



Sacred Heart Catholic Church

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

** 7th Sunday in Ordinary Time | 19 February 2023 **

Weekday Masses

**Celebrate
ASH WEDNESDAY**
with Bishop Gary
7 pm, 22 February.

There is **no Korean Mass**
from Jan 25 to Feb 23, 2023

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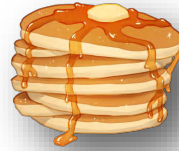
Mondays to Fridays at 7 pm
Bp. Gary Gordon

Wednesdays at 8 pm
Korean Mass (Fr. Robert Ryu)

Thursdays at 10:30 am
Korean Mass (Fr. Robert Ryu)

Join us for a
*Pancake
Breakfast*

**This Sunday,
February 19**
After the 9 a.m.
Mass.



**Donations are
gratefully
accepted.**

LITURGICAL YEAR A WEEKENDS

Saturday 4:00 pm
Sunday (live streamed) 9:00 am
Korean (no Mass until Feb 26)
Polish (TBD)
(Please call the Parish Office)
Syro-Malabar 12:30 pm
(Please call the Parish Office)
Vietnamese (TBD)
(Please call the Parish Office)

RECONCILIATION

Saturday (only before a Mass) 3:00 pm

Sacred Heart YouTube Channel

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

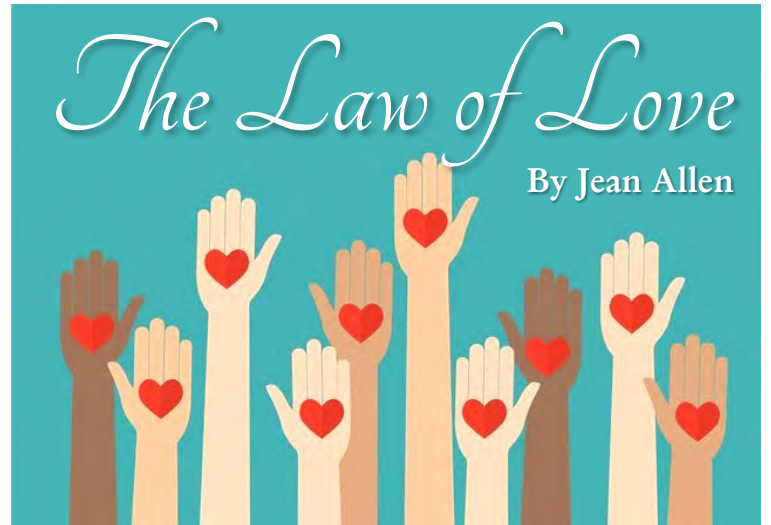
I've said it before: God does not require anything of us that he does not practice himself.

In this Sunday's reading, the Antitheses continue with the familiar exhortations to give more than you are asked for, to turn the other cheek and to love your enemies. And Jesus and the Father do just that, always and everywhere. Try reading the beatitudes again, only this time read them as character descriptions of God. This is who he is and, when Jesus says, "Be perfect as the heavenly Father is perfect," he is simply saying, "Pull in your claws; stop being selfish and defensive. Be gentle. Stop following the letter of the law and start seeking out its true intent and its heart."

This isn't spiritual rocket science. Christ doesn't call us to flagellate ourselves or bring more hardship on ourselves than we already have. He knows life can be pretty tough; he has been there. All he asks is that we don't lose sight of God's true heart, the heart that turns its cheek when it is ignored or castigated, the heart that wants to give rather than take, the heart that doesn't seek revenge, just restoration. He asks us to do the same because it's the only way we can survive as healthy families and communities (key word here is 'healthy'). The only way. The fact that the Church has survived through the ages is more down to God's merciful grace rather than human conviction of what it really means to follow Christ.

The first reading gives a clue to the true intent of the law as Jesus is interpreting it. God says to Moses, "You shall be holy for I, the Lord your God, am holy. You shall not hate in your heart any one of your kin; you shall not take vengeance or bear a grudge but you shall love your neighbor as yourself: I am the Lord."

Have we ever taken that as seriously as we need to?



During Lent:
Journey with the Lord through the
WAY OF THE CROSS

Every Friday, at 6 p.m.
beginning Friday, 24th February.



*Have an enjoyable,
meaningful,
and grace-filled
BC Family Day!*



Please pray for:

Those who have died

Robert Guterres, Hannah Murray & Lolita Tan

Those who are ill

MaryLee A, Barbara A, Cora C,
Kathleen Gaudet, Richard G, Theresa Hatlen,
Pedrito Kalaw, Cecilia O, Roma De P, Derek L, Bruno R,
and Barbara W.

St. Joseph's Elementary School Proudly Presents

A Musical based on the play by J.M. Barrie

Peter Pan Jr

Friday, March 10 at 6 pm
Saturday, March 11 at 10 am & 1 pm
General Admission: \$15

Tickets are on sale after each Mass
in the church foyer this weekend

and from the School Office or from Eventbrite at
<https://www.eventbrite.ca/e/peter-pan-jr-musical-tickets-534327577167>

2022 TAX RECEIPTS

Thank you for generously supporting the parish in 2022.
We thank everyone who requested
for their Tax Receipts to be emailed.

