



Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1
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*** 4th Sunday in Ordinary Time | 1 February 2026 ***



Living,
Celebrating, &
PROCLAIMING
OUR FAITH

CATHOLIC SCHOOLS WEEK February 1 to 7



Kingdom Culture by Jean Allen

What we are called to do is to absolutely be counter-culture – but in a way that is completely non-violent. That is the part that trips us up every time because our egos thrive on violent reaction.

Man, does it feel good to get really angry about something. It makes us feel like we're exercising some sort of control. Being angrily against something feels righteous and good; but the problem is, Jesus explicitly did not, and does not, ask us to try to control the values and actions of others, whether they are of society as a whole or family members. He asks us to be meek, poor in spirit, merciful, and pure in heart.

Hungering and thirsting for righteousness means thirsting for one's own righteousness, not the righteousness of everybody else around you. Don't point out the splinter in another's eye because you've definitely got a log blocking your own. Could you be called a peacemaker – or someone who reacts with heat if someone else crosses a perceived boundary?

Please realize that the Beatitudes are a beautiful description of the nature of the Holy Trinity. The Trinity calls us to nothing less than who they are themselves: meek, humble, merciful, and so pure of heart that no anger and violence can find a home in them. They cannot be found making anything other than peace. If we can't experience their peace, it's because we are allowing our egos to dictate how we react. It's not that we are ever pushed out of the Kingdom of God...

...it's simply that we have chosen to live in the smaller, cramped and more self-centered kingdom of 'Me'.

Ah... the impossible Beatitudes. They are so counter-culture in every age that, historically and up to this day, Christians have had a very difficult time incorporating them into their faith lives in a way that makes the rest of the world sit up and take notice. Yet, they are absolutely crucial to growth in the Spirit.

LITURGICAL YEAR A

Saturday:

English Mass (Anticipated Sunday Mass) 4:00 pm

Sunday:

English Mass 9:00 am
Syro-Malabar Rite 11:00 am
Korean 3:00 pm
Vietnamese (February 1 and 22) 5:30 pm

Weekday Masses

English Masses

Monday (Presentation of the Lord) 6:30 pm
Tuesday 11:00 am
Wednesday 11:00 am
Thursday (St. Agatha) 11:00 am
Friday (St. Paul Miki & Companions) 11:00 am
After Mass, Exposition with Benediction at 1:30 pm

Korean Masses

Wednesday (Resumes on Thursday) No Mass
Thursday February 12, at 10 am No Mass

RECONCILIATION

Tuesday to Friday 10:30 am to 10:50 am
Saturday 3:00 pm to 3:45 pm
Sunday 8:15 am to 8:45 am

Parish Office Hours

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

Closed on Mondays, Saturdays, and Sundays

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 >



Vietnamese Lunar New Year Fun Fair Celebration!



**Sunday,
February 15
5:30 pm to 9 pm
In the Parish Hall
All are welcome**

Feast of the Presentation of the Lord

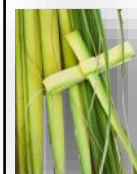


**6:30 pm Mass,
Monday, February 2**

Bring your candles
to blessed, clearly labelled
with your name,
and leave them
on the table
BEFORE MASS.



Collection of Palms



Please bring your
old palms and
leave them in the
container in the
church foyer, to be
burned for use on
Ash Wednesday,
February 18.

**Deadline: Next Sunday,
February 8.**

Please Pray For

Those who have died:

Tony da Silva, Alice, Joe Snr & Joe Jnr De Lima, Cecilia DeLima, Manuel DeLima, Maria DeLima, Teresa Delima, Betty Guterres, Gloria Lyons, Hannah Murray, Marcel Nolin, Manuel Oliveira, Jose Olivia, Sixto Pongos, Heather Williamson, Rosalina Viveiros.

Those who are ill:

Irene Anna, Dan, Jade, Jon A, Kris B, Jacobus B, Irene C, Patricia C, Cora C, Maureen Dietrich, Lesley D, Kathleen G, Derek L, Lisa L, Kevin L, Ed O, Fiona M, Davide R, Willy S, Gaspar S, Valerie S, Cathy T, & Ornella T.



Society of St. Vincent de Paul

In the Gospel today Jesus gives us the Beatitudes, which embody a radically alternative vision of life and we find that God indeed calls us to blessedness.

Your gift to the Society of St. Vincent de Paul proclaims the gospel of the kingdom and brings healing to the broken hearts of those who live in poverty. 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".



**2025 Annual
Bishop's Appeal
Love & Unity**

**Thank you for
contributing to
the Bishop's
Appeal.**

**Our Parish Goal: \$45,500.00
Final Tally: \$49,634.00
Number of Gifts: 150 / 109.09%**

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!

