



Feb 15, 2026

6th Sunday
in Ordinary
Time



Do not think I have
come to abolish the
Law or the Prophets;

I have come not to
abolish but to fulfill.

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

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Pallottine Mission Appeal Weekend February 22, 2026

Brothers and Sisters in Christ,
Greetings from your Pastor Fr. James.JD

Next weekend is Mission Co-operation Sunday or Pallottine Mission Appeal Sunday. The Mission Appeal is for the Pallottine Religious Order, to which I belong. The Pallottine Fathers and Brothers, founded by St. Vincent Pallotti in the 19th century in Rome, are dedicated to living and spreading the Gospel through the principle of the Universal Apostolate — the belief that every baptized person is called to be a missionary in their own way. He saw the spiritual and temporal works of mercy as the means "to revive faith, re-ekindle charity and foster unity" among all of God's people. Today, Pallottine priests and brothers are called to encompass a variety of apostolic works that were Universal or Catholic in their approach. Therefore, a mission appeal for the Pallottines typically aims to:

- ◆ Support missionary work in underserved communities worldwide, in particular in India, including education, healthcare, and pastoral care.
- ◆ Fund formation programs for seminarians and lay collaborators who will continue the mission.
- ◆ Provide humanitarian aid in areas affected by poverty, conflict, or natural disasters.

I am so grateful to the Parishioners of Sacred Heart, Terrace, who have been enormously generous towards our mission work over the years. Thank you so much! Missionary work, both locally and globally, involves our worship and devotion as well as our loving outreach to our brothers and sisters in need.

On February 21/22, the donations collected will go to India for Mission Work. For those who did not receive a donation envelope with their tax receipts, there are some available in the foyer. Donations may also be sent via e-transfer to shpaccounting@sacredheartnews.ca Please indicate "Pallottine Collection" in the comment section of your e-transfer.

I request your partnership and collaboration in support of Pallottine Missions. Let us become hands, feet, mouth and tongue of Jesus for the people who are less fortunate and lack the basic requirements for decent living by extending our financial and support and offering our prayers. I thank you in advance for your generosity and may God bless you in abundance.

God bless your Generous Heart!

Fr. James. JD, SAC



Bishop Stephen Jensen
February 11, 2026.

On the Tragedy in Tumbler Ridge

One week from today we begin the season of Lent, a time for more intense prayer and penance – personal sacrifice – to beg God's healing grace for our lives and for the world.

The unimaginable tragedy that struck the community of Tumbler Ridge yesterday has traumatized us all. The most effective response we can offer for the intentions of the dead and the survivors, their families, the emergency responders, the parish community and town, is our own prayer and penance. In the providence of God, those are the tools entrusted to us that we can use to address suffering and help bring mercy and healing to all.

Today is the feast of Our Lady of Lourdes. In the words of the familiar prayer, we turn to her "mourning and weeping in this valley of tears." May we all unite our prayers to our Lady's intercession to ask for God's presence and mercy in our suffering world.

#IGotBetter Postcard Mailout

We need your help *right now* to protect vulnerable Canadians. The Right to Recover Act is a private member's bill brought forward by Conservative MP Tamara Jansen and seconded by MP Andrew Lawton. If passed, this bill will amend the Criminal Code to permanently stop the scheduled 2027 expansion of medical assistance in dying (MAiD) solely for mental illness.

Many of us know the anguish of mental illness or suicidal thoughts. Your story of recovery can be another person's hope. Stories or videos may be emailed to: Andrew.Lawton@parl.gc.ca or posted on social media using the hashtag #IGotBetter. Postcards concerning the #IGotBetter campaign have been mailed out to all of the households of Terrace. Please prayerfully consider sending in your story or encouraging others to do so!



Special Collection Catholic Missions in Canada Thank You

Catholic Missions in Canada works to sustain and extend the Catholic Faith from sea to sea. All together, we collected 1,650.00 dollars for this important work.



Used Books & Religious Items Sale Thank You!

Thank you for all of those who supported our sale. Through your generosity, we raised \$850 for the upcoming 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



Diocesan Youth
Conference
May 15-17, 2026

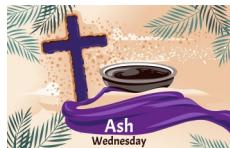
VOLUNTEER/CHAPERONE REGISTRATION is now open! If you would like to volunteer or sign up as a chaperone, please use this form: <https://forms.office.com/r/m5w7ew9gyz>

Registration for YOUTH PARTICIPANTS will open on February 16.

