

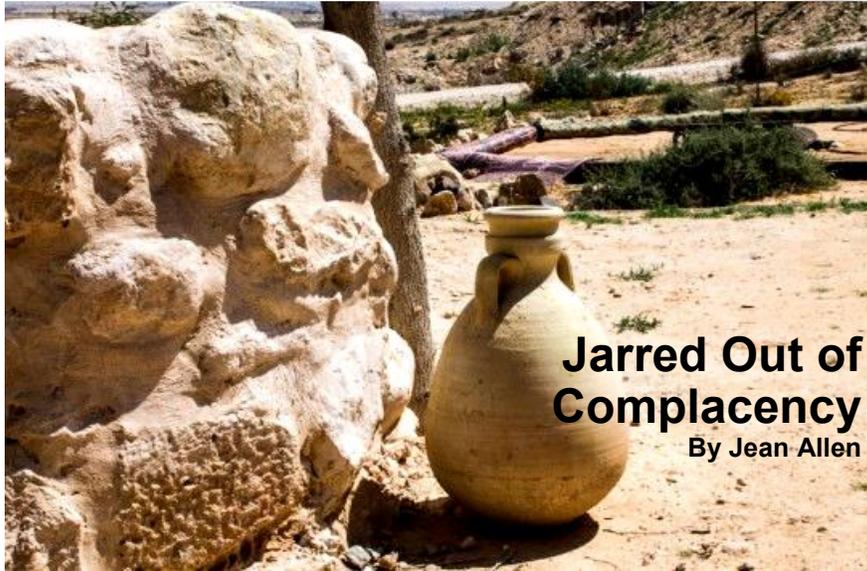


# Sacred Heart Catholic Church

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

*\* 3rd Sunday of Lent | 8 March 2026 \**

**Remember to adjust your clocks  
forward one hour this Sunday.**



## Jarred Out of Complacency

By Jean Allen

Something stood out to me in re-reading the very familiar story of the Samaritan woman at well. "Then the woman left her water jar and went back to the city." It's a sentence that has never stood out to me before but I think it may be an essential crux point.

In their conversation, the Samaritan woman was taking Jesus literally. She thought he was talking about ordinary well water that could magically be replenished, making it unnecessary to visit the well ever again. That was especially intriguing for her because, as a woman of loose morals, she had to visit the well at noon, the hottest part of the day, instead of drawing water in the early morning with the rest of the women, when she would have been shunned and castigated for her lifestyle.

And then, besides the intriguing claims Jesus was making about his living water, he was also drawing her into considering a spirituality that seemed wonderful but confusing. No definitive place where God could be found? Worshipping in spirit and in truth? What could that mean when they had been taught that truth was only situated in where God resided – either in a mountain or in Jerusalem? The clincher for her was that Jesus knew she had had five husbands and that she was living with a man who was not her husband. If nothing else made sense, that was real.

"She left her water jar..." In a life where her essential water had to be laboriously drawn up from a well by her in the heat of the day, she made a decision to take a leap of faith and left that symbol of her old life at the well. She had found something, someone, who promised a new and fulfilling life. "She left her water jar..."

What, in your life, could be the equivalent of the woman's water jar?



**The Knights of Columbus Sacred Heart Council  
invites all men to the next  
Knights of Columbus COR Meeting  
7:30 pm, Tuesday, March 10  
Pope John Hall, next to the Rectory**

**Topic: "Discover God Within You this Lent."**

All Knights, male parishioners, and friends are welcome to attend.

## 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](mailto:sacredheart@rcdvictoria.org)

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

Please contact:

E. [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

P. 250-479-1611

[Sacred Heart Parish Website >](#)



## LENTEN FAST AND ABSTINENCE

**Fasting, almsgiving, and prayer:**  
three disciplines of Lent.

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

**Fridays of Lent:** days of abstinence: no meat meals; or an act of charity or penitential discipline.

**Fasting:** one full meal is allowed. Two other meals, 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.



## Please Pray For

### Those who have died:

Kris Balanda, Jim Cain, Therese Garahan, Carolyn Ledohowski, Mary Brigid Loughran, and Robert Wilson .

### Those who are ill:

Irene Anna, Dan, Jade, Jon A, 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, and Ornella T.

