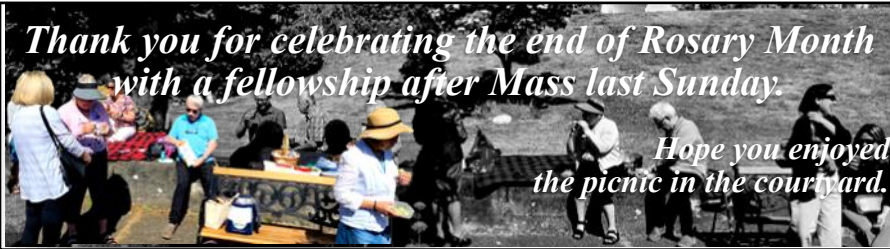




Sacred Heart Catholic Church

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

*** Most Holy Body and Blood of Christ | 7 June 2026 ***



Thank you for celebrating the end of Rosary Month with a fellowship after Mass last Sunday.

Hope you enjoyed the picnic in the courtyard.



Poor Circulation?
by Jean Allen

"Because there is one bread, we who are many are one body, for we all partake of the one bread." (Second Reading, 1 Corinthians)

Participation in the Body and Blood of Christ was never meant to remain only a 'me and Jesus' moment. It beautifully starts out that way as we give thanks to the Lord for this intimate communion with him, but then it is imperative that we become aware of his Body all around us: those who are also partaking alongside of us. We need to realize every time we go to Mass that the bread we are eating is forming us into one body and that through this whole body flows the rich, life-giving blood of Christ.

It is quite possible that there are areas within the body where the blood circulation is hindered by a clotted vein. That clot starts to form when the 'me and Jesus' moment becomes the be all and end all of someone's life in the Church. That clot grows bigger when the intention is to receive the Eucharist and then get out of the Church as fast as possible without any pesky interaction with anyone else. It's not just creating poor circulation in the one who holds those intentions; it is creating poor circulation in the whole body.

We are all immensely grateful for the gift of the Eucharist but we need to place it in context with the life of Jesus. When he was alive, his drive was to share his beautiful life with everyone he met. When he spent time alone with his Father, he always came back to the community more invigorated and with more to give. His communion with God was not for him alone.

It doesn't take much. It might be a warm smile. It could be a thank you. A hug is sometimes very healing, even when it's from a stranger. I brought my daughter-in-law from Calgary to Mass and a friend of mine, whom she didn't know, gave her a big hug. My daughter-in-law couldn't get over how friendly people were. For her, it was a most joyful Mass.

The blood was freely circulating!



Celebrate the Solemnity of the Most Sacred Heart of Jesus

Friday, 12 June (No 11 am Mass)
5:30 pm Procession | 6:00 pm Mass

Enjoy a Knights of Columbus barbeque after Mass, with desserts donated by the CWL. You are invited to bring salads, sides, and to help with set up and clean up. The sign-up sheet is in the church foyer.

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 June 9: with St. Andrew's High Sch. 11:00 am

Wednesday 11:00 am

Thursday June 11: St. Barnabas 11:00 am

Friday June 12: Sacred Heart of Jesus, No 11am Mass

Procession 5:30 pm

Mass 6:00 pm

No Exposition and Benediction on Fridays through Summer: from June to August.

Korean Masses

Wednesday 7:30 pm

Thursday 10:00 am

RECONCILIATION

Tuesday to Friday 10:30 am

Saturday 3:15 am

Sunday 8:15 am

Parish Office Hours

Tuesdays to Fridays
9:30 am to 3:00 pm

Closed on Mondays, Saturdays, and Sundays

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 >



The Knights of Columbus Sacred Heart Council invites all men to the next

COR Meeting

7:30 pm, Tuesday, June 9

Pope John Hall, next to the Rectory

Topic "The Medjugorije Phenomenon - A Source of Grace for Everyone."

All Knights, male parishioners, and friends are welcome to attend.



Please Pray For

Those who have died:

Kris Balanda, Alice, Joe Sr. & Joe Jr. De Lima, Santos Follero, Corrine Gaudet, Zosimo Hallii, Bernadette & Edouard Laurin, Ireneo Leonardo, Sixto Pongos, Luigi Reda, Maria Lydia Rogando, Will Short, and Anamy Te

Those who are ill:

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



Society of St. Vincent de Paul

Today as we celebrate the gift of the Most Holy Body and Blood of Christ, let us pray for those who are hungry, malnourished and starving. Is there a family you know who needs assistance? Please call the Society of St. Vincent de Paul so that together we can help those who are hungry.

