



Sacred Heart Catholic Church

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

*** 5th Sunday in Ordinary Time | 8 February 2026 ***



Living,
Celebrating, &
**PROCLAIMING
OUR FAITH**

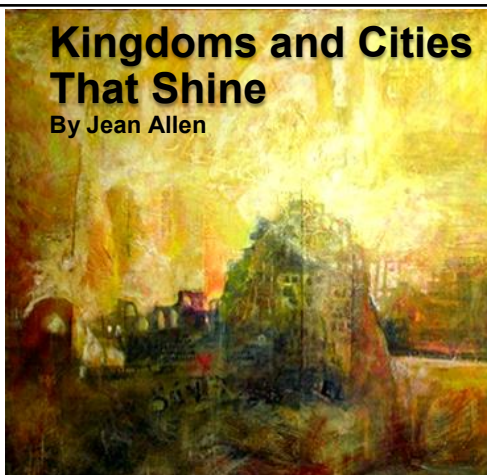


Thank you for supporting & celebrating
CATHOLIC SCHOOLS WEEK
February 1 to 7



Kingdoms and Cities That Shine

By Jean Allen



As I said last week in the reflection on the Beatitudes, we have difficulty incorporating them into our lives in a way that will make the world sit up and take notice. As Jesus indicates this week, when you inhabit the kingdom of Me, you are like salt that has lost its taste or light that is hidden under a basket – no good to anyone really. Have you ever tasted bread that someone forgot to add salt to? So unimpressive and very blah. As I write this, we are experiencing an atmospheric river and, if there are no lights on in our home, it is so dark and depressing.

Jesus speaking of us being the salt of the earth and lights of the world comes directly after his discourse on the beatitudes. He is saying that if we don't seriously try to live with and like the Trinity, who embody the beatitudes, our lives will be flat and dark – not an inspiration to anybody. You may be very active in your parish and engage in lovely devotions, but if you never wrestle with the beatitudes, especially when you're angry and reactive, they are the last thing your ego thinks are necessary. They hardly even come to mind unless they're in the Gospel for a Sunday.

Mention Christianity and the world yawns or angrily reacts. That's not the fault of the world. Christians just haven't given it a consistent light to be drawn to nor have we indicated that we have a flavoring that will brighten the hearts of those who taste. People who say they have rejected Jesus have never met him. They have met distorted representations of him from Christians who have never bought into the Beatitudes, Christians who have more of a relationship with their opinions than with mercy and love. In other words, Christians who live in the kingdom of Me.

Let us build the city of God on a mountain top. Not the city of Me.

That is one dark and depressing city.

LITURGICAL YEAR A

Saturday:

English Mass (Anticipated Sunday Mass) 4:00 pm

Sunday:

English Mass 9:00 am
Syro-Malabar Rite 11:00 am
Korean 3:00 pm
Vietnamese (February 22) 5:30 pm

Weekday Masses

English Masses

Tuesday (St. Scholastica) 11:00 am
Wednesday (Our Lady of Lourdes) 11:00 am
Thursday 11:00 am
Friday 11:00 am
After Mass, Exposition with Benediction at 1:30 pm

Korean Masses

Wednesday (Resumes on Thursday) No Mass
Thursday (February 12, at 10 am) No Mass

RECONCILIATION

Tuesday to Friday 10:30 am to 10:50 am
Saturday 3:00 pm to 3:45 pm
Sunday 8:15 am to 8:45 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 >



Vietnamese Lunar New Year Fun Fair Celebration!



Sunday,
February 15
5:30 pm to 9 pm
In the Parish Hall
All are welcome

Please join the parish for a



Pancake Breakfast



Next Sunday, February 15
after the 9 am Mass,
hosted by the Knights of Columbus

Donations at the door
will be greatly appreciated.

Collection of Palms



Please bring your old palms and leave them in the container in the church foyer, to be burned for use on Ash Wednesday, February 18.

Deadline: This Sunday,
February 8.

