



Sacred Heart Catholic Church

60
Years at
Nelthorpe

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

* 2nd Sunday of Lent | 16 March 2025 *

Jubilee Day of Action

**TURN DEBT
INTO HOPE**

On this Sunday of Lent, join the movement
for economic and ecological justice.

Sign the petition: <https://www.kairoscanada.org/jubilee-2025->



Ground Control To Major God II

by Jean Allen

Peter's immediate reaction to the Transfiguration was to have what he thought was a lightbulb moment. He was heavy with the need for sleep but seeing Jesus, Moses and Elijah talking together in glory, he was totally motivated to build three booths to commemorate this beautiful and impressive event.

Peter witnessed and experienced something astonishing and his first instinct was to take control of it, own it and do something so he could lead others to the same experience. Peter was not so different from all of us. When we have a moment of epiphany, we absolutely try to own it. We want to create some sort of memorial so that when we see it, we can revisit the initial moment of wonder. We want others to have the same experience and we think that whatever inspired us just has to inspire others.

Do we ever listen to see if God has the same plan as we do? Do we ever consider that what was exciting for us might not be for everybody else? Have you ever tried to share a profound experience with another person and come away feeling a bit down because, while they were polite and happy for us, it obviously did not have the same impact on them and your experience felt somehow diluted, deflated and perhaps even a bit tarnished?

Sometimes God speaks just to us and what he says or what he shows is for us alone. But you still can't own it. You can't grab it and say, "I've got this now and I'll never let it go," because God is the God of the present moment and we tend to live in past experiences. Sometimes, we stop listening for the Word of the moment while clinging to the Word given yesterday. It's at these times that God says, "This is my Son, my Chosen; listen to him!"

He says it for the present moment; he says it for the Now.

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

Friday (during Lent) 5:15 pm to 6:00 pm
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
Confessions : 5:15 pm - 6:00 pm
Benediction : 6:15 pm
Stations of the Cross : 6:30 pm
MASS : 7:00 pm.



Please pray for:

Those who have died

Maria Costa, Jaime Pimentel, Manuel Pimentel and Marie de Melo, Maria and Evodia Martinez .

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.



Society of St. Vincent de Paul

Lent is a call not just to “give up something” but to “give something for the poor.” Wherever you live in the parish, there are poor families within walking distance of your home. When in need, they ring the rectory bell.

They are, in effect, ringing your doorbell.

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, or prayer cards as gifts for the students. Please drop the objects at the Parish office by April 1st. Contact Lidia at sacredheartreled@rcdvictoria.org

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 8 & March 9, 2025

Envelopes \$ 1,692.00

Cash \$ 504.15

Total \$ 2,196.15

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>



Holy Week 2025

Saturday, April 12 | Passion (Palm) Sunday

4:00 pm – Anticipated Mass (English)

Sunday, April 13 | Passion (Palm) Sunday

9:00 am – English

11:00 pm – Syro-Malabar Rite

3:00 pm – Korean



The Holy Triduum

Thursday, April 17 | Holy (Maundy) Thursday

7:00 pm – Mass (English / Korean)

9:00 pm – Syro-Malabar Rite

Until Midnight:

Adoration at the Altar of Repose (Parish Hall)

Friday, April 18 | Good Friday

8:30 am – Syro-Malabar Rite

2:30 pm – Stations of the Cross

3:00 pm – Good Friday Service (English)

6:30 pm – Korean Stations of the Cross

7:00 pm – Korean Good Friday Service



Saturday, April 19 | Holy Saturday

7:00 pm – Easter Vigil (English)

9:30 pm – Easter Vigil (Korean)

11:59 pm – Syro-Malabar Rite

Sunday, April 20 | Easter Sunday

9:00 am – English Mass

3:00 pm – Korean Mass

5:30 pm – Vietnamese Mass

SHARE LENT 2025



In this Jubilee Year, Pope Francis calls on us to take part in the global Turn Debt into Hope campaign to “forgive the debts of countries that will never be able to repay them.” Knowing that 3.3 billion people live in countries that spend more on foreign debt repayment than on health or education, we must act!

Sign the global petition calling for:

1. Canceling unjust and unsustainable debts
2. Reforming the global financial system to prioritize people and the planet
3. Establishing a binding and comprehensive debt framework within the United Nations

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



April 12 from 9 a.m.

CLEAN UP

The sign-up sheet is in the church foyer.

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



The Joyful Hope of the Gospel

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, and even shed a tear, to encourage the faithful in the Lenten love for Christ, and those who need him and the familial affection of his Church.