TAX RECEIPTS are now ready for pickup from the foyer:
arranged in alphabetical order according to surnames.

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

Pre-Authorized Debit: Automatic Debit (PAD)

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!

February 11 & 12, 2023

Envelopes \$1,903.25
Cash \$ 486.25
Total **\$2,311.50**

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

OUR MINISTRY VOLUNTEERS

Saturday, 18 February, 4 pm : Fr. Frank Franz

Altar Servers : Daisy L, Michael N, Mara T & Elias T
Proclaimers : Belle PT, Sigrune F
EMCs : Marilyn T
Ushers : Don M

Sunday, 19 February, 9 am : Fr. Eduardo Santos

Altar Servers : Daisy L and Pio T
Proclaimers : Helen M, Cyrille S
EMCs : Ken N, Rose N
Ushers : Colleen MN, Logan N

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

VOCATIONS MASS

12 p.m. this Thursday
23 February
with Fr. Frank Franz.
Confessions from 11 am.



**The Parish Office will be closed
on Friday, February 24.**

**Regular hours will resume
on Tuesday, February 28 at 9:30am**

FAST AND ABSTINENCE DURING LENT

Fasting, almsgiving, and prayer are the three disciplines of
Lent. The faithful and catechumens undertake these practices
seriously in a spirit of penance in preparation for baptism and for
the renewal of our baptismal vows at Easter.

Abstinence is to be observed from age 14 and older.

**Fasting is to be observed from the age of 18, and who have
not yet celebrated their 59th birthday.**

Days of Fast & Abstinence

Ash Wednesday, February 22, and Good Friday, April 7.

Fridays of Lent are compulsory days of abstinence when no
meat is allowed during meals. In Canada, Catholics may substitute
an act of charity in place of abstinence. However, it is strongly
encouraged that some form of penitential discipline be undertaken.

On a fast day one full meal is allowed. Two other meals, sufficient
to maintain strength, may be taken according to each one's needs,
but together they should not equal another full meal. Eating
between meals is not permitted. Liquids, including milk and juices,
are allowed.

**Please Note: when health or ability to work are seriously
affected, the law does not oblige.** When in doubt concerning
fast and abstinence, consult the parish priest.



**Development
and Peace**
CARITAS CANADA

**Earthquake aid in
Turkey and Syria.**

**Please donate here:
<https://www.devp.org/en>**

CHRISTIAN MEDITATION

Are you looking for a new activity to begin during Lent?

The Sacred Heart Meditation Group meets on Thursdays, 1 - 2 pm.

We welcome newcomers.

Benedictine monk, Fr. John Main (1926-1982), rediscovered this ancient tradition of Christian Meditation from the time of the Desert Fathers and Mothers in the early centuries of Christianity. Also known as contemplative prayer, it is the prayer of silence and stillness beyond word and thought. It is often called the "prayer of the heart". Each week, we listen to the words of Frs. John Main, Laurence Freeman, and others, followed by a 20-30 minute period of silent meditation.

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

Knights of Columbus Lenten Retreat



Retreat Master: SK Deacon Philip Yuson

**Theme: Loving God: Do Justice,
Love Mercy, and Walk Humbly with Your God**

The Knights of Columbus Sacred Heart Council & Bishop Demers Assembly invite all Knights (their brothers, sons, and grandsons) to attend this Retreat at Sacred Heart Parish, Saturday, March 18 from 10 am to 3 pm. A light lunch will be offered. Confessions from 3 to 4 p.m. and Holy Mass from 4 p.m. to 5 p.m.

To attend in person, please call SK Dr. Oscar Perez de Tagle at 778-265-0013; or email at perezdetagleoscar@gmail.com

The Retreat will also be live-streamed. The link will be provided to member Knights of Greater Victoria, B.C. Councils & Assemblies through our District Deputy.



From the Diocese



Rite of Election

The Rite of Election will be celebrated on Sunday, February 26, 2023 during the 11:00 am Mass at St. Andrew's Cathedral.

All catechumens and candidates for full Reception into the Catholic Church are invited to attend with their sponsors, family, and friends; as are RCIA Coordinators and clergy. A light lunch with the Bishop will follow in Segher's Hall.

CHRISM MASS

7 p.m. on Thursday, March 30
at St. Peter's Church in Nanaimo.
More information to follow.



Catholic Scripture Study: The Story of Redemptive Suffering



Jesus' Passion: The Story of Redemptive Suffering examines the Scriptural basis of Mel Gibson's movie, *The Passion of the Christ*, and how this powerful portrayal of the suffering and death of Jesus relates to the Bible and teachings of the Catholic Church. Each lesson includes an introduction, biblical texts, study and reflection, Catechism Connections, as well as a summary and quotes from canonized saints and recent popes. The course book costs \$25.

