



Sacred Heart Catholic Church

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

** 1st Sunday of Lent | 22 February 2026 **

*Congratulations to
Fr. Shijo & the Syro-Malabar Community on their
10th Anniversary at Sacred Heart Parish!*



Kingdom Priorities By Jean Allen

Lent is traditionally a time to deny ourselves and curb our desires by giving up something pleasurable. However, Jesus's temptations in the desert direct us to problem areas that are far more subtle than chocolate or coffee or dessert.

Jesus refuses the temptation to turn stones into bread but

he does not refuse in order to simply deny himself the pleasure of eating. What he is denying is the temptation to manipulate outcomes. He states that he will trust God for provision. How often do we try to manipulate and control outcomes according to what we think we need or a situation needs? Do we get bossy and directive? Do we pray with a definite outcome in mind and become discouraged if our perceived outcome is not met and then blame others? Perhaps we're praying over stones rather than simply trusting.

Jesus refuses to throw himself off the temple so that angels will rescue him. Do we equate spectacle with validity? Do we look for amazing results that will show how vibrant our faith is? Do we equate success metrics, like numbers in attendance or money in the pot, with God's approval? If so, we need to climb down off the temple.

Jesus refuses the temptation to rule and dominate. "But think of all the good I could do in that position!" Again, do we equate power and authority with God's ultimate approval and support? Do we feel satisfied and important if we are put in a position of leadership and not so happy or worthwhile if we are asked to clean the toilets? If so, we need to remember that Jesus walked with the marginalized and excluded. If you were looking for him, that was where he could be found. Sometimes the powerful authorities would seek him out but he didn't seek them out.

Lent is a good time to look at rearranging our priorities and aligning them with Christ's. Satan tried to tempt Jesus with worldly temptations but the priorities of the Kingdom are far removed from the priorities of the secular world.

But so easy to slip into.

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. Catholics may substitute an act of charity in place of abstinence. Some form of penitential discipline must be undertaken.

When Fasting, one full meal is allowed. Two other meals to maintain strength may be taken, but should not add up to another full meal. Eating between meals is not permitted. Plain water is allowed at any time.

Please Note: when health or ability to work are seriously affected, the law does not oblige. When in doubt concerning 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)



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.





Please Pray For

Those who have died:

Phyllis Burton, Ernie Coulter, Daniel de Grammont, Sara Remedios, Sylvia Voelk, and Heather Williamson.

Those who are ill:

Carl, Irene Anna, Dan, Jade, Jon A, Kris B, Jacobus B, Irene C, Patricia C, Cora C, Maureen Dietrich, Lesley D, Kathleen G, Robert H, 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

Lent is a call to "give alms for the poor." Wherever you live in the parish, there are poor families within walking distance of your home. Is there a family who needs assistance? Please call the Society so that together we can help the suffering and poor.

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".



Lenten Reconciliation Service

7:00 pm, Tuesday, March 24
St. Joseph the Worker Parish



We thank

Karla, the Cabida-Montano Family, Stella Lee, Ken Nguyen, and Eduardo Bautista

for the beautiful and meaningful

Lenten Altar Decoration



Thank you for supporting the Knights of Columbus Pancake Breakfast last Sunday!



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 14 & February 15, 2026

Envelopes \$ 1,742.00

Cash \$ 430.05

Total \$ 2,172.05

Building Fund: \$ 280.00

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



This Lent, let's move forward On Track for Justice

"The Church, like a mother, accompanies those who are walking."
— Pope Leo XIV (Dilexi te, §75)

Development and Peace, Caritas Canada's 2026 Share Lent campaign, "On Track for Justice", has been launched! Together, walk hand in hand with communities in the Global South who are working for justice, peace and dignity.

Donate online at devp.org/give or the Solidarity Sunday collection on March 22, the Fifth Sunday of Lent. Your generosity supports over 59 projects in 34 countries around the world! Get the Mini-magazine and follow the Solidarity Calendar with your family. Discover all the resources at devp.org/lent/resources.

For more information, contact Stan Dzbik.

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.



CORPORAL WORKS OF MERCY

1. To feed the hungry (Matthew 25:35)
2. To give drink to the thirsty (Matthew 25:35)
3. To clothe the naked (Matthew 25:36)
4. To shelter the homeless (Matthew 25:35)
5. To visit the sick (Matthew 25:36)
6. To visit the imprisoned (Matthew 25:35)
7. To bury the dead (Matthew 25:40)



SPIRITUAL WORKS OF MERCY

1. To instruct the ignorant (Matthew 16:15)
2. To counsel the doubtful (John 14:27)
3. To admonish sinners (Luke 15:7)
4. To bear wrongs patiently (Luke 6:27-28)
5. To forgive offences willingly (Matthew 6:12)
6. To comfort the sorrowful (Matthew 11:28)
7. To pray for the living and the dead (John 17:24)

*Thank you for supporting the
Vietnamese Lunar New Year Fun Fair!*



The Lunar New Year Fair last Sunday was a fun, joyful, and vibrant celebration in our beloved Sacred Heart community, bringing together the Vietnamese, Korean, Syro-Malabar, and wider parish families in a beautiful spirit of unity, care and fellowship.

From the bottom of our hearts, thank you for your love, care, and generous support in making this event such a wonderful success. Your presence and participation made the celebration especially meaningful. We look forward to seeing you at our next gathering.

~ The Vietnamese Community of Sacred Heart Parish, Victoria

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



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!**



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



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/>



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

Katherene 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
Rick Perez de Tagle

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

Video Streamers

Miriam Podmoroff

Sacristan

Peter Liem
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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