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

Feast of St Patrick March 17



Born in Roman Britain around the year 387, a band of Irish marauders captured him as a slave when he was about 16. He spent the next six years pasturing the flocks of a Druid priest, learning the native tongue, the ways of the people, and the pagan cult. Escaping the Gaelic island, Patrick entered religious life at age 20, studying at the Abbey of Marmoutier near Tours and ecclesiastical tonsure in Lérins Abbey, on Saint-Honorat Island.

Upon returning as a priest, Patrick converted the pagan Irish to Christianity. His efforts turned to allegory, driving "snakes", heathen practices, out of Ireland. Tradition holds that he died on 17 March and was buried at Downpatrick. He was never formally canonized by the Catholic Church as there was no formal canonization process in the Catholic Church at the time.



On St. Patrick's Day, it is customary to wear shamrocks, green clothing or green accessories. St. Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish.

Feast of St. Joseph Spouse of the Blessed Virgin Mary March 19



St. Joseph has two feast days on the liturgical calendar. The first, on March 19, celebrates Joseph as the husband of Mary, and the other on May 1, celebrates St. Joseph the Worker, instituted by Pope Pius XII in 1955 to acknowledge the dignity of work.

Between 1870 and 1955, this feast was celebrated specifically in honour of St. Joseph as Spouse of the Blessed Virgin Mary and Patron of the Universal Church, the latter title having been given to him by Pope Pius IX. 19 March was dedicated to St. Joseph by the 10th century, and this custom was established in Rome by 1479. Pope Pius V extended it to the entire Roman Rite by his Apostolic Constitution "Quo primum" (14 July 1570).

With its elevation to "Solemnity", even if it occurs inside Lent on the usual date of 19 March, it is still observed as a Solemnity of a Saint. This is one of the few times during Lent the "Gloria" may be said or sung, the vesture is changed from Lenten purple or violet to white or gold (for such a solemnity), the Collect and the Eucharistic Prayer's Preface and other prayers are from the Solemnity and not Lent, the hymns are more joyful, and the Creed is said. However, the "Alleluia" is still not used, the "Tract" being used instead, per Lenten regulations.

St. Joseph is the patron saint of Canada, the Universal Church, families, fathers, expectant mothers, travelers, immigrants, house sellers and buyers, craftsmen, engineers, working people, and the patron saint of Canada and Poland.

Confessions are available before Mass Five Conditions of a Good Confession



1. Examination of Conscience
2. Repentance and remorse for one's sins: arising from faith and love of God.
3. Firmly resolve not to sin, or repeat a sin again.
4. Confess and disclose the sins to a priest.
5. Fully intend to make reparation, and do works of reparation for the sins.



Recollections for Men & Women

Opus Dei's "Recollections" helps 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.



From the Diocese

In-Person Marriage Preparation Course

Saturday, April 5 & April 12, 10 am to 4 pm
St. Mary's Church (All Saints Parish), Ladysmith
Registration deadline: March 19

Course fee: \$125 per couple (in-person and remote)
<https://in-person-marriage-prep-april-2025.eventbrite.ca>

A remote Zoom option will also be available if you are unable to attend in person. This course is open to all couples preparing for marriage, offering essential guidance for this significant life step. Please note: a joint Certificate of Completion will be presented only upon attendance at both Saturday sessions. Attending in person provides a deeper understanding of the material and offers a valuable opportunity for each couple to engage in meaningful discussions within a supportive environment.

Save the Garry Oaks



Would you like to help remove invasive plants and restore an important Garry Oak ecosystem?

Beginning March 8, and running through the 2nd and 4th Saturdays from 1 pm to 4 pm, rain or shine, all are invited to come and help remove invasive species from our property on the slopes of Christmas Hill. Please meet in the Sacred Heart parking lot. Pruners and shovels will be provided, but please bring your own gloves, safety glasses, and water.

For more information and to sign up, email jseale1234@gmail.com or visit: <https://www.eventbrite.com/e/garry-oak-ecosystem-restoration-project-2025-tickets-1254795821079>

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

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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



Parish Office: sacredheart@rcdvictoria.org

LITURGICAL MINISTRIES & POSITIONS

Parish Liturgy Coordinator

Rafael Oei

Altar Servers

Karla Montano

Extraordinary Ministers

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Mae Tan

Floral Ministry

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Rafael Oei

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Lynda Tan

Ushers

Marisa Tinsay

Lynda Tan

Video Streamers

Peter Liem

Sacristan

Sylvain Leclerc

Denise Owen (Asst.)

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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