



Sacred Heart Catholic Church

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

*** 2nd Sunday in Ordinary Time | 18 January 2026 ***

**WEEK of
PRAYER**
for CHRISTIAN UNITY
2026

There is One Body
and One Spirit ...
... One Hope
of your calling.

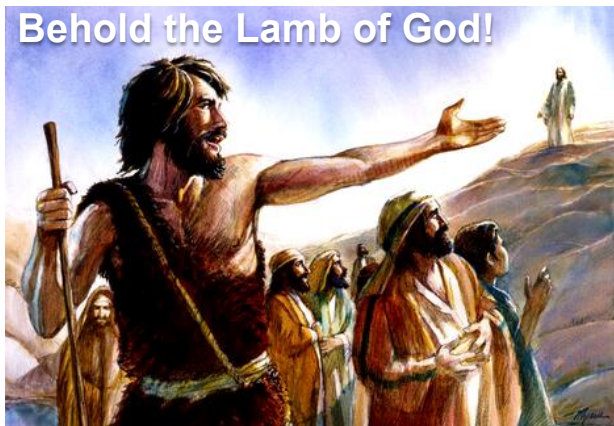


Sunday, January 18 to January 25, 2026

Power Point

by Jean Allen

Behold the Lamb of God!



This isn't the point of this Gospel passage but contrast John saying, "And I myself have seen and have testified that this is the Son of God," after he had witnessed the Spirit descend and rest on Jesus, with the Gospel where, from prison, he sends his disciples to Jesus to ask if Jesus was

the one who was to come or should they wait for another?

When John asked that question, he was in a dark place physically and spiritually, a place where all of us have been at times in our lives. Maybe we weren't in actual prison but perhaps we were imprisoned and paralyzed by fear and doubt rising from difficult circumstances in our lives. John had seen Jesus, baptized him and saw the Holy Spirit descend on him. It was a mountain top moment for John and he absolutely believed that Jesus was the Messiah. But in the dark, a mountain top moment can easily dissipate and even the most spiritual of people can fall prey to wondering if their mountain top elation was just a delusion after all.

I know you've been there. Everybody has. We just don't say it out loud because of the fear of being judged spiritually inadequate and maybe making God sad. When you feel like that, remember John the Baptist, who didn't keep his doubts hidden and festering. He asked Jesus up front, "Are you the one?" John didn't fear that Jesus would hold a grudge against him – and Jesus didn't. He sent back to John a most comforting message that he indeed was the one everyone was waiting for. He says it to us too. "Yes, I am the one you are waiting for. There is no mistake. From the darkness of your prison walls, it might not seem like it but the Spirit descended on me and anointed me to be your saviour. Fear not!"

Maybe it is the point after all.

FORMED

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

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

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 (January 18, February 1) 5:30 pm

Weekday Masses English Masses

Tuesday 11:00 am
Wednesday (St. Agnes of Rome) 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 >



Collection of Palms



It is time, once again, to collect palms to be burned for use on Ash Wednesday on February 18.

Please bring in your palms and leave them in the container in the church foyer.

**Deadline:
Sunday, February 8.**



Please Pray For

Those who have died:

Alice, Joe Snr & Joe Jnr De Lima, Bernadette Laurin,
Rosa & John Pagnotta, Herculano & Joao Pimentel,
Rosa & Carlos Pimentel, Marcel Nolin, and Paul Spencer.

Those who are ill:

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



Eternal Rest Grant Unto

Marcel Nolin (30 December 2025)

O Lord, and let Perpetual Light Shine Upon him.
May his soul rest in peace. Amen.

Funeral Mass: 11 am, Saturday, January 31, 2026



Moms & Tots

9:30 am, Mon, 19 January, Parish Hall

Come for the company and faith-sharing.
Parents and caregivers are welcome.

Please contact Genevieve Vuksic: mom-
stots.shvic@gmail.com



Service in the Parish

Altar Servers, Ushers, Choir, Proclaimers,
Extraordinary Ministers of Holy Communion,
and Pastoral Outreach Homebound volunteers.

Please contact the Parish Office:
250-479-1611 or sacredheart@rcdvictoria.org

We will be happy to hear from 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!

January 10 & January 11, 2026

Envelopes \$ 1,612.00

Cash \$ 252.50

Total \$ 1,864.50

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. Agnes of Rome

January 21
Chastity and Purity

St. Agnes (flourished 4th century, Rome [Italy]) was a virgin and patron saint of girls, who is one of the most-celebrated Roman martyrs.

According to tradition, Agnes was a beautiful girl, about 12 or 13 years old, who refused marriage, stating that she could have no spouse but Jesus Christ. Her suitors revealed her as a Christian, which was then condemned as a cult. In punishment she was exposed in a brothel.

