



Jan 4, 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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Question:

Why give Jesus gold, frankincense, and myrrh?



Answer:

In giving the infant Jesus gold and frankincense, the Magi evoke Isaiah 60:3, 6 in which Gentile nations bring these gifts to the God of Israel (see also Tobit 13:11, Psalms 72:10-15). In addition, myrrh is an oil that was used to consecrate levitical priests and the wilderness tabernacle, the forerunner to the temple in Jerusalem (Ex. 30:23-33). Myrrh was also used as a burial ointment.

There are also the spiritual senses of Scripture (see the *Catechism* 115-19). In the allegorical or christological sense, St. Irenaeus says that the gifts signify the mystery of the Incarnate Word (God who has become man): gold, a symbol of royalty, represents his kingship; frankincense, used in worship, points to his divinity; and myrrh represents his humanity, particularly in his passion and death (*Against Heresies*, 3, 9, 2).

One could also argue that the myrrh signifies that Jesus is also a priest, in fact the definitive high priest who fulfills the Old Covenant levitical priesthood with his superior Melchizedekian New Covenant (see Heb. 5-7); it also indicates that he is the new Temple (see John 2:18-22).

In the moral sense, i.e., how we are to live, Pope St. Gregory the Great says in his *Homilies on the Gospels* (10) that the three items represent gifts that we are to present to God in our daily lives: gold is Christ's wisdom, which is to shine in our lives; frankincense is the prayer and adoration we are to give him (see Rev. 8:3-4); and myrrh is our daily self sacrifices to the Lord (see Matt. 39; Rom. 12:1).

**Epiphany of
the Lord**

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 Thank You

Thank you to all who supported the pancake breakfast on December 28th. Together we raised \$531.34 for local families in need. God bless all you richly as we embark on a new year!



All are Welcome to “Fellowship After Worship”

Every Thursday at 9:30am

On Thursdays after Mass, everyone is welcome to have coffee and cookies and enjoy fellowship with members of our faith community. Come and get to know your fellow parishioners better and enjoy their good company.



Knights of Columbus

The next General Meeting for the Knights of Columbus will be at 7:00 pm on January 7th, in St. Matthew's room. All Knights and honoured guests are welcome and encouraged to attend.

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

Save the Date!
Diocesan Youth Conference 2026
May 15-17, 2026

Registrations open February 2026! Details to follow in future bulletins.



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!

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 5—Jan 11

Monday 9:00am † Elizabeth Edinger

Tuesday 7:00pm † Manuel Barbosa

Wednesday 9:00am † Manuel Viveiros

Thursday 9:00am † George Kofoed

Friday 9:00am † Marge & Ian LeRoss

Saturday 9:00am Fred Haines

Weekend Mass Times

Saturday 7:00pm † Shane Kelly

Sunday 9:00am † Kay Barnes

Sunday 11:00am Intentions for the Parish

Confession

Tuesday & Saturday 6:30pm
or by appointment.

Daily Readings

Monday, January 5
1 John 3:22-4:6

Psalm 2
Matthew 4:12-17,23-25

Tuesday, January 6
1 John 4:7-10
Psalm 72
Mark 6:34-44

Wednesday, January 7
1 John 4:11-18
Psalm 72
Mark 6:45-52

Thursday, January 8
1 John 4:19-5:4

Psalm 72
Luke 4:14-22a

Friday, January 9
1 John 5:5-13
Psalm 147
Luke 5:12-16

Saturday, January 10
1 John 5:14-21
Psalm 149
John 3:22-30

Sunday, January 11

Baptism of the Lord

**Isaiah 42:1-4,6-7, Psalm 29, Acts 10:34-38
Matthew 3:13-17**

Prayer

List



Arnie Appels
Maria DeMelo
Raulino DeMelo
Gilda deSousa
John deSousa

Laura B. duBois
Fred Haines
Charlene Henyu
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

Belief and faith are proved by works, not by simply saying that one believes, but by real actions, which are kept up, and by a heart burning with love.

- 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:\$ 6,851.10

Christmas Collection: \$10,382

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

