



# 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 in Ordinary Time | 29 January 2023 \**

## Weekday Masses

### PLEASE NOTE

There will be **NO 7 pm Mass** on Friday, Jan 27, & Feb 10, and from Feb 13 to 16.

There is **no Korean Mass** on weekdays and Sundays from Jan 25 to Feb 23, 2023

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**Mondays to Fridays at 7 pm**  
Bp. Gary Gordon

**Wednesdays at 8 pm**  
Korean Mass (Fr. Robert Ryu)

**Thursdays at 10:30 am**  
Korean Mass (Fr. Robert Ryu)



## The Parish Office is closed for renovations

from Mon, 30 Jan to Mon, 6 Feb

The Parish Office will resume regular hours from 9:30 am, on Tues, 7 Feb

Heartfelt thanks to the generosity, talents, and time of

Ken Nguyen - Victoria Cabinets, painters, Peter and Isme Liem and End of the Roll, for making the renovations in Pope John Hall possible.

## LITURGICAL YEAR A WEEKENDS

**Saturday** 4:00 pm  
**Sunday (live streamed)** 9:00 am  
**Korean** (no Mass until Feb 26)  
**Polish (Feb 4)** 10:00 am  
(Please call the Parish Office)  
**Syro-Malabar (Feb 18)** 12:30 pm  
(Please call the Parish Office)  
**Vietnamese** (TBD)  
(Please call the Parish Office)

## RECONCILIATION

**Saturday** (only before a Mass) 3:00 pm

## Sacred Heart YouTube Channel

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

*"From the staggering account, of the Sermon on the Mount, which I don't pretend to understand at all."*

## Meek Revision

By Jean Allen

Trust Leonard Cohen to sing what most people are thinking but don't want to say. The Sermon on the Mount, which we often receive in its entirety in one reading, is a pretty complex chunk of theology and one which we often just uncomfortably set to the side as a set of qualities only a saint could understand and attain to.

So, let's look at just one of the Beatitudes, because it's better to try to attain to one than to ignore the whole lot. "Blessed are the meek, for they will inherit the earth." I'm guessing a lot of people don't like the word 'meek' as it has come to mean someone with no backbone at all, someone kind of mousy and easily ignored. The Greek word for meek is 'praus' and a better translation of praus is 'gentle'. A similar apt term would be 'non-violent'. Another place where 'praus' is used is "Take my yoke upon you for I am gentle (praus) and humble of heart."

Gentleness is not such a lofty goal. O.k., sometimes it is, especially when you're feeling reactively angry and gentle is the last thing you want to be. But I think most people would agree that gentleness in someone is an admirable trait. We trust the gentle souls we meet. We feel safe in their presence. If praus means non-violent, we know that we will not be exposed to aggression and abrasive conflict when we are with a gentle person. What if all Christians in the world seriously tried to harness the power of gentleness in all their interactions with others? Wow! What an inheritance that would be!

And I suspect that if we all become adept at gentleness, the other beatitudes will flow naturally from that one quality. After all, it was the one beatitude Christ claimed for himself in inviting us to wear his yoke.

**Gentleness. It's the new meek.**





### **Please pray for:**

***Those who have died***  
*Olga Navarro Garcia and Robert.*

***Those who are ill***  
*MaryLee Alexander, Barbara A, Cora C,  
Roma De Paoli, Richard G,  
Derek L, Barbara M, Bruno R, and Barbara W.*



### **Collection of Palms**

As the Liturgical Year continues, it's time once again to collect palms to be burned for Ash Wednesday, 22<sup>nd</sup> February. Please bring in your palms and leave them in the container in the church foyer.

Deadline: Sunday, 12<sup>th</sup> February 2023.



### **Donation Envelopes**

**Please use ONLY  
the new 2023 envelopes.  
Many numbers have been  
re-assigned.**

**Please remember to write  
your name and address  
on all your Donation Envelopes.  
This will help the office staff greatly.**

Please inform the Parish Office if you have moved, have a new postal address, a new email address, or new phone numbers.

If you do not have Donation Envelopes and would like to have a box, or if you wish to discontinue using the Donation Envelopes, please inform the Parish Office. Thank you.

### **Contributions**

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

If you are PAD user, please remember to complete your name and address on the Special Collection envelopes, if you would like to receive a tax receipt.

Information & links are also available on our website.