To join the Society, please contact Georgina: 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
Make cheques to: "Society of St. Vincent de Paul".



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!

May 30 & 31, 2026

Envelopes \$ 1,492.00

Cash \$ 432.00

Total \$ 1,924.00

Building Fund \$ 70.00

May 2026

E-transfers \$ 860.00

PAD \$ 6,275.00

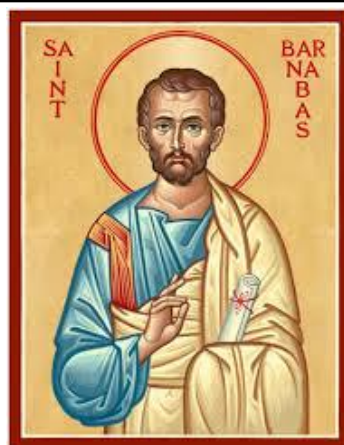
Canada Helps \$ 670.00

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



Vocation Live-In Seminary of Christ the King, Mission, BC July 4 & 5

If you are contemplating a vocation, and wish to enter the Seminary in the next couple of years, you are welcome to stay for the weekend to help in your discernment. For more information: 604-826-8975 / rector.minors@sck.ca



St. Barnabas June 11

Patron Saint of: Cyprus, Antioch, Against Hailstorms, and Peacekeeping Missions
Canonized: October 16, 1690 by Pope Alexander VIII

St. Barnabas was not one of the Twelve original followers of Christ nor a replacement for one of the Twelve, like St. Matthias, but is among the generation of Christian leaders whose name surfaces after the Resurrection.

The earliest name for followers of Jesus was "The Way", used in the

Acts of the Apostles and the ancient catechetical document known as the *Didache*. "The Way" was then replaced by another term. The Acts of the Apostles explains: "... Barnabas went to Tarsus to look for Saul, and when he had found him, he brought him to Antioch. So it was that for an entire year they met with the church and taught a great many people, and it was in Antioch that the disciples were first called 'Christians'" (Acts 11:25-26). When converts from North Africa and Cyprus went to Antioch, the capital of Roman Syria, they converted a number of Greek speakers. When "news of this came to the ears of the church in Jerusalem... they sent Barnabas to Antioch. When he came and saw the grace of God, he rejoiced, and he exhorted them all to remain faithful to the Lord ... for he was a good man, full of the Holy Spirit and of faith" (Ac 11: 22-24a).

St. Barnabas played a crucial role in the first unfurling of the Gospel message beyond Palestine. He lassoed Saul from Tarsus to begin the extraordinary missionary that forever changed the Church and the world. St. Paul and St. Barnabas are repeatedly mentioned together in the Acts of the Apostles. Together, they called down the Holy Spirit, confronted Jews and Roman citizens, challenged a magician, spoke to governors, and convinced the other Apostles not to force new converts to become Jews first and Christians later.

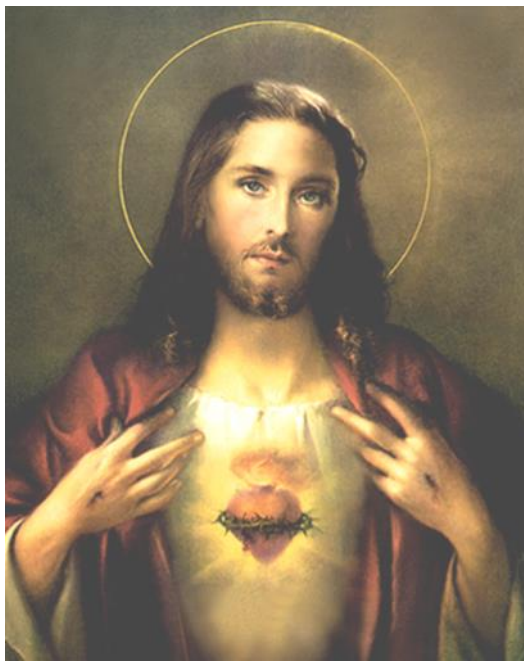
St. Barnabas was a force of nature, a giant of that first generation of risk-taking, apostolic leaders. After numerous adventures in tandem, Paul ultimately sails off on his own. The last we hear of Barnabas, is as he returned to the Island of Cyprus, his native land. When St. Paul writes from his Roman prison in about 62 A.D., he mentions that Mark, the cousin of Barnabas, is with him (Col 4:10). Barnabas' absence at Paul's side in his hour of need is a clue that Barnabas is likely dead by the year 62. Tradition tells us that Barnabas was martyred on Cyprus, perhaps by a Jewish mob angered at his preaching in the synagogue of Salamis. His relics and memory are particularly honored on Cyprus to this day.

