



Sacred Heart Catholic Church

4040 Nelthorpe Street, Victoria, BC V8X 2A1
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* 6th Sunday in Ordinary Time | 15 February 2026 *



Have a most blessed and enjoyable
BC Family Day Weekend



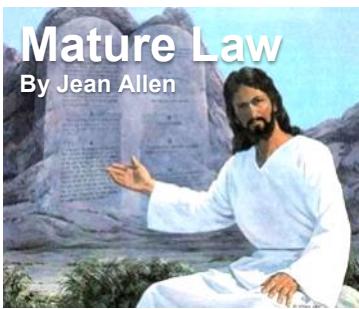
Hillel the Elder, a contemporary of Jesus, was once asked by a pagan to teach him the Torah while standing on one foot. Hillel said, "What is hateful to you, do not do to your neighbour. The rest is just commentary."

When Jesus stated that he did not come to abolish the law but to fulfill it, this was the law he was talking about. In fact, Jesus himself said that the two greatest commandments were to love God and love your neighbour as you love yourself. He said that on these two commandments hang all the law and the prophets. So, in this Gospel where he said that not one stroke will pass from the law until all is accomplished, he was not speaking of all the man-made laws that had accumulated over the centuries that were the Jewish purity code; he was talking about the essence, the heart of the law: love God and love your neighbour. This is the law Jesus lived. It is the law he fulfilled.

This Gospel directly follows the beatitudes and the salt and light teachings and Jesus was still teaching what the essence of the law really meant. It is not outward observance – it is inner transformation. One scripture scholar said that by fulfilling the law, Jesus brings it (present tense!) to maturity by revealing its deepest purpose, which is a right relationship with God, with one another and with all creation. For this scholar, fulfillment does not mean tighter rules but expanded awareness of the heart of God. (Michael Morwood)

To Jesus, this law extends to the minutiae of life. It's not enough to refrain from killing somebody; we are called, through inner transformation, to refrain from even resenting anyone and to be conscious of the need for forgiveness of and reconciliation with those who offend us. It's not what everybody else can see you doing, like attending Mass or saying your prayers regularly, that creates inner freedom; it's paying attention to the health of your inner person while doing those things.

If you ask, Jesus will bring your inner being to maturity. It's what he does.



LENTEN FAST AND ABSTINENCE (Ash Wednesday, February 18, and Good Friday, April 3.)

Fasting, almsgiving, and prayer are the three disciplines of Lent.

Abstinence is observed from age 14 and older. Fasting is to be observed from age 18, and those who have not yet celebrated their 60th birthday.

The faithful and catechumens undertake these practices of penance seriously in preparation for baptism and the renewal of baptismal vows at Easter.

Fridays of Lent are compulsory days of abstinence: no meat is allowed during meals. In Canada, Catholics may substitute an act of charity in place of abstinence. However, some form of penitential discipline must be undertaken.

On a Fast Day one full meal is allowed. Two other meals to maintain strength may be taken, according to one's needs. They should not add up to another full meal. Eating between meals is not permitted. Plain water is allowed at any time.

Please Note: when health or ability to work are seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, consult the parish priest.

 **Ash Wednesday**
February 18, Masses
at 12 pm and 6 pm

Pancake Breakfast
Sunday, February 15
after the 9 am Mass,
hosted by the Knights of Columbus
Donations at the door
will be greatly appreciated.



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

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

Monday	(Ash Monday: Syro-Malabar Rite)	7:00 pm
Tuesday		11:00 am
Wednesday	(Ash Wednesday)	12:00 pm & 6:00 pm
Thursday		11:00 am
Friday		11:00 am
	After Mass, Exposition with Benediction at	1:30 pm

Korean Masses

Wednesday	7:30 pm
Thursday	10:00 am

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!**





Please Pray For

Those who have died:

Roko Kliman, Mary-Lou Konrath, Edouard Laurin, Joe Pimentel, Sixto Pongos, and Sara Remedios.

Those who are ill:

Carl, 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

Today, Jesus says: "Whoever fulfills and teaches these commands shall be great in the kingdom of God. By your gift to the Society of St. Vincent de Paul you indeed put your faith into action as you fulfill the commands of Jesus."

To join the Society, please contact Georgina: mvgshort@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".



Building Fund Donations Envelopes

This collection is to address the leaks 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 for Easter are also being accepted for Easter.

Thank you.



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!

