



Jan 18, 2026

## SACRED HEART PARISH

4830 Straume Ave. V8G 4G3 Phone: 635-2313 Fax: 635-5873 Web: [www.shpchurch.com](http://www.shpchurch.com)



# Sunday Bulletin

Office Hours: Mon to Fri 9am - 4pm

Emergency no. after hours: 250-635-6628

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2nd Sunday  
in Ordinary  
Time



WE STAND FOR  
SANCTITY  
OF  
HUMAN  
LIFE



SUNDAY, JANUARY 18, 2026

### Sanctity of Life Sunday, January 18, 2026

We stand for the sanctity of human life. The phrase “sanctity of life” reflects the belief that, because people are made in God’s image (Gen 1:26–27), human life has an inherently sacred attribute that should be protected and respected at all times. The sanctity of life means that humanity is more sacred than the rest of creation.

Humanity was created in God’s image, but sin has corrupted that image. There is nothing inherently sacred in fallen man. The sanctity of human life is not due to the fact that we are such wonderful and good beings. The only reason the sanctity of life applies to humanity is the fact that God created us in His image and set us apart from all other forms of life.

Sunday, January 18th is set aside as a special day of celebrate the sanctity of life and stand opposition to the culture of death, promoted by the abortion industry. We will consider with the holy church every effort to protect human life from harm—whether from abortion, euthanasia, human trafficking, or other abuses. While the sanctity of life can be the foundation, love must be the motivation.

*The Lord called me from the womb, from the body of my mother he named my name.*

*-Isaiah 49:1*

Here is the Lamb  
of God who takes  
away the sins of  
the world.

John 1:29

## 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/>



### Letter to Parishioners Regarding Lawsuits

The Diocese of Prince George has published a letter to parishioners throughout the diocese updating them on the legal challenges the diocese is currently facing and the risks this poses. The letter is available on the diocesan website: [www.pgdiocese.bc.ca](http://www.pgdiocese.bc.ca)

Questions about the letter can be addressed to [info@pgdiocese.ca](mailto:info@pgdiocese.ca) but it's important to know that responses will take some time. Right now, the most important thing that parishioners can do is to pray. We need to pray for our parishes and schools, but we also need to pray for all of those who are involved on both sides of these lawsuits.



### Pancake Breakfast January 18, 2026

Our first Pancake Breakfast of the new year is Sunday, January 18 after both the morning Masses. Proceeds will go towards the Veritas Grade 8 Year End Trip. The students are so grateful for your support!



### 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

### Catholic Women's League



### 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.

## Veritas Special Collection Jan 11, 2026



The funds raised during the special collection on January 11 are used for Veritas School families who request tuition assistance. Your generosity to support families who choose our Catholic school is greatly appreciated! Together we raised **\$2,894.00** for Veritas School. Thank you for your generous support.



**Rachel's Vineyard Retreats**  
PRINCE GEORGE, BC

**Rachel's Vineyard – Serving the North**

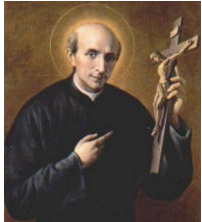
**SPRING WEEKEND RETREAT FOR 2026**

***Find Calm for Your Mind & Peace for Your Soul***

Rachel's Vineyard offers a confidential, therapeutic weekend retreat for anyone impacted by an abortion experience. Our May 22 – 24, registrations are now being accepted. For Further information on this Healing Ministry, please refer to our website. [www.rachelsvineyardpg.ca](http://www.rachelsvineyardpg.ca) Confidentiality Assured.

THANK YOU TO ALL THOSE IN OUR DIOCESE WHO HAVE SUPPORTED OUR WORK IN 2025!

## Feast of St. Vincent Pallotti—January 22



Wednesday, January 22nd, we will celebrate the feast day of St. Vincent Pallotti, founder of the Society of the Catholic Apostolate also known as the Pallottine order. The motto of St. Vincent Pallotti "The love of Christ impels us", still inspires the Society of the Catholic Apostolate today. Please join us for Holy Mass on Thursday, January 22nd at 9:00am and a small celebration in St. Matthew's room following the Mass.



## Condolences to the Family and Friends of

*Yvonne Wiebe*

Mrs. Wiebe passed Sunday, January 11th. Please keep the Wiebe family in your prayers. *Eternal rest grant unto her, O Lord, and let perpetual light shine upon her.* May her soul and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen



## Lenten Parish Mission

### Mark Your Calendars!

**Our Lenten Mission will take place from March 9th-11th** with Fr. Julian from Calgary as our speaker. Each evening will begin with Rosary at 6:00pm followed by Holy Mass and the mission preaching. Please save these dates so that you may benefit from this opportunity to enter more deeply into Lent and experience the Lord's love and healing. More details will follow in future bulletins.



## 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: \$ 34,175.00 - 75% of our goal!

## MASS TIMES Jan 19—Jan 25

**Monday 9:00am** ✠ Daniel da Ponte Viveiros

**Tuesday 7:00pm** ✠ Deceased relatives of Fr. James

**Wednesday 9:00am** ✠ Joe & Gloria Barbosa

**Thursday 9:00am** ✠ Helen Panchuk

**Friday 9:00am** ✠ Souls in Purgatory

**Saturday 9:00am** Judy Walker & Family

## Weekend Mass Times

**Saturday 7:00pm** ✠ Monique Mageau

**Sunday 9:00am** ✠ Jose Ventura

**Sunday 11:00am** Intentions for the Parish

## Confession

Tuesday & Saturday 6:30pm  
or by appointment.

## Daily Readings

Monday, January 19 1 Samuel 15:16-23 Psalm 50 Mark 2:18-22	Thursday, January 22 <i>St. Vincent Pallotti</i> 1 Samuel 18:6-9 Psalm 56 Mark 3:7-12
Tuesday, January 20 1 Samuel 16:1-13 Psalm 89 Mark 2:23-28	Friday, January 23 1 Samuel 24:2-20 Psalm 57 Mark 3:13-19
Wednesday, January 21 <i>St. Agnes</i> 1 Sam. 17:32-33,37,40-51 Psalm 144 Mark 3:1-6	Saturday, January 24 2 Sam. 1:1-4,11-12,19,23-27 Psalm 80 Mark 3:20-21

**Sunday, January 25**  
**3rd Sunday in Ordinary Time**  
Isaiah 9:1-4, Psalm 27, 1 Cor. 1:10-13,17-18  
Matthew 4:12-23

## 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

## The Word Among Us



The Lenten Word Among Us devotionals are available in the foyer for \$4.00 each.

## Quote of the Week

Death blossomed in paradise, but was slain on the cross.

- St. John Chrysostom

## 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: \$4,807.20

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