[Online accessed, 3 June 2026:
<https://catholic-saints-and-feasts.com/june-11-st-barnabas-apostle/>]



Pasta Primavera: Springtime Pasta

<https://youtu.be/xXgDfUOX8Ps>



Solemnity of the Most Sacred Heart of Jesus Friday after the Solemnity of Corpus Christi

The Solemnity of the Most Sacred Heart of Jesus, also the World Day of Prayer for the Sanctification of Priests, is celebrated on the Friday after the Solemnity of Corpus Christi. This suggests to us that the Eucharist (Corpus Christi) is none other than the Heart of Jesus, of the One who “takes care of us” with his “heart”.


On 20 October 1672, Fr. Giovanni Eudes, a priest from Normandy, celebrated this feast for the first time. There had already been several German mystics that began cultivating devotion to the Sacred Heart of Jesus in the Middle Ages: Mechtild of Magdeburg (1212-1283), Mechtilde of Hackeborn (1240/1-1298) and Gertrude of Helfta (1256-1302) – and the Dominican, Blessed Henry Suso (1295 – 1366). To popularize the devotion, the revelations of our Lord to the Visitation nun of the convent of Paray-le-Monial, Margaret Mary Alacoque (1647-1690), contributed greatly. Margaret Mary already had the reputation of being a mystic when on 27 December 1673 she received the first vision of Jesus: “My Divine Heart is so passionately in love with humanity that it can no longer contain within itself the flames of its ardent love. It must pour them out. I have chosen you for this great plan.” Jesus spoke to her and asked her to receive Communion every first Friday for nine consecutive months. This is how the practice of the nine first Fridays originated and the Holy Hour of Adoration. Then in a fourth vision, Christ asked for the institution of a feast to honour his Heart and to make reparation through prayer for offenses received.

Pope Pius IX made it an obligatory feast throughout the universal Church in 1856. In 1995, Saint John Paul II instituted the World Day of Prayer for the Sanctification of Priests on this same day so that the priesthood might be protected in the hands and heart of Jesus, to be open to everyone.

[Online accessed, 3 June 2026: <https://www.vaticannews.va/en/liturgical-holidays/solemnity-of-the-most-sacred-heart-of-jesus.html>]



From the Diocese



Catholic Foundation
of Vancouver Island
Annual General Meeting
1 pm, Thursday, June 25
Pastoral Centre Boardroom

The Catholic Foundation of Vancouver Island will host their Annual General Meeting on Thursday, June 25, 2026 at 1:00 p.m.

The trustees welcome all to attend to learn about the foundation and the work it's doing in the community.



“Grief to Grace”

22 to 27 September 2026, Kelowna.
Registration deadline: June 15

This program is rooted in the Catholic Faith, helping those who have endured

abuse to heal from neglect, abandonment, physical, emotional, sexual, clerical, and spiritual abuse; in childhood, adolescence, or as an adult.

For more information visit: www.griefftogracecanada.org
or please email: griefftogracekelowna@gmail.com

To make a confidential call to 250-808-6403.

Bishop Thomas J. Lobsinger, OMI Memorial Bursary

Applications accepted until Jun 30, 2026

Requests for application should be addressed to:
Jim Williams, State Bursary Chairman
2195 Neptune Road, North Saanich, BC, V8L 5J4
Or email: jimw.kofc@gmail.com

Terms: https://foundation.kofcbc.org/bursary/#elf_l1_Lw



Pope Leo XIV's First Encyclical Letter: Magnifica Humanitas



Pope Leo XIV's Encyclical Letter, *Magnifica Humanitas*, was released on May 15, to commemorate the 135th anniversary of Pope Leo XIII's Encyclical Letter, *Rerum Novarum*. It focuses on safeguarding the human person in the time of artificial intelligence.

