



Sacred Heart Catholic Church

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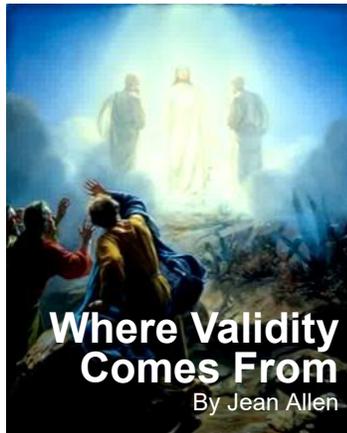
** 2nd Sunday of Lent | 1 March 2026 **

Last Sunday

The Vietnamese Community had the honour of Bishop Joseph P. Nguyen (Sixth Bishop of the Diocese of Kamloops) celebrate their Lunar New Year Mass with Fr. Michael Tran and Fr. Shijo George.



How would you feel if you had been present at the transfiguration and then, on the way down the mountain, Jesus ordered you to tell no one about the vision until he had been raised from the dead? Besides wondering what the heck he meant by 'raised from the dead', would you have felt disappointed and crestfallen? Up until he said that, were the disciples envisioning themselves telling the others of this amazing experience, thinking about how astounded and envious the others would be? Were they just a little excited thinking about how the others would be impressed that Jesus had chosen them in particular to witness it, perhaps seeing them as more elevated and more important?



Where Validity Comes From

By Jean Allen

Very natural thoughts like these take us back to Christ's temptations in desert. There was that one temptation to equate the spectacular with God's approbation and Jesus knew that equation could lead him and others down the false road of self-glory. Jesus's life was filled with the spectacular but Jesus did not need the miracles he performed to assure himself that God loved and approved of him. At his baptism he received all he needed to know who he was. "This is my Beloved Son in whom I am well pleased." He didn't need the spectacular to prove his value and worth.

On the Mount of Transfiguration, God spoke his approval again. "This is my son, the beloved; with him I am well pleased; listen to him!" Jesus listened to his Father and now the Father was telling the disciples that the key to knowing their own worth and value was listening to Jesus. That's where they would realize their utter validity; not through spectacle but through knowing they were loved no matter what. But they had to learn to really listen to Jesus, not just hear his words (which were often confusing to them), but to really listen to the love Jesus had for them.

It took Jesus rising from the dead and for the Spirit to anoint them before they really heard the love Jesus had for them.

A wee bit slow on the uptake but they finally got it.

LENTEN FAST AND ABSTINENCE

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

Abstinence is observed from age 14, and Fasting, from age 18 to 60.

Fridays of Lent are days of abstinence: no meat during meals. An act of charity or some form of penitential discipline may take the place of abstinence.

Fasting: one full meal is allowed. Two other meals to maintain strength, but should not add up to a full meal. No eating between meals and plain water is allowed at any time.

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

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 (Please contact the Parish Office) 5:30 pm

Weekday Masses English Masses

Tuesday 11:00 am

Wednesday 11:00 am

Thursday 11:00 am

Friday Exposition 5:30 pm

Benediction 6:15 pm

Stations of the Cross 6:30 pm

Mass 7:00 pm

Korean Masses

Wednesday 7:30 pm

Thursday 10:00 am

RECONCILIATION

Tuesday to Thursday 10:30 am to 10:50 am

Fridays during Lent 5:30 pm to 6:00 pm

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 >](http://SacredHeartParishWebsite.com)



Correction

We thank the team of Karla, the Cabida-Montano Family, Stella Lee, Ken Nguyen, and Eduardo Bautista

for the beautiful and meaningful

Lenten Altar Display



Please Pray For

Those who have died:

Phyllis Burton, Jim Cain, Daniel de Grammont,
Luigi Reda, Jocinea Bento dos Santos,
Sylvia Voelk, Anne Ward, and Robert Wilson.

Those who are ill:

Irene Anna, Dan, Jade, Jon A, Kris B, Jacobus B,
Patrick C, Irene C, Patricia C, Cora C, Lesley D,
Robert H, Derek L, Lisa L, Kevin L, Ed O,
Fiona M, Davide R, Valerie S, Cathy T, Ornella T.



