



The Summer Post



Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1

250-479-1611 | sacredheart@rcdvictoria.org | sacredheartvictoria.com

*** Fourteenth Sunday in Ordinary Time | 9 July 2023 ***

*"The Lord is gracious and merciful, slow to anger,
abounding in steadfast love." (Psalm 145)*

*"Come to me all you that are weary and are carrying
heavy burdens, and I will give you rest." (Matthew 11)*

The readings for today are so beautiful! God is indeed such a gracious Lord, as are Christ and the Holy Spirit. I think we often lose sight of this graciousness, as we try to clear away the murk and muck of daily life. In fact, the reason we lose sight of this graciousness is that we feel it's totally our responsibility to clarify our spiritual atmospheres so we can see the Lord more easily. But those that feel that way are the ones Jesus is talking to. They are the weary ones, the ones carrying the heavy burdens of an insufficient ability to do right and be right. Let's be honest here. This means every single one of us.

God sees your self-perceived failure and says, "Come to me. I am merciful. I am gracious." Christ sees you discouraged and disheartened and says, "Come to me. I have rest for your weary soul." The Holy Spirit sees your inner confusion and despondency and says, "Come to me. I will clear out your heart and guide you into the new breath of simplicity." In fact, I don't think they are terribly interested in self-generated spiritual successes; they are more interested in you simply coming with all your rags and all your bags. You realize, don't you, that in their eyes we are all homeless people simply struggling to make it through another day. Their mercy and compassion are without borders. We cannot deplete their boundless abundance of grace, mercy and steadfast love.

That's all we need to know, really.



Nutshell Spirituality

by Jean Allen



Please help the Society of St. Vincent de Paul,

and bring respite and hope to the less fortunate in our community. The Social Concern Office food pantry shelves are bare. This impacts our ability to feed families and individuals in need. Please help stock our shelves by donating high protein soups, peanut butter and protein bars. Your financial contribution will purchase dairy products, meat and other items. Please be generous in helping us serve the roughly 23,000 people, including 4,000 children, who rely on us. You can also please place your offering into the food donation cart in the entrance to the church. For online contributions, please specify that it is for the Social Concern Office to enable the immediate purchase of dairy products, meat and other items.

<https://www.canadahelps.org/en/charities/society-of-st-vincent-de-paul-of-vancouver-island/>

LITURGICAL YEAR A

WEEKENDS

| | |
|---------------------------------|---------|
| Saturday | 4:00 pm |
| Sunday (live streamed) | 9:00 am |
| Korean | 3:00 pm |
| Syro-Malabar | TBA |
| (Please call the Parish Office) | |
| Polish | TBA |
| (Please call the Parish Office) | |
| Vietnamese (16th July) | 5:00 pm |

RECONCILIATION

| | |
|-------------------------------|---------|
| Saturday (only before a Mass) | 3:00 pm |
|-------------------------------|---------|

Sacred Heart YouTube Channel

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

Weekday Masses

There will be
NO 7 pm Masses on
July 13, 14,
18, 28 & 31
and until
September



+ + +

Mon-Fri, 7pm : Bp. Gary Gordon
(English)

Wed 8pm : Fr. Robert Ryu
(Korean)

Thu 10:30am : Fr. Robert Ryu
(Korean)



Summer Parish Office Hours

In July and August,
the Parish Office
will be open from
9:30 am to 3 pm

Tuesdays to Thursdays.

**(The office will be closed
on Mondays and Fridays)**

**Office Hours for
Tues, July 25 to Thurs, July 27
10 am to 12 pm**



Please pray for:

Those who have died
Jaime Aherrera, Rick Lelonde
Rene Quirynen and Dr. Michael O'Neill.

Those who are ill
Jon A, MaryLee A, Angelina C,
Hilda C, Darrell C, Cora C, Lesley D,
George G, Kathleen G, Richard G, Azaryah H,
Barrie H, Pedrito K, Derek L, Bruno R and Maria T.

There will be no Mass for Vocations



We thank Fr. Frank Franz for initiating and celebrating the monthly *Mass for Vocations* with us for almost a year; hearing our Confessions, and for kindly and generously encouraging and supporting us in the absence of a pastor.

Thank you, Fr. Frank!

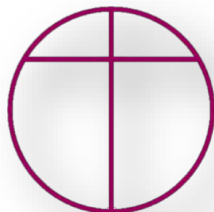


Congratulations
to **Dcn. Joseph Yuson** on his
Diaconate Ordination

Saturday, July 8, 2023, 10:30 am
St. Andrew's Cathedral, Victoria

Recollections for men and women

Spend some time in conversation with God, guided by meditation and an examination of conscience. A priest of Opus Dei will be available for spiritual direction and/or confession.



Recollection for women: at Our Lady of Fatima Parish,
Mon, July 17, 7 pm to 9 pm. Mass, 6pm: confession, 6:30pm.

Recollection for men: at Sacred Heart Parish,
Tue, July 18, 6pm to 8pm. Mass at 5:15pm.



**2nd CWL Community
Garage Sale**
Saturday, November 4, 9am-1pm
Book a table for \$25, sell your goods,
and keep the profit.

For more information, please contact Denise at
deniseowen@shaw.ca or phone 250-580-0066

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](https://www.rcdvictoria.org/Responsible-Ministry)
or call 1-800-968-3146

To report sexual abuse or cover-up by a Catholic Bishop,
visit [BishopReportingSystem.ca](https://www.bishopreportingsystem.ca) or call
1-866-892-3737

Congratulations!

And a warm welcome to the Diocesan Offices:

Lianne Laurence: the new Archives and
Marriage Office Administrator,

Daniel Taft: the new Chaplain for the
University of Victoria and Camosun College.



9th Diocesan Family Conference Family Camp 17 - 20 August 2023



The 2-3 night camp is held at the Nanoose Bay Camp. Choose to stay in a dorm, camp in a tent, or bring your camper! The price includes meals, activities and your choice of dorm, tent, or RV spot.

Our speaker this year is Paul Rossetti,
the Superintendent for Island Catholic Schools.

For the purpose of this camp, a family is defined as
'up to two adults with dependent children'.

<https://www.eventbrite.com/e/9th-diocesan-family-conference-august-2023-tickets-593430365197>



RCIA

RITE OF CHRISTIAN INITIATION OF ADULTS Who Is Jesus Christ? What are Sacraments?

Curious about Catholicism or eager to enter the Faith, RCIA may be the journey you are called to this Fall. The Rite of Christian Initiation of Adults is the process by which non-Catholics enter the Catholic Faith.

Join us to explore what the Holy Spirit has in store for you! Please contact your pastor to have a dialogue. Then register with Carmelle and Chris Whiteley to sign up for the initial evening meeting, September 21st.

Please contact 250-886-2987
or email carmelle.whiteley@gmail.com

Ethnic Communities at Sacred Heart

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

Polish Pastor: Fr. Jan Grotkowski SDS
jgrotkowski@rcdvictoria.org

Syro-Malabar Pastor: Fr. Sajj Chakkittamuriyil
frsajj@gmail.com

Vietnamese Pastor: 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: sacredheart@rcdvictoria.org

Parish Liturgy Coordinator
Rafael Oei: sacredheart@rcdvictoria.org

RMSE Coordinator
Sindhu Merwin: sacredheartmse@gmail.com