



# 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)

*\* Pentecost Sunday | 19 May 2024 \**



## LITURGICAL YEAR B

### Saturday:

English Mass (Anticipated Sunday Mass) 4:00 pm

### Sunday:

English Mass 9:00 am

Polish 1:00 pm

Korean 3:00 pm

Vietnamese (1st and 3rd week) 5:30 pm

### RECONCILIATION

Saturday 3:00 pm

### Weekday Masses

#### English Masses

Tuesdays to Thursdays 12:05 pm

Fridays (Mass followed by Adoration) 12:05 pm

#### Adoration until 3 pm

(Sign-up sheet, in the foyer)

#### Korean Masses

Wednesdays 7:30 pm

Thursdays 10:30 am

#### Diocesan Online Mass

<https://www.youtube.com/channel/UCRinXZ2d6GBMpnDM7boV1CA>

## Happy Birthday, Fr. Jan!

Saturday, 18 May 2024



Let's make a loaf of bread. To begin with you proof the yeast. You add a small amount of yeast to warm water and sugar and wait 10 minutes. By that time, you should see foamy bubbles and you will know the yeast is good and active and is ready to add to flour, water and salt. You mix it up and knead it until you have a firm but pliable dough and then...you wait. If you stand there and stare at the dough,

you won't see anything. But if you go away and come back in an hour or two, the dough will have risen beautifully. Then, shockingly, you beat down that dough and again let it rise again. The second rising gives the bread more elasticity (flexibility?), and makes it harder to deflate the dough.

In my head, when the Holy Spirit descended on the disciples at Pentecost, followed by a great bubbling up of miracles and spiritual activity, that was like the initial proofing of the yeast. It was easy to see the Spirit's action, be excited by it and have great anticipation of things to come. Yes, over the centuries there have been Spirit manifestations and miracles and pockets of excitement and anticipation but most of the time we are waiting and we can't see the yeast doing its inexorable job. It's easy to say nothing is happening. It's easy to assume the world is a lump of dough that's gone bad or that we have completely messed up our bread and the bread of the world.

But Pentecost was not just a single event that we commemorate once a year. The yeast of the Holy Spirit was given to the people of God to be the crucial ingredient that makes dough into wonderful bread and, get this, the yeast of the Spirit is still active and doing what it is meant to do! That dough can be punched down but all that does is make it more elastic and harder to deflate. Just because you can't witness the rising of the dough in the moment doesn't mean it's not happening.

The dough of the Spirit will rise no matter what!

## Parish Office Hours

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

The office is closed: 12:00 pm to 1:00 pm

Closed: Saturdays, Sundays, and Mondays.

If you are new to the parish, and would like to register, or volunteer for a Parish Ministry, please kindly send an email to

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

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

Please contact the Parish Office:  
[sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org) / 250-479-1611

**Pastor: Fr. Jan Grotkowski, SDS**

[jgrotkowski@rcdvictoria.org](mailto:jgrotkowski@rcdvictoria.org)

**Korean: Fr. Robert Ryu**

[youngjinryu0758@gmail.com](mailto:youngjinryu0758@gmail.com)

**Polish: Fr. Jan Grotkowski, SDS**

[jgrotkowski@rcdvictoria.org](mailto:jgrotkowski@rcdvictoria.org)

**Vietnamese: Fr. Michael Tran**

[michaeltran@rcdvictoria.org](mailto:michaeltran@rcdvictoria.org)

#### Hospital Chaplain

Fr. Sean Flynn: 250-889-3761

**Parish Administrative Assistant**

Katherine Newton: [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

**Children's Liturgy Coordinator**

Kinga Hearn: [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

**Children's Religious Ed. Coordinator**

Lidia Moodie: [sacredheartreled@rcdvictoria.org](mailto:sacredheartreled@rcdvictoria.org)

**Parish Liturgy Coordinator**

Rafael Oei: [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)

**RMSE Coordinator**

Sindhu Merwin: [sacredheartrmse@gmail.com](mailto:sacredheartrmse@gmail.com)



Join us for a

## Pancake Breakfast



after the 9 am Mass, Sunday, 19 May.

Entrance is by donation to raise funds for the KofC St. Andrew's Regional High School Scholarship. Please show your support and enjoy a hearty breakfast.

*All are welcome!*



*Have a most enjoyable and restful weekend*



### **Please pray for:**

#### **Those who have died**

Ludovica Van Aert, Vincenza Cameron,  
Joe & Jose De Lima, Herculano & Joao Pimentel,  
Frances Reiger, and Monica Wheaton.

