



Sacred Heart Catholic Church

60
Years at
Nelthorpe

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

* 8th Sunday in Ordinary Time | 2 March 2025 *

The Hard Heart by Jean Allen

At the end of this week's Gospel, which is about the blind leading the blind and not noticing the log in your own eye, Jesus said, "for it is out of the abundance of the heart that the mouth speaks." What is abundant in your heart?

Is your heart full of gratitude, trust and love or is it full of criticism and dissatisfaction? Jesus is pushing us toward a state of heart that is often difficult to maintain because criticism and complaining are addictive and it is so easy to notice the faults and failings of others. It is a handy distraction from our own faults. The thing is, we could be absolutely right in our observations of what is wrong with other people, groups, governments and situations but Jesus still doesn't want us going there. He wants us to refrain from negativity because it fills up our hearts. If it resides there long enough it hardens – it creates a hard heart full of stone and we don't realize it because criticizing and complaining just feel so right and so darn good, like we're actually accomplishing something.



Criticizing accomplishes absolutely nothing. It doesn't come out of our thoughts or our mouths and then float off into the stratosphere leaving us unimpacted. Nope. It lodges little by little and, as I said, hardens like cement. The more that's there, the less room there is for receiving love. It isolates us from our families or communities. If it gets bad enough, people will avoid us. God doesn't avoid us but we find it hard to allow him to penetrate our hardness of heart. If, as a critical people, we think we're relating to God just fine, what we're probably relating to are our own opinions and perceptions. We are the blind trying to lead other blind ones.

The heart that the Lord can penetrate is a soft heart, a heart of gratitude, a heart of love for all creation, which includes all people. This is a heart he can not only penetrate...

...it's a heart where he can live.

LENTEN FAST AND ABSTINENCE

(Ash Wednesday, March 5, and Good Friday, April 18.)

Fasting, almsgiving, and prayer are the three disciplines of Lent.

Abstinence is observed from age 14 and older. Fasting is to be observed from age 18, and those who have not yet celebrated their 60th birthday.

The faithful and catechumens undertake these practices of penance seriously in preparation for baptism and the renewal of baptismal vows at Easter.

Fridays of Lent are compulsory days of abstinence: no meat is allowed during meals. In Canada, Catholics may substitute an act of charity in place of abstinence. However, some form of penitential discipline must be undertaken.

On a Fast Day one full meal is allowed. Two other meals, maintain strength, may be taken according to each one's needs. Together they 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.



Ash Wednesday, March 5
Masses will be at 12 pm and 6 pm

Stations of the Cross
Fridays, March 7 to April 11

NO 11:00 am Mass on Fridays during Lent

Friday Adoration : 5:00 pm
Benediction : 6:15 pm
Stations of the Cross : 6:30 pm
MASS : 7:00 pm.



LITURGICAL YEAR C

Saturday:

English Mass (Anticipated Sunday Mass) 4:00 pm
Syro-Malabar Rite Mass 7:00 pm

Sunday:

English Mass 9:00 am
Syro-Malabar Rite Mass 11:00 am
Korean 3:00 pm
Vietnamese (1st and 3rd Sundays) 5:30 pm

RECONCILIATION

Saturday 3:00 pm to 3:45 pm
Sunday 8:15 am to 8:45 am

Weekday Masses

English Masses

Tuesday 11:00 am
Wednesday 11:00 am
Thursday 11:00 am

Friday Adoration 5:00 pm
Benediction 6:15 pm
Stations of the Cross 6:30 pm
Mass 7:00 pm

Korean Masses

Wednesdays 7:30 pm
Thursdays 10:00 am

Parish Office Hours

Tuesdays to Fridays
10:00 am to 2:00 pm

Closed: Saturdays, Sundays, and Mondays.

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 >

For your convenience, QR codes are now located around the church.



Collection of Palms

It's time once again to collect palms to be burned and used for Ash Wednesday on March 5th. Please bring in your palms and leave them in the container in the church foyer.

Deadline: Sunday, March 2.



Please pray for:

Those who have died

Sergio Campos, Joe Snr. & Joe Jnr. Delima, Francis & May Howard, Bella Leonel, Robert McKendry, Souls in Purgatory, and Eugene Webster.

Those who are ill

MaryLee Alexander, Skarlet, Jon A, Patricia C, Cora C, Lesley D, Kathleen G, Gwen J, Derek L, Lisa L, Diane L, Edvige P, Will Pontes, Dino Rinaldo, Davide R, Gaspar S, Valerie S, Cathy T, Maria T, and Ornella T.