#### **Options To Donate**

##### **E-Transfer**

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

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

##### **Canada Helps Online through Canada Helps**

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!**

#### **January 21 and 22, 2023**

**Envelopes \$1,381.00**

**Cash \$407.05**

**Total \$1,788.05**

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

### **Please take a Vocations Prayer Card home**

**(from the foyer table)  
to pray for more vocations!**

### **Prayer for Vocations**



Eternal God;

Bless Your Church with holy and faithful priests, deacons, brothers, and sisters.

Give those You have called to the married state, and those You have chosen to live as single persons in the world, the special graces that their lives require.

Form us all in the likeness of Your Son so that in Him, with Him, and through Him, we may love You more deeply, and serve You more faithfully, always and everywhere.

With Mary, we ask this through Christ our Lord.

Amen.



### **CWL Membership Drive 2023**

**After Masses on Jan 28/29 and Feb 4/5.**

**Ask us about the CWL. Become a member.**

Next event: Friendship Luncheon  
February 11, 11 am to 2 pm in the Parish Hall.

Bring a friend, and meet the members.

Contact Miriam: 250-888-8797 for more information.



### **During Lent:**

**Save the Day & Time**

**Journey with the Lord through the  
WAY OF THE CROSS**

**Every Friday during Lent, at 6 p.m.**

### **CHRISTIAN MEDITATION**

Are you interested to learn about meditation?

Our Meditation Group meets on Thursdays  
1 pm - 2 pm.

**We welcome newcomers.**

Benedictine monk, Fr. John Main (1926-1982), rediscovered this ancient prayer tradition for contemporary men and women. Meditation is also known as contemplative prayer. Each session includes a recorded talk on meditation and 20 to 30 minutes of silence.

For more information, contact Margie Noonan: 250-589-6313 or [margielnoonan@gmail.com](mailto:margielnoonan@gmail.com)

To learn more, visit the website [www.wccm-canada.ca](http://www.wccm-canada.ca) or the World Community website [www.wccm.org](http://www.wccm.org)



### **4th Ordinary Sunday Reflection**

*"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven..."*

*Do not be discouraged by jeers when considering being a priest, deacon, sister or brother. Please contact:*

*Fr. David Hogman: [dhogman@rcdvictoria.org](mailto:dhogman@rcdvictoria.org)*

*Fr. Harrison Ayre: [hayre@rcdvictoria.org](mailto:hayre@rcdvictoria.org)*

**A Six-Week  
Adult Faith Formation  
Program at Sacred Heart**

# NO GREATER LOVE

A BIBLICAL WALK THROUGH  
CHRIST'S PASSION



**February 21 and 28  
March 7, 14, 21 and 28  
Tuesdays : 7 p.m. to 9 p.m.  
Sacred Heart Parish Hall  
or via Zoom**

The Zoom link will be emailed  
after registration and payment

**Participants will need to purchase  
a workbook for \$20.**

**For more information, and to register,  
please contact Catherine Minvielle  
cmaminvielle@gmail.com**

**Includes a video presentation by Dr. Edward  
Sri, fellowship, and discussions.**

**The Workbook may be picked up from the  
Parish Office, Tuesdays to Fridays during  
office hours, or on the first night of the course.  
Cash or cheque accepted. Please make the  
cheques payable to "Sacred Heart Parish".**



## From the Diocese

### OPEN HOUSE

**St Patrick's Elementary School** will  
host an Open House on Thurs, Feb 9, from  
10 am to 2 pm, & 5 to 7 pm. Families are  
invited to explore all that St. Patrick's has to  
offer their students to learn and grow.



For more information, please call 250-592-6713.

### 2023 Share Lent Workshop

Sat. 28 Jan, 9:30am to 2pm



### Development and Peace

CARITAS CANADA

St. Patrick's Parish Hall, 2060 Haultain St. D&P animator,  
Jeremy Laurie, will be presenting the Share Lent campaign,  
and time for local parish planning. Morning coffee and  
muffins will be served. Please bring a brown bag lunch, and  
a friend.

For more information, please call 250-477-6952.

### CATHOLIC SCHOOLS WEEK 29 January to 4 February 2023



**Seeking Truth,  
Healing, and  
Reconciliation**

Explore the opportunities offered by  
Island Catholic Schools!

