



Sacred Heart Catholic Church

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

* 3rd Sunday in Ordinary Time | 25 January 2026 *

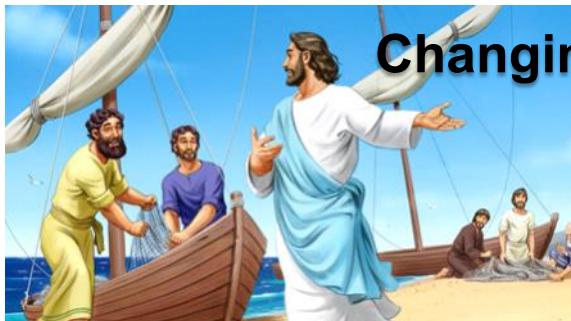


Sunday, January 18 to January 25, 2026

Ecumenical Service

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

A reception will follow. All are welcome



Changing Your Mind

By Jean Allen

"Repent for the Kingdom of Heaven is at hand."

The Greek word, later translated by St. Jerome (342-420 AD) as 'repent', is 'metanoeite' (meta-new-it) from which the word 'metanoia' comes. St Jerome translated it as 'paenitentia' or repent, but 'metanoeite' is 'a primal change of mind, worldview or way of processing and receiving'.

Jesus was saying, "You need a change of mind; you need a change in how you perceive yourselves in relation to God." Jesus came to change our minds and our ways of perceiving, processing and receiving God.

Repent means 'change your mind' so it's not far off the original Greek but the most common perception of repent is to regret and be sorry for your sins. As important as this is for our spiritual growth and balance, it wasn't Jesus's first concern. His first concern was that the faith world-order of that time was a completely distorted understanding of the heart of God and of people's relationship to God.

The encounter between Jesus and Peter and Andrew at the Sea of Galilee is very indicative of Jesus's determination to call people to metanoeite. He doesn't tell the men to be sorry for their sins; he simply offers them the opportunity to change their view of who they really are and to experience his new way of living the Kingdom life. He called them to transformation, to go from being fishermen to being fishers of people.

You might protest that in another Gospel Peter said, "Go away from me Lord for I am a sinful man." That's definitely repentance. However, this incident took place later after this initial calling and it happened after Jesus performed the miracle of nets laden with fish. Peter was overcome with the understanding that Jesus wasn't just a simple charismatic teacher but that his power came from God. And, yes, when we experience the fullness of Jesus, it often creates in us a sense of unworthiness. But that's not where he calls us to stay. If we stayed there, we wouldn't get very far. Jesus didn't want to leave Peter in his sinfulness.

He wanted to bring him to 'metanoeite'.

Access FORMED through the parish.

Please scroll and search for our parish:
"Sacred Heart Catholic Church,
4040 Nelthorpe Street, V8X 2A1

FORMED

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 (February 1)	5:30 pm

Weekday Masses English Masses

Tuesday	11:00 am
Wednesday	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 February 12, at 10 am)	No Mass
Thursday		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 >](http://sacredheartvictoria.com)



Collection of Palms



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

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:

Marie Costa, Margaret Coyle, Marie de Melo, Dorothy Maltais, Marcel Nolin, Carlos Pimentel, Crestiano & Antonio Pimentel, Jaime Pimentel, Manuel Pimentel, Gordon Pollock, Conceicao Soares, and the Souls in Purgatory.

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.



**Eternal Rest Grant Unto
Dorothy Maltais (31 December 2025)**
and
Marcel Nolin (30 December 2025)

*O Lord, and let Perpetual Light Shine Upon them.
May their souls rest in peace. Amen.*

**Funeral Mass for Marcel Nolin
11 am, Saturday, January 31, 2026**

CHRISTIAN MEDITATION

Thursdays, 11:45 am | Parish Hall

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. All are welcome!



