



Sacred Heart Catholic Church

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

*** Most Holy Trinity Sunday | 31 May 2026 ***

Congratulations to all who received

The Sacrament of Confirmation last Sunday.

Thank you, Bishop Gary Gordon for administering the Sacrament.



A big "Thank You" to all who supported the Pancake Breakfast hosted by the Knights of Columbus. All proceeds from the breakfast will go toward subsidizing the purchase of Catechism Books for the children next year.



Grateful thanks to Thom for baking the cake for the celebration.

Congratulations and thank you to Sacred Heart's new Faith Formation Team on a successful first year.



LITURGICAL YEAR A

Saturday:

English Mass (anticipated Mass) 4:00 pm

Sunday:

English Mass 9:00 am
Syro-Malabar 11:00 am
Korean 3:00 pm
Vietnamese (Please contact the Parish Office) 5:30 pm

Weekday Masses

English Masses

Tuesday June 2: Funeral Mass, Santos Follero 11:00 am
Wednesday No Mass
Thursday No Mass
Friday No Mass

Fr. Shijo will be away for the Annual Diocesan Priests' Retreat.

Korean Masses

Wednesday 7:30 pm
Thursday 10:00 am

RECONCILIATION

Saturday 3:15 am
Sunday 8:15 am

I love the Trinity, which could rightly be called 'The Forgotten Trinity' along with the Holy Spirit's 'The Forgotten Paraclete'. In spite of the fact that every time we make the sign of the cross we are invoking the Trinity, Trinitarian awareness is generally reserved for Trinity Sunday. The mystery of the three in one is not an easy concept to grasp, despite attempts to explain it with shamrocks or water in its various states. It's easier for us to just mostly forget about it and carry on.

Why do I love the Trinity? Because I don't have to completely understand theological concepts in order to know that I am not excluded from this completely loving and always laughing circle of light. It is not something 'out there' having a great time while I am designated to be 'down here' in the gloom. The only reason I might remain down here in the dark is if I choose to exclude myself from the circle of light. The Trinity never excludes any of us from joining the circle. We were made to be part of this circle and of this wonderful community.

If I choose to exclude myself from the Trinitarian Circle, as Jesus said in the Gospel, I am condemned already. Condemned by me. The Father doesn't condemn, Jesus doesn't condemn and the Holy Spirit doesn't condemn. They simply honor my choice and they don't push themselves where they are not wanted. But they are not above arranging circumstances that encourage me to seek and enter the circle. They're crafty that way!

There's an open invitation to join the Trinitarian circle. There are no prerequisites. You don't have to clean up or make yourself worthy to join. It's a 'Come As You Are' party. Oh. Hold on. There actually are some prerequisites. You need to leave that grudge behind. You need to abandon your righteous judgements. You need to be willing to love without condition. The door is always wide open and the invitation is never withheld.

But our baggage just won't fit through.

Trinity!

By Jean Allen



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 >](#)



Eternal Rest Grant Unto

Santos Follero

(12 May 2026)

*O Lord, and let Perpetual Light Shine
Upon him.*

May his soul rest in peace. Amen.

*Funeral Mass, 11 am, Tuesday, June 2nd
A lunch reception will follow.*

All are welcome.



Please Pray For

Those who have died:

Stephanie Acheson, Bernadette & Edouard Laurin,
Alice, Joe Sr. & Joe Jr. De Lima,
Santos Follero, Ireneo Leonardo, Luigi Reda,
Maria Lydia Rogando, and Irene Taratuta

Those who are ill:

Irene Anna, Jon A, Jacobus B, Patrick C, Irene C, Patricia C,
Cora C, Lesley D, George & Marie Guterres, Robert H, Derek L,
Lisa L, Ed O, Joe & Sherry Ozorio, Fiona M, Davide R, Valerie S,
Norma Thompson, Ornella T, and Dan W.



Celebrate the Solemnity of the Sacred Heart of Jesus

Friday, 12 June

5:30 pm Procession
6:00 pm Mass

Enjoy a Knights of Columbus barbeque.
You are invited to bring salads, sides,
and to help with set up and clean up.
The sign-up sheet is in the foyer.

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!

May 23 & 24, 2026

Envelopes \$ 1,492.35

Cash \$ 576.60

Total \$ 2,068.95

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



Pope Leo XIV's First Encyclical Letter: Magnifica Humanitas

Pope Leo XIV's Encyclical Letter, *Magnifica Humanitas*, was released this week. It focuses on safeguarding the human person in the time of artificial intelligence. The letter is dated 15 May, to commemorate the 135th anniversary of Pope Leo XIII's Encyclical Letter, *Rerum Novarum*.

See the Canadian Council of Catholic Bishops full media release, including a link to the encyclical, and a collection of resources on the topic of artificial intelligence here:

<https://www.cccb.ca/media-release/pope-leo-xivs-first-encyclical-letter-magnifica-humanitas/>

Video: https://youtu.be/q_mUHi2mplQ?si=VHpUUKwebLInH4_D



Society of St. Vincent de Paul

As we celebrate the mystery of the Trinity we also realize the mystery of how much God loves and cares for us each day. Believing in this our lives can then overflow in thanksgiving and praise.

Your gift to the St. Vincent de Paul will help the poor to believe in the mystery of God's love for them.

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".



CRAM THE VAN TO THE MAX

With the school year ending, most breakfast and lunch programs for children stop. This makes it especially challenging for those in need over the summer months. Demand increases significantly at our SSVF food pantry on Yates Street in Victoria as these families visit for food assistance.

To ensure our shelves are well stocked to handle this increased demand, we are holding a "Cram the Van to the MAX" event from 11:00 am to 2:00 pm at:

May 30th at the Sticky Wicket on Douglas Street.