February 7 & February 8, 2026

Envelopes \$ 1,397.00

Cash \$ 444.00

Total \$ 1,841.00

Building Fund: \$ 8,375.00

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

Our Lenten Journey

The rich symbolism and meaning in the Church's Liturgical Cycle assists us in our salvation journey. Ash Wednesday begins Lent: the season of fasting and prayer that spans 46 days before Easter Sunday. The practice of Ash Wednesday comes from the ancient Jewish tradition of penance and fasting that includes placing ashes on the head to symbolize the dust from which God made us, and grief, which in this case, is grief that we have sinned and caused our division from God. Hence the reminder, when the priest says on Ash Wednesday: "Remember that you are dust, and to dust you shall return." or: "Repent and believe in the Gospel."



The ashes are made from blessed palm branches from the previous year's Palm Sunday Mass: creating a link in the Liturgical Year by using the symbol of the

triumphant entry of Jesus into Jerusalem that begins Holy Week, with the ashes distributed on Ash Wednesday the following Season of Lent. This reminds us that life is transient and we are on a pilgrim journey to eternity. This also reinforces that each gesture, symbol, and prayer in Sacred Liturgy through each Liturgical Calendar, is filled with purpose to focus our hearts and minds on God through our daily life each year.

The Ordo reminds us that the Liturgies of Lent focuses on two themes: Baptism and Penance (reconciliation and conversion). Lent invites us through prayer, penance, and reconciliation, to prepare ourselves for the renewal of our Baptismal promises at Easter. This leads us to the highest point in the Church's calendar; the three-day memorial celebration: the Sacred Paschal Triduum, or Easter Triduum that begins on Maundy Thursday (April 2) and ends with the Easter Vigil on Saturday (April 4).

And so to contrast our Lenten journey to the light of Easter:

- the "Gloria" and "Alleluia" are not sung, and the Mass parts are the Roman Missal Chants (Sunday Missal, pp 619 to 627);
- Gospel Acclamation: ""Praise to You, Lord, King of Eternal Glory!"
- Memorial Acclamation: "Save Us, Saviour of the World, for by Your Cross and Resurrection, You have set us Free!"
- flowers are absent from the Altar and its surroundings;
- silence is observed to contemplate on Christ's Redemptive Sacrifice for us.

This makes the proclamation and celebration of our Lord's Resurrection all the more glorious and triumphant at Easter. As St. Paul said: "If Christ has not been raised, your faith is futile and you are still in your sins." (1 Corinthians 15:17)

Grateful thanks to Stan Dzbik and Jim Haffey for burning the palms every year; and we thank Fr. Alfredo Monacelli, Lin, and Susan from St. Joseph the Worker Parish for joining us to sift the Holy ashes this year.

Five Conditions of a Good Confession

1. Examination of Conscience
2. Repentance and remorse for one's sins: arising from faith and love of God.
3. Firmly resolve not to sin, or repeat a sin again.
4. Confess and disclose the sins to a priest.
5. Fully intend to make reparation, and do works of reparation for the sins.



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.



CORPORAL WORKS OF MERCY

1. To feed the hungry (Matthew 25:35)
2. To give drink to the thirsty (Matthew 25:35)
3. To clothe the naked (Matthew 25:36)
4. To shelter the homeless (Matthew 25:35)
5. To visit the sick (Matthew 25:36)
6. To visit the imprisoned (Matthew 25:35)
7. To bury the dead (Matthew 25:40)



SPIRITUAL WORKS OF MERCY

1. To instruct the ignorant (Matthew 16:15)
2. To counsel the doubtful (John 14:27)
3. To admonish sinners (Luke 15:7)
4. To bear wrongs patiently (Luke 6:27-28)
5. To forgive offences willingly (Matthew 6:12)
6. To comfort the sorrowful (Matthew 11:28)
7. To pray for the living and the dead (John 17:24)



Lenten Reconciliation Service
7:00 pm, Thursday, March 5
St. Joseph the Worker Parish



From the Diocese

Employment Opportunity

The Correctional Service Canada Bridges of Canada Inc. is hiring a full-time Correctional Chaplain, Pacific Region, for 125-165 hours per month (subject to change based on monthly requirements) to provide religious and spiritual services to federal offenders of all faiths in William Head Institution. Find the full job description here:

<https://www.rcdvictoria.org/employment>

The Rite of Election

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

All are welcome to participate in person
or via the livestream at:

https://www.youtube.com/watch?v=1c1_0CETMyw



Bill C-218

The Permanent Council of the Canadian Conference of Catholic Bishops has issued a statement strongly supporting Private Member's Bill C-218, that seeks to prevent persons whose sole medical condition is mental illness, from accessing euthanasia and physician-assisted suicide ("MAID").



