



# Sacred Heart Catholic Church

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\* *Twenty-Second Sunday in Ordinary Time* | 3 September 2023 \*



## Weekend Masses

Sat, Sep 9 : Fr. M. Parent  
Sun, Sep 10 : Fr. E. Santos  
Sat, Sep 16 : Fr. F. Franz  
Sun, Sep 17 : Fr. E. Santos

+ + +

## Weekday Masses

7 pm (from Tue. 12 Sep) Bp. G. Gordon  
Wed 8:00 pm (Korean) : Fr. R. Ryu  
Thu 10:30 am (Korean) : Fr. R. Ryu

We thank all the priests who are celebrating Masses here at Sacred Heart Parish.

## LITURGICAL YEAR A

Saturday: English Mass 4:00 pm

Sunday:

English Mass (streamed) 9:00 am  
Korean 3:00 pm  
Vietnamese (1st & 3rd Sun) 5:30 pm

Please call the Parish Office for the following:  
Syro-Malabar (9 Sept) 12:00 pm  
Polish TBA

## RECONCILIATION

Saturday 3:00 pm

## Sacred Heart YouTube Channel

<https://www.youtube.com/channel/UCzXJfSxennwmYIT4kPyUh6w>

Referring back to last week's reflection about how we bind ourselves through unforgiveness, this week's Gospel makes even more sense. Jesus said, "If anyone wants to be my follower let him deny himself and take up his cross and follow me. For whoever wants to save his life will lose it..."

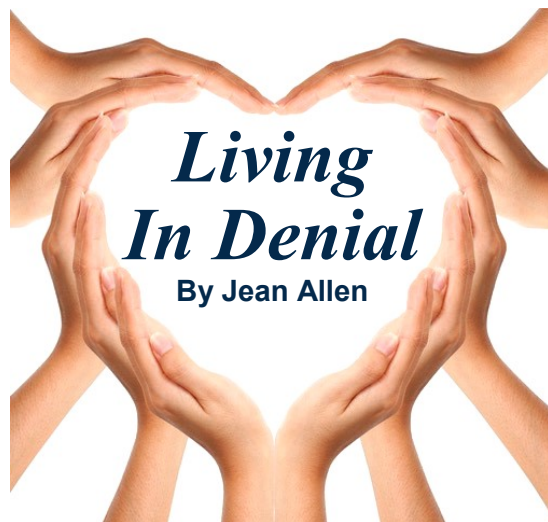
What more significant way can we deny ourselves than letting go of anger and resentment and forgiving someone who has wounded us? When we hold on to our resentments, we are trying to save our lives but, in the end, we lose life. We lose peace. We lose contentment. We lose family and community. Then what will it profit us if we gain all sorts of material wealth and status if there is no joy and no rest for the soul?

Self-denial has often presented itself as not allowing ourselves pleasure or leisure. I wonder how many people throughout the ages have practiced stringent asceticism while holding major grudges against other people or whole groups of people? Way too many! In some cultures, holding onto a grudge is a matter of honor and I think most of us still hear the echoes of honor when we refuse to let go of someone else's wrongdoing. It seems so right to be offended and it feels so weak and wrong to let it go.

Jesus didn't say we would never be wounded or offended and he never said that actions taken against us would in any way be justifiable. However, he only taught forgiveness, always and everywhere, because there is no freedom otherwise. You have to let your false self go in order to gain your true self, and your true self is blessed, holy and so free from the need for respect, status, power, admiration and all those other things we continually try to grasp onto. It is when these things are withheld from us that we form resentments in order to protect ourselves from further pain.

To let go of these resentments is true denial of self.

(To anyone in an abusive situation, please remember that forgiveness does not mean consenting to being abused!)



## Handcrafted Holy Land Wood Carvings on sale!

Next Sunday, September 10

Handcrafted by Christians, seeking support to assist them to stay in the land of Christ. The Christian population in the Holy Land is now only 1%. Help to preserve a cultural heritage. These religious articles can be gifts, a means of praying, comfort, strength, and hope for the suffering.

Only CASH, E-TRANSFER, OR CHEQUES are accepted.



## Next Sunday!

Join us for our  
Welcome Back  
Pancake Breakfast

hosted by the  
Knights of Columbus

Sunday, 10 September after the 9 am Mass

Entrance is by donation.





### **Please pray for:**

#### **Those who have died**

*Arnie Cavanagh*

#### **Those who are ill**

*Jimmy, Jon A, MaryLee A, Angelina C,  
Hilda C, Darrell C, Cora C, Lesley D, Kathleen G,  
Richard G, Azaryah H, Barrie H, Pedrito K,  
Derek L, Bruno R, Maria T, and Marguerite T.*

### **Pastoral Care Workshop via Zoom**

It is FREE! Nine Saturday  
sessions (9:30am to 12pm)  
Starting Sept. 23 until Nov. 25  
(no class Oct 7).

