



Jan 11, 2026

SACRED HEART PARISH

4830 Straume Ave. V8G 4G3 Phone: 635-2313 Fax: 635-5873 Web: www.shpchurch.com



Sunday Bulletin

Office Hours: Mon to Fri 9am - 4pm

Emergency no. after hours: 250-635-6628

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The Significance of the Baptism of the Lord

In the liturgical calendar, the Feast of the Baptism of the Lord signifies the end of the Christmas season. The Baptism of the Lord is notable because it marks the beginning of Jesus' ministry and confirms his identity as the Son of God. This event is documented in all the gospels except John.

Why is Jesus Baptized?

When Jesus comes to John, John hesitates to baptize him. John's is a baptism of repentance, and Jesus has nothing for which he needs to repent. Why then does Jesus insist on being baptized? By choosing to be baptized, Jesus fulfills all righteousness – preparing himself to be a perfect sacrifice for us.

What Does Baptism Mean for Us?

As we reflect on Christ's baptism, we are reminded of our own baptism. Pope Benedict XVI [said on the Feast of the Baptism of Our Lord:](#)

[Baptism] is communion with the One who conquered death and holds in his hand the keys of life. Belonging to this circle, to God's family, means being in communion with Christ, who is life and gives eternal love beyond death.

The Sacrament of Baptism is the basis of the whole Christian life, making us sons and daughters of God and members of the Body of Christ and freeing us from sin. Through Baptism, we are welcomed into the Catholic Church, the community of faith. When we are baptized, the Holy Spirit comes to live in us. Baptism enables us to receive the other sacraments and to grow in the life of the Risen Christ.

Thanks be to God, who has redeemed us from our sins and given us eternal life through Jesus Christ.



Baptism of the Lord

*This is my Son, the
Beloved, with whom
I am well pleased.*

-Matthew: 3:17

Proposed Restrictions on Religious Freedom – Bill C-9

The President of the Canadian Conference of Catholic Bishops, Most Rev. Pierre Goudreault, has written to Prime Minister Mark Carney and other members of government concerning an amendment to Canada's hate speech legislation. The Liberal Party has made an agreement with the Bloc Québécois. In exchange for the BQ's support of Bill C-9, the Liberals will amend Section 319 (3) (b) of the Criminal Code to remove the religious exemption clause, which provides an exemption against prosecution for hate speech "if, in good faith, the person expressed or attempted to establish by an argument an opinion on a religious subject or an opinion based on a belief in a religious text."

The full news release from the CCCB and Most Rev. Pierre Goudreault's letter can be read here: <https://www.cccb.ca/media-release/proposed-restrictions-on-religious-freedom-bill-c-9/>



Pancake Breakfast January 18, 2026

Our first Pancake Breakfast of the new year will be Sunday, January 18 after both the Sunday Masses. Proceeds will go towards the Veritas Senior Class Spring Trip. The students are so grateful for your support!



Catholic Women's League

Please join us for our General CWL Meeting on Monday, January 12 at 1:00pm in St. Matthew's Room.

2026 Membership Cards

2026 membership cards are available for pickup at the Religious Goods counter after the Sunday masses. Those ladies still planning to join are encouraged to do so asap. The fees are \$48.00 by cash or cheque.



Used Books & Religious Items Sale February 7 & 8

On the weekend of February 7 & 8 there will be a used book and religious items sale in St. Mark's Room. Please continue to bring in your books and religious items, such as statues, crucifixes, pictures etc. and leave them in the drop box in the foyer. **Proceeds of the sale go towards the 2026 Vacation Bible School!**

PARISH ACTIVITIES

Pastoral Care: Gorette Pires: 250-635-2313

Prayer Line: Linda: 635-4767 Holly 635-3894 Rene 635-5833

NFP (Billings) Instructor: Cathy Vandenberg 250-635-7397

Pro-Life: Don Coburn 250-635-5427

Sacred Heart Guards of Honour: Heather Kurisu: 250-641-4191

CWL: Rachel Cote 250-635-5983

Knights of Columbus: Gerald Caouette (250) 615-2773

Finance Council: Barry Dobbin: 250-922-5654

Parish Council: Manuela Krisinger: 250-638-7885

Abba Prayer Group: Mondays at 7:00pm in St. Luke's Room



January 17th

Feast of St. Anthony of Egypt

To learn more about St. Anthony and other saints please visit formed.org and login using our parish subscription! Need help signing up?

