Caritas Canada

The flash flood that devastated the Nepal-Tibet border, has taken the lives of thousands: leaving thousands more missing.

To donate:

<https://devp.org/en/nepal-floods-necessitate-a-deluge-of-solidarity/>
or call 1-888-234-8533

Please Pray For

Those who have died:

Mary Awor, Kris Balanda, Titong Pongos,
Manuel Madrid, Souls in Purgatory, and Bernadette Roxas.

Those who are ill:

Irene Anna, Jon A, Jacobus B, Cora C, Theresa H,
John Knapik, Joe & Sherry O, Alexandra Picard,
Walt Ryan, Davide R, and Dan W.



Society of St. Vincent de Paul

The challenge in today's Gospel is to forget how others have behaved toward us and to look to God's way of loving and forgiving. Our focus must be on God. Is there a neighbour or friend of yours who is in temporary need because of a loss of a job or an illness?

To join the Society, please contact Georgina: mgvshort@telus.net or call 250-727-2615

For assistance, please call our Social Concern Office: 250-727-0007 ext 1.

To donate online, specify "Sacred Heart Parish"
https://give-can.keela.co/ssvp_donation_form

Make cheques to: "Society of St. Vincent de Paul".



Catholic Women's League at Sacred Heart

The CWL is holding its next meeting
10 a.m. to 12 p.m. on Saturday, September 19
in the Pope John Hall.

All ladies are invited to attend!

Options to Donate

E-Transfer:

The email to use is sacredheart@rcdvictoria.org

Pre-Authorized Debit (PAD)

Automatic Debit Form:

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

The PAD form is also available from the Parish Office.

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

Canada Helps

Donations through Canada Helps.

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

This is the new QR code for donations: also on display around the church for your convenience.

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!

September 5 & 6, 2026

Envelopes \$ 1,997.00

Cash \$ 635.00

Total \$ 2,632.00

Building Fund \$ 100.00

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



Our Lady of Sorrows September 15

The Feast of Our Lady of Sorrows commemorates the profound union of heart that existed between the Mother of the Redeemer and the Saviour, through which she experienced many interior sorrows as a consequence of His Mission, but particularly during His Passion and Death.

From the early days of Jesus' life, Mary suffered through these maternal pains and anxieties. With Simeon's prophecy, Mary knew that a sword would pierce her own soul. Soon thereafter, the Holy Family was forced to flee to Egypt in order to save Jesus from King Herod (Matthew 2:13-23). The Blessed Mother and St. Joseph also suffered the pain of Jesus remaining behind in the Temple for three days. Her Son entering His Mission with the opposition of so many, as recounted in the Gospels, must have been a tremendous sorrow for her. All of this culminated at the Cross. The title "Our Lady of Sorrows," therefore, honours the trials that the Mother of the "Suffering Servant" (Isaiah 52:13-53:12) faced, and, therefore, this feast follows immediately after the Exaltation of the Holy Cross.

Like all feast days, this feast gives glory to God for the salvific work that He accomplished through one of His instruments; in this case, His greatest: Mary. For Mary herself, her earthly maternal union of heart and soul with Her Son, in which she experienced both joys and sorrows, is now perfectly consummated in Heaven. However, her maternal love and union extend to us still here on Earth! As the Mother of Christ, she is also the Mother of the Mystical Christ, the Church, and of we, the members of Her Son as individuals (see Revelation 12:17).

St. Louis de Montfort said, "If you put all the love of all the mothers into one heart, it still would not equal the love of the heart of Mary for her children." This means that she suffers for us as well, and we can turn to her as we would turn to our biological mothers, in both joys and sorrows.

[Online accessed: 8 September 2026: <https://ewtnmission.com/seasonsandfeastdays/ourladyofsorrows/>]

St. Cornelius and St. Cyprian September 16

In the third century, the emperor Decius decided that all who would not give up their Christian faith should be killed. The pope, Fabian, was martyred along with many others. But there were apostates, Christians who did give up their faith. Emperor Decius thought that without a pope, the Church would die, so he prevented the election of another bishop of Rome. However, a council of priests secretly carried on the work while the emperor was away at war, and Cornelius was elected pope.