Awed by her purity and presence, all but one of the Roman youths left her untouched. In his attempt to violate her, the sole attacker was miraculously struck blind, whereupon Agnes healed him

with prayer.

Later, after refusing to renounce her faith, she was murdered during the persecution of the Christians by the Roman emperor Diocletian and was buried beside the Via Nomentana.

On her feast day two lambs are blessed in the Church of Sant'Agnese in Rome, and from their wool are made the pallia sent by the pope to archbishops as tokens of jurisdiction.

[Online accessed, 14 January 2026:
<https://www.britannica.com/biography/Saint-Agnes>]

CHRISTIAN MEDITATION

Thursdays, 11:45 am | Parish Hall

We welcome newcomers.

From the teachings of Fr. John Main (1926-1982), a Benedictine monk, the group listens to talks by Frs. John Main, Laurence Freeman and others followed by a 20-30 minute period of silent meditation.

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



Donations Envelopes for our Building Fund are in the church foyer.

Cash or cheques are accepted.
Please make cheques out to
"Sacred Heart Church".



The Sacrament of Marriage

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

For In-Person or Online Marriage Preparation Courses

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



Society of St. Vincent de Paul

In the Gospel after Jesus was baptized, John testified saying, "I saw the Spirit come down like a dove...and remain upon him."

May the Holy Spirit remain on you, too, as you consider joining the Society of St. Vincent de Paul so that you can live your Baptism more fully.

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

For information, 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".



2026 Donation Envelopes

If you are a new parishioner or would like a box of donation envelopes, please contact the Parish Office: 250-479-1611 or email sacredheart@rcdvictoria.org.

PLEASE DISCARD YOUR OLD DONATION ENVELOPES.
Some numbers have been re-assigned.



Please inform the Parish Office if you have a change of address.

For PAD users, when using the Special Envelopes for additional donations, please clearly write your name and address.

Thank you.



Recollections for men and women

What better way than to start the new year than with a Recollection?

'Recollections' is a time set aside to go deeper into our relationship with God. Spend some time in conversation with Him guided by meditation and an examination of conscience. A priest of Opus Dei will be available for Confession and Spiritual Direction.

For women: 6:15 p.m. to 8:00 p.m., Monday, January 19, St. Joseph the Worker Parish. Mass is at 5:30 p.m.

For men: 6:00 p.m. to 8:00 p.m., Tuesday, January 20 at Sacred Heart Parish. Mass is at 5:15 p.m.



**On Monday, February 2nd,
6:30 p.m. Mass**
we will celebrate the

**Feast of the
Presentation of the Lord.**

Please bring your candles to be blessed!

Please bring your candles, clearly labelled with your name, and leave them on the table by the Sanctuary BEFORE MASS.



From the Diocese

**WEEK of
PRAYER
for CHRISTIAN UNITY
2026**

There is One Body
and One Spirit ...
... One Hope
of your calling.



Every year, from January 18 to January 25, Christians around the world come together to observe the Week of Prayer for Christian Unity.

The theme for the 2026 Week of Prayer for Christian Unity is: "There is one body and one Spirit, just as you were called to the one hope of your calling" (Ephesians 4:4); exemplifying the divine unity central to our mission and is sustained by the profound love of Jesus Christ. This year, the prayers and reflections for the Week have been prepared by the Armenian Apostolic Church, with their Armenian Catholic and Evangelical Churches.

Ecumenical Service

**Evensong, 4 pm, Sunday, January 25
Christ Church Cathedral, Victoria**

A reception will follow. All are welcome



Care of the Dying

**A Catholic Perspective:
What Family Members Need to Know.**

This pastoral guide offers practical information, from a Catholic perspective, for families facing the death of a loved one. Please share its guidance and message of faith, hope, and eternal life.

Download at: <https://www.rcdvictoria.org/care-of-the-dying>



Seminary of Christ the King February 7 & 8, Mission, BC Vocation Live-In

You are invited to a Vocation Live-In on the weekend February 7 at the Seminary of Christ the King, Mission, BC.

If you are contemplating a vocation, and are considering entering the Seminary in the next couple of years, you are welcome for the Live-In weekend to help in your discernment.

For more information phone 604-826-8975
or email rector.minors@sck.ca



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Wednesdays from January 14, 2:15 pm: Sacred Heart Church
Fridays from January 16, 10:30 am: UVic Multi-Faith Centre

Register at voicesinmotionchoirs.org
or scan the QR code >

All Are Welcome



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

PARISH PASTORAL COUNCIL 2025 / 2026

Jeremy Côté
Samantha Sherman
Merwin Thengil

Mary Moreau
Rick Perez de Tagle

Margaret Sasges
Edgar Tan Jr. (Chair)

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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