



# Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1  
250-479-1611 | [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org) | [sacredheartvictoria.com](http://sacredheartvictoria.com)

*\* 5th Sunday in Ordinary Time | 5 February 2023 \**

## Weekday Masses

### PLEASE NOTE

There will be **NO 7 pm Mass**  
on Friday, Feb 10,  
and from Feb 13 to 16.

There is **no Korean Mass**  
on weekdays and Sundays 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)



## The Parish Office is closed

The Parish Office will resume  
regular hours from 9:30 am,  
on Tuesday, 7 Feb

Heartfelt thanks  
to the generosity,  
talents, and time  
of

Ken Nguyen - Victoria Cabinets,  
painters, Peter and Isme Liem  
and End of the Roll

for making the renovations  
in Pope John Hall possible.

## LITURGICAL YEAR A WEEKENDS

**Saturday** 4:00 pm  
**Sunday (live streamed)** 9:00 am  
**Korean** (no Mass until Feb 26)  
**Polish (Feb 4)** 10:00 am  
(Please call the Parish Office)  
**Syro-Malabar (Feb 18)** 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>

## Gentle Light & Salt

By Jean Allen



When we allow anger, aggression, resentment, retaliation, outbursts of bad temper and non-forgiveness etc. to take over our emotions, it's as if we dump this bushel barrel of garbage all over ourselves, crawl under the barrel and refuse to budge. The light is not only hidden but it's eventually snuffed out from lack of Kingdom air. Getting it rekindled is extremely difficult because living under that barrel is addictive. We want to be there. Then our saltiness has truly lost its flavour and is only fit for trampling on. It's completely void of usefulness.

The gentle person does not react. The gentle one responds. The gentle one does not hold grudges and does not subject others to the abuse of anger but, rather, forgives and has compassion. The gentle Christian lives out the love chapter of 1 Corinthians 13. The gentle one's light softly glows for all to see and the light is inviting and warm. The salt of the gentle soul is a subtle and welcome flavour enhancer.

Is being salt and light easy? Nope.  
It's just critical.

Last week I wrote about the beatitude of gentleness. This week, the Gospel speaks about being the salt of the earth and the light of the world.

I state my case: gentleness is salt and light.

Not hiding our light under a bushel is mostly thought of as being willing to stand up and say, "Yes, I follow Jesus." That may be part of it but every time we give in to bad temper or aggressively and angrily insist on our own way or become verbally abusive in our quest for justice, we most effectively shove our light under a barrel and our saltiness is rendered totally flat. How can the world (or our fellow Christians and families) recognize the light of Christ when we are acting so entitled in the same way everyone else in the world acts?

Imagine that the bushel barrel that Christ speaks of is the container that holds all the reactions to life and other people that the rest of the world habitually engages in.



## Collection of Palms

Please bring in your palms and leave them in the container in the church foyer. They will be burned to be used on Ash Wednesday, 22<sup>nd</sup> February.

Deadline: next Sunday, 12 February 2023.



## Grateful Thanks to

**Fr. Frank Franz (Sat. 4 pm)**  
**& Fr. Paul Smith, OFM (Sun. 9 am)**  
for celebrating the Eucharist with us  
this weekend!



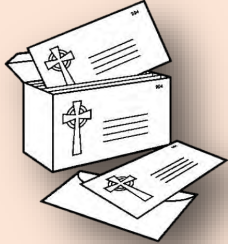


### **Please pray for:**

***Those who have died***  
*Jose Pimentel*

***Those who are ill***

*MaryLee Alexander, Barbara A, Cora C,  
Cecilia O, Roma De Paoli, Richard G,  
Derek L, Barbara M, Bruno R, and Barbara W.*



### **Donation Envelopes**

**Please use ONLY  
the new 2023 envelopes.**

**Many numbers  
have been re-assigned.**

**Please remember to write  
your name and address  
on all your Donation Envelopes.  
This will help the office staff greatly.**

Please inform the Parish Office if you have moved, have a new postal address, a new email address, or new phone numbers.

If you do not have Donation Envelopes and would like to have a box, or if you wish to discontinue using the Donation Envelopes, please inform the Parish Office.

Thank you.

### **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](mailto: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!**

#### **January 28 & 29, 2023**

**Envelopes \$ 1,911 .00**

**Cash \$ 375 .05**

**Total \$ 2,286 .05**

#### **Month of January 2023**

**PAD \$ 5,760.00**

**E-Transfer \$ 925.00**

**Canada Helps \$ 2,330.89**

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

**Please take a Vocations  
Prayer Card home  
(from the foyer table)  
to pray for more vocations!**



### **Prayer for Vocations**

Eternal God;

Bless Your Church with holy and faithful priests, deacons, brothers, and sisters.

Give those You have called to the married state, and those You have chosen to live as single persons in the world, the special graces that their lives require.

Form us all in the likeness of Your Son so that in Him, with Him, and through Him, we may love You more deeply, and serve You more faithfully, always and everywhere.

With Mary, we ask this through Christ our Lord.