Lenten Reconciliation Services

7:00 pm, Tuesday, March 17

St. Patrick's Parish

7:00 pm, Tuesday, March 24

St. Joseph the Worker Parish



Lenten Schedule

Saturday, March 28 | Passion (Palm) Sunday

4:00 pm – Anticipated Passion (Palm) Sunday Mass (English)

Sunday, March 29 | Passion (Palm) Sunday

9:00 am – English
11:00 pm – Syro-Malabar Rite
3:00 pm – Korean
5:30 pm – Vietnamese Mass

The Holy Triduum

Thursday, April 2 | Holy (Maundy) Thursday

7:00 pm – Mass (English / Korean Communities)
9:00 pm – Syro-Malabar Rite

Until Midnight: Altar of Repose (Parish Hall)

Friday, April 3 | Good Friday

9:00 am – Syro-Malabar Rite
2:30 pm – Stations of the Cross
3:00 pm – Good Friday Service (English)
6:30 pm – Korean Stations of the Cross
7:00 pm – Korean Good Friday Service



Saturday, April 4 | Holy Saturday

7:00 pm – Easter Vigil (English)
9:30 pm – Easter Vigil (Korean)
11:59 pm – Syro-Malabar Rite

Easter Sunday

Sunday, April 5

9:00 am – English Mass
5:30 pm – Vietnamese Mass



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?

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.



Eternal Rest Grant Unto



Luigi Reda (25 February 2026)

Funeral Mass 1 pm, Thursday, March 5
and

Robert Wilson (19 February 2026)

Funeral Mass 10 am, Friday, March 27

O Lord, and let Perpetual Light Shine Upon them.
May their souls rest in peace. Amen.



Building Fund Donations

Cash or cheques are accepted. Please make cheques out to "Sacred Heart Church".

Donations for flowers for Easter are also being accepted.
Thank you.

2025 TAX RECEIPTS

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

Please help the parish save on postage costs by picking your Tax Receipt as soon as you can.

Thank you for generously supporting the parish in 2025.

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!

February 21 & February 22, 2026

Envelopes \$ 2,870.00

Cash \$ 367.30

Total \$ 3,237.30

Building Fund: \$ 4,940.00

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



Society of St. Vincent de Paul

In the Gospel Jesus is transfigured and a heavenly voice said: "This is my beloved Son with whom I am well pleased: Listen to him." Do we listen to Jesus when he asks us to care of our suffering brothers and sisters?

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".



Development and Peace-Caritas Canada's work in a nutshell

Since 1967, Development and Peace-Caritas Canada has supported partner-led projects rooted in Catholic Social Teaching, reaching over 7 million people in more than 30 countries.

Join this work of justice and solidarity by watching and sharing this video at: www.youtube.com/watch?v=wuUo_Pwgkcl

Stations of the Cross

Fridays, February 20 to March 27

NO 11:00 am Mass on Fridays during Lent

- Exposition : 5:30 pm
- Confessions : 5:30 pm to 6:00 pm
- Benediction : 6:15 pm
- Stations of the Cross : 6:30 pm
- MASS : 7:00 pm**



KAIROS Blanket Exercise

9:30 am to 12 pm, Saturday, March 7
Sacred Heart Parish Hall



In the spirit of Lent, Truth, and Reconciliation, the CWL of Sacred Heart will host a KAIROS Blanket Exercise in the Parish Hall.

Join us for this educational exercise guided by trained facilitators. For more information contact Margie Noonan at margielnoonan@gmail.com or 250-589-6313.



From the Diocese

Horizons of Hope

2:00 pm Thursdays in March, starting March 5

St. Francis Xavier Parish, Mill Bay will be presenting the Canadian Conference of Catholic Bishops' *Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care* on Thursdays in March.