## 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?



### 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](mailto: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 28 & March 1, 2026

Envelopes \$ 1,759.85

Cash \$ 436.00

**Total \$ 2,195.85**

**Building Fund: \$ 1,190.00**

### February 2026

E-transfers \$ 750.00

PAD \$ 5,940.00

Canada Helps \$ 1,407.95

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

## Lenten Reconciliation Services



Tuesday, March 10, 6:30 pm

St. Andrew's Cathedral

Tuesday, March 17, 7:00 pm

St. Patrick's Parish

Tuesday, March 24, 7:00 pm

Combined Sacred Heart & St. Joseph the Worker Parishes at St. Joseph the Worker Parish

## Holy Week 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

9:00 am – Syro-Malabar Rite

12:00 pm – Polish Food Basket Blessing

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



## 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?

## 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.



### Society of St. Vincent de Paul

In today's Gospel, Jesus says: "My food is to do the will of the one who sent me and to finish his work."

Through your almsgiving you are doing the will of the Father and finishing the work of Jesus. Be a "light" to those living in poverty and in a world of darkness.

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](https://give-can.keela.co/ssvp_donation_form)

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



## Women protecting the Earth

In Brazil, rural communities face pollution from mining, industrial agriculture and the Carajás railway.

With support from Development and Peace's partner Justiça nos Trilhos, local women formed the Seeds of the Earth association to defend their land, health and rights.

Learn more at [devp.org/lent](http://devp.org/lent).

## 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
<b>MASS</b>	<b>: 7:00 pm</b>



## From the Diocese

### Childcare at Our Lady of the Rosary!

Our Lady of the Rosary Parish in Langford invites all qualified early-learning and childcare operators to submit proposals for a long-term lease agreement to operate a licensed childcare facility on the parish property.

**The deadline for proposals is March 31 at 4:00 pm PST.**

For more information, please visit <https://www.rcdvictoria.org/employment>.

### Conversations in the Spirit

**Online, Saturday, March 21, 10:30 am to 11:45 am**

In this safe, respectful, and non-judgmental session, we will be exploring questions about how to bring the Good News to our communities. This will help Bishop Gary and the leadership discern and direct the future of our diocese.

To have your voice heard, please register by noon on March 20 at: <https://www.rcdvictoria.org/cits>

### Horizons of Hope

**2:00 pm Thursdays in March**

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](mailto:sfx@rcdvictoria.org) or call 250-743-1688

### Journey Through Lent

The Canadian Conference of Catholic Bishops' series of videos for Lent titled *Journey Through Lent* 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 CCCB 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](mailto: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](mailto:homestay@cisdv.bc.ca) / 403-771-2519

## Pastor, Fr. Shijo George

[sgeorge@rcdvictoria.org](mailto:sgeorge@rcdvictoria.org)

## Korean, Fr. Marco Park

[dkpark@rcdvictoria.org](mailto:dkpark@rcdvictoria.org)

## Syro-Malabar, Fr. Shijo George

[sgeorge@rcdvictoria.org](mailto:sgeorge@rcdvictoria.org)

## Vietnamese, Fr. Michael Tran

[michaeltran@rcdvictoria.org](mailto:michaeltran@rcdvictoria.org)

## Hospital Chaplain, Fr. Sean Flynn

250-889-3761

## Parish Administrative Assistant

Katherine Newton: [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

## Parish Liturgy Coordinator

Rafael Oei: [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

## RMSE Coordinator

Sindhu Merwin: [sacredheartmse@gmail.com](mailto:sacredheartmse@gmail.com)

## Religious Education/Sacramental Preparation

[sacredheartreled@rcdvictoria.org](mailto:sacredheartreled@rcdvictoria.org)

## PARISH PASTORAL COUNCIL 2025 / 2026

Edgar Tan Jr. (Chair)  
Mary Moreau  
Samantha Sherman

Jeremy Côté  
Merwin Thengil  
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](mailto:sacredheart@rcdvictoria.org)

## LITURGICAL MINISTRIES & POSITIONS

### Parish Liturgy Coordinator

Altar Servers  
Extraordinary Ministers

Floral Ministry  
Lectors  
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  
Belle Perez de Tagle  
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](http://RCDVictoria.org/Responsible-Ministry) or call 1-800-968-3146

To report sexual abuse or cover-up by a Catholic Bishop, visit [BishopReportingSystem.ca](http://BishopReportingSystem.ca) or call 1-866-892-3737

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