SACRED HEART PARISH

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



November 29
2026

Office Hours: Mon to Fri 9am - 4:00pm
Secretary: Kimberly Webb office@sacredheartnews.ca
Parish Assistant: Gorette Pires gorette14@hotmail.com
Emergency no. after hours: 250-635-6628
Pastor: Fr. Jack Michalchuk
jmichalchuk@pgdiocese.ca



