



Sacred Heart Catholic Church

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

*** 15th Sunday in Ordinary Time | 14 July 2024 ***



There's a familiar saying that goes, "God does not call the equipped; he equips the called."

God doesn't use you and send you because you're highly trained or full of self-confidence or because it's right down your alley in terms of the talents you possess. It's not because you're

rich in capability or rich in resources. He actually prefers to send the ones who have very little, the ones who are poor.

When we feel the Lord calling us to do something, the very first thing we should do is reflect on this week's Gospel and begin to see what possessions we need to *lose* before we head out with the Lord to participate in his will.

When we hear the word 'possessions', what always springs to mind? Most people think of all the material goods they own. Some of us own a lot and some of us not as much but all of us feel a pang when we think the Lord might like us to lose some of these possessions in order to be good disciples. The idea of simplifying our material goods becomes overwhelming and complex. Yes, it's true that sometimes our possessions own us and take up more of our focus than is healthy or necessary but the material goods we own are not the only possessions we have. In fact, I would say that for most of us our material possessions are the least of our problems. It's those other possessions we have that block us from opening up to God's love and his will for our lives.

Opinions: preferences and ideas that, when challenged, make us stubbornly and angrily dig in our heels and refuse to be moved.

Past wounds: the times when we want to hold on to our wounds and allow them to dictate to us what we will or won't do.

Control: to have everything go according to what makes us comfortable or how we've always done things, or perceive things should be done.

Ambitions: goals that start off pure but gradually begin to direct and run us until the goals become more important than the people involved in our lives.

Teachings we have received that somehow go twisted around to become rigid stances that keep us from the softness of acceptance, love, and compassion. Yes, we can be pretty possessive with our doctrines and our theologies.

No wonder Jesus sent out the disciples equipped with so little. He was freeing them to move. He was gifting them with the joy of being able to immediately respond to the leading of the Father. He was showing them the "Light Way". They had nothing to depend on except the Lord. Those disciples came back from that journey flying high; they couldn't believe all the wonderful things God did and how he allowed them the honour of participating in his power and grace. Freed from their possessions so they could dance with God. May we all be so blessed.

(from Allen, Jean 2014, p. 363-366, *Manna Gathering*, BookLocker.com, Inc.)

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



Celebrate 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!



Have a safe and enjoyable summer!





Please pray for:

Those who have died

*Joan Andersen, Vincenza Cameron,
Josephine Loughran, Joan O'Brien, and Eduardo Tinsay.*

Those who are ill

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



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>



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



Rite of Christian Initiation for Adults (RCIA)

Parishes in Victoria are collaborating to provide an
opportunity for groups to learn more about our faith.

Sessions will be held on Thursday evenings beginning in the Fall.
For more information, please contact the St. Joseph the Worker
Parish Office at 250-479-7413 / sjtwp@rcdvictoria.org

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](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!

July 6 to July 7, 2024

Envelopes \$ 4,152.00

Cash \$ 513.45

Total \$ 4,665.45

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



Our Lady of Mount Carmel

16 July 2024

Mt. Carmel was a sacred place
dedicated to the Canaanite god
Baal. In 1 Kings 18, Elijah
declared a contest with 450 of
his prophets to set a sacrifice
on fire to determine which
"god" was real, Baal or the God
of Israel. The frenzy of the
prophets of Baal was not
successful. However, when
Elijah prayed to the Lord, fire
descended from heaven and lit
the sacrifice (1 Kings 18:38-
39). It was on Mt. Carmel, as
well, that the prayer of Elijah
secured the end of the drought

and famine that had befallen Israel.

"Carmel" is a Hebrew word for "garden of God", where we can walk
with the Lord, as Adam and Eve did before they were banished
(Gen. 3:8) Mount Carmel overlooks the Mediterranean, and the city
and harbour of Haifa, Israel. It sits at the head of Valley of Jezreel,
also known as the Valley of Megiddo. The Arabs know Carmel as
the Mountain of Holy Elijah. In addition to 1 Kings 18, Carmel is
mentioned over twenty times in Scripture, notably in Canticles 7:5.

In the 12th century, the Order of the Brothers of the Blessed Virgin
of Mount Carmel was officially founded here. This order looks to the
Old Testament prophets Elijah and Elisha as their spiritual fathers.
Carmelites follow the Gospel and take on a deeply Marian character
for an evangelical life, looking to the Blessed Mother as an ideal
example of prayer, love, and contemplation.

It was in the 13th century on July 16, 1251, a time of persecution for
the Carmelites, that the Blessed Virgin appeared to St. Simon
Stock, a Prior of the Carmelites, and gave him the Brown Scapular.
She said to him, "This is a privilege for you and the order: whoever
dies wearing the Scapular will be saved. It is a sign of salvation, a
sure safeguard in danger, a pledge of peace and of my special
protection until the end of the ages."

