



# Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1  
250-479-1611 | [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org) | [sacredheartvictoria.com](http://sacredheartvictoria.com)

**\* 5th Sunday of Lent | 22 March 2026 \***



## Take it to the Lord

By Jean Allen

*“When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved.”*

When we are sad and grieving, Jesus is not distant from our pain. In fact, he is deeply moved by our sorrows – all our sorrows. In this Gospel, Jesus knew that the outcome of his presence there was going to be stunning and that all would be well. But even in this knowledge, the heartfelt pain of those he encountered, especially of Martha and Mary, touched him in the core of his being and he travelled along with those there who were greatly disturbed in their own spirits. His empathy knew no bounds.

His empathy knows no bounds even today. Jesus does not abandon us in our grief as if grieving is a sign of lack of faith. He is not offended and he always comes to meet us with compassion. Compassion means ‘to suffer with’. We do not ponder the meaning of compassion often enough when it comes to the Lord. Subconsciously we tend to feel that every moment of grief and struggle is a test of our faith and, most often, we feel that we are failing that test. The Lord is not so removed from us as that perception would indicate. He knows life is hard. He knows what it feels like to be harrowed by grief. He lost his beloved father, Joseph. He lost John the Baptist who died brutally. He is no stranger to grief.

When we grieve for someone, whether it’s a spouse, a child, a friend or even a beloved pet, we must feel free and comfortable to bring the fullness of our grief to the Lord, knowing we will not be judged but will be held with compassion. As the old hymn says, “Oh what peace we often forfeit, oh what needless pain we bear, all because we do not carry, everything to God in prayer.”

What a friend!

## 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

### Reconciliation Service

Combined Sacred Heart & St. Joseph the Worker Parishes

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



## Chrism Mass

7 pm, Thursday, March 26

St. Andrew’s Cathedral, View Street

Sacred Oils are blessed and given to representatives from each parish in the diocese.

All are welcome!

Livestreamed  
[https://youtube.com/live/4CstVRsmU\\_A](https://youtube.com/live/4CstVRsmU_A)



**Welcome to our Catholic Family**  
**Skyler Dion Cabrera**  
Baptised, Wednesday, 18 March 2026

## BEWARE ANOTHER SCAM IS CIRCULATING

USING THE NAME OF FR. SHIJO GEORGE, or the bishop or priests.

Please ignore it. Discard it immediately!

Do not click on it, or its attachment(s), and do not reply. None of the clergy would send a private email to you to request for money, gift cards, run an errand, or anything of the sort.



## 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, Andrew and Mary Chong, Alice, Joe Snr & Joe Jnr De Lima, Brian Noonan, Sixto Pongos, Luigi & Joe Reda, 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.*



## **Solidarity Sunday**

This Lent, please give generously  
This Solidarity Sunday, please give generously to Development and Peace - Caritas Canada's On Track for Justice campaign. You support vulnerable communities worldwide and strengthen sustainable alternatives to mining and industrial agriculture. Donate at your parish or at [devp.org/give](http://devp.org/give).  
Thank you for your solidarity!



## **Society of St. Vincent de Paul**

The Gospel today, challenges us to see and believe the signs of grace in our lives: joy, peace, forgiveness, mercy and kindness. Through your gifts, the Society is able to assist many children and families, by providing food, and assistance for utility and rent bills, etc. Thank You!

To join the Society, please contact Georgina: [mgvshort@telus.net](mailto: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".



## **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!**

### **March 14 & 15, 2026**

Envelopes \$ 1,727.15

Cash \$ 343.00

**Total \$ 2,070.15**

**Building Fund: \$ 495.00**

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



## **Covering the images & statues from the Fifth Sunday of Lent**

From the General Instruction of the Roman Missal, and the Ordo:

*"In the Dioceses of Canada, the practice of covering crosses and images throughout the church from this Sunday onward may be observed. Crosses remain covered until the end of the celebration of the Lord's*

*Passion on Good Friday. They are uncovered at the beginning of the Easter Vigil."*

The last two weeks in the season of Lent are called "Passiontide", beginning on the Fifth Sunday of Lent. This is when parishes around Canada have the crucifix, and other statues and images in the church veiled with a purple cloth.

The veiled images and statues alert us to the special time we are in: producing a sense of anticipation for Easter. In some places, the images and statues are removed from the church and not simply veiled. Neither the Stations of the Cross nor stained glass windows are ever veiled.

The covering of the images help us to focus our attention on the words said during Mass. As we listen to the Readings and Passion narrative, we focus on the striking words in the Gospel and truly participate in the Lord's Passion. Also, by not singing the "Alleluia" during Lent, it reflects being away from our true Home, where angels sing Alleluia without ceasing.