June 6th in the parking lot at Sacred Heart Church.

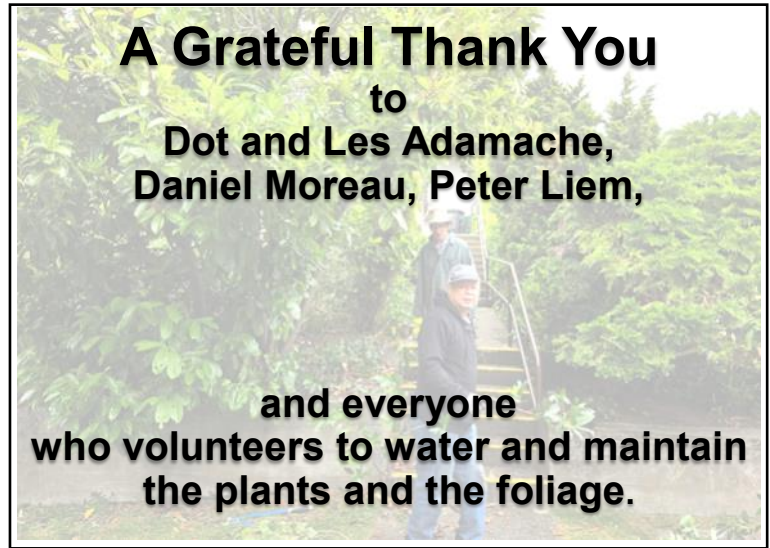
Please give generously.

Thank you, Peter Liem and Allan Cabida



For installing the projector and screen in the church.
(May 6 2026)

**Sacred Heart's
Catholic Women's League**
thanks everyone who participated in
the **Kairos Blanket Exercise**
last Saturday, May 23, 2026.



A Grateful Thank You
to
**Dot and Les Adamache,
Daniel Moreau, Peter Liem,**

and everyone
who volunteers to water and maintain
the plants and the foliage.



From the Diocese



"Grief to Grace"

22 to 27 September 2026, Kelowna.
Registration deadline: June 15

This program is rooted in the Catholic Faith, helping those who have endured abuse to find healing for neglect, abandonment, physical, emotional, sexual, clerical, and spiritual abuse, whether in childhood, adolescence, or as an adult.

For more information visit: www.griegtograccanada.org
or please email: griegtograncelowna@gmail.com
To make a confidential call to 250-808-6403.

On the expansion of MAiD

10:30 am, Sunday, 31 May, Holy Cross Parish Hall

Dr. Sephora Tang, a psychiatrist with The Ottawa Hospital, member of the Catholic Women's League, and a tireless advocate for the prevention of Medical Assistance in Dying (MAiD) for mental illness, will give a presentation about the professional concerns around the expansion of MAiD to include mental illness.

Dr. Tang recently gave a presentation to the Canadian Catholic Bioethics Institute on this topic.

All are welcome!

Our Lady of the Rosary Parish Raffle

Our Lady of the Rosary Parish is excited to announce our online 50/50 Raffle fundraiser to raise funds to support the construction of an Early Learning and Childcare centre to nurture children, support families and serve our growing community for generations.

Get your tickets here: <https://www.rafflebox.ca/raffle/oltrp>

Tickets sales end on June 30 and draw date is on July 4, 2026.
You need to be in BC at time of purchase, but you don't need to be a resident. Thank you for your support.

4th Annual Victoria Diocese Development & Peace-Caritas Canada Potluck Social

5:00 pm - 8:30 pm, Fri, June 5th, Sacred Heart Parish Hall

Join us for fellowship, good food, and inspiring words. Bishop Gary Gordon will speak on "Dilexi Te", the first Apostolic Exhortation of Pope Leo XIV which focuses on Christ's love for the poor and the call for the Church to renew its commitment to those most in need.

To RSVP and for information, please contact Michelle at robertson@aquinas.org

Diocesan Bursaries and Awards

The deadline for applications is July 15

Applications are being accepted for bursaries and awards offered by the Diocese of Victoria to outstanding students and educators. Information and application forms are available through the links:

The Jawl Bundon LLP Bursary (\$2500): for a grade 12 Catholic student who has been accepted to a post-secondary institution. Preference will be given to Indigenous students, and to students who live outside of Greater Victoria and Nanaimo.
<https://www.rcdvictoria.org/jawl-bundon-bursary>

The Char Deslippe Memorial Award (\$500): for a teacher working in Island Catholic Schools or a parish catechist serving in children, youth, or adult ministry.
<https://www.rcdvictoria.org/char-deslippe-award>

Bishop 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_l1_Lw



World Youth Day Seoul 2027 Pilgrimage

**"Take courage!
I have overcome the world."**
(Jn 16:33)

World Youth Day (WYD) is a powerful international gathering of young Catholics for prayer, cultural exchange, and a meaningful encounter with Christ and the universal Church alongside the Holy Father. It is a life-changing experience that deepens faith and builds lasting friendships.

At this early stage, this invitation is to gauge interest from youth, families, and leaders who may wish to participate in this pilgrimage. Preliminary travel proposals are posted on the parish bulletin board in the foyer:

- 7 nights in Seoul with roundtrip transfers
- 9 nights in Seoul with roundtrip transfers and a full-day tour

Please note:

Expressing interest at this stage is to help with planning and does not commit you to the trip. If you are interested, email Fr. Joseph Thomas who is organizing the pilgrimage: jthomas@rcdvictoria.org

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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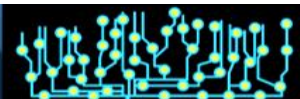
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