



# 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)

**\* 14th Sunday in Ordinary Time | 5 July 2026 \***



## The Real Yoke

By Jean Allen

*“Take my yoke upon you and learn from me;  
for I am gentle and humble in heart and you will find rest for your souls.”*

In Jesus' time, a yoke meant the teachings of a particular rabbi. Jesus is inviting us to be followers of his teachings and he is still dealing with being of equal weight and value as him. If you follow his precepts and truly make them an integral part of your heart's journey, you will also become as gentle and as humble in heart as he was, and still is.

His promise is this: if you really do learn from him, you will find the beautiful rest that comes from being gentle and humble in heart.

Why is that restful? It is because when we are not gentle or humble, we are defensive, aggressive, anxious, possessive and ego driven. We are always looking for everything to go the way we think they should go and have anger issues when they don't. We need to be recognized as being right. We need validation and respect from others. We need, we need, we need...

What an exhausting way to live! However, simply refraining from outward actions that would indicate this neediness isn't what will bring us rest. Part of Jesus's yoke is understanding how absolutely loved we are by him and the Father, and knowing in our depths that forgiveness and compassion have been gifted to us without measure. It is in grasping that part of Jesus's yoke that we find the ultimate rest because we are not seeking to demand from the world, which includes our spiritual community, that which we can only find in Jesus.

Did you get that? We can only find love, respect, dignity and purpose in Jesus. Finding it all there makes you gentle. It makes you humble.

What an amazing yoke!

## LITURGICAL YEAR A

### Saturday:

English Mass (anticipated Mass) 4:00 pm

### Sunday:

English Mass 9:00 am

Syro-Malabar 11:00 am

Korean 3:00 pm

Vietnamese (Please contact the Parish Office) 5:30 pm

## Weekday Masses

### English Masses

Tuesday 11:00 am

Wednesday 11:00 am

Thursday 11:00 am

Friday 11:00 am

**No Exposition and Benediction on Fridays  
through Summer**

### Korean Masses

Wednesday 7:30 pm

Thursday 10:00 am

### Syro-Malabar Mass

Thursday (Every 3rd Thurs of the month) 7:00 pm

Friday (July 10: Mass & Retreat) 6:00 pm

Saturday (July 11: Mass & Retreat) 9:00 am

## RECONCILIATION

Tuesday to Friday 10:30 am

Saturday 3:15 am

Sunday 8:15 am

## Parish Office Hours

### Summer Hours

**Tuesdays to Fridays, 10 am to 12:30 pm**

If you would like to register or volunteer for a ministry, please send an email to [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

### For Baptism, Marriage, Funerals, and Anointing of the Sick

Please contact:

E. [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

P. 250-479-1611

Sacred Heart Parish Website >



## Chalice

**Child Sponsorship**

... Make a donation  
or sponsor a project ...

[chalice.ca](http://chalice.ca)

## A Grateful Thank You

To the following who are helping to lead the music, leading the choir, and covering the music liturgy while the Music Director is away.

Jeremy Côté, Angela Spencer,

Couples for Christ,

Youth for Christ,

Teresa Lalata, and Casie Nguyen



## PARISH BULLETINS THROUGH SUMMER

The next bulletin will be published for the weekend of Sunday, 2 August.

**Have a safe, relaxing,  
and enjoyable Summer!**

### Please Pray For

#### Those who have died:

Kris Balanda, Teresa Bijold, Jim Cain, Daniel De Grammont, Alice, Joe Snr & Joe Jnr De Lima, Gerry Lalibert, Therese Liem, Ray Saxton, and Micheline Thibault.

#### Those who are ill:

Irene Anna, Jon A, Jacobus B, Cora C, Margaret Drummond, Theresa H, Joe & Sherry O, Alexandra Picard, Fiona M, Walt Ryan, Davide R, and Dan W.



## Sacred Heart Parish is seeking ...

We are seeking someone with engineering experience, skills, and certification to be a planning advisor to the Parish Maintenance Committee and the Parish Finance Committee. If you are willing to assist, please approach our Pastor, Fr. Shijo to introduce yourself.

You may also contact the Parish Office at 250-479-1611 or email [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org). Thank you.

## Planning for Tomorrow: Catholic Legacy Giving

You can support our parish long into the future without impacting your lifestyle today. By naming Sacred Heart Catholic Church as a beneficiary in your Will, life insurance policy, or retirement accounts, you leave a lasting legacy of faith. If you already have a will, a simple legal amendment (a codicil) is often all it takes to include your parish. Please consult with your notary or lawyer to ensure your wishes are carried out accurately.

A bequest in your Will helps to ensure that future generations can continue to encounter Christ here in our parish. Thank you.

## Options to Donate

### E-Transfer:

The email to use is [sacredheart@rcdvictoria.org](mailto: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!