The veiling of images alerts us to prepare for the Sacred Triduum: the three-day celebration of Holy Thursday, Good Friday, and Easter Vigil as one long liturgical celebration. Hence at the end of Mass on Holy Thursday, we sing the *Pange Lingua* in procession to the Altar of Repose (for the Agony in the Garden), linking to the Good Friday Service and the crucifixion of our Lord. Good Friday ends with the congregation leaving in silence, in reverence after our Lord has been laid in the tomb. The Triduum continues on Holy Saturday with its triumphant conclusion during the Easter Vigil with the new Paschal Candle being blessed and lit. The fulfilment of God's Covenant in Jesus is proclaimed in the seven Scripture Readings tracing God's saving hand over the Israelites and the Messianic prophecies.

The first unveiling occurs on Good Friday, when the cross with the figure of the crucified Christ is revealed for the Veneration of the Cross. This is also the big reveal that is echoed when the curtain of the Temple was torn in two to reveal the Holy of Holies: the once hidden Sacred Sanctuary of God in the Temple of an unnamed God is now opened for all, and God's presence is revealed in the person of Jesus Christ.

When the images are unveiled before Easter Vigil, we are reminded that we, in a sense, live in a veiled world. Through our death, and Christ's Resurrection, the veil is lifted and we see our true home.

In the Middle Ages, the images of crosses and saints were covered from the start of Lent. The rule of limiting this veiling to Passiontide came later and is not mentioned until the publication of the Bishops' Ceremonial of the 17th century. The veiling of images derived from a custom in Germany from the ninth century: extending a large cloth before the altar from the beginning of Lent. This cloth called "Hungertuch" (hunger cloth) hid the altar entirely and was removed during the reading of the Passion at the words "the veil of the temple was rent in two", reflecting the veiling of the altar or "Holy of Holies" to be shielded from view until all are reconciled to God at Easter.

Another reason for the practice of veiling was that the often-illiterate faithful at the time, needed a visible and visual way to know it was Lent. It is also a remnant of an ancient practice of public penance when penitents are ritually expelled from church at the beginning of Lent. This later evolved into symbolically entering into the order of penitents by receiving ashes on Ash Wednesday.

[Online accessed 1 April 2025:

<https://www.ewtn.com/catholicism/library/covering-of-crosses-and-images-in-lent-4938>]



## Solemnity of the Annunciation of the Lord March 25

The Feast of the Annunciation, one of the principal feasts of the Christian church, is celebrated on March 25 (Lady Day), nine months before Christmas.

The first authentic allusions to the feast (apart from the Gelasian and Gregorian sacramentaries, in both of which it is mentioned) are in acts of the Council of Toledo (656) and of the Trullan Council (692). Its significance is much

more than narrative; the Annunciation had a particularly important place in the arts and church decoration of the early Christian and medieval periods and in the devotional art of the Renaissance and Baroque.

The Annunciation, in Christianity, is the announcement by the angel Gabriel to the Virgin Mary that she is to conceive a son by the Holy Spirit, and he is to be named Jesus (Luke 1:26–38). The angel's pronouncement is met with Mary's willing consent ("Here am I, the servant of the Lord; let it be with me according to your word"), and thus precipitates the Incarnation of Christ and his redemption of the world.

The first mention of Mary is the story of the Annunciation, which reports that she was living in Nazareth and was betrothed to Joseph (Luke 1:26 ff.). The last mention of her (Acts of the Apostles 1:14), in the company of those who devoted themselves to prayer after the ascension of Jesus into heaven.

[Online accessed, 9 March 2025:

<https://www.britannica.com/topic/Annunciation-Christianity>  
<https://www.britannica.com/biography/Mary-mother-of-Jesus>]

## 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.



## We thank

Karla Cabida Montano and Stella Lee for the lovely Laetare Sunday flower decorations last weekend.



## Grateful Thanks

to Daniel Moreau and Mario Planeta for pruning the trees in the courtyard.



## From the Diocese

### EMPLOYMENT OPPORTUNITY

#### Assistant Director of Faith Formation and Evangelization

To assist with the primary mission of the Diocesan Ministry of Faith Formation & Evangelization, as an agent of the Bishop of Victoria, to serve the People of God to know, celebrate, contemplate, and as a Christian in the One Triune God. Interested applicants are invited to submit a resume and cover letter.

View the job posting at <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>

### Childcare at Our Lady of the Rosary!

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

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

### Diocesan Bursary Catholic Women's League "In Memory of Freda Smith"

**Deadline: March 31**



This \$750 Bursary is awarded to a graduating Catholic student who plans to pursue a post secondary education.

For the application form, please visit <https://cwlcdov.org/application>

## 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. 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

### 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](mailto:jimw.kofc@gmail.com)

Terms: [https://foundation.kofcbc.org/bursary/#elf\\_l1\\_Lw](https://foundation.kofcbc.org/bursary/#elf_l1_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

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)    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](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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