Fr. Shijo's Homilies

<https://sacredheartvictoria.com/sacred-heart-homilies.html>



Lenten Schedule 2025

Monday, March 3 | Ash Monday
7:00 pm – Syro-Malabar Rite

Wednesday, March 5 | Ash Wednesday
12:00 pm – Mass (English)
6:00 pm – Mass (English)
7:30 pm – Mass (Korean)

Fridays, March 7 to April 11 | Stations of the Cross
5:00 pm – Adoration
6:15 pm – Benediction
6:30 pm – Stations of the Cross (English)
7:00 pm – Mass (English)



Estate Planning Workshop
Saturday, March 8
5 pm to 6 pm
Sacred Heart Parish Hall

Presentations
Bequests and Planned Giving
Leah MacKenzie Diocese of Victoria

Wills, Powers of Attorney & Health Care Representation Agreements
Raya MacKenzie JB Lawyers LLP

Please register in advance through the Parish office: 250-479-1611 or sacredheart@rcdvictoria.org. Information can be accessed here: <https://www.rcdvictoria.org/donate/planned-giving>.



2024 TAX RECEIPTS

TAX RECEIPTS are now ready for pickup from the foyer, arranged in alphabetical order according to surnames. Thank you for generously supporting the parish in 2024. We thank everyone who requested for their Tax Receipts to be emailed.

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 22 & February 23, 2025

Envelopes \$ 3,474.00
Cash \$ 331.05
Total \$ 3,805.05

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

Our Lenten Journey

The rich symbolism and meaning in the Church's Liturgical Cycle assists us in our salvation journey. Ash Wednesday on March 5, begins Lent: the season of fasting and prayer that spans 46 days before Easter Sunday. The practice of Ash Wednesday comes from the ancient Jewish tradition of penance and fasting that includes placing ashes on the head to symbolize the dust from which God made us, and grief, which in this case, is grief that we have sinned and caused our division from God. Hence the reminder, when the priest says on Ash Wednesday: "Remember that you are dust, and to dust you shall return." or: "Repent and believe in the Gospel."



The ashes are made from blessed palm branches, taken from the previous year's Palm Sunday Mass: creating a link in the Liturgical Year by using the symbol of the triumphant entry of Jesus into Jerusalem that begins Holy Week, with the ashes distributed on Ash Wednesday the following Season of Lent. This reminds us that life is transient and we are on a pilgrim journey to eternity. This also reinforces that each gesture, symbol, and prayer in Sacred Liturgy through each Liturgical Calendar, is filled with purpose to focus our hearts and minds on God through our daily life each year.

The Ordo reminds us that the Liturgies of Lent focuses on two themes: Baptism and Penance (reconciliation and conversion). Lent invites us, through prayer, penance, and reconciliation, to prepare ourselves for the renewal of our Baptismal promises at Easter. This leads us to the highest point in the Church's calendar; the three-day memorial celebration: the Sacred Paschal Triduum, or Easter Triduum that begins on Maundy Thursday (April 17) and ends with the Easter Vigil on Saturday (April 19).

To contrast our Lenten journey to the light of Easter:

- the "Gloria" and "Alleluia" are not sung, and the Mass parts are the Roman Missal Chants (Sunday Missal, pp 643 to 651);
- Gospel Acclamation: "Glory and Praise to You, Lord Jesus Christ!"
- Memorial Acclamation: "Save Us, Saviour of the World, for by Your Cross and Resurrection, You have set us Free!"
- flowers are absent from the Altar and its surroundings;
- silence is observed to contemplate on Christ's Redemptive Sacrifice for us.

This makes the proclamation and celebration of our Lord's Resurrection all the more glorious and triumphant at Easter. As St. Paul said: "If Christ has not been raised, your faith is futile and you are still in your sins." (1 Corinthians 15:17)

60th Anniversary Photo Directory

PHOTO Directory Appointment Dates and Times 2025

FIRST WEEK: March 31 – April 5

MONDAY March 31 12:30 -6:30 PM (some available times left)
 TUESDAY APRIL 1 12:00 -6:30 PM (some available times left)
 WEDNESDAY APRIL 2 12:30 -7:30 PM
 THURSDAY APRIL 3 12:30 -7:30 PM
 FRIDAY APRIL 4 11:00 AM -4:30 PM

SECOND WEEK: April 28 – May 3

MONDAY APRIL 28 4:00 – 8:00 PM (some available times left)
 TUESDAY APRIL 29 12:30 -7:30 PM
 WEDNESDAY APRIL 30 12:30 -7:30 PM
 THURSDAY MAY 1 12:30 -7:30 PM
 FRIDAY MAY 2 12:30 -7:30 PM
 SATURDAY MAY 3 10:00 -2:30 PM (some available times left)

We are at the entrance of the church, each weekend Mass, to schedule families and individuals for the two-week photo sessions. See you there!

*Join Fr. Dean Henderson,
 Rector of St. Andrew's Cathedral,
 for a Lenten Retreat*



Gospel of Joy & Hope

Sunday, March 30 to Tuesday, April 1

Theme for each evening

Sun, Mar 30 : Being Loved

9 am - Regular Sunday Mass
 7 pm - Mission Mass

Mon, Mar 31 : Being Transformed by God's Love
 Only 7 pm - Mission Mass

Tue, Apr 1 : Being Healing ministers of the Gospel
 No 11 am Weekday Mass
 7 pm - Mission Mass

Based on Pope Francis' encyclical: "The Joy of the Gospel" and celebrating this Jubilee Year of Hope, the Mission Retreat will share Biblical stories, personal anecdotes, a laugh or two and even shed a tear, to encourage the faithful in the Lenten love for Christ, and those who need both him and the familial affection of his Church.

