



**January 23, 2022**



# Sunday Bulletin

Pastor: Father James JD, SAC.  
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Emergency phone : 250-635-6628

Secretary: Kimberly Webb office@sacredheartnews.ca  
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**Office Hours: 9:00am—4:00pm**

*3rd Sunday  
in*



*Ordinary  
Time*

THE SPIRIT OF THE LORD IS UPON ME, BECAUSE HE HAS ANOINTED ME TO BRING GOOD NEWS TO THE POOR.

## Regional Restrictions Lifted—All Are Welcome!

Sunday, January 23 at 10:00am  
Saturday, January 29 at 7:00pm  
Sunday, January 30 at 10:00am

Thursday, January 20th, the Northern Health-specific restrictions were lifted.

Our COVID-19 restrictions are now the same as the rest of the province. We may now have 50% capacity **with mixed vaccinated and unvaccinated.**

Masks are required but can be temporarily removed by priests, lectors or for singing a solo where physical distancing is observed.

**Please note, the Saturday night Mass will be re-instated January 29th at 7:00pm  
Sunday Mass at 10:00am will continue to be livestreamed on YouTube and 107.1FM  
with Drive Through Communion.**

## Profound Differences Between Intelligence and Wisdom

1. Intelligence leads to arguments. Wisdom leads to settlements.
2. Intelligence is power of will. Wisdom is power OVER will.
3. Intelligence is heat, it burns. Wisdom is warmth, it comforts.
4. Intelligence is pursuit of knowledge, it tires the seeker. Wisdom is pursuit of truth, it inspires the seeker.
5. Intelligence is holding on. Wisdom is letting go.
6. Intelligence leads you. Wisdom guides you.
7. An intelligent man thinks he knows everything. A wise man knows that there is still something to learn.
8. An intelligent man always tries to prove his point. A wise man knows there really is no point.
9. An intelligent man freely gives unsolicited advice. A wise man keeps his counsel until all options are considered.
10. An intelligent man understands what is being said. A wise man understands what is left unsaid.
11. An intelligent man speaks when he has to say something. A wise man speaks when he has something to say.
12. An intelligent man sees everything as relative. A wise man sees everything as related.
13. An intelligent man tries to control the mass flow. A wise man navigates the mass flow.
14. An intelligent man preaches. A wise man reaches.

Sunday 10:00am Mass Livestreamed

### Daily Readings

Monday, January 24 <i>St. Francis de Sales</i> 2 Samuel 5:1-7,10 Psalm 89 Mark 3:22-30	Thursday, January 27 2 Samuel 7:18-19,24-29 Psalm 132 Mark 4:21-25
Tuesday, January 25 Conversion of St. Paul, Apostle Acts 22:3-16 Psalm 117 Mark 16:15-18	Friday, January 28 2 Samuel 11:4a,5-10a,13-17 Psalm 51 Mark 4:26-34
Wednesday, January 26 2 Timothy 1:1-8 Psalm 96 Luke 10:1-9	Saturday, January 29 2 Samuel 12:1-7a,10-17 Psalm 51 Mark 4:35-41

**Sunday, January 30**  
**4rd Sunday in Ordinary Time**  
Jeremiah 1:4-5, 17-19 Psalm 71 1 Corinthians 12:31-13:13  
Luke 4:21-30

### Quote of the Week

Have patience to walk with short steps until you have wings to fly.

-St. Francis de Sales

### Confession

By appointment only. Please phone or email the office.

### Rosary

Sun at 9:30am Mon, Wed, Thurs. Fri. at 8:30am and Tues. at 7:30pm

### Veritas Grocery Cards



Grocery Cards to Save-On, Safeway and the Canadian Wholesale are available to purchase from the Parish Office throughout the week. Purchasing grocery cards are great way to support Veritas School throughout the year. Cash and cheque are accepted.

### Veritas Special Collection

Thank you for the many donations to Veritas School. So far we have received \$980.00. This money will go towards tuition support for students in need of financial aid.

### Word Among Us



The February Word Among Us is now available for purchase. Copies are 3 dollars each.

### MASS TIMES Jan 24—Jan 30

<b>Monday</b>	<b>9:00am</b>	✠ Stella Mendes
<b>Tuesday</b>	<b>7:00pm</b>	✠ Carlos Cordeiro & deceased relatives
<b>Wednesday</b>	<b>9:00am</b>	✠ Irene Silva
<b>Thursday</b>	<b>9:00am</b>	✠ Edwin & Del Kuemper
<b>Friday</b>	<b>9:00am</b>	✠ Maria Luis
<b>Saturday</b>	<b>9:00am</b>	✠ Joe deMedeiros
<b>Saturday</b>	<b>7:00pm</b>	✠ Deceased members of the Marmen Family
<b>Sunday</b>	<b>10:00am</b>	Intentions of the Parish

### Prayer List



Charlene Henry  
Betty H.  
Lukah  
Adele Johnson

Charles Kofoed  
Polly Kuemper  
Maria Roque  
Claire Williams

To put a name on the Prayer List please phone the parish office. Please remember to phone us as well if a name needs to be removed from the list. Thank you!

### Clearance Sale!



The CWL Religious Goods counter giving away their calendars free! Select religious books are on clearance! Please go to the religious goods counter to browse our titles.



### Youth Ministry 101 Podcast

NET Ministries of Canada is launching a new podcast called *Youth Ministry 101* where you can learn tips, tricks and hear stories to help reach youth in your life, parish, or youth group! The podcast launched on January 18th and a new episode will come out every two weeks until summer 2022! Search NET Canada on YouTube, Spotify, Apple Podcasts or Google Podcasts. For more information visit [www.netcanada.ca](http://www.netcanada.ca) or email [communications@netcanada.ca](mailto:communications@netcanada.ca).

### E -Transfers to Sacred Heart Parish

When setting up the transfer option please add and save the parish as a recipient using:

1. Parish Name: **Sacred Heart Parish Terrace**
2. Email address: [shpaccounting@sacredheartnews.ca](mailto:shpaccounting@sacredheartnews.ca)
3. In the message section of the e-transfer please include your envelope number, if applicable and the designation of the your donation, i.e. "General" or a special collection.

\*\* Please note that you do not need a security question because the donation is automatically deposited into the designated parish account. Thank you!

### Last Sunday's Collection

General	\$ 3,030.00
Veritas	\$ 610.00



Thank you to all who have donated to the parish; your generosity is deeply appreciated.