



Sacred Heart Catholic Church

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

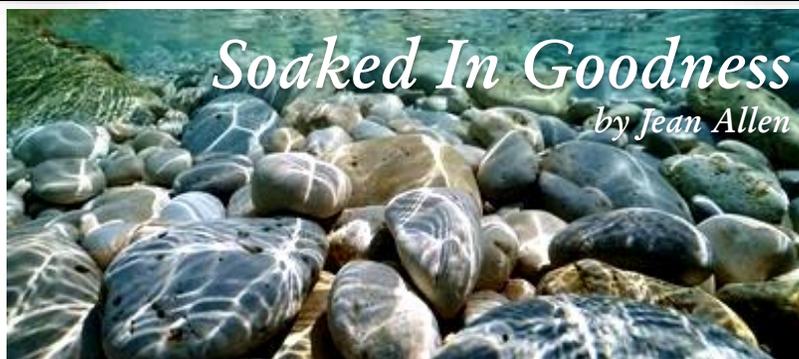
** 14th Sunday in Ordinary Time | 7 July 2024 **



Join us for the installation of

*Fr. Shijo George
as Pastor of our parish!*

*9 am on Sunday, July 28, 2024
followed by a Pancake Breakfast
hosted by the Knights of Columbus!*



Bonum est diffusivum sui "The good capable of spreading, spreads to those capable of receiving it." Think of a rock in water. Even though it is completely immersed in the water, the water does not soak into it and never softens it. When it comes out of the water, the water runs off of it and the rock is as hard and impenetrable as it was before. Think of a sponge in water. The sponge may have been quite hard and brittle before it was plunged into the water but as the water soaks into it, it permeates the sponge, and makes it soft and pliable. It becomes like a vessel of that water, holding the water and dripping it everywhere. Belief, then, is a quality that transforms us from a hard, brittle mass into a soft, saturated bearer of God's goodness.

The moment we decide we know exactly what God should be doing in any situation is the moment we begin to form a crusty rock-like shell around us. The moment our limited perceptions dictate our expectations, we restrict our ability to soak up goodness or even recognize it.

The people in Jesus' hometown thought they knew all about Jesus. They thought they knew who he was and what his real job was and how he should be conducting his life. They could not see beyond that. Even though they recognized that he was expressing great wisdom and that he was capable of performing deeds of power, they just couldn't get over their deeply ingrained ideas about what the Messiah should look like and Jesus, their next door neighbour, just wasn't fitting into the vision. Jesus couldn't saturate them with his goodness because they were rock-hard and immovable within their preconceived ideas.

The moment we turn ourselves away from set preconceptions and open ourselves to God's plan, we become sponges. Even better than that, we become adventurers into the kingdom of God's present moment goodness. We learn how to move through unexpected doors, take risks, explore, discover and anticipate new and different horizons with him and in him. Belief, then, could be described in this way: it is a willingness and openness to look for and see God in everything. It is being very attentive to the present moment and to all God's infinite possibilities in *everything and everyone* we see, touch, hear, experience and think about.

Belief is a softness of spirit and a wideness of heart. Belief makes us realize that the whole world and everything that's happening is God's powerful venue, a place where he can be encountered anywhere and at anytime. Belief softens our innate crustiness, our rigid expectations and our resistance to metanoia

LITURGICAL YEAR B

Saturday:

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

Sunday:

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

RECONCILIATION

Saturday 3:00 pm
Sunday 8:15 am

Weekday Masses

English Masses

Tuesdays to Friday 11:00 am
Friday: Adoration after Mass
Benediction 1:30 pm

Korean Masses

Wednesdays 7:30 pm
Thursdays 10:00 am

Diocesan Online Mass

<https://www.youtube.com/channel/UCRinXZ2d6GBMpnDM7boV1CA>

Parish Office Hours

Tuesdays to Fridays: 9:30 am to 3:00 pm
The office is closed: 11:00 am to 12:00 pm
Closed: Saturdays, Sundays, and Mondays.

If you are new and would like to register, or volunteer for a Parish Ministry, please kindly send an email: sacredheart@rcdvictoria.org

Baptism, Marriage, Funerals and Anointing of the Sick

Please contact the Parish Office:
sacredheart@rcdvictoria.org | 250-479-1611



Congratulations!

*We welcome the newest member
to our Catholic Family
with the Baptism of*

*Via Brielle Miranda Medalla
on Saturday, 6 July 2024.*



Please pray for:

Those who have died

Joan Andersen, Antonio and Gilberto de Lima,
Joe and Jose de Lima, Hedwig Haner, Darren Jack,
Chloe Manguerra, Herculano and Joao Pimentel,
Souls in Purgatory, and Monica Wheaton.

Those who are ill

Edward A, Rheza A, Skarlet, Thérèse A, Jon A, Patricia C,
Cora C, Lesley D, Gaspar Sirot, Kathleen G, Gwen J,
Derek L, Lisa L, Diane L, Monique L, Rafael M-Duke,
Matthew M, Davide R, Walt R, and Maria T.