### June 27 & 28, 2026

Envelopes \$ 1,830.00

Cash \$ 419.00

**Total \$ 2,249.00**

Building Fund \$ 70.00

### June 2026

E-transfers \$ 2,085.00

PAD \$ 6,105.00

Canada Helps \$ 985.07

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



### Eternal Rest Grant Unto

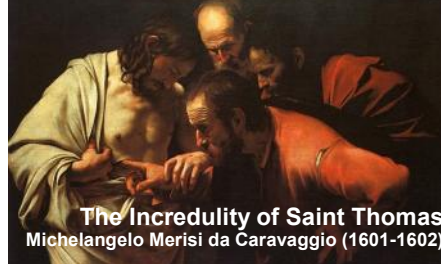
**Gerry Laliberte** (20 June 2026)

Funeral Mass, 12:30 pm, Wednesday, 29 July 2026

**Jim Cain** (23 February 2026)

Funeral Service, 12:30 pm, Thursday, 13 August 2026

O Lord, and let Perpetual Light Shine Upon them.  
May their souls rest in peace. Amen.



The Incredulity of Saint Thomas  
Michelangelo Merisi da Caravaggio (1601-1602)

## St Thomas the Apostle 3 July

The Church celebrates the Feast of St. Thomas the Apostle on July 3rd. Though Saints' feast days are celebrated on

the date of their death, July 3rd was chosen to commemorate the day St. Thomas' relics were transferred from South India to Edessa (Turkey).

"Thomas" is Aramaic that means "twin", or "Didymus," in Greek. St. Thomas, or "doubting Thomas", upon seeing the Resurrected Lord, uttered the expression of faith now widely used by Christians: "My Lord and My God!" St. Thomas is represented by a spear and a ruler; referring to his profession as a builder, and the spear, his martyrdom.

Today, Christians who attribute their 1st-century foundation to the Apostle Thomas are represented by Christians of both the Catholic and Orthodox Churches, primarily in Kerala, on the southwest coast of India. With their ritual affinity with the Syriac liturgical tradition, the Syro-Malabar and Syro-Malankara Churches belong to that Eastern liturgical family. Since the arrival of the Portuguese in the 1600s, some of the Syro-Malabar have come into communion with Rome. Likewise, through the efforts of St. Francis Xavier and other Catholic missionaries, some Indians have adopted the Latin Rite.

According to traditional accounts of St. Thomas Christians of India, the Apostle Thomas landed in Muziris (Cranganore) on the Kerala coast in AD 52 and was martyred in Mylapore, near Madras, Tamil Nadu in AD 72. An historical tradition holds that following his death, some of his relics were taken to Edessa, located today in south-east Turkey, while the rest were kept in India. The latter can still be found in St. Thomas Cathedral Basilica in Chennai, Mylapore, India. It is believed that the relics, once held in Edessa, were later taken to the Basilica of St. Thomas the Apostle in Ortona, Italy.

St. Thomas is the Patron Saint of architects, builders, construction workers, surveyors, theologians, and of India, Pakistan, and Sri Lanka.

[Online accessed 27 June 2024:  
<https://www.ewtn.com/catholicism/seasons-and-feast-days/st-thomas-the-apostle-24139j>]

## Our Lady of Mount Carmel 16 July



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's prophets were unsuccessful. However, when Elijah prayed to the God, fire descended 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 Hebrew for "garden of God" (Gen. 3:8). The Arabs know Carmel as the Mountain of Holy Elijah. 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.

On July 16, 1251, 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 "Brown Scapular", from the colour of their habit, is a special garment of consecrated religious from the time of St. Benedict in the 6th century worn over their habit while working. From this practical purpose the Scapular was called "the yoke of Christ" a spiritual sign of devotion and piety. The Scapular should never be worn as a good luck charm, nor to avoid purgatory or hell. To do so would be superstitious and in vain. The last time Mary appeared at Fátima, she was dressed as Our Lady of Mount Carmel. Lúcia later said the Blessed Mother appeared this way because she "wants all to wear the Scapular; as our sign of consecration to the Immaculate Heart of Mary." Lúcia later became a Carmelite nun.

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>]



## Society of St. Vincent de Paul

In the Gospel today, Jesus says: "Come to me, all you who labour and are burdened, and I will give you rest." Your gift to the Society of St. Vincent de Paul brings peace to those who are overwhelmed with life's burdens.

To join the Society, please contact Georgina: [mgvshort@telus.net](mailto:mgvshort@telus.net) or call 250-727-2615

For assistance, please call our Social Concern Office: 250-727-0007 ext 1.

To donate online, specify "Sacred Heart Parish" [https://give-can.keela.co/ssvp\\_donation\\_form](https://give-can.keela.co/ssvp_donation_form)

Make cheques to: "Society of St. Vincent de Paul".



## World Youth Day Seoul 2027 Pilgrimage RCD Victoria goes to Seoul!

**"Take courage!  
I have overcome the world."**  
(Jn 16:33)

We are excited to begin exploring interest from people across our diocese wanting to attend World Youth Day 2027 in Seoul, South Korea! If you or anyone you know are interested in learning more about this potentially life changing pilgrimage, please complete the form below:

<https://forms.office.com/r/dQZVd6EDpZ>



## From the Diocese

### Society of Saint Vincent de Paul Vancouver Island: Hearts for Homes Gala

6 pm, October 3, Union Club of Victoria  
(805 Gordon Street, Victoria, BC)

Tickets, \$200 each - <https://www.hibid.ca/events/hearts-for-homes>

Come for an evening of compassion and community in support of affordable housing on Vancouver Island featuring a three-course dinner, musical entertainment, guest speakers, and silent and live auctions.