The Scapular, or "Brown Scapular" from the colour of their habit,
consists of two pieces of brown wool on a cord. The Scapular is a
special garment of consecrated religious, known from the time of
St. Benedict (6th century), and worn over their habit while working.
From this practical purpose the Scapular came to be called "the
yoke of Christ," a spiritual sign of devotion and piety. By putting on
the garment, it attains its highest spiritual meaning as followers of
Jesus are said to put on Christ Himself to remind us throughout the
day of the need to persevere in Christ.

The Scapular should never be worn as a good luck charm, nor as
an assurance of avoiding purgatory or hell whatever our behaviour.
To do so would be superstitious and therefore in vain.

The last time Mary appeared at Fátima, she was dressed as Our
Lady of Mount Carmel. Lúcia, one of the shepherd children, later
said the Blessed Mother appeared this way because she "wants all
to wear the Scapular. The reason for this is that the Scapular is our
sign of consecration to the Immaculate Heart of Mary." Lúcia later
became a Carmelite nun.

There have been many Carmelite saints, including Elizabeth of the
Trinity, Teresa of the Andes, and Edith Stein, as well as Doctors of
the Church, John of the Cross, Teresa of Avila, and St. Thérèse of
Lisieux.

Our Lady of Mount Carmel is the patron saint of the Carmelite
Order, for Chile, for Bolivia, for protection from danger, and for
deliverance from Purgatory.

[Online accessed 9 July 2024:

<https://www.ewtn.com/catholicism/seasons-and-feast-days/our-lady-of-mount-carmel-21181>]

Parish Office Summer Hours

Tue 16 Jul to Fri 19 Jul: 9:30 am to 3:00 pm

* Tue 23 Jul to Fri 26 Jul: 11:30 am to 1:30 pm

Tue 30 Jul to Fri 2 Aug: 9:30 am to 3:00 pm

Tue 6 Aug to Fri 9 Aug: 9:30 am to 3:00 pm

* Tue 13 Aug to Fri 16 Aug: 11:30 am to 1:30 pm

* Tue 20 Aug to Fri 23 Aug: 11:30 am to 1:30 pm

Tue 27 Aug to Fri 30 Aug: 9:30 am to 3:00 pm



Parish Office Staff will be away from

Tue 23 Jul to Fri 26 Jul

Tue Aug 13 to Fri 23 Aug

We thank all the Parish Office volunteers who will be in the office while we are away this summer.

The last Parish Bulletin for the summer will be the weekend of 10/11 August 2024. Regular bulletins will resume in September, 2024.



From the Diocese



Fr. Alfie's Table is back!
<https://youtu.be/0C28UI1ZDbk>

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.
<https://www.rcdvictoria.org/jawl-bundon-bursary>

[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.
<https://www.rcdvictoria.org/blondin-bursary>

[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.
<https://www.rcdvictoria.org/char-deslippe-award>



Come and experience the healing touch of Jesus!
Holy Mass | Preaching | Eucharistic Adoration | Prayers for Healing.

Mon Jul 29, 6 pm to 8 pm: St. Andrew's Cathedral

Wed Jul 31, 6 pm to 8 pm: St. Joseph the Worker Parish

Thu Aug 1, 6 pm to 8 pm: St. Edward's Catholic Church

Discover Shalom World's Media Mission.

Sat Aug 3, 9 am to 12 pm: St. Joseph the Worker Parish.

Please Pray For:

Your prayers are requested for the repose of the soul of
Fr. Steven Basarab.

Fr. Steven, a priest in the Ukrainian Catholic Church, lived and served the Diocese for many years on Vancouver Island. Please keep Fr. Steven and his family in your prayers.

Serra is a global organization of lay Catholics who promote and foster vocations to the priesthood and consecrated religious life.

There is a Serra club in our Diocese, and you are invited to its 2nd Anniversary Celebration on July 25 (Thursday) at Our Lady of Fatima Parish.

Adoration of the Blessed Sacrament will begin at 6 pm, Mass will be at 6:30 pm, followed by a small reception.

For more information about Serra International, please visit <https://serracanada.com/about-serra/>



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>



"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. 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.

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: *sacredheartmse@gmail.com*

PARISH PASTORAL COUNCIL 2023 / 2024

Marilyn Bojko

Jeremy Côté

Jim Haffey

Peter Martin

Samantha Sherman

Will Podmoroff

Rick Perez de Tagle

Edgar Tan Jr.

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

Rafael Oei

Altar Servers

Karla Montano

Extraordinary Ministers

Gilbert Santos,

Chay Santos

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

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

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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