Children in Catholic schools learn  
in an atmosphere where faith,  
learning and life are integrated.  
This environment encourages  
children to become deeply caring  
individuals.

Watch out for Island Catholic  
School Open Houses in your  
neighbourhood.

### CALLED & GIFTED WORKSHOP

**Saturday, February 4, 2023, 9 am to 3:30 pm  
Holy Cross Parish**

This workshop with Sherry Weddell and Katherine Coolidge  
is an opportunity to discover God's call for your life. Topics  
include: The Call of the Laity; Catholic Spiritual Gifts  
Inventory Explained; Role of the Holy Spirit; Charisms  
Discernment Process; and Role of Charisms in Parish,  
Community and World. Please register at

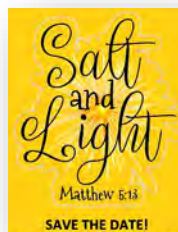
- Holy Cross Parish, office@holycrossvictoria.org;
- St. Patrick's Parish, stpat190@telus.net.

### CAMP HOMEWOOD

**February 3 to 5, 2023**

For Grades 7 to 12

Please register on Eventbrite and complete  
the Youth or Adult / Chaperone Registration  
and consent forms. Complete details are in  
the registration package available from the  
Parish Office.



### Anti-Sex Trafficking Workshop "THE EYE DOES NOT SEE WHAT THE MIND DOES NOT KNOW"

The fastest growing crime in Canada is sex trafficking! Keep  
our children/youth safe. It begins with Awareness, Education  
and Action. Sex trafficking is modern slavery and is quickly  
being normalized! Respect Life Ministry and St. Andrew's  
Cathedral Parish Council is offering an Anti-Sex Trafficking  
Workshop, on Saturday, February 18, 10:30 am to 3:30 pm in  
Seghers' Hall, St. Andrew's Cathedral. Refreshments and a  
light lunch will be provided.

To register, contact: standrewscathedral@gmail.com  
or 250-388-5571

For more information, please contact Annette Turgeon at  
tcrcmi1@telus.net



### Report Sexual Abuse

*For all Responsible Ministry and  
Safe Environment information and forms*  
<https://www.rcdvictoria.org/responsible-ministry>



## PARISH MINISTRIES

Please contact the Parish Office:  
sacredheart@rcdvictoria.org

Altar Servers	Karla Montano
Christian Meditation	Margie Noonan
C.W.L. / PrayerLine Ministry	Miriam Podmoroff
Extraordinary Ministers	Gilbert & Chay Santos
Finance Chairperson	Marilyn Turner
Knights of Columbus	Rick Perez de Tagle
Led By The Spirit Group	David MacIntyre
Moms & Tots	Chantal Cote
Music Director	Rafael Oei
Parish Liturgy Coordinator	Rafael Oei
Pastoral Care Ministry	Lynda Tan
Phone-tree Ministry	Elizabeth Olcen
Proclaimers	Stan Dzibik
Funeral Receptions	Elizabeth Olcen
Responsible Ministry	TBA
Social Justice/D & P	Stan Dzibik
St. Vincent de Paul	Georgina Short
Ushers	Marisa Tinsay / Isme Liem
Video Streamers	Peter Liem

## PASTORS

**Executive Committee**  
(Designated Acting Pastor of Sacred Heart Parish)  
*Marilyn Bojko, Marilyn Turner, & Stan Dzibik*  
*Sacred Heart Executive Committee*  
email: sacredheartexec@gmail.com

**Korean Pastor: Fr. Robert Ryu**  
youngjinryu0758@gmail.com

**Syro-Malabar Pastor: Fr. Sajy Chakkittamuriyil**  
frsajy@gmail.com

**Vietnamese Pastor: Fr. Michael Tran**  
michaeltran@rcdvictoria.org

## PARISH PASTORAL COUNCIL 2020 / 2023

Marilyn Bojko (Chairperson)	Vincenza Cameron
Stan Dzibik	Jeff Kucharski
Catherine Minvielle	Oscar Perez de Tagle
Michele Ricard	Cyrille Santos

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

**Parish Administrative Assistant**  
**Katherine Newton: sacredheart@rcdvictoria.org**

**Children's Religious Ed. Coordinator**  
**Lidia Moodie: religiouised@sacredheartvictoria.com**



## Tung Nguyen Watchmaker

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CONSULTING MANAGER

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