Please Pray For

Those who have died:

Alice, Joe Snr & Joe Jnr De Lima, Antonio & Gilberto DeLima,
Mary-Lou Konrath, Edouard Laurin, Gloria Lyons,
Maria Mecaio Melo & Antonio Pimentel,
Sixto Pongos, Roberto & Salvacion Tinsay.

Those who are ill:

Irene Anna, Dan, Jade, Jon A, Kris B, Jacobus B,
Irene C, Patricia C, Cora C, Maureen Dietrich, Lesley D,
Kathleen G, Derek L, Lisa L, Kevin L, Ed O, Fiona M, Davide R,
Willy S, Gaspar S, Valerie S, Cathy T, & Ornella T.



Society of St. Vincent de Paul

In the Gospel, Jesus says, "You are the light of the world," he is calling us to live our Christian vocation in words and deeds. Be a "light" to those living in poverty and in darkness by donating to the Society of St. Vincent de Paul.

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".



The Sacrament of Marriage

Prepare to commit to a
Sacred Covenant with God as a couple.

Online Marriage Preparation Course

<https://www.rcdvictoria.org/marriage-prep>

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!

January 31 & February 1, 2026

Envelopes \$ 1,827.00

Cash \$ 373.25

Total \$ 2,190.25

Building Fund: \$ 520.00

January 2026

E-transfers \$ 975.00

PAD \$ 5,930.00

Canada Helps \$ 1,957.22

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

Fr. Shijo's Homilies

are available on our Parish Website

<https://sacredheartvictoria.com/sacred-heart-homilies.html>



St. Scholastica

10 February



Born in 480 of wealthy parents, Scholastica and Benedict were brought up together until he left central Italy for Rome to continue his studies. Twins often share the same interests and ideas with an equal intensity, therefore, it is no surprise that Scholastica and her twin brother, Benedict, established religious communities within a few miles from each other.

Little is known of Scholastica's early life. She founded a religious community for women near Monte Cassino at Plombariola, five miles from where her brother governed a monastery.

The twins visited each other once a year in a farmhouse because Scholastica was not permitted inside the monastery. They spent these times discussing spiritual matters.

According to the "Dialogues of St. Gregory the Great", the brother and sister spent their last day together in prayer and conversation. Scholastica sensed her death was close at hand and she begged Benedict to stay with her until the next day.

He refused her request because he did not want to spend a night outside the monastery, thus breaking his own Rule. Scholastica asked God to let her brother remain and a severe thunderstorm broke out, preventing Benedict and his monks from returning to the abbey.

Benedict cried out, "God forgive you, Sister. What have you done?" Scholastica replied, "I asked a favor of you and you refused. I asked it of God and he granted it."

Brother and sister parted the next morning after their long discussion. Three days later, Benedict was praying in his monastery and saw the soul of his sister rising heavenward in the form of a white dove. Benedict then announced the death of his sister to the monks and later buried her in the tomb he had prepared for himself.

[Online accessed, 4 February 2025:

<https://www.franciscanmedia.org/saint-of-the-day/saint-scholastica/>]



Coming Up this LENT

Ash Wednesday, February 18

Masses will be at 12 pm and 6 pm

Stations of the Cross

Fridays, February 20 to March 27

NO 11:00 am Mass on Fridays during Lent

Exposition	: 5:30 pm
Confessions	: 5:30 pm to 6:00 pm
Benediction	: 6:15 pm
Stations of the Cross	: 6:30 pm
MASS	: 7:00 pm.



FORMED

Access FORMED through the parish. Scroll and search for:
"Sacred Heart Catholic Church,"
4040 Nelthorpe Street, V8X 2A1

Select it and create a new account on www.formed.org/signup

WORLD DAY OF THE SICK

February 11



The compassion
of the Samaritan
loving by
bearing
the pain of
the other
POPE LEO XIV



*Thank you for celebrating the
Presentation of the Lord*

*&
St. Blaise
with us!*



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

Knights of Columbus COR Meeting

7:30 pm, Tuesday, February 10
Pope John Hall, next to the Rectory

Topic: "Humility—A 12-Step Program"

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

KAIROS Blanket Exercise

9:30 am to 12 pm Saturday, March 7
Parish Hall



In the spirit of Lent and Truth and Reconciliation, the CWL of Sacred Heart Parish will be hosting a KAIROS Blanket Exercise in the Parish Hall on Saturday March 7 from 9:30-12noon.