Follow these easy steps:

1. Visit formed.org/signup
2. Enter our parish name: Sacred Heart Terrace
3. Enter your name and email

FORMED



Veritas Special Collection Jan 11, 2026

During the weekend of January 11, 2026, there is a special at Sacred Heart Parish for Veritas School. The funds raised during the special collection are used for Veritas School families who request tuition assistance. Your generosity to support families who choose our Catholic school is greatly appreciated! E-transfers can be sent to shpaccounting@sacredheartnews.ca or envelopes can be dropped off at the church or school. For non-envelope users, please write Veritas School on a blank envelope along with your name and address. Cheques may be made payable to **RCEC Sacred Heart Parish**. Thank you for your support!

Grocery Cards on Sale after all the weekend Masses January 10 & 11 in St. Mark's Room!

Request for NET Host Families

For the sixth consecutive year, a NET Ministries of Canada team will be spending a day with our Grade 6-9 students on Wednesday, March 11, 2026! NET is a world renowned organization composed of teams of young adults who travel throughout Canada and the world working with youth and young adults. We are seeking two to three families to be host families for two or three NET team members for the night of March 10. Team members do not require beds and are happy sleeping on mats, couches, or cots! Assistance with dinner and breakfast is provided



Please take time to consider volunteering as a host family by providing a "home away from home" for these young adults. If you can host team members or would like more information, please call 250-635-3035 or email Mrs. Berg at tberg@cispg.ca as soon as possible.



Diocese of Victoria Pastoral Care Training Winter 2026

"God calls us to touch the lives of our aging, lonely, ill, palliative and dying sisters and brothers with accompaniment, kindness and compassion as the hands and face of Christ. In these sessions, you learn basic tools necessary to accompany those who are in need of the healing ministry of Christ." – Most Reverend Gary Gordon, Bishop of Victoria

The valuable and free Pastoral Care Outreach Training series will be offered online this winter. The training is open to spouse caregivers, family members who care for their loved ones, clergy and religious, care aides and others in the health industry, and anyone who is personally drawn to learn basic tools necessary to accompany those who are in need of the healing ministry of Christ. Nine sessions will be held via Zoom on Saturday mornings from 9:30 – noon, starting on January 24 and running until March 28, 2026 (with no session on March 7). Missed session can be made-up, and a Certificate of Completion is provided to those who complete all nine sessions. Participants will require a phone number and email address, a computer, tablet or smart phone with speakers, microphone and webcam, a reliable Internet connection, and access to Zoom. Please register through your parish by January 13, 2026. For further information, please email moiraking@shaw.ca



Called Together Diocesan Annual Appeal

Thank you for your continued support and generosity. We need your help to reach our parish goal. If you have not yet donated, please consider making a contribution as we approach the end of the year.

Parish Goal: \$ 45,450

Donations to date: \$ 28,075.00 - 61% of our goal!

MASS TIMES Jan 12—Jan 18

Monday 9:00am ✠ Victoriano & Sara Lopes

Tuesday 7:00pm ✠ Terry McDonagh

Wednesday 9:00am ✠ Benigna Juit

Thursday 9:00am ✠ Maximino daSilva

Friday 9:00am ✠ Doreen Sousa

Saturday 9:00am ✠ Eileen Callanan

Weekend Mass Times

Saturday 7:00pm ✠ Rodolfo Bernardo Sr.

Sunday 9:00am ✠ George Kofoed

Sunday 11:00am Intentions for the Parish

Confession

Tuesday & Saturday 6:30pm
or by appointment.

Daily Readings

Monday, January 12
1 Samuel 1:1-8
Psalm 116
Mark 1:14-20

Tuesday, January 13
1 Samuel 1:9-20
1 Samuel 2
Mark 1:21-28

Wednesday, January 14
1 Samuel 3:1-10, 19-20
Psalm 40
Mark 1:29-39

Thursday, January 15
1 Samuel 4:1c-11
Psalm 44
Mark 1:40-45

Friday, January 16
1 Samuel 8:4-7, 10-22a
Psalm 89
Mark 2:1-12

Saturday, January 17
St. Anthony
1 Samuel 9:1-4, 17-19; 10:1a
Psalm 21
Mark 2:13-17

Sunday, January 18
2nd Sunday in Ordinary Time
Isaiah 49:3,5-6, Psalm 40, 1 Cor. 1:1-3
John 1:29-34

Prayer List



Arnie Appels
Maria DeMelo
Raulino DeMelo
Gilda deSousa
John deSousa

Laura B. duBois
Fred Haines
Charlene Henry
Joao Mendes
Gerald Nelson
Dalton Stanvik

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!

Receive the weekly Sunday Bulletin in your Inbox!



Please scan the QR Code to be added to our email distribution list. Your email address is kept private and is not visible to anyone.

Daily Rosary Times

Sun, Mon, Wed., Thurs., Fri, Sat., 8:30am
Tues, 6:30pm

Quote of the Week

Those who are truly humble within themselves will never find their tongues betraying them.

- St. John Climacus

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**
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: \$ 5,552.20
New Year's: \$5,250.00

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