Cornelius found himself in the midst of problems. A priest named Novatian, who became an antipope, and his followers believed that apostates could not be accepted back into the Church even if they had repented. Cornelius called a council of bishops together to settle the dispute. The council reaffirmed Cornelius's position as pope and condemned Novatian's view. After two years as pope, Cornelius was arrested under the emperor's rule and sentenced to banishment. He died in exile in 253.

At the time, Cyprian, the bishop of Carthage in North Africa, was a friend and supporter of Cornelius. Cyprian was born in Carthage about 210, the son of pagan parents. Cyprian lived a virtuous life after being converted to Christianity as an adult. He was made a priest and then a bishop. As bishop of Carthage for nearly 10 years,



Cyprian had only one year of peace. After that, the persecutions under Decius began, as well as disagreements over what to do with apostates. Like Cornelius, Cyprian had to deal with Novatian. New persecutions broke out under Emperor Valerian. Cyprian was arrested and tried for being a Christian. When he was read his death sentence, he exclaimed "Blessed be God!" He was martyred in 258.

Cornelius and Cyprian encouraged each other to lead virtuous, self-sacrificing, and loving lives for God. There is no greater gift one friend can offer to another. Let us think of ways to help our friends grow closer to God.

Saint Cornelius

Patron Saint of cattle and domestic animals and is invoked against earaches, epilepsy, fevers, and twitching.

Saint Cyprian

Patron Saint of Algeria and North Africa.

[Online accessed: 8 September 2026: <https://www.loyolapress.com/catholic-resources/saints/saints-stories-for-all-ages/saints-cornelius-and-cyprian/>]



Consider being an **Altar Server!** Or be a **Proclaimer, Usher,** or join the Sunday Choir. Be an **Extraordinary Minister of Holy Communion** or join the **Pastoral Outreach Homebound Ministry.** We will be happy to hear from you.

Please contact the Parish Office at 250-479-1611 or sacredheart@rcdvictoria.org

Planning for Tomorrow: Catholic Legacy Giving

Support our parish into the future! When you name Sacred Heart Catholic Church in your Will, life insurance policy, or retirement accounts as a beneficiary, you leave a lasting legacy of faith. If you already have a will, a simple legal amendment (a codicil) is often all it takes to include your parish. Please consult with your notary or lawyer to ensure your wishes are carried out accurately.

A bequest in your Will helps to ensure that future generations can continue to encounter Christ here in our parish. Thank you.

Thank you, Peter Liem (Maintenance Committee)
for installing our new Entrance Mass Schedule Board.



From the Diocese

Fr. Alfie's Table



Check out Fr. Alfie's newest episode of **Fr. Alfie's Table** with Special Guest, our Chancellor, **Teresa Kellendonk!**

The Chancellor's Apple Pie

<https://youtu.be/OpG6AMgpmnc>

Rosary Walk

10:30 am, Saturday, October 3
Mile 0 at Beacon Hill Park

Join the Legion of Mary (St. Andrew's Cathedral) for a Rosary Walk, then enjoy a potluck at St. Andrew's Cathedral. For more information, contact Faye Baligod at faye_baligod@hotmail.com

New Zoom Marriage Preparation Course Schedule 2026-2027

October 2 & 3, 2026: Fri, 7-10pm PT and Sat, 9am-4pm PT

January 8 & 9, 2027: Fri, 7-10pm PT and Sat, 9am-4pm PT

April 9 & 10, 2027: Fri, 7-10pm PT and Sat, 9am-4pm PT

Couples must attend both Friday and Saturday sessions in order to receive a certificate of completion.

Registration is now open for the October 2/3, 2026 course.

For details or to register please check our website:

<https://www.rcdvictoria.org/marriage-prep>



Voices in Motion™

An intergenerational choir for adults with memory loss, their caregivers, friends and students.

No previous singing or choir experience required!

Wednesdays from September 16, 2:15 pm:
Sacred Heart Church

Fridays from September 18, 10:30 am:
UVic Multi-Faith Centre

Register at voicesinmotionchoirs.org or the QR code.