**Bring your friends and your family!
 All Are Welcome!**



Development and Peace
 CARITAS CANADA

SHARE LENT 2025

TURN DEBT INTO HOPE

2025 is a Jubilee year. A year in which Pope Francis invites us to "forgive the debts of countries that will never be able to repay them." Development and Peace — Caritas Canada is responding to this call through the global *Turn Debt into Hope* campaign. During Lent, you will learn more about the campaign and how you can help.

For more information, go online:
<https://devp.org/en/campaign/turn-debt-into-hope/>
 Donate online: <https://devp.org/en/make-a-donation/>



Society of St. Vincent de Paul

In the Gospel, Jesus uses images when speaking to his disciples: "Can a blind man act as guide to a blind man?...Why look at the speck in your brother's eye when you miss the plank in your own?...A good tree does not produce decayed fruit..."

It is true that donations come to the Society because a good person produces goodness from the good in their heart. Please make a gift and you will bring them faith and hope!

Donate online: specify "Sacred Heart Parish"
https://give-can.keela.co/ssvp_donation_form
 All cheques: "Society of St. Vincent de Paul".
 To join the Society, please contact Georgina:
 mgvshort@telus.net or call 250-727-2615



Donations of Religious Objects

Children's Religious Education is looking for donations of religious items such as rosaries, medallions, crosses, small figurines, or prayer cards as gifts for the students.

Please drop the religious objects at the Parish office by April 1st, or contact Lidia at sacredheartreled@rcdvdvictoria.org

Security Cameras

Due to some furniture dumping, an arson last November, and for the general security of the parish, security cameras have been installed around the church property.



From the Diocese



St. Joseph's Elementary School
 6:30 pm, March 6 to 7,
 1pm & 6:30 pm, March 8
Everyone is welcome!

Tickets are available on Eventbrite:
<https://www.eventbrite.ca/e/sister-act-junior-tickets-1028419990877>

Prayers for Pope Francis

Read the CCCB statement here:

<https://www.cccb.ca/announcement/message-by-the-most-rev-william-t-mcgrattan-bishop-of-calgary-and-ccb-president-praying-for-the-health-and-recovery-of-pope-francis/>

Vancouver has a new Archbishop



Most Reverend J. Michael Miller, C.S.B., has retired as Archbishop of Vancouver.

Pope Francis has appointed the Most Reverend Richard Smith, Archbishop of Edmonton, as his successor. The press release from the Canadian Conference of Catholic Bishops can be read at: <https://www.cccb.ca/media-release/episcopal-resignation-and-appointment-for-the-archdiocese-of-vancouver/>

**Diocesan Bursary
 Catholic Women's League
 "In Memory of Freda Smith"
 Deadline: March 31**



This \$750 Bursary is awarded to a Catholic student graduating from a secondary or home schooling program in the Diocese who plans to pursue a post secondary education. For more information, and for the application form, please visit <https://cwldov.org/application>

2nd Women of Faith & Fellowship Breakfast
 Sat, March 8, 8:00 am to 10:30 am, Horseshoe Club, Victoria

Guest speaker Katherine Babcock, who will share insights on Artistic Restoration and its parallels to how God restores us and makes us new through the sacraments.

Please register by March 6: victoriawomensbreakfast@gmail.com

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

Children's Religious Ed. Coordinator

Lidia Moodie: sacredheartreled@rcdvictoria.org

Parish Liturgy Coordinator

Rafael Oei: sacredheart@rcdvictoria.org

RMSE Coordinator

Sindhu Merwin: sacredheartmse@gmail.com

PARISH PASTORAL COUNCIL 2024 / 2025

Marilyn Bojko

Jeremy Côté

Jim Haffey

Peter Martin

Samantha Sherman

Will Podmoroff

Rick Perez de Tagle

Edgar Tan Jr. (Chair)

Andy Pak

(Korean Representative)

Sonny Huynh

(Vietnamese Representative)

Anjali Aniyan

(Syro-Malabar Representative)

PARISH MINISTRIES & GROUPS

Please contact the Parish Office:
sacredheart@rcdvictoria.org



PARISH LITURGICAL MINISTRIES

Parish Liturgy Coordinator

Rafael Oei

Altar Servers

Karla Montano

Extraordinary Ministers

Marilyn Turner,
Mae Tan

Floral Ministry

Eduardo Bautista

Lectors

Stan Dzbik

Music Director

Rafael Oei

Pastoral Care Ministry

Lynda Tan

Ushers

Marisa Tinsay

Lynda Tan

Video Streamers

Peter Liem

PARISH GROUPS

Christian Meditation

Margie Noonan

C.W.L. / Prayer Line

Denise Owen

Knights of Columbus

Stan Dzbik

Led By The Spirit Group

David MacIntyre

Moms & Tots

Genevieve Vuksic

Phone-tree

Elizabeth Olcen

Funeral Receptions

Elizabeth Olcen

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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