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

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 17 & January 18, 2026

Envelopes \$ 1,790.00

Cash \$ 396.00

Total \$ 2,186.00

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

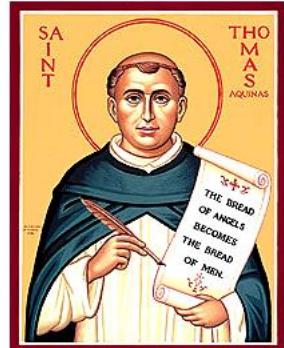
Fr. Shijo's Homilies
are available on our Parish Website
<https://sacredheartvictoria.com/sacred-heart-homilies.html>



St. Thomas Aquinas

28 January

Patron Saint of Universities and Scholars



St. Thomas Aquinas (born 1224/25, Roccasecca, near Aquino, Terra di Lavoro, Kingdom of Sicily, Italy. Died March 7, 1274 in Fossanova, near Terracina, Latium, Papal States. He was canonized on July 18, 1323.

St. Thomas was an Italian Dominican theologian and the foremost medieval Scholastic. He developed his own conclusions from Aristotelian premises, notably in the metaphysics of personality, creation, and Providence. As a theologian, his two masterpieces are the *Summa theologiae* and the *Summa contra gentiles*, for the classical systematization of Latin theology. As a poet, he wrote some of the most gravely beautiful eucharistic hymns in the church's liturgy that are still sung today. His doctrinal system and the explanations and developments made by his followers are known as Thomism.

Although many modern Roman Catholic theologians do not find St. Thomas altogether congenial, he is nevertheless recognized by the Roman Catholic Church as its foremost Western philosopher and theologian.

[Online accessed, 21 Jan 2025:
<https://www.britannica.com/biography/Saint-Thomas-Aquinas>]

Society of St. Vincent de Paul

In this Sunday's Gospel, we find that Jesus "... went around all of Galilee, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness among the people."

This past year, through your gifts, the Society of St. Vincent de Paul was able to proclaim the good news to the poor, by assisting over 1600 families including close to 500 children providing food, and assistance for utility and rent bills.

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".



Donation for the Building Fund

To receive a Tax Receipt, please clearly include your name and address.

Name: _____ Amount: _____

Address: _____ Postal Code: _____

Sacred Heart Catholic Church
Victoria, BC

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".



Service in the Parish

Altar Servers, Ushers, Choir, Extraordinary Ministers of Holy Communion, Proclaimers, 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.

2026 - 2027 Jubilee Year of Saint Francis

'Indulgence is an encounter with God, not a spiritual shortcut'

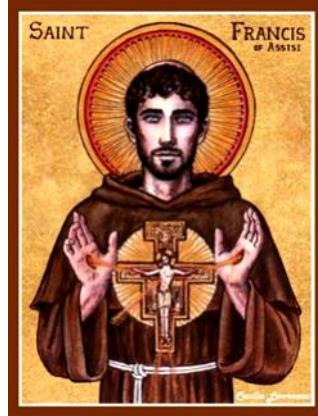
Proclaimed by Pope Leo XIV on the 800th anniversary of the Saint's death, stressing. "The Year of St. Francis must not become yet another chapter rich in special spiritual effects, but a silent passage from enthusiasm to deep maturity, from spectacular celebration to imitation in daily life." (January 10, 2026)

By Fr. Marek Weresa

On this Jubilee Year of Saint Francis proclaimed by Pope Leo XIV, from 10 January 2026 to 10 January 2027, on the occasion of the eighth centenary of the death of Saint Francis of Assisi, the Apostolic Penitentiary has issued a Decree granting the plenary indulgence during this Year. In an interview with Vatican Media, Bishop Krzysztof Nykiel, Regent of the Apostolic Penitentiary, spoke of mercy that surpasses the limits of human justice and stresses that indulgence is not a "dispenser of graces." Indulgence makes it possible to free the heart from the burden of sin, since it is the remission by God of the temporal punishment for sins already forgiven in the sacrament of penance and reconciliation, so that one may carry out the due reparation in full freedom. The Jubilee is an opportunity for the faithful to rekindle their faith, strengthen their relationship with God and with the community of the Church.

To obtain plenary indulgences during the Year of Saint Francis, conditions indicated by the Church must be fulfilled: sacramental confession, Eucharistic Communion, certain prayers according to the intentions of the Pope, interior detachment from sin, and the performance of certain works, such as pious pilgrimages to Franciscan churches, participation in Jubilee celebrations, prayer and meditation in the Franciscan spirit, and daily acts of charity and humility that express the spirituality of Saint Francis. A significant element of the document is the care shown for the sick and the elderly who cannot leave their homes. They may unite spiritually to the celebration of the Year by offering their prayers, sufferings, and daily difficulties of life to God, and by committing themselves to fulfilling the usual conditions as soon as this becomes possible.