The course is in-person at St. Andrew's Parish Centre at 2 pm, Wednesdays beginning on Ash Wednesday, February 22nd. It is also available online via zoom meetings on Thursdays at 7 pm. For more information or register: det.oconnor@gmail.com.

Anti-Sex Trafficking Workshop "THE EYE DOES NOT SEE WHAT THE MIND DOES NOT KNOW"

The fastest growing crime in Canada is sex trafficking: modern slavery that is being normalized! Respect Life Ministry and St. Andrew's Cathedral Parish Council presents an Anti-Sex Trafficking Workshop, Saturday, March 4, 10:30 am to 3:30 pm in Seghers' Hall. A light lunch will be provided.

Doors will open at 10 a.m.

To register: standrewscathedral@gmail.com
or phone 250-388-5571

For more information, please contact Annette Turgeon at tcrmi1@telus.net

Serra Club Victoria

... is now in the process to become part of Serra International, a Catholic lay organization for the promotion of vocations. Serrans recognize the importance of keeping the Gospel message relevant for today.



Join us in our next meeting, Thurs, Feb. 23rd at Our Lady of Fatima Parish. Adoration at 6 pm, to pray for vocations. The meeting starts at 7 pm in the Basement Hall. Guest speaker, Deacon Philip Yuson, will talk about his vocational journey. Join us and be a promoter of vocations!

Inquires: victoria@serrainternational.org

CENTERING PRAYER WORKSHOP

St. Joseph the Worker Council invites you to a three evening Lenten Workshop on Centering Prayer. The dates are Wednesdays March 1st, 8th, and 15th, 6:30 pm to 8 pm, St. Joseph the Worker Church Hall. Centering Prayer helps us to slow down to recognize God in our lives and strengthen our relationship with Him.

For more information, or to sign up, please email: kofc13356@gmail.com



SEEDS OF RECONCILIATION

You are invited to attend this powerful and potentially life-transforming experience! A one-day overview of the Returning to Spirit (<https://www.returningtospirit.org/>) intensive program, this explores the concepts of what reconciliation is by discovering what it is not. It can also serve as a refresher for those who have taken the complete workshop long ago. Each workshop runs from 9:00 am – 4:30 pm.

Thurs, March 2: St. John Paul II School in Port Alberni
Sat, March 4: Queen of Angels School in Duncan

For more information or to register, please visit <https://www.returningtospirit.org/workshopcalendar>,

Email: info@returningtospirit.org

Or phone 250-889-4579 or 1-855-244-3963.

Report Sexual Abuse



For all Responsible Ministry and Safe Environment information and forms
<https://www.rcdvictoria.org/responsible-ministry>



PARISH MINISTRIES

Please contact the Parish Office:
sacredheart@rcdvictoria.org

Altar Servers	Karla Montano
Christian Meditation	Margie Noonan
C.W.L. / PrayerLine Ministry	Miriam Podmoroff
Extraordinary Ministers	Gilbert & Chay Santos
Finance Chairperson	Marilyn Turner
Knights of Columbus	Rick Perez de Tagle
Led By The Spirit Group	David MacIntyre
Moms & Tots	Chantal Cote
Music Director	Rafael Oei
Parish Liturgy Coordinator	Rafael Oei
Pastoral Care Ministry	Lynda Tan
Phone-tree Ministry	Elizabeth Olcen
Proclaimers	Stan Dzbik
Funeral Receptions	Elizabeth Olcen
Responsible Ministry	TBA
Social Justice/D & P	Stan Dzbik
St. Vincent de Paul	Georgina Short
Ushers	Marisa Tinsay / Isme Liem
Video Streamers	Peter Liem

PASTORS

Executive Committee (Designated Acting Pastor of Sacred Heart Parish)

Marilyn Bojko, Marilyn Turner, & Stan Dzbik
Sacred Heart Executive Committee
email: sacredheartexec@gmail.com

Korean Pastor: Fr. Robert Ryu
youngjinryu0758@gmail.com

Syro-Malabar Pastor: Fr. Sajy Chakkittamuriyil
frsajy@gmail.com

Vietnamese Pastor: Fr. Michael Tran
michaeltran@rcdvictoria.org

PARISH PASTORAL COUNCIL 2020 / 2023

Marilyn Bojko (Chairperson)	Vincenza Cameron
Stan Dzbik	Jeff Kucharski
Catherine Minvielle	Oscar Perez de Tagle
Michele Ricard	Cyrille Santos

Hospital Chaplain

Fr. Sean Flynn: 250-889-3761

Parish Administrative Assistant

Katherine Newton: sacredheart@rcdvictoria.org

Children's Religious Ed. Coordinator

Lidia Moodie: religioused@sacredheartvictoria.com



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SINCE 09182019



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ROWENA B BIRON
CONSULTING MANAGER

Tel # 236-508-1279 / 778-557-3339

Email: INQUIRY@BIOCOMMUNITYNURSINGCARE.COM

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