January 24 & January 25, 2026

Envelopes \$ 1,261.00

Cash \$ 402.00

Total \$ 1,663.00

Building Fund: \$ 2,520.00

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

Blessing of the Candles

February 2



**"Let us celebrate the feast
(of the Presentation)
in a solemn way,
illuminating the mystery
of the day with lights."**

-St. Cyril of Alexandria

The *Feast of the Presentation of the Lord* commemorates the Blessed Mother's obedience to the Jewish law of presenting herself for purification 40 days after the birth of a male child.

St. Joseph offered the redemption of the firstborn male according to the law of Moses. Together, they were in the Temple (Luke 2:22-38) at the same time as the old priest, Simeon, and prophetess, Anna as well. Upon seeing Our Lord in Mary's arms, Simeon recited the canticle that has become known as the *Nunc Dimittis*. "Now Thou dismiss Thy servant, O Lord... because my eyes have seen Thy salvation... a light of revelation to the Gentiles..."

The oldest written account of the *Feast of the Presentation of Our Lord* was from the fourth century, by a Spanish Nun, Egeria, who kept a diary of her pilgrimage to the Holy Land. At that early date, the Feast was simply called *The Fortieth Day After the Nativity*. Later it was called *The Encounter of Our Lord* (Gr. Hypapante; O. SI. Stritenije), referring to the encounter of St. Simeon with Jesus in the Temple; the theme of the oldest homily on the Feast, ascribed to Hesychius of Jerusalem (d. after 450). The term "Presentation" was eventually adapted since Jesus was presented to God in the Temple on that day (Lk. 2, 22). Elsewhere, the Feast was called *The Candles*, since on that day the solemn blessing of candles was prescribed.

The Mass for the day speaks of light, and candles used in the home are blessed. The blessing of candles represents Christ, whose birth illuminates a darkened world. The custom of blessing candles on the Feast of the Presentation began in the 17th century, to fill the "needs of the people" (1 Prayer of the Blessing). Recorded in The Chronicle of St. Theophanes, Emperor Justinian I issued an order in 541 A.D. on the Feast of the Presentation for a candle-light procession to implore Divine Protection against pestilence and earthquakes that plagued the city. The Church's blessing of the candles includes the bees, wax and the faithful. "This liquid comes from the labour of bees (symbol of purity) to the perfection of wax, and then goes on to bless the faithful."

St. Epiphanius (d. 403) in his letter to the monk John of Jerusalem, mentioned that passing through the country around Anablatha, he noticed a building with a "lamp burning." He later learned that the building was a "Christian Church" with a vigil-light illuminating the presence of the Lord. Today, the presence of a burning vigil-light still indicates the Real Presence of Our Lord in the Holy Eucharist in the Tabernacle, and on the Altar.



Donations Envelopes for our Building Fund

are in the church foyer.

This collection is to address the leaks that have appeared in our church roof, with the intention to replace the church roof. Cash or cheques are accepted. Please make cheques out to "Sacred Heart Church".



Please join us for a Pancake Breakfast

hosted by the Knights of Columbus
Sunday, 15 February, after the 9 a.m. Mass
Donations at the door will be greatly appreciated.





St. Agatha February 5

St. Agatha, also known as Agatha of Sicily, is one of the most highly venerated virgin martyrs of the Catholic Church. She was born around 231 in either Catania or Palermo, Sicily to a rich, noble family.

Agatha dedicated her life to God and was a consecrated virgin. That did not stop men from desiring and making unwanted advances toward her. One of the men was Quintianus, whose

persistent proposals were consistently spurned by Agatha. Knowing she was a Christian, Quintianus, during the persecution of Decius, had her arrested and brought before the judge. He was the Judge.

He expected her to give in to his demands when faced with torture and possible death, but she reaffirmed her belief in God. To force her to change her mind, Quintianus imprisoned her in a brothel. Agatha never lost her confidence in God. Quintianus heard of her calm strength and ordered she be sent to prison. Agatha continued to proclaim Jesus as her Saviour. Quintianus then ordered her to be tortured: stretched on a rack; torn with iron hooks; burned with torches; whipped; and commanded that her breasts be cut off.

Back in prison with no food or medical attention, the Lord gave her the care she needed. Agatha had a vision of St. Peter, who comforted her and healed her wounds. After four days, Quintianus ignored the miraculous cure of her wounds, had her stripped and rolled over hot coals mixed with sharp shards. Finally, she was sent to the stake, but as soon as the fire was lit, an earthquake occurred, causing the people to insist she be released. Agatha is believed to have died in prison around the year 251.

St. Agatha is the patron saint of Sicily, bellfounders, breast cancer patients, Palermo, rape victims, and wet nurses. She is also a powerful intercessor when people suffer from fires.

