



Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1
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*** Laetare Sunday ~ 4th Sunday of Lent | 15 March 2026 ***

On One Condition

By Jean Allen



How often, either privately or publicly, do we set preconditions we have to fulfill in order for Jesus to intervene in our lives? Do we think we have to be morally upright, a devout believer and have all the right words and prayers in order that Jesus will touch us, physically, mentally, emotionally or spiritually?

In today's Gospel, Jesus heals a man blind from birth. He puts mud on the man's eyes and tells him to go wash at the pool of Siloam. When the man does so, his sight is restored. A pretty familiar story. But consider this: Jesus didn't wait for the man to ask him for healing. Jesus didn't ask the man if he believed in him before giving him his sight. Jesus didn't inquire into his moral habits. Jesus asked nothing of the man; he simply healed. Later on, after the Pharisees got into a big kerfuffle over the morality of someone healing on the Sabbath, Jesus found the man and asked if he believed in the Son of Man. This was not a precondition; it was a bonus. Jesus gave the man his sight and later offered the man a new vision of life and a new way of living. Jesus offered him metanoia.

The beauty of this familiar story is the truth it offers us about Jesus. We say we believe in Christ's unconditional love but then we put lie to that by setting self-imposed preconditions for his love to be manifested in our lives. We do that because we've lived with conditions all our lives. Our parents had conditions, our teachers made conditions and the world sets conditions for success and happiness. It's very, very difficult to believe in unconditional love. It's another counter-culture aspect of the Kingdom and it challenges us constantly. You see, if we have preconditions and are diligently adhering to those preconditions, it makes us feel in control.

How we love to be in control. The problem is, within our control one thing is lacking.

Jesus – and metanoia.

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

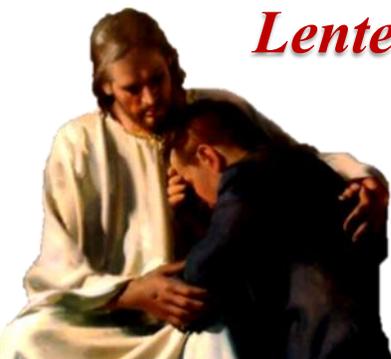


[Sacred Heart Parish Website >](http://SacredHeartParishWebsite.com)

Lenten Reconciliation Services

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



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



Please Pray For

Those who have died:

Kris Balanda, Jim Cain, Andrew Chong, Alice, Joe Snr & Joe Jnr De Lima, Therese Garahan, Carolyn Ledohowski, Mary Brigid Loughran, Sixto Pongos, Paolo Lorenzo Tan, Norman Webb, 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

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!

March 7 & 8, 2026

Envelopes \$ 1,782.00

Cash \$ 366.00

Total \$ 2,148.00

Building Fund: \$ 1,070.00

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



Eternal Rest Grant Unto

Norman Webb (6 March 2026)

Funeral Mass, 12 p.m., Thursday, 16 April 2026.

O Lord, and let Perpetual Light Shine Upon him. May his soul rest in peace. Amen.

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 am – 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 gives sight to the blind man. Through grace we are transformed from not seeing to seeing. Then Jesus sends us to help others see and to believe. Be a "light" to those living in poverty and in darkness by giving a donation to the Society of St. Vincent de Paul.

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".



On Track for Justice – from father to daughter

After 20 years of struggle, 312 families from Piquiá de Baixo, Brazil, were relocated to a safer community thanks to Development and Peace's partner Justiça nos Trilhos.

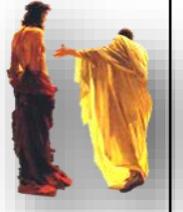
This new beginning has transformed the lives of 1,300 people.

Discover their story at 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
MASS	: 7:00 pm



From the Diocese

Chrism Mass

7:00 pm, Thursday, March 26
St. Andrew's Cathedral, View Street

All are invited to celebrate the Chrism Mass. Sacred Oils are blessed and given to representatives from each parish in the diocese. These will be presented in each church on Holy Thursday, and used during the coming year for Baptisms, Confirmations, and Anointings of the Sick.

Livestreamed: https://youtube.com/live/4CstVRsmU_A



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>

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>.



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>

Amanda Achtman's

"Dying to Meet You: A Tour of Hope"

is now concluded. Two tour events are available online:

March 4 Panel Discussion at St. Andrew's Cathedral: <https://www.youtu.be/iVikLLvefLo>

March 5 Presentation at St. Patrick's Victoria:

Part 1: <https://youtu.be/uwjtbP-U214>

Part 2: <https://youtu.be/DRYZ3k6XjBU>

Thank you to everyone who helped organize her visit, and to everyone who attended.



Journey Through Lent

This Canadian Conference of Catholic Bishops' series of videos 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/>



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

Bp Thomas J. Lobsinger, OMI Memorial Bursary

Applications accepted until Jun 30, 2026

Requests for application should be addressed to:

Jim Williams, State Bursary Chairman
2195 Neptune Road, North Saanich, BC, V8L 5J4

Or email: jimw.kofc@gmail.com

Terms: https://foundation.kofcbc.org/bursary/#elf_11_Lw



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) Jeremy Côté Margaret Sasges
Merwin Thengil Rick Perez de Tagle Samantha Sherman

Richard Byeon (Korean Representative)
Sonny Huynh (Vietnamese Representative)
Anjali Aniyani (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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