Please find the full statement here: <https://www.cccb.ca/media-release/cccbs-statement-on-bill-c-218-no-maid-for-mental-illness/>

Examination of Conscience

The Commandments and the Precepts of the Church

1. Have God and sanctity in Christ been my goal?
2. Have I avoided the profane use of God's name?
3. Have I honoured Sunday with Mass and recreation?
4. Have I shown Christ-like respect to all?
5. Have I cared for the health and safety of myself and all?
6. Have I been chaste in thought and word?
7. Have I stolen? If so, am I ready to repay it?
8. Have I spoken ill of anyone? Have I been truthful?
9. Have I permitted sexual thoughts about anyone?
10. Have I desired what belongs to other people?
11. Have I been faithful to Sacramental living?
12. Have I helped my parish grow holier and stronger?
13. Have I abstained and fasted on obligatory days?
14. Have I been mindful of the poor?

+++

Reflecting on the Seven Capital Sins.

1. **Pride:** am I self-centered?
2. **Greed:** are money and things my real goals in life?
3. **Lust:** am I pure in act, speech, and thinking?
4. **Anger:** do I control my temper and tongue?
5. **Gluttony:** do I control my appetites and addictions?
6. **Envy:** am I jealous of what others have or are?
7. **Laziness:** am I lazy? Am I apathetic?

KAIROS Blanket Exercise

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

Sacred Heart Parish Hall



In the spirit of Lent, Truth, and Reconciliation, the CWL of Sacred Heart Parish will host a KAIROS Blanket Exercise in the Parish Hall on Saturday, March 7.

Join us for this educational exercise guided by trained facilitators. After a coffee and goodie break, there will be a "talking circle".

For more information contact Margie Noonan at margielnoonan@gmail.com or 250-589-6313.

USED UNIFORMS NEEDED

St. Andrew's Regional High School will accept any "USED UNIFORM" donations to help with their sale in May. Any items for the new students of St. Andrew's will be appreciated! Please drop off the donations in the marked bin by the main doors of the school. Thank you so much for your help.



Icon-writing Retreat

by Kathleen van der Sande

March 16 to 21 at Mount Joy, Sooke

Learn the spiritual, artistic tradition of Eastern Church iconography. No artistic experience is required. The cost of \$585 includes five nights' accommodation, meals, and all supplies.

To register, please contact Anna-Marie and Barnabas Ney at: mountjoyretreats@gmail.com. Deadline: March 9, 2026.

The Sacrament of Marriage



The Diocese of Victoria is offering a two-day marriage preparation course over Zoom: April 17, 7 pm to 10 pm and April 18, 9 am to 4 pm. A Certificate of Completion will be issued upon completion of both sessions.

Please register by April 2.

<https://zoom-spring-2026-marriage-prep.eventbrite.ca>

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

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Katherene Newton: sacredheart@rcdvictoria.org

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Rafael Oei: sacredheart@rcdvictoria.org

RMSE Coordinator

Sindhu Merwin: sacredheartrmse@gmail.com

Religious Education/Sacramental Preparation

sacredheartreled@rcdvictoria.org

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

PARISH PASTORAL COUNCIL 2025 / 2026

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Mary Moreau

Samantha Sherman

Jeremy Côté

Margaret Sasges

Merwin Thengil

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

Rafael Oei

Altar Servers

Karla Montano

Extraordinary Ministers

Marilyn Turner,

Floral Ministry

Mae Tan

Lectors

Karla Montano

Music Director

Stan Dzbik

Pastoral Care Ministry

Rafael Oei

Ushers

Lynda Tan

Video Streamers

Lynda Tan

Sacristan

Miriam Podmoroff

Peter Liem

Sylvain Leclerc

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Christian Meditation

Margie Noonan

C.W.L. / Prayer Line

Margot McLaughlin

Knights of Columbus

Miriam Podmoroff

Led By The Spirit Group

Stan Dzbik

Moms & Tots

David MacIntyre

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Genevieve Vuksic

Social Justice/D & P

Marilyn Turner

St. Vincent de Paul

Stan Dzbik

Georgina Short

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