The blanket exercise is a powerful interactive and experiential activity that walks people through 500 years of historic and current relationships between indigenous and non-indigenous peoples in Canada. Please join us for this educational exercise guided by trained facilitators.

After a coffee and goodies break, we will include with a debriefing, conducted as a "talking circle". If you have any questions, contact Margie Noonan at margielnoonan@gmail.com or 250-589-6313.



Donations Envelopes for our Building Fund

are in the church foyer.

This collection is to address the leaks that have appeared in our church roof, with the intention to replace the church roof. Cash or cheques are accepted. Please make cheques out to "Sacred Heart Church".

Donations for flowers are also being accepted for Easter. Thank you.



From the Diocese

The Diocesan Permanent Pastoral Synod (DPPS)

Bishop Gary Gordon has written a Pastoral Letter to the people of the Diocese announcing the questions for the 2026 Diocesan Permanent Pastoral Synod cycle and inviting all to participate. The Bishop encourages the faithful to reflect, pray, and engage in this important process.

Please find his letter here:

<https://www.rcdvictoria.org/news/bishops-february-dpps-2026-pastoral-letter>



Lenten Study, 2026: When Mass Was Young

Franciscan Friary, 1076 Joan Crescent

Tuesdays, Feb. 24 to Mar. 31, 12:30-1:45 pm

Registration is limited to twelve participants.
Please contact Kem Luther: kem.luther@gmail.com



The Rite of Election

2 pm, Sunday, February 22
St. Andrew's Cathedral

In this Liturgical Rite, catechumens are presented to the Bishop for permission to participate in Baptism, Confirmation, and the Eucharist at Easter. Candidates for full reception, sponsors, family, and friends are invited to attend.



All are welcome to participate in person or via the livestream at:
https://www.youtube.com/watch?v=1c1_0CETMyw



Icon-writing Retreat

by Kathleen van der Sande

March 16 to 21 at Mount Joy, Sooke

Mount Joy in Sooke is hosting a residential icon-writing retreat led by Kathleen van der Sande from March 16 to 21 (Monday to Saturday).

Participants will learn the spiritual and artistic tradition of Eastern Church iconography through guided instruction and hands-on egg tempera painting, completing an icon of Mary, Mother of God, in a setting of prayer, silence, and community. No artistic experience is required.

The cost is \$585 that includes five nights' accommodation, meals, and all supplies.

For more information and to register, please contact Anna-Marie and Barnabas Ney at: mountjoyretreats@gmail.com.

Registration deadline is March 9, 2026.



2025 Annual Bishop's Appeal Love & Unity

Bishop Gary Gordon has shared a Message of Gratitude for the 2025 Bishop's Appeal.

Through this collective support, the Appeal surpassed its \$900,000 goal and was blessed with over \$1,000,000 in gifts.

Please find his message here:

<https://www.rcdvictoria.org/news/bishop-gary-gordons-message-of-gratitude-for-the-2025-bishops-appeal>

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: sacredheartmse@gmail.com

Religious Education/Sacramental Preparation

sacredheartreled@rcdvictoria.org

PARISH PASTORAL COUNCIL 2025 / 2026

Edgar Tan Jr. (Chair)

Mary Moreau

Samantha Sherman

Jeremy Côté

Merwin Thengil

Margaret Sasges

Rick Perez de Tagle

Richard Byeon

(Korean Representative)

Sonny Huynh

(Vietnamese Representative)

Anjali Aniyan

(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

Margot McLaughlin

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 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

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