#### **Those who are ill**

Rheza A, Skarlet, Thérèse A, Jon A, Maritza C, Patricia C,  
Cora C, Ludwik D, Lesley D, Stan D, Kathleen G,  
Gwen J, Khanh N, Derek L, Lisa L, Diane L., Monique L,  
Rafael M-Duke, Matthew M, Davide R, and Maria T.



### **Eternal Rest Grant Unto Vincenza Cameron (8 May 2024)**

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

*Prayer Service, Tuesday, 28 May 2024, 7 pm  
Funeral Mass, Wednesday, 29 May 2024, 1:30 pm*



*Please pray for the candidates of  
the sacraments of*

### **Confirmation & First Holy Communion 4 pm Mass, Saturday, June 15, 2024**

*Amelia, Alejandra, Arianna, Daniel, Izzy,  
Isabella, Johan, Leighton, Mateo,  
Raiden, Sophia, Violeta, Benjamin,  
Stella, Lucy, John, Jennie, Isave, Anthony*

## **Options to Donate**

### **E-Transfer:**

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

### **Pre-Authorized Debit (PAD)**

Automatic Debit Form:

<http://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**

<https://www.canadahelps.org/en/dn/47781>

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 11 to May 12, 2024**

Envelopes \$ 2,150.00

Cash \$ 487.90

**Total \$ 2,628.90**

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

*Sacred Heart Parish Pastoral Council members*

*extend a HEARTFELT THANK YOU*

*to all who participated in ANY WAY that made such a*

*JOYFUL MEMORY on the occasion of*

*Fr. Jan's 35th Anniversary*

*of Priestly Ordination.*



## **PENTECOST**



The name comes from the Greek word 'pentekoste' which means fiftieth.

The holiday is celebrated on the seventh Sunday after Easter which is also fifty days after Easter, hence the name. Since its date depends on the date of Easter, Pentecost is a moveable feast, that is, the date is not fixed. It commemorates the descent of the Holy Spirit on the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of Weeks. This important event in the Christian faith is described in the Acts of the Apostles (Acts 2:1-31), the fifth book of the New Testament of the Bible.

In Eastern Orthodox Christianity, Pentecost can refer to the entire fifty days of Easter through Pentecost. Pentecost is also called "White Sunday" or "Whitsunday." In the United Kingdom, traditionally, the next day, Whit Monday, was also a public holiday. In Germany, Pentecost is called "Pfingsten" and often coincides with the beginning of many outdoor and springtime activities. These include festivals and organized outdoor activities by youth organizations. The Monday after Pentecost is a legal holiday in many European nations.

[Accessed, Monday 13 May 2024, Boston Public Library: <https://www.bpl.org/blogs/post/the-origins-and-practices-of-holidays-pentecost/>]



## **BACK TO ORDINARY TIME After the Solemnity of Pentecost**

Ordinary Time: Lasts 34 weeks covering two-thirds of the Church's year of grace. This Season of Ordinary Time is observed as two periods of the year:

- Between the Seasons of Christmas and Easter: Ordinary Time begins right after the Feast of the Baptism of the Lord in January.
- Between the Seasons of Easter and Christmas: Following the Solemnity of Pentecost (and sometimes called the "Sundays after Pentecost"), Ordinary Time resumes for some six months. ... leading us into the celebration of the Season of Advent once again.

(ORDO PASTORAL NOTES 2023-2024, p. 13)



## **Catholic Women's League**

The next **General Meeting of the CWL** is on **Saturday, 25 May at 10 am.**

The topic is: "couponing to achieve savings."

For more information, please contact Denise Owen: 250-580-0066 / [deniseowen@shaw.ca](mailto:deniseowen@shaw.ca)



**Our Lady is our Mother of Perpetual Help.  
She will lead you to her son, our Lord Jesus Christ.**



**Join us to pray the Rosary**

**7 pm Sundays to Fridays**

in the church, unless the weather allows us to pray in the courtyard.



**3:35 pm Saturdays** in church before Mass

**8:35 am Sundays** in church before Mass



Join us after the 9 am Mass on the  
**Solemnity of the Body and Blood of Christ**  
**Sunday, June 2nd,** for a

*Corpus Christi Procession*



## CHILDREN'S ART CLASSES

**Saturdays 10:30 am to 12 pm**

Art Teacher, Ms. Belle

**Please contact the Parish Office.**

Children aged 6 to 15. Fees are by donation. Materials provided.



## Moms & Tots

**Parish Hall, Twice a month, Mon. 9:30 am - 11:30 am**

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

Please contact Chantal: momstots.shvic@gmail.com

## CHRISTIAN MEDITATION

**Thursdays, 1 pm | Parish Hall**

We welcome newcomers.