### Support for Earthquake Victims in Venezuela

Following these devastating earthquakes, Development and Peace - Caritas Canada has launched an emergency appeal to help the Venezuelan people. To learn about the work being done and how to donate, please see: <https://devp.org/en/venezuela-earthquakes-you-can-help-now/>

### Employment Opportunities

#### Correctional Chaplain, William Head Institution

The Correctional Service Canada (CSC) Bridges of Canada Inc. is hiring a full-time Correctional Chaplain in the Pacific Region for 125 -165 hrs/mth (subject to change based on monthly requirements). This paid ministry position needs a mandate letter from Bishop Gary Gordon.

For more information, please contact [bishop@rcdvictoria.org](mailto:bishop@rcdvictoria.org) or Tapiwa Gusha at [tgusha@bridgesofcanada.com](mailto:tgusha@bridgesofcanada.com).

#### Part-Time Event Hall Coordinator (Short-Term)

Our Lady of the Rosary Parish is seeking someone with marketing experience to launch and promote their Event Hall and meeting rooms for rentals as a source of revenue to support parish needs. This role focuses on building awareness through social media, local advertising, and other marketing efforts, and handling inquiries and coordinating bookings.

Scope: Approximately 5 hrs/wk at \$25/hour, with commission and earning potential based on successful bookings for a 6 to 9 month project.

Please send a Resume to [whann@rcdvictoria.org](mailto:whann@rcdvictoria.org).

### 12th Annual Diocese of Victoria Family Camp and Conference

*"Grafted to Christ"*



Families are invited for a fun, faith-filled weekend of fellowship, play, and prayer; August 20 to 23 at beautiful Nanoose Bay Camp. Guest Speakers: Angela and Shawn Veterans. Details at:

<https://12thAnnualVictoriaDioceseFamilyCampandConference.eventbrite.ca>



### IMAGO 2026

July 24 to 26, Trinity Western University, Langley, BC.

This conference is centered on helping young adults to grow in their faith, discover their identity in Christ, and build meaningful Christian community through talks, workshops, worship, Adoration, Mass, and Confession. Please scan the QR Code to register >



Rachel's Vineyard is hosting a retreat on Vancouver Island from September 11 - 13. This ministry is a safe place for people to renew, rebuild and redeem hearts broken by abortion.

For information and to register, please contact Nicola at [rachelsvineyardvancouverisland@gmail.com](mailto:rachelsvineyardvancouverisland@gmail.com) or 250-514-3973.

### The Soup Kitchen



The Soup Kitchen in the basement of St. Andrew's Cathedral is looking for a volunteer to prepare soup on Tuesday mornings starting at 5 am. If you love to cook, are an early bird and want to connect with your community ... we'd love to hear from you.

Please contact Kathleen at: [operations@thesoupkitchen.ca](mailto:operations@thesoupkitchen.ca) or online at: [thesoupkitchen.ca/volunteer](https://thesoupkitchen.ca/volunteer)

## 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

## Parish Liturgy Coordinator

Rafael Oei: sacredheart@rcdvictoria.org

## RMSE Coordinator

Sindhu Merwin

## Religious Education/Sacramental Preparation

sacredheartreled@rcdvictoria.org

## PARISH PASTORAL COUNCIL 2025 / 2026

Edgar Tan Jr. (Chair)    Jeremy Côté    Margaret Sasges  
Merwin Thengil    Rick Perez de Tagle    Samantha Sherman

Richard Byeon    (Korean Representative)  
Sonny Huynh    (Vietnamese Representative)  
Anjali Aniyani    (Syro-Malabar Representative)

## PARISH MINISTRIES & GROUPS



Parish Office: sacredheart@rcdvictoria.org

## LITURGICAL MINISTRIES & POSITIONS

### Parish Liturgy Coordinator

Altar Servers  
Extraordinary Ministers

Floral Ministry  
Lectors  
Music Director  
Pastoral Care Ministry  
Ushers

Video Streamers  
Sacristan

### Rafael Oei

Karla Montano  
Marilyn Turner,  
Mae Tan  
Karla Montano  
Stan Dzbik  
Rafael Oei  
Lynda Tan  
Lynda Tan  
Miriam Podmoroff  
Peter Liem  
Sylvain Leclerc

## PARISH GROUPS

Christian Meditation  
C.W.L.  
Prayer Line  
Knights of Columbus  
Led By The Spirit Group  
Moms & Tots  
Funeral Receptions  
Social Justice/D & P  
St. Vincent de Paul

Margie Noonan  
Belle Perez de Tagle  
Miriam Podmoroff  
Stan Dzbik  
David MacIntyre  
Genevieve Vuksic  
Marilyn Turner  
Stan Dzbik  
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](http://RCDVictoria.org/Responsible-Ministry) or call 1-800-968-3146

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

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e: victoriacabinets@gmail.com

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