



Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1
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* 2nd Sunday of Lent | 25th February 2024 *

Mountain Metanoia

by Jean Allen



On the Mount of Transfiguration, Peter, James and John had a conversion experience. Up until that event they had upended their lives to follow Jesus and believed that he was the Messiah. They spoke with him, listened to his teachings and witnessed miracles of healing and deliverance but up on the mountain their perceptions were shifted and their minds were changed based on

new information – in other words, they experienced metanoia.

From where we stand, we know that they didn't receive complete understanding of who Jesus was. They had no idea that Jesus would be crucified and rise from the dead and they spent their journey down the mountain trying to get their heads around what rising from the dead meant. They weren't successful because they still had more conversions and more metanoia to experience. But the experience of seeing Jesus with Moses and Elijah and hearing God's voice in the cloud took them from one level of knowing Jesus to a whole different way of perceiving him. Another piece of the puzzle was put in place.

We can never say, "Been there. Done that. Don't need to go any further." We will never have a complete picture until we go Home and any images and understandings we have of Jesus and the spiritual life will always be incomplete. There are more mountains to climb with Jesus and more moments of revelation where more scales fall from our eyes. But we can choose to stay where we are with the way things have always been for us; God does not force metanoia upon us.

Where were the rest of the disciples in the Transfiguration story? Did they decline to climb the mountain? Were they too tired? Did they love Jesus a lot but weren't looking for anything more or different than what was already happening so said, "Nah. You guys can go. We'll wait down here. Anyway, he probably just wants to pray like he always does. Same old, same old." Whatever their reasons for staying at the bottom, they missed metanoia. They missed a crucial shift.

Just like we will if we decline the climb.

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 **(3 Mar, 17 Mar)** 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>

Join us for our

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

3:00 pm – Divine Mercy Special Mass (English)

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.



Thank you for supporting the
Knights of Columbus'
Pancake Breakfast
last Sunday





Please pray for:

Those who have died

Joe and Jose DeLima, Betty Guterres,
Harriet McDonald, Irene Remedios,
Sara Remedios, Catharina Thong, and Monica Wheaton.

Those who are ill

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,
Mike R and Maria T.



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 sign-up.**

The Sign-Up Sheet is in the church foyer.

2023 TAX RECEIPTS

Thank you for generously supporting the parish in 2023.

We thank everyone who requested
for their Tax Receipts to be emailed.

TAX RECEIPTS are now ready for pickup from the foyer:
arranged in alphabetical order according to surnames.

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 17 & Feb 18, 2024

Envelopes \$ 1,577.00

Cash \$ 367.10

Total \$ 1,944.10

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

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

Society of St. Vincent de Paul



Lent is a call not just to “give up something” but more important to “give something for the poor.” Wherever you live in the parish, there are poor families within walking distance of your home. When in need, they ring the rectory bell. They are, in effect, ringing your doorbell. Your almsgiving to St. Vincent de Paul will help the poor to celebrate the grace of God’s love this Easter.

Have you considered answering the call to serve the poor by joining the Society of St. Vincent de Paul? If you are interested, please email Georgina: 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/>

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.



Examination of Conscience

The Commandments and the Precepts of the Church

1. Have God and sanctity in Christ been my goal?
2. Have I avoided the profane use of God's name?
3. Have I honoured Sunday with Mass and recreation?
4. Have I shown Christ-like respect to all?
5. Have I cared for the health and safety of myself and all?
6. Have I been chaste in thought and word?
7. Have I stolen? If so, am I ready to repay it?
8. Have I spoken ill of anyone? Have I been truthful?
9. Have I permitted sexual thoughts about anyone?
10. Have I desired what belongs to other people?
11. Have I been faithful to Sacramental living?
12. Have I helped my parish grow holier and stronger?
13. Have I abstained and fasted on obligatory days?
14. Have I been mindful of the poor?

+++

Reflecting on the Seven Capital Sins.

1. **Pride:** am I self-centered?
2. **Greed:** are money and things my real goals in life?
3. **Lust:** am I pure in act, speech, and thinking?
4. **Anger:** do I control my temper and tongue?
5. **Gluttony:** do I control my appetites and addictions?
6. **Envy:** am I jealous of what others have or are?
7. **Laziness:** am I lazy? Am I apathetic?

FORMED

You can now access FORMED through the parish. Create a new account by logging into www.formed.org/signup

Scroll and search for "Sacred Heart Catholic Church, 4040 Nelthorpe Street, V8X 2A1", then create a new account to access its wonderful programs. Enjoy while learning more about our faith.



Sorrowful Mystery Meditation

One Mystery at a Time

2.30pm Lenten Fridays

with Belle Pérez de Tagle

This is based on the revelations of the Blessed Virgin Mary to Ven. María de Ágreda.

Meditating on one mystery at a time, participate and receive the graces attached to contemplating these mysteries and get a glimpse of the tremendous and mysterious power of Mary, Queen of Angels and Mediatrix of all graces.

Meditate and think about the things of God; to kindle and ignite our love for Him and our Mother.

Knights of Columbus 2024 Lenten Retreat 2 March, 10 am to 3 pm



The Knights of Columbus Sacred Heart Council invites you to its 2024 *Lenten Retreat* on Saturday, March 2nd, from 10 am to 3 pm at Sacred Heart Parish Church. The theme is "Witnesses to Christ's Execution".

Join us for reflection, the Stations of the Cross, and a light lunch.

This Retreat is free and open to all Knights and spouses, and Sacred Heart parishioners.

All are welcome.



SHARE LENT 2024 Stand for the land

A few weeks ago, parishioners across Canada signed a letter to the Honduran ambassador to Canada asking her government to protect those defending the forests and rivers in a Honduran national park against pollution from a mine. Over 20,000 Canadians signed it in solidarity with the struggling communities of Guapinol and the San Pedro sector. Join the effort and add weight to our demands. Thank you for your solidarity! Visit devp.org/membership.



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.

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

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 starting on March 2, 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

40 DAYS FOR LIFE

14 February to 24 March

Every year more than 10,000 unborn babies are killed in the womb in BC, and over 100,000 in Canada. Join 40 Days for Life at Helmcken Road Overpass, sidewalk in front Park & Ride, from 7 am to 7 pm daily. To join, please call or text Glenda at 250-661-2613

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, 24 February, 4 pm

Altar Servers : Daisy, Mariah, Gabby,
Sarah, Rachel
Lectors : Sigrune F, Belle PdT
EMCs : Ruby R
Ushers : Miriam P
Music : Arlene S, Rafael O

Sunday, 25 February, 9 am

Altar Servers : Daisy, Pio, Elias Mara
Lectors : Kathy W, Helen M
EMCs : Ken N, Rose N
Ushers : Angie Z, Lynda T
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
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

Sacred Heart Contacts

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

Korean: Fr. Robert Ryu
youngjinryu0758@gmail.com

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

Vietnamese: Fr. Michael Tran
michaeltran@rcdvictoria.org

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

Parish Administrative Assistant
Katherine Newton:
sacredheart@rcdvictoria.org

Children's Religious Ed.
Coordinator
Lidia Moodie:
sacredheartreled@rcdvictoria.org

Parish Liturgy Coordinator
Rafael Oei:
sacredheart@rcdvictoria.org

RMSE Coordinator
Sindhu Merwin:
sacredheartmse@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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CONSULTING MANAGER

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SACRED HEART CATHOLIC CHURCH

Victoria BC, 2024