For more information and to register, please email: sfx@rcdvictoria.org or call 250-743-1688



Wednesday, 18 February to Sunday, 29 March

7 am to 7 pm daily: Helmcken Road Overpass

The 40 Days for Life Spring 2026 Vigil will be from February 18 to March 29. Please come & Stand with Us to Pray and Fast for the Pre-Born Babies. Call or Text Glenda: 250-661-261

<https://www.40daysforlife.com/en/victoriabc>



Dying To Meet You: Preventing Euthanasia, Encouraging Hope

7 pm to 8:30 pm, Tuesday, March 3
St. Joseph the Worker Parish

Amanda Achtman is the Ethics Education & Cultural Engagement Lead for Canadian Physicians for Life and founder of Dying to Meet You. Amanda explores questions around death and dying through storytelling, beauty, and a deeply hopeful vision rooted in the dignity of the human person. This talk will equip you to engage in these conversations and experiences in your own life because this concerns all of us.

No charge. Coffee/tea 6:30 to 7:00 pm, after the 6 pm Mass.
All are warmly welcome to attend!

Journey Through Lent



The Canadian Conference of Catholic Bishops is hosting a series of videos for Lent titled *Journey Through Lent*. This series offers spiritual inspiration and guidance on how to prepare well for the Easter season.

Watch the series here:

<https://www.cccb.ca/evangelization-catechesis-catholic-education/video-resources/journey-through-lent/>

Bill C-218

The Permanent Council of the Canadian Conference of Catholic Bishops has issued a statement supporting Private Member's Bill C-218 to prevent persons whose sole medical condition is mental illness, from accessing euthanasia and physician-assisted suicide ("MAiD").

The full statement is here:

<https://www.cccb.ca/media-release/cccb-statement-on-bill-c-218-no-maid-for-mental-illness/>

The Sacrament of Marriage

The Diocese of Victoria is offering a two-day marriage preparation course on Zoom: April 17, 7 pm to 10 pm and April 18, 9 am to 4 pm. A Certificate of Completion will be issued upon completion of both sessions.

Please register by April 2.

<https://zoom-spring-2026-marriage-prep.eventbrite.ca>

The Soup Kitchen



The Soup Kitchen in the basement of St. Andrew's Cathedral need volunteers for **Tuesday, Thursday, or Friday morning** dine-in service teams; and for someone to pick up fresh eggs every Friday morning at Galey Morning Fresh Eggs at Blenkinsop Road in Saanich.

Lots of opportunities to help up front, serving diners or in the kitchen preparing sandwiches, treats or dish washing. Be a regular or just on-call when extra help is needed.

To learn more, please contact Volunteer Director, Marilyn Simmons: info@thesoupkitchen.ca

USED UNIFORMS NEEDED

St. Andrew's Regional High School will accept any "USED UNIFORM" donations for their sale in May. Any item for their new students will also be appreciated! Please drop off the donations in the marked bin by the main doors of the school.



HOSTING STUDENTS

The St. Andrew's International Student Program need host families for male students for the 2026/27 School Year starting September. Support a young person on their international high school journey/experience. Host families receive \$1,350 per month to cover costs.

Please contact Nina Timm at: homestay@cisdv.bc.ca / 403-771-2519

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

Parish Liturgy Coordinator

Rafael Oei: sacredheart@rcdvictoria.org

RMSE Coordinator

Sindhu Merwin: sacredheartmse@gmail.com

Religious Education/Sacramental Preparation

sacredheartreled@rcdvictoria.org

PARISH PASTORAL COUNCIL 2025 / 2026

Edgar Tan Jr. (Chair)
Mary Moreau
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

Parish Liturgy Coordinator

Rafael Oei

Altar Servers

Karla Montano

Extraordinary Ministers

Marilyn Turner,
Mae Tan

Floral Ministry

Karla Montano

Lectors

Stan Dzbik

Music Director

Rafael Oei

Pastoral Care Ministry

Lynda Tan

Ushers

Lynda Tan

Miriam Podmoroff

Video Streamers

Peter Liem

Sacristan

Sylvain Leclerc

PARISH GROUPS

Christian Meditation

Margie Noonan

C.W.L.

Belle Perez de Tagle

Prayer Line

Miriam Podmoroff

Knights of Columbus

Stan Dzbik

Led By The Spirit Group

David MacIntyre

Moms & Tots

Genevieve Vuksic

Funeral Receptions

Marilyn Turner

Social Justice/D & P

Stan Dzbik

St. Vincent de Paul

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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