[Online accessed 26 Jan 2026:
<https://www.britannica.com/biography/Saint-Agatha>]



St. Paul Miki & Companions February 6

Paul Miki, a Japanese Jesuit, and his twenty-five companions were martyred in Nagasaki, Japan; the first martyrs of Japan and East Asia to be canonized. Paul Miki was born into a wealthy Japanese family and educated by the Jesuits. He joined the Society of Jesus and was a well known preacher.

The ruler of Japan, Toyotomi Hideyoshi, began persecuting Catholics, fearing the Jesuits' influence, their intentions, and the intentions of the European visitors. Miki was arrested and jailed with his fellow Catholics. They were forced to march 966 kilometers from Kyoto to Nagasaki; all the while singing the *Te Deum*. While tied to crosses, Miki and his companions were pierced with lances on 5th February 1597. They were crucified simultaneously on a hill now known as the 'Holy Mountain' overlooking Nagasaki. Their executioners were astounded to see their joy at being associated with Christ's Passion. Among them were priests, brothers, Jesuits, Franciscans, members of the Secular Franciscan Order, catechists, doctors, artisans, servants, old men, and innocent children. While hanging on the cross Paul Miki preached to the people gathered for the execution.

Paul Miki and companions were beatified in 1627, and canonized in 1862. Now, Nagasaki has the largest Catholic population in Japan.



From the Diocese



Catholic Schools' Week February 1 to 7, 2026

'Living, Celebrating, and Proclaiming Our Faith.'

Each and every year, Catholic schools join together to share the message about the importance and value of Catholic education to the Church and society. There are five Catholic Schools in the Diocese (four elementary and one high school) in Port Alberni, Duncan, and Victoria.

On behalf of the Catholic schools in the Diocese, thank you for your ongoing support; through prayer, time, talent, or treasure. This week also marks the beginning of registrations for the 2026-2027 school year. We invite you and your family to consider registering your children in one of our Catholic schools. We remain grateful for your prayers as we live our faith through this dynamic ministry.

The Rite of Election

2 pm, Sun, Feb 22, St. Andrew's Cathedral

In this Liturgical Rite, catechumens are presented to the Bishop for permission to participate in Baptism, Confirmation, and the Eucharist at Easter. Candidates for full reception, sponsors, family, and friends are invited to attend.



Lenten Study, 2026: When Mass Was Young

Franciscan Friary, 1076 Joan Crescent

Tuesdays, Feb. 24 to Mar. 31, 12:30-1:45 pm

Registration is limited to twelve participants.

Please contact Kem Luther: kem.luther@gmail.com



Sr. Patricia Dickinson, SSA

Passed away, Wednesday, January 21, 2026 at the Royal Jubilee Hospital. Sr. Pat was 101 years old. To offer condolences:
www.sandsvictoria.ca.

Please keep Sr. Pat, her family, and the Sisters of St. Ann in your prayers. May perpetual light shine upon her. May she rest in peace.



Vocation Live-In Seminary of Christ the King, Mission, BC February 7 & 8

If you are contemplating a vocation, you are welcome for the weekend to help in your discernment. For more information:
604-826-8975 / rector.minors@sck.ca



Development
and Peace
CARITAS CANADA

SHARE LENT 2026 Workshops

The theme is "On Track for Justice". Raphael Freston, animator for B.C. and the Yukon, will lead the workshops. Please feel free to bring friends and spread the word.

Mid-Island Workshop: 10 am to 12:30 pm, Friday, Feb. 6,
Holy Trinity Parish (6224 Spartan Road, Nanaimo). Mass at 9 am, followed by coffee and tea for those attending the workshop.

South Island Workshop: 9:30 am to 12 pm, Saturday, Feb. 7
Sacred Heart Parish. A light lunch will follow.

Pastor, Fr. Shijo George

sgeorge@rcdvictoria.org

Korean, Fr. Marco Park

dkpark@rcdvictoria.org

Syro-Malabar, Fr. Shijo George

sgeorge@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

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Rafael Oei: sacredheart@rcdvictoria.org

RMSE Coordinator

Sindhu Merwin: sacredheartmse@gmail.com

Religious Education/Sacramental Preparation

sacredheartreled@rcdvictoria.org

PARISH PASTORAL COUNCIL 2025 / 2026

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Samantha Sherman

Jeremy Côté

Merwin Thengil

Margaret Sasges

Rick Perez de Tagle

Richard Byeon

(Korean Representative)

Sonny Huynh

(Vietnamese Representative)

Anjali Aniyan

(Syro-Malabar Representative)

PARISH MINISTRIES & GROUPS

Parish Office: sacredheart@rcdvictoria.org



LITURGICAL MINISTRIES & POSITIONS

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Altar Servers

Extraordinary Ministers

Floral Ministry

Lectors

Music Director

Pastoral Care Ministry

Ushers

Video Streamers

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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

Margot McLaughlin

Miriam Podmoroff

Stan Dzbik

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

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