Pancake Breakfast—Feb 15



Please, come join us, for our pancake Breakfast on Sunday, February 15th after both of the morning Masses. Proceeds go towards local families in need. Together we can make a real difference for people within our community.



Ash Wednesday, February 18

Holy Mass and Ash Distribution will be celebrated at **9:00am and 7:00pm**.

Palms: There is a collection basket for palms in the foyer. These blessed palms will be burnt and the ashes used during the Ash Wednesday liturgy.

Fridays in Lent:



Beginning this Friday, February 20th, Holy Mass on Fridays **will be celebrated at 6:30pm**. Confessions will be heard from 6:00pm—6:30pm and the rosary will be prayed at 6:00pm.

The Stations of the Cross will be prayed on Fridays at 7:00pm (following the Mass). Please sign up in the foyer if you are able to lead the Stations of the Cross.



Lenten Parish Mission March 9-11, 2026

Our Lenten Mission will take place from March 9th-11th with Fr. Julian Studden from Calgary as our speaker. Each evening will begin with Rosary at 6:00pm followed by Holy Mass at 6:30pm 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. See the poster in the foyer for more details on the mission.



The 2025 Donation receipts are available for pick up this Sunday. **Please note that a donation envelope for the Pallottine Religious Order is included with your tax receipt.** The special collection for the Pallottines will take place on Sunday, February 22nd, 2026.



Free
Popcorn
available!

Sacred Heart Parish Matinee

“David, the Movie”

Sunday, Feb 22, 2026

3:00pm-5:00pm Rated PG.

at the Church Hall

Everyone is welcome to this Family Event

David tells the story of a young Israelite shepherd, poet and warrior who is predestined to become the new King of Israel. He embarks on a journey from beyond the shadow of an evil Philistine giant named Goliath to prove to his people that true power lies not in a kingship but in faith and freedom.

It is time to learn as a family about “David the King”



Rachel's Vineyard – Serving the North

www.rachelsvineyardpg.ca

SPRING WEEKEND RETREAT in Prince George FOR 2026: May 22 – 24

Registrations now being accepted.

A confidential, therapeutic weekend retreat for anyone impacted by an abortion experience. For further information on this Healing Ministry, please refer to our website.

Confidentiality Assured.

MASS TIMES Feb 16—Feb 22

Monday 9:00am **†** Max Botelho

Tuesday 7:00pm **†** John McDonagh

Ash Wednesday
9:00am **†** Souls in Purgatory
7:00pm **†** Jorge deMedeiros

Thursday 9:00am **†** George Kofoed

Friday 6:30pm **†** Manuel & Angelina Pacheco

Saturday 9:00am **†** Ernst & Rosemary Nadermann

Weekend Mass Times

Saturday 7:00pm **†** Doreen Sousa

Sunday 9:00am **†** Ivar Hernes

Sunday 11:00am Intentions for the Parish

Confession

Tuesday & Saturday 6:30pm, Friday 6:00pm
or by appointment.

Daily Readings

Monday, February 16
1 Kings 8:1-7,9-13

Psalm 132
Mark 6:53-56

Tuesday, February 17
James 1:12-18
Psalm 94
Mark 8:14-21

Wednesday, February 18
Ash Wednesday
Joel 2:12-18
Psalm 51
2 Corinthians 5:20-6:2
Matthew 6:1-6,16-18

Thursday, February 19
Deuteronomy 30:15-20

Psalm 1
Luke 9:22-25

Friday, February 20
Isaiah 58:1-9a
Psalm 51
Matthew 9:14-15

Saturday, February 21
Isaiah 58:9b-14
Psalm 86
Luke 5:27-32

Sunday, February 22
1st Sunday of Lent
Genesis 2:7-9,16-18,25;3:1-7, Psalm 51, Romans 5:12-19
Matthew 4:1-11

Prayer List



Arnie Appels
Phil Bialobzyski
Maria DeMelo
Raulino DeMelo
Gilda deSousa
John deSousa

Laura B. duBois
Fred Haines
Tamara Henyu
Joao Mendes
Dalton Stanvik
Susie Viveiros

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

One whose soul is in disorder, whose mind is wandering with vain, useless thoughts, cannot pray. To pray, we must unite the flesh and its feelings to the soul with its imagination, memory and will.

- St. Frances Xavier Cabrini

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:\$ 5,762.95

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