The year dedicated to Saint Francis can be an invitation to simplify prayer by deepening it; to live the Gospel concretely rather than merely talking about it. The document of the Apostolic Penitentiary, states: "This Year of Saint Francis should encourage all of us, each according to his or her own possibilities, to imitate the Poor Man of



Assisi." The biography of Saint Francis shows that true imitation of Christ is based a concrete and real lifestyle rooted in the Gospel. He reminds us of the timeless value of poverty and simplicity; that freedom of heart is born of detachment from material goods. Living in a world of consumerism, this is a timely invitation to moderation, responsible use of goods, and placing God and neighbour above material possessions: it is a matter of "being" more than "having". In our time, when faith is often superficial or reduced to emotions and experiences, his attitude encourages consistency between faith and daily life, and witness given through actions rather than only words or feelings. St. Francis teaches active and fraternal love, especially toward the weak, the poor, and the marginalized. His life was a response to indifference and selfishness: problems just as evident today, when interpersonal relationships tend to flatten and "the virtual prevails over reality." In a world marked by conflicts, social violence, and insecurity, his life is a call to build peace based on the Gospel of Christ, the only Redeemer of humanity!

It is essential to understand that indulgence is first and foremost an encounter with God, and in the grace of God that transforms the heart. All penitential practices (such as confession, Communion, pilgrimage, prayer) are instruments of preparation that facilitate the encounter with God, but they do not replace the experience of grace itself. The authentic fruits of indulgence appear when we consciously open ourselves to God's transforming power, allowing Him to act in our heart, to heal relationships, forgive, and to be converted. Indulgence is not "religious magic" or "a dispenser of graces". It is an invitation to a living relationship with God in which we accept the gift of mercy rather than trying to conquer it. God acts and we respond with generosity and faith.

Indulgence when perceived as a stage on the path of conversion, and not a spiritual shortcut, will then indeed become an instrument of maturation and a deepening of faith. This is the principal goal of the Jubilee Year of Saint Francis.

[Online accessed, 19 January 2026, from:
<https://www.vaticannews.va/en/vatican-city/news/2026-01/year-saint-francis-indulgence-assisi.html>



**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

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

If you are contemplating a vocation, you are welcome to the Live-In weekend to help in your discernment.

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



The Rite of Election

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

In this Liturgical Rite, catechumens are presented to the Bishop and ask to be allowed to participate in the sacraments of Baptism, Confirmation, and the Eucharist at Easter. Catechumens and candidates for full reception, their sponsors, family, and friends are invited to attend this Mass.



 **Development
and Peace**
CARITAS CANADA

SHARE LENT CAMPAIGN 2026

Development and Peace – Caritas Canada is hosting two workshops in the Diocese of Victoria for the upcoming 2026 Share Lent Campaign.

This year's theme is "On Track for Justice", focusing on a project in Brazil. Raphael Freston, the animator for British Columbia and the Yukon, will lead the workshops. Please feel free to bring friends and spread the word.

Mid-Island Workshop: 10 am to 12:30 pm, Friday, Feb. 6,
Holy Trinity Parish (6224 Spartan Road, Nanaimo). Mass at 9 am, followed by coffee and tea for those who wish to attend before the workshop begins.

South Island Workshop: 9:30 am to 12 pm, Saturday, Feb. 7
Sacred Heart Parish. A light lunch will follow.

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

Katherene Newton: sacredheart@rcdvictoria.org

Parish Liturgy Coordinator

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

Jeremy Côté
Samantha Sherman
Merwin Thengil

Mary Moreau
Rick Perez de Tagle
(Korean Representative)
(Vietnamese Representative)
(Syro-Malabar Representative)

Margaret Sasges
Edgar Tan Jr. (Chair)

Richard Byeon
Sonny Huynh
Anjali Aniyan

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

PARISH GROUPS

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

Funeral Receptions

Genevieve Vuksic

Social Justice/D & P

Marilyn Turner

St. Vincent de Paul

Stan Dzbik

Georgina Short

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