Amen.

### **During Lent:**

**Journey with the Lord through the  
WAY OF THE CROSS**

**Every Friday during Lent, at 6 p.m.**



The sign-up sheet  
for Ministry Groups to lead  
will soon be available in the foyer.



### **CWL Membership Drive 2023**

**After Masses this weekend. Only \$40 a year.**

#### **Potluck Friendship Luncheon**

**Saturday, February 11**

**11 am to 1 pm in the Parish Hall.**

Meet the members, play games, have fun, bring a friend.

For more information, contact Miriam: 250-888-8797.



### **5th Ordinary Sunday Reflection**

**"You are the light of the world."**

**Are you willing to let your light shine as a  
priest, deacon, sister or brother?**

**Please contact:**

**Fr. David Hogman: [dhogman@rcdvictoria.org](mailto:dhogman@rcdvictoria.org)**

**Fr. Harrison Ayre: [hayre@rcdvictoria.org](mailto:hayre@rcdvictoria.org)**

**Directors of Vocations in the Diocese of Victoria.**

### **Bishop Thomas J. Lobsinger, OMI Memorial Bursary Program**



This annual BC and Yukon Bursary has fourteen bursaries of \$1,000.00 each for young practicing Catholic students across the Province of British Columbia in post secondary, recognized institutes of higher learning. Applications are accepted until June 30, 2023. The Terms of Reference are on our web site ([kofcbc.org](http://kofcbc.org)).

Address requests to:

**Knights of Columbus BC & Yukon  
2809 Mara Drive, Coquitlam, BC V3C 5T9**

**Attn: Herb Yang, Bursaries Chairman**

**Or email: [herbykofc@gmail.com](mailto:herbykofc@gmail.com)**



**A Six-Week  
Adult Faith Formation  
Program at Sacred Heart**

# NO GREATER LOVE

A BIBLICAL WALK THROUGH  
CHRIST'S PASSION



**February 21 and 28  
March 7, 14, 21 and 28  
Tuesdays : 7 p.m. to 9 p.m.  
Sacred Heart Parish Hall  
or via Zoom**

The Zoom link will be emailed  
after registration and payment

**Participants will need to purchase  
a workbook for \$20.**

**For more information, and to register,  
please contact Catherine Minvielle  
cmaninvielle@gmail.com**

**Includes a video presentation by Dr. Edward  
Sri, fellowship, and discussions.**

**The Workbook may be picked up from the  
Parish Office, Tuesdays to Fridays during  
office hours, or on the first night of the course.  
Cash or cheque accepted. Please make the  
cheques payable to "Sacred Heart Parish".**



## 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  
(740 View Street, Victoria).

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.



### CATHOLIC SCHOOLS WEEK 29 January to 4 February 2023

Explore the opportunities offered by Island  
Catholic Schools!

### OPEN HOUSE

**St Patrick's Elementary School** will  
host an Open House on Thurs, Feb 9, from  
10 am to 2 pm, & 5 to 7 pm. Families are  
invited to explore all that St. Patrick's has to  
offer their students to learn and grow.



For more information, please call 250-592-6713.

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

The fastest growing crime in Canada is sex trafficking! Keep  
our children/youth safe. It begins with Awareness, Education  
and Action. Sex trafficking is modern slavery and is quickly  
being normalized! Respect Life Ministry and St. Andrew's  
Cathedral Parish Council is offering an Anti-Sex Trafficking  
Workshop, on Saturday, March 4, 10:30 am to 3:30 pm in  
Seghers' Hall, St. Andrew's Cathedral. Refreshments and a  
light lunch will be provided. Doors will open at 10 a.m.

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

For more information, please contact Annette Turgeon at  
tcrm1@telus.net

### 2023 WORLD DAY OF THE SICK

**February 11** is World Day of  
the Sick, an annual observation  
started by Pope John Paul II in  
1993. The World Day of the  
Sick is an occasion to pray for  
individuals who are suffering, and to find concrete ways to  
draw nearer to them.



Pope Francis' message for this 31st World Day of the Sick is  
entitled "*Take care of him* – Compassion as a synodal  
exercise of healing".

In light of the Church's synodal journey, Pope Francis invites  
"all of us to reflect on the fact that it is especially through the  
experience of vulnerability and illness that we can learn to  
walk together according to the style of God, which is  
closeness, compassion, and tenderness."

Read Pope Francis' message at: <https://www.vatican.va/content/francesco/en/messages/sick/documents/20230110-giornata-malato.html>



CANADIAN CONFERENCE  
OF CATHOLIC BISHOPS

### Burying the Dead, Grieving Well:

*A Guide for Catholics on  
Bodily Disposition and*

*Grief* deals with death and forms of bodily disposition,  
including the Catholic liturgical and pastoral practices that  
accompany the grieving process.

The guide is on the Diocesan website at:  
<https://www.rcdvictoria.org/funerals-and-burials>



### 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: religious@sacredheartvictoria.com



## Tung Nguyen Watchmaker

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CONSULTING MANAGER

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