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



*Congratulations on their Wedding Anniversaries*

**Pete & Evelyn Vijandre, on their 50th Anniversary**

**Gilbert & Chay Santos, on their 28th Anniversary**



*on Saturday, May 25!*



## PARISH MINISTRIES & GROUPS

Please contact the  
Parish Office:  
[sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org)



### PARISH LITURGICAL MINISTRIES

#### Parish Liturgy Coordinator

Altar Servers  
Extraordinary Ministers  
Floral Ministry  
Lectors  
Music Director  
Pastoral Care Ministry  
Ushers  
Video Streamers

#### Rafael Oei

Karla Montano  
Gilbert Santos, Chay Santos  
Eduardo Bautista  
Stan Dzbik  
Rafael Oei  
Lynda Tan  
Marisa Tinsay, Lynda Tan  
Peter Liem

### PARISH GROUPS

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

Margie Noonan  
Margot McLaughlin  
Rick Perez de Tagle  
David MacIntyre  
Chantal Côté  
Elizabeth Olcen  
Elizabeth Olcen  
Stan Dzbik  
Georgina Short



## Society of St. Vincent de Paul

When donating online, please specify "Sacred Heart Parish": <https://www.canadahelps.org/en/charities/society-of-st-vincent-de-paul-of-vancouver-island/>

To join the society, please email Georgina: mgvshort@telus.net

*Come celebrate the  
Solemnity of the  
Sacred Heart of Jesus*

**Friday, 7 June 2024**

**Mass at 5 pm followed by Dinner**  
*The sign up sheet is in the foyer.*

**Nine-Day Novena to the Sacred Heart**  
*from Wednesday, May 29 after each Mass.*



## From the Diocese

### Spring Prayer Walk: Sunday May 26, 2024

To celebrate Laudato Si Week we will be leading another Prayer Walk in Beacon Hill Park on Sunday May 26 at 12:30 pm. Meet at the Children's Farm. Prayers and readings will be shared as we walk the paths together in this beautiful park. Remember to bring a hat, sunglasses, sunscreen and water.

For questions and SVP, please contact Christine  
[caoleary54@gmail.com](mailto:caoleary54@gmail.com) or 250-858-1402

### Recollections for men and women

Opus Dei's "Recollection" is a time to go deeper into our relationship with God. A priest of Opus Dei will be available for spiritual direction and/or confession.



#### Recollection for women: Our Lady of Fatima Parish

Monday, May 20 from 7pm to 9pm. Mass: 6pm, Confession: 6:30pm.

#### Recollection for men: Sacred Heart Parish

Tuesday, May 21, 6pm to 8pm. Mass: 5:15pm.

### HOSTING INTERNATIONAL STUDENTS

St. Andrew's High School International Student Program

For September 2024: female students for the full school year. Be a host family to international high school students. Host families receive \$1,275 per month to cover costs.

Please contact Nina Timm: [homestay@cisdv.bc.ca](mailto:homestay@cisdv.bc.ca) / 403-771-2519

### 10th Annual Family Life Conference and Camp needs your help...

The committee for the 10th Annual Family Life Conference and Camp is looking for volunteers to assist with the camp. For more information, please email: [familycamp@rcdvictoria.org](mailto:familycamp@rcdvictoria.org)

## PARISH PASTORAL COUNCIL 2023 / 2024

Marilyn Bojko      Jeremy Côté      Jim Haffey  
Peter Martin      Rick Perez de Tagle      Will Podmoroff  
Samantha Sherman      Edgar Tan Jr.

Andy Pak      (Korean Representative)  
Sonny Huynh      (Vietnamese Representative)  
Stan Planeta      (Polish Representative)

## 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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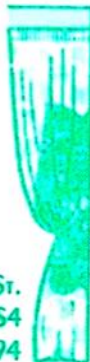
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Victoria, BC V9A 3S4  
TEL/Fax: 250-386-5994

[thuytran.drapery@gmail.com](mailto:thuytran.drapery@gmail.com)



**ROOM  
WANTED**

**Michael is a new parishioner of Sacred Heart Church.** He is looking for a room to rent. Do you have a room in your house that you would like to rent, along with access to a kitchen and bathroom? If so, please call Michael at (250) 869-9402.

SPACE AVAILABLE FOR YOUR MESSAGES, BIRTHDAY AND ANNIVERSARY WISHES, AND PERSONAL MESSAGES. BY DONATION PLEASE CONTACT THE PARISH OFFICE 250-479-1611



SACRED HEART CATHOLIC CHURCH

Victoria BC, 2024

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