Here is the Canadian Council of Catholic Bishops' media release:
<https://www.cccb.ca/media-release/pope-leo-xivs-first-encyclical-letter-magnifica-humanitas/>

Video: https://youtu.be/q_mUHi2mplQ?si=VHpUUKwebLlnH4_D

Bishop Gary Gordon shared his perspective on the encyclical and what this means for us today on CBC radio's All Points West:
<https://www.cbc.ca/listen/live-radio/1-93-all-points-west/clip/16217190-pope-leo-xiv-issues-warning-global-leaders-ai>

Here is the original encyclical:
<https://www.vatican.va/content/leo-xiv/en/encyclicals/documents/20260515-magnifica-humanitas.html>

Our Lady of the Rosary Parish Raffle

Our Lady of the Rosary Parish is excited to announce our online 50/50 Raffle fundraiser to raise funds to support the construction of an Early Learning and Childcare centre to nurture children, support families and serve our growing community for generations.

Get your tickets here: <https://www.rafflebox.ca/raffle/oltrp>
Tickets sales end on June 30 and draw date is on July 4, 2026. You need to be in BC at time of purchase, but you don't need to be a resident. Thank you for your support.

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

Rafael Oei

Altar Servers

Karla Montano

Extraordinary Ministers

Marilyn Turner,
Mae Tan

Floral Ministry

Karla Montano

Lectors

Stan Dzbik

Music Director

Rafael Oei

Pastoral Care Ministry

Lynda Tan

Ushers

Lynda Tan

Miriam Podmoroff

Video Streamers

Peter Liem

Sacristan

Sylvain Leclerc

PARISH GROUPS

Christian Meditation

Margie Noonan

C.W.L.

Belle Perez de Tagle

Prayer Line

Miriam Podmoroff

Knights of Columbus

Stan Dzbik

Led By The Spirit Group

David MacIntyre

Moms & Tots

Genevieve Vuksic

Funeral Receptions

Marilyn Turner

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

These businesses support our Parish through their advertising, please support them!



SACRED HEART CATHOLIC CHURCH

Victoria BC, 2026



Tung Nguyen Watchmaker

Watch, Clock, Jewellery, & Ring Repair

Expert: Rolex, Patek Philippe, Chronograph, Tag Heuer, Omega, IWC, Breitling, Cartier, Ebel, Movado, Rado, Accutron, Repeater, ATMOS Clock, Grandfather Clock.

Specialty: Vintage & Contemporary mechanical, quartz watches, and clock repairs.

Established since 1970: Serving in Victoria since 1980. I Buy, Sell, Trade all kinds of Clocks and Watches

4244 Carey Road Victoria, BC V8Z 6P9
Phone: (250) 479-2165 Cell: (250) 744-7601

Business Hours: Mon - Fri. 10am to 6pm Sat. 10am to 3pm

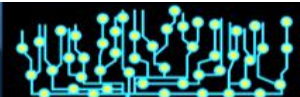
T.T. DRAPERY

- SHEERS
- DRAPERIES
- BEDSPREADS
- ALTERATIONS
- RE-LINING
- BLINDS

THUY TRAN

918 Alston St.
Victoria, BC V9A 3S4
Tel/Fax: 250-386-5994

thuytran.drapery@gmail.com



ABSOLUTELY ELECTRICAL

David Audy

Owner/Master Electrician/FSR B

250-704-6808

info@absolutelyelectrical.com

444 Dupplin Rd, Victoria BC

www.absolutelyelectrical.com

CHRIS LOGAN REALTOR®



I help people find better homes using my Cornerstone Process
A clear path home for faithful families

www.chrislogan.ca

email chris@chrislogan.ca

call or text 250-884-6976

VICTORIA CUSTOM CABINETS

Ken Nguyen

1-626 Esquimalt Road, Victoria, BC V9A 3L4
p: 250-386-6662 e: 250-661-7807 f: 250-386-4514

e: victoriacabinets@gmail.com

BIO COMMUNITY NURSING CARE

The leading source of home care service and Respite care around Vancouver Island. Our care team has gained satisfactory training, reliable and compassionate.

HOME CARE SERVICES

- Dementia and Elderly Care
- Home Health Care
- Overnight Care
- Live-In Care Program
- 24 hour Care
- Respite Care
- Home Care Assistance and Medications Reminders

+1 (236) 882-0164

nursingcareservicesinfo@gmail.com

www.biocommunitynursingcare.com