All Are Welcome



BELOVED CATHOLIC WOMEN'S RETREAT 2026

Mysterium: Behold the Lamb of God

November 13-15, 2026, Camp Homewood, Quadra Island

Registration opens Saturday, September 12 at 9:00 a.m.

For more information - <https://belovedvi.com> or ph.:250-731-0567

Society of Saint Vincent de Paul Vancouver Island Hearts for Homes Gala

6 pm, October 3, Union Club of Victoria
805 Gordon Street, Victoria, BC

Tickets, \$200 each - <https://www.hibid.ca/events/heart-for-homes>

An evening of compassion and community in support of affordable housing on Vancouver Island. Enjoy a three-course dinner, musical entertainment, guest speakers, and silent and live auctions.

PASTORAL CARE TRAINING SESSIONS

9:30 am to 12 pm | Sep 26 to Nov 28
(No session, Oct 10)

Nine online sessions, via Zoom, on Saturday mornings. You will receive a Certificate of Completion if all sessions are attended.

Please register by Thursday, September 17.

For further information, please email moiraking@shaw.ca



Development and Peace
CARITAS CANADA

FALL WORKSHOP

Animator: Raphael Freston, Vancouver

Saturday, September 19, 9:30 am - 1:30 pm

Queen of Peace Church Hall, 849 Old Esquimalt Road

Development & Peace-Caritas Canada is the official international development organization of the Catholic Church in Canada and a democratic movement for global solidarity rooted in Catholic Social Teaching. Please bring a brown bag lunch. For more information please call Nancy Stuart 250-580-4444.

All Are Welcome!

Pastor, Fr. Shijo George

sgeorge@rcdvictoria.org

Korean, Fr. Marco Park

dkpark@rcdvictoria.org

Syro-Malabar, Fr. Shijo George

pastorstantonymissionvictoria@gmail.com

Vietnamese, Fr. Michael Tran

michaeltran@rcdvictoria.org

Hospital Chaplain, Fr. Sean Flynn

250-889-3761

Parish Administrative Assistant

Katherine Newton: sacredheart@rcdvictoria.org

Parish Liturgy Coordinator

Rafael Oei: sacredheart@rcdvictoria.org

RMSE Coordinator

Sindhu Merwin

Religious Education/Sacramental Preparation

sacredheartreled@rcdvictoria.org

PARISH PASTORAL COUNCIL 2026 / 2027

Edgar Tan Jr. (Chair)

Margaret Sasges

Lorraine Van Dyk

Rey Hermoso

Rick Perez de Tagle

Peter Martin

Merwin Thengil

Richard Byeon

(Korean Representative)

Sonny Huynh

(Vietnamese Representative)

Jithin James

(Syro-Malabar Representative)

PARISH MINISTRIES & GROUPS



Parish Office: sacredheart@rcdvictoria.org

LITURGICAL MINISTRIES & POSITIONS

Parish Liturgy Coordinator

Altar Servers

Extraordinary Ministers

Floral Ministry

Proclaimers

Music Director

Pastoral Care Ministry

Ushers

Video Streamers

Sacristan

Rafael Oei

Karla Montano

Marilyn Turner,

Mae Tan

Karla Montano

Stan Dzbik

Rafael Oei

Lynda Tan

Lynda Tan

Miriam Podmoroff

Peter Liem

Sylvain Leclerc

PARISH GROUPS

Christian Meditation

C.W.L.

Prayer Line

Knights of Columbus

Led By The Spirit Group

Moms & Tots

Funeral Receptions

Social Justice/D & P

St. Vincent de Paul

Margie Noonan

Miriam Podmoroff

Dr. Felipe Edora

David MacIntyre

Genevieve Vuksic

Marilyn Turner

Stan Dzbik

Georgina Short

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 or call 1-800-968-3146

To report sexual abuse or cover-up by a Catholic Bishop, visit BishopReportingSystem.ca or call 1-866-892-3737

These businesses support our Parish through their advertising, please support them!



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Victoria BC, 2026

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The leading source of home care service and Respite care around Vancouver Island. Our care team has gained satisfactory training, reliable and compassionate.
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