Deadline for registration:  
September 13, 2023

Contact: Moira King at [moiraking@shaw.ca](mailto:moiraking@shaw.ca)



### **Annual Strollerthon**

Saturday, 16 September 2023

Parishioner, Isabelle Boutin will walk in the strollerthon again, and she would love your support! Isabelle's sponsor sheet will be available after the weekend Masses. Please clearly label "Birthright Strollerthon" on your Pledge with your mailing address if you want a charitable receipt.

Pledges can also be dropped in the collection plate or left at the parish office. Thank you for your support.

## **Contributions**

### **Pre-Authorized Debit (PAD)**

If you are PAD user, please remember to complete your name and address on the Special Collection envelopes, if you would like to receive a tax receipt. Information & links are also available on our website.

### **Options To Donate**

**E-Transfer:** The email to use is:  
[sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

### **Pre-Authorized Debit: Automatic Debit**

(click here for the PAD form)

The PAD form is also available from the Parish Office.

### **Canada Helps: Online through Canada Helps**

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!**

**August 26 & 27, 2023**

**Envelopes \$ 1,095.00**

**Cash \$ 337.90**

**Total \$ 1,432.90**

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

## **OUR MINISTRY VOLUNTEERS**

### **Saturday, 2 September, 4 pm : Fr. Vince Borre**

Altar Servers : Daisy L, Mariah C, Sarah L, Rachel L  
Proclaimers : Sigrune F, Belle PdT  
EMCs : Sigrune F  
Ushers : Marisa T  
Music : Arlene S, Rafael O

### **Sunday, 3 September, 9 am : Fr. Eduardo Santos**

Altar Servers : Daisy L, Mariah C, Gabby C, Pio T  
Proclaimers : Cyrille S, Helen M  
EMCs : Steve K, Aubert G  
Ushers : Rheza A, Colleen MN  
Music : Sacred Heart Choir, Rafael O

***Thank you for your service to the Lord,  
and our Parish Community.***

## **COMMISSIONING WEEKEND**

**23rd & 24th September 2023**

**We need Proclaimers, Ushers, Altar Servers,  
Communion Ministers, join the choir... etc...**

*Share your talents and time to serve the Lord!  
Be part of the joyful Sacramental  
and Liturgical celebrations in our parish.*



### **Volunteer with a Parish Liturgical Ministry**

**Please contact the Parish Office!  
We look forward to hearing from you.**



## **PARISH MINISTRIES & GROUPS**

**Please contact the Parish Office:  
[sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)**

### **PARISH LITURGICAL MINISTRIES**

#### **Parish Liturgy Coordinator Rafael Oei**

Altar Servers	Karla Montano
Extraordinary Ministers	Gilbert & Chay Santos
Floral Ministry (Environment)	Ruby Rivera
Music Director	Rafael Oei
Pastoral Care Ministry	Lynda Tan
Proclaimers	Stan Dzbik
Ushers	Marisa Tinsay / Isme Liem
Video Streamers	Peter Liem

### **PARISH GROUPS**

Christian Meditation	Margie Noonan
C.W.L. / Prayer Line	Margot McLaughlin
Knights of Columbus	Rick Perez de Tagle
Led By The Spirit Group	David MacIntyre
Moms & Tots	Chantal Côté
Phone-tree	Elizabeth Olcen
Funeral Receptions	Elizabeth Olcen
Social Justice/D & P	Stan Dzbik
St. Vincent de Paul	Georgina Short

## THANK YOU!

We thank the members of the 2019 - 2023 Parish Pastoral Council for leading and guiding us, the parishioners, with the help of the Holy Spirit, past pastors, and Executive Committee these past few years.

They each served the parish with dedication, hard work, and many hours.  
We are ever grateful to them, and wish them and their families every blessing.

### Outgoing Parish Pastoral Council Members:

Vincenza Cameron, Stan Dzbik, Jeff Kucharski, Catherine Minvielle,  
Oscar Perez de Tagle, Michele Ricard, Cyrille Santos



## We welcome the new members of the Sacred Heart Parish Pastoral Council

(Effective September 2023)



Marilyn Bojko  
(Chair)



Jim Haffey



Peter Martin



Jeremy Côté



Edgar Tan Jr.



Rick Perez  
de Tagle



Samantha  
Sherman



Will  
Podmoroff

### 2023/2024 Faith Formation Classes

Classes will begin again on Sunday, Sep 17  
10 am in the Parish Hall for:

- Pre -Sacrament (Preschool to Grade 1)
- Sacramental Preparation Year 1 (First Reconciliation)
- Sacramental Preparation Year 2 (First Communion & Confirmation)

Registration Forms are on the parish website, from the Parish Office,  
or in the foyer of the church.

#### Faith Formation need Catechists and Youth Helpers for:

- Pre-Sacrament (Preschool to Grade 1)
- Year 1 Sacramental Preparation (Grade 2 & higher)

Let the Holy Spirit guide you as you teach our young ones about our Faith!

For details, please contact Lidia Moodie at [sacredheartreled@rcdvictoria.org](mailto:sacredheartreled@rcdvictoria.org).



### 2nd CWL Community Garage Sale

Saturday, November 4, 9am -1pm

Fall is around the corner, and so is the CWL Garage Sale!  
Book your table for \$25 to sell your new and used items.

Contact Denise Owen at [deniseowen@shaw.ca](mailto:deniseowen@shaw.ca)  
or phone (250) 580-0066



### Sacred Heart Franciscan Youth Group

We will be meeting again, beginning with  
a Nature walk at Royal Roads  
on Saturday, September 9,  
from 2 pm to 4 pm



## From the Diocese



The National Council, Society of St. Vincent de Paul has  
launched its Emergency Funds Appeal to help those  
impacted by natural disasters in Canada. Donations will  
be used by Conferences and Councils to complement  
the relief efforts focusing on food and clothing.

Every dollar donated will be matched by the National Council, up to  
a limit of \$25,000. To make a donation online, visit:

<https://www.imakeanonline donation.org/ssvp-national/DONATION/>

Select "National Emergency Fund" to direct your donation.



RCIA

### RITE OF CHRISTIAN INITIATION OF ADULTS

*Who Is Jesus Christ?  
What are Sacraments?*

The Rite of Christian Initiation of Adults is the  
process to enter the Catholic Faith. Contact your  
pastor to have a dialogue, then please register with Carmelle and  
Chris Whiteley for the evening meeting on September 21st.

Ph: 250-886-2987 / Email: [carmelle.whiteley@gmail.com](mailto:carmelle.whiteley@gmail.com)

### Show Us Your Face, Lord

A Retreat with  
Fr. Mark Cherry

Friday, September 29 & Saturday, September 30  
St. Joseph the Worker Parish. Registration: \$45

Three talks, adoration and benediction, worship, a healing service  
Confession and Mass. Please bring a bagged lunch.

To register: [www.tinyurl.com/showusyourface2023](http://www.tinyurl.com/showusyourface2023).

For information: [catholicretreat7@gmail.com](mailto:catholicretreat7@gmail.com) or 250-383-7746.



worldwide  
marriage  
encounter

### Worldwide Marriage Encounter Vancouver

A weekend marriage retreat, Oct 27-29

Rekindle the romance, remind yourselves  
why you fell in love and how to make a  
good marriage even better! Register before  
Sep. 5 for the early bird rate. For more info and to register,  
please visit: <https://beholdvancouver.org/events/couple-retreat-by-worldwide-marriage-encounter>

*You both deserve it!*

## 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**

### Sacred Heart Executive Committee (Responsible for Sacred Heart Parish)

**Marilyn Bojko, Marilyn Turner,  
& Stan Dzbik**

email: [sacredheartexec@gmail.com](mailto:sacredheartexec@gmail.com)

### PARISH PASTORAL COUNCIL 2023 / 2024

Marilyn Bojko (Chair)  
Peter Martin  
Rick Perez de Tagle  
Samantha Sherman

Jim Haffey  
Jeremy Côté  
Edgar Tan Jr.  
Will Podmoroff

### *Ethnic Communities at Sacred Heart*

**Korean Pastor: Fr. Robert Ryu**  
[youngjinryu0758@gmail.com](mailto:youngjinryu0758@gmail.com)

**Polish Pastor: Fr. Jan Grotkowski SDS**  
[jgrotkowski@rcdvictoria.org](mailto:jgrotkowski@rcdvictoria.org)

**Syro-Malabar Pastor: Fr. Thomas Vincent**  
[thomasvenman@gmail.com](mailto:thomasvenman@gmail.com)

**Vietnamese Pastor: Fr. Michael Tran**  
[michaeltran@rcdvictoria.org](mailto:michaeltran@rcdvictoria.org)

**Hospital Chaplain**  
**Fr. Sean Flynn: 250-889-3761**

**Parish Administrative Assistant**  
**Katherine Newton:** [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

**Children's Religious Ed. Coordinator**  
**Lidia Moodie:** [sacredhearteled@rcdvictoria.org](mailto:sacredhearteled@rcdvictoria.org)

**Parish Liturgy Coordinator**  
**Rafael Oei:** [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

**RMSE Coordinator**  
**Sindhu Merwin:** [sacredheartrmse@gmail.com](mailto:sacredheartrmse@gmail.com)



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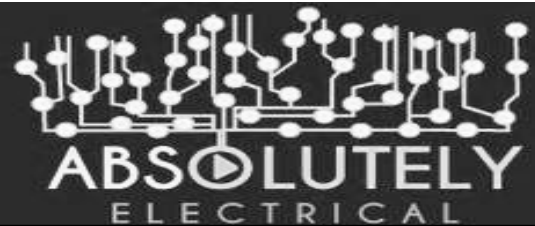
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