



Sacred Heart Catholic Church

60
Years at
Nelthorpe

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

* 1st Sunday of Lent | 9 March 2025 *



**REMEMBER TO ADJUST YOUR CLOCKS
TO SPRING FORWARD AN HOUR
THIS WEEKEND**



Ground Control to Major God by Jean Allen

What Satan was trying to do with Jesus in the desert was set up a scenario where Jesus would be in competition with the Father. He

knew that once he got Jesus in that mindset, he would have won. He wanted to create a desire in Jesus to be in charge of himself and his destiny, a destiny that would include power and status but would exclude the cross.

From reading the bible, one could easily conclude that Jesus had no problem seeing through Satan's traps and immediately dismantling them. But the bible is a simple report, not a novel that endeavors to build tension and suspense. If Jesus had no trouble seeing what Satan was doing and immediately gave Satan what for, they would not have been called temptations. They were indeed tempting. Jesus had to pray and struggle to find his Father, grasp the truth and discover the power of scripture to move him beyond temptation. "For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin." (Hebrews 4:15)

Not too many of us have been tempted to turn stones into bread, grab power over kingdoms or jump off high towers but we are always tempted to be in competition with God. We are constantly wanting to get a hold of a gnarly situation and bring it under our control. We often feel like everything is depending on us and if we're not directing the show, everything will go completely sideways. We can be very subtle with our control mechanisms so no one would call us control freaks but it needs to be said: we're not willing to let God be God, not willing to put all power and control into his hands, not willing to accept that nothing depends on us. God doesn't need us to accomplish what he wants to accomplish but he delights in allowing us to participate.

Control is not our strength.

It is our temptation.

LENTEN FAST AND ABSTINENCE

(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. 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. According to one's needs, two other meals may be taken. Together they should not add up to another full meal. Eating between meals is not permitted. Plain water is allowed at any time.

When health or ability to work are seriously affected, the law does not oblige. When in doubt, consult the parish priest.

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.



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.



SAVE THE DATE!
April 12 from 9 a.m.

CLEAN UP



Please pray for:

Those who have died

Therese Garahan, Carolyn Ledohowski,
Mary Brigid Loughran, Robert McKendry, Dr. Eloy Mendez Snr.,
Olga Navarro, Manuel Pimentel, and Marie de Melo.

Those who are ill

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



Society of St. Vincent de Paul

In today's Gospel, Jesus overcomes the temptations to wealth, power and esteem. As we begin Lent, may we open our hearts to the grace of prayer, fasting and almsgiving. Your gift in the St. Vincent de Paul will help the poor to celebrate the grace of God's love this Easter.

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



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!

March 1 & March 2, 2025

Envelopes \$ 2,665.00

Cash \$ 274.50

Total \$ 2,839.50

February 2025

Canada Helps \$ 1,089.68

PAD \$ 5,920.00

E-Transfer \$ 1,315.00

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

Fr. Shijo's Homilies
are available on our Parish Website
<https://sacredheartvictoria.com/sacred-heart-homilies.html>



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!



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@rcdvictoria.org

Recollections for Men & Women

Opus Dei's "Recollections" helps you to deepen your relationship with God. A priest of Opus Dei will be available for spiritual direction and/or confession.

Women: Mon, Mar 17, 6:15 to 8 pm, St. Joseph the Worker Parish.
Mass is at 5:30 pm PLEASE NOTE THE NEW VENUE.

Men: Tue, Mar 18, 6 to 8pm, Sacred Heart Parish.
Mass is at 5:15pm.



SHARE LENT 2025

Sign the global *Turn Debt into Hope* campaign petition that calls for an end to unjust debt. With inequalities widening as rich countries enrich themselves, we respond to Pope Francis's call:

Help us reach the goal of 100,000 signatures, to feed into the global goal of 10 million signatures.

Sign now at devp.org/debt. Thank you for your solidarity.

Next "Cor" Meeting

7:30 pm Tuesday, March 11, Pope John Hall

The Knights of Columbus Sacred Heart Council invites all men to their next "Cor" gathering on the topic: "What are you doing for Lent?"

All Knights, male parishioners and friends are welcome to attend.