FORMED

You can now gain access to
FORMED through
the parish.

Please scroll and search for our parish:

**“Sacred Heart Catholic Church,
4040 Nelthorpe Street, V8X 2A1**

Select it and create a new account on www.formed.org/signup



Join the CWL!

The CWL is a gift of faith, friendship and support and offers the opportunity to serve God and Canada. Through committee meetings, members can feel the pulse of what is happening in church and society. The CWL invites all Catholic women to join and make a difference.

Please contact Denise Owen for more information:
250-580-0066 or deniseowen@shaw.ca

Options to Donate

E-Transfer:

The email to use is sacredheart@rcdvictoria.org

Pre-Authorized Debit (PAD)

Automatic Debit Form:

<http://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

<https://www.canadahelps.org/en/dn/47781>

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!

June 29 to June 30, 2024

Envelopes \$ 1,712.00

Cash \$ 379.00

Total \$ 2,118.00

June 2024

Canada Helps \$ 804.61

PAD \$ 6,235.00

E-Transfer \$ 1,165.00

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



St Benedict

11 July 2024

St. Benedict (born c. 480 CE, Nursia, Italy; died c. 547, Monte Cassino; Feast Day, July 11, formerly March 21) was the founder of the Benedictine monastery at Monte Cassino and father of Western monasticism; the Rule that he established became the norm for monastic living throughout Europe.

In 1964, in view of the work of monks following the Benedictine Rule in the evangelization and civilization of so many European countries in the Middle Ages, Pope Paul VI proclaimed him the patron saint of all Europe.

The only recognized authority for the facts of Benedict's life is book 2 of the "Dialogues of St. Gregory I", who said that he had obtained his information from four of Benedict's disciples. Though Gregory's work includes many signs and wonders, his outline of Benedict's life may be accepted as historical. He gives no dates, however.

Benedict was born into a good family and was sent by his parents to Roman schools. His life spanned the decades in which the decayed imperial city became the Rome of the medieval papacy. In Benedict's youth, Rome under Theodoric still retained vestiges of the old administrative and governmental system, with a Senate and consuls. In 546, Rome was sacked and emptied of inhabitants by the Gothic king Totila. When the attempt of Emperor Justinian I to reconquer and hold Italy failed, the papacy filled the administrative vacuum and shortly thereafter became the sovereign power of a small Italian dominion virtually independent of the Eastern Empire.

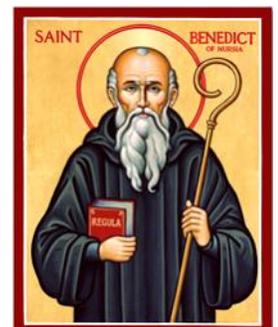
Shocked by the licentiousness of Rome, Benedict retired as a young man to Enfide (modern Affile) in the Simbruinian hills and later to a cave in the rocks beside the lake that existed near the ruins of Nero's palace above Subiaco, 64 km (40 miles) east of Rome in the foothills of the Abruzzi. There he lived alone for three years, furnished with food and monastic garb by Romanus, a monk of one of the numerous monasteries nearby.

When the fame of his sanctity spread, Benedict was persuaded to become abbot of one of these monasteries. His reforming zeal was resisted, however, and an attempt was made to poison him. He returned to his cave, but again disciples flocked to him, and he founded 12 monasteries, each with 12 monks, with himself in general control of all. Patricians and senators of Rome offered their sons to become monks under his care, and from these novices came two of his best-known disciples, Maurus and Placid. Later, disturbed by the intrigues of a neighbouring priest, he left the area, while the 12 monasteries continued in existence.

A few disciples followed Benedict south, where he settled on the summit of a hill rising steeply above Cassino, halfway between Rome and Naples. The district was still largely pagan, but the people were converted by his preaching. His sister, Scholastica, who came to live nearby as the head of a nunnery, died shortly before her brother. The only certain date in Benedict's life is given by a visit from the Gothic king Totila about 542.

Benedict's feast day is kept by monks on March 21, the traditional day of his death, and on July 11 by the Roman Catholic Church. St. Benedict is the patron saint of students, Europe, the dying, and against poison

[Online accessed 3 July 2024:
<https://www.britannica.com/biography/Saint-Benedict-of-Nursia>]





The Sacrament of Marriage

Prepare to commit to a Sacred Covenant with God as a couple.

Online Marriage Preparation Course

<https://www.rcdvictoria.org/marriage-prep>

Society of St. Vincent de Paul



The Society of Saint Vincent De Paul Vancouver Island is a non-profit organization dedicated to live the Gospel message by serving Christ in the poor with love, respect, justice, and joy. The Society is seeking a Treasurer to join the Board.

If you have experience in accounting or finance and are willing to serve the Society, a job description can be found at

<https://svdp.bamboohr.com/careers/31?source=aWQ9MTg%3D>

or through the QR code here >

Also, when donating online, please specify "Sacred Heart Parish":

<https://www.canadahelps.org/en/charities/society-of-st-vincent-de-paul-of-vancouver-island/>

To join the society, please email Georgina: mvgshort@telus.net



Next "COR" Meeting

The Knights of Columbus Sacred Heart Council invites men to the next "Cor" meeting on Tuesday, July 9 at 7:30 pm in the Parish Hall.



Please join in for an hour of prayer, formation, reflection, and fellowship. All men, including non-Knights and non-Catholics, are most welcome. The topic for this meeting is "Challenge Yourself to Reach out in Faith".

See you there!

CHRISTIAN MEDITATION

Thursdays, 11:45 am | Parish Hall



We welcome newcomers.

From the teachings of Fr. John Main (1926-1982), a Benedictine monk, this prayer of silence and stillness beyond word and thought is often called the "prayer of the heart". Each week, the group listens to the words of Frs. John Main, Laurence Freeman and others followed by a 20-30 minute period of silent meditation.

Visit the Canadian website www.wccm-canada.ca or the World Community website www.wccm.org

For more information, please contact Margie Noonan 250-589-6313 or margielnoonan@gmail.com.



From the Diocese

10th Annual Family Life Conference and Camp needs your help...

The committee for the 10th Annual Family Life Conference and Camp is looking for volunteers to assist with the camp.

For more information, please email: familycamp@rcdvictoria.org

Diocesan Bursaries

Deadline: July 15. Information and forms are available through the following links:

[The Jawl Bundon LLP Bursary](https://www.rcdvictoria.org/jawl-bundon-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.

[The Blessed Marie Anne Blondin Bursary](https://www.rcdvictoria.org/blondin-bursary) (\$1000): for a lay woman who is accepted or enrolled in a program or course for ministry in the Church, such as religious education, social justice, liturgy, social action, care of the sick, etc.

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



JOB OPPORTUNITY Communications Coordinator

Deadline: 16 July 2024

The Diocese is seeking a Communications Coordinator. We are looking for a strong community-minded team member, committed to the Mission of the Roman Catholic Church with a strong work ethic, to assist the Bishop and the Chancellor with internal and external communications.

View job posting at <https://www.rcdvictoria.org/employment>.

Join the World Wide Marriage Encounter weekend marriage retreat this fall, Oct 25 to 27, 2024. Rekindle the romance, remind yourselves why you fell in love, and learn to make a good marriage even better!

Early bird pricing until Sep 9.
Registration closes Oct 14.

Visit <https://beholdvancouver.org/events/couple-retreat-by-worldwide-marriage-encounter>



**marriage
encounter**



"Grief to Grace" Retreat in September 2024 Kelowna.

This program is for people who have endured neglect, physical, emotional, sexual, and/or spiritual abuse in their family, community, from spouses/

partners, and/or coworkers or supervisors. Through a retreat facilitated by mental health professionals, centered on Jesus Christ, participants are helped to find healing and to journey to wholeness.

For more information please email:

griegtograncelowna@gmail.com / confidential call: 250-808-6403.



Rachel's Vineyard will be hosting a retreat on Vancouver Island from October 24 - 27, 2024.

This ministry is a safe place for people to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortive emotions to begin the process of restoration, renewal and healing.

For information and to register, please contact Nicola at rachelsvineyardvancouverisland@gmail.com or 250-514-3973.

Pastor, Fr. Shijo George

sgeorge@rcdvictoria.org

Korean, Fr. Robert Ryu

youngjinryu0758@gmail.com

Polish

TBD

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: sacredheartrmse@gmail.com

PARISH PASTORAL COUNCIL 2023 / 2024

Marilyn Bojko

Peter Martin

Rick Perez de Tagle

Jeremy Côté

Samantha Sherman

Edgar Tan Jr.

Jim Haffey

Will Podmoroff

Andy Pak

(Korean Representative)

Sonny Huynh

(Vietnamese Representative)

Stan Planeta

(Polish Representative)

PARISH MINISTRIES & GROUPS

Please contact the Parish Office:
sacredheart@rcdvictoria.org



PARISH LITURGICAL MINISTRIES

Parish Liturgy Coordinator

Altar Servers

Extraordinary Ministers

Floral Ministry

Lectors

Music Director

Pastoral Care Ministry

Ushers

Video Streamers

Rafael Oei

Karla Montano

Gilbert Santos,

Chay Santos

Eduardo Bautista

Stan Dzbik

Rafael Oei

Lynda Tan

Marisa Tinsay

Lynda Tan

Peter Liem

PARISH GROUPS

Christian Meditation

C.W.L. / Prayer Line

Knights of Columbus

Led By The Spirit Group

Moms & Tots

Phone-tree

Funeral Receptions

Social Justice/D & P

St. Vincent de Paul

Margie Noonan

Margot McLaughlin

Rick Perez de Tagle

David MacIntyre

Chantal Côté

Elizabeth Olcen

Elizabeth Olcen

Stan Dzbik

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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