The Scriptural Stations of the Cross

The Stations of the Cross originated in pilgrimage to Jerusalem and a desire to reproduce the Via Dolorosa. The earliest use of the word "stations of the cross" occurs in the narrative of an English pilgrim, William Wey, who visited the Holy Land in the mid-15th century and described pilgrims following the footsteps of Christ to Golgotha.

In 1686, in answer to their petition, Pope Innocent XI granted to the Franciscans the right to erect stations within their churches. In 1731, Pope Clement XII extended to all churches the right to have the stations, provided that a Franciscan father erected them, with the consent of the local bishop. At the same time the number of stations was fixed at fourteen. In 1857, the bishops of England were allowed to erect the stations by themselves, without the intervention of a Franciscan priest, and in 1862 this right was extended to bishops throughout the church.

Out of the fourteen traditional Stations of the Cross, only eight have a clear scriptural foundation. Station 4 appears out of order from scripture; Jesus's mother is present at the crucifixion but is only mentioned after Jesus is nailed to the cross and before he dies (between stations 11 and 12). The scriptures contain no accounts whatsoever of any woman wiping Jesus's face nor of Jesus falling as stated in Stations 3, 6, 7 and 9. Station 13 (Jesus's body being taken down off the cross and laid in the arms of his mother Mary) differs from the gospels' record, which states that Joseph of Arimathea took Jesus down from the cross and buried him.

To provide a version of this devotion more closely aligned with the biblical accounts, St. Pope John Paul II introduced the Scriptural

Way of the Cross on Good Friday 1991. The Stations are:

1. Jesus prays in the Garden of Gethsemane;
2. Jesus is betrayed by Judas and arrested;
3. Jesus is condemned by the Sanhedrin;
4. Jesus is denied by Peter 3 times;
5. Jesus is judged by Pilate;
6. Jesus is scourged and crowned with thorns;
7. Jesus takes up his cross;
8. Jesus is helped by Simon of Cyrene to carry his cross;
9. Jesus meets the women of Jerusalem;
10. Jesus is crucified;
11. Jesus promises his kingdom to the repentant thief;
12. Jesus entrusts Mary and John to each other;
13. Jesus dies on the cross; and
14. Jesus is laid in the tomb.

As noted in the Sunday Missal (Living with Christ, page 608), the Sacred Congregation for Divine Worship recommends that the traditional stations be revised to emphasize that the sufferings and redemption of Christ are one redemptive mystery.

In 2007, Pope Benedict XVI approved this set of stations for meditation and public celebration.

By Jeff Kucharski



From the Diocese



Journey Through Lent

Once again, the Canadian Conference of Catholic Bishops is hosting this series of videos for Lent. This series is meant to offer spiritual inspiration and guidance on how to prepare well for the Easter season.

New videos will be released each week here:
<https://www.cccb.ca/lent/>

Rite of Election Mass

1:30 pm, Sunday, March 9, St. Andrew's Cathedral.

This liturgical rite is when catechumens preparing to join the Church at Easter are presented to the Bishop. All are welcome to attend
 Livestream: <https://youtube.com/live/dEASwsogC0o?feature=share>

Employment Opportunities Part-Time Secretary

St. Joseph the Worker Parish is seeking a part-time Secretary to join their team. This role includes working closely with the pastor, staff, and volunteers to create a welcoming environment for visitors while managing administrative tasks and confidential office functions.

View the full job description here:
<https://www.rcdvictoria.org/employment>



Second Sunday of Lent: March 16 Jubilee Day of Action



On this Sunday of Lent, we are called to act justly and work for change (Micah 6:8). Join the movement for economic and ecological justice.

Sign the petition to turn debt into hope:
<https://www.kairoscanada.org/jubilee-2025-canada>



**Diocesan
Permanent Pastoral Synod**

For a synodal Church

Listening Circles

Listening Circles are now being held across the diocese as part of the Diocesan Permanent Pastoral Synod journey.

All are invited to participate—please contact your parish office to sign up for a Circle.

If you're unable to participate in a Circle in person, facilitators are hosting online Listening Circles on various dates beginning March 16.

Please sign up here: <https://www.eventbrite.ca/e/dpps-online-listening-circles-tickets-1263055064699>

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

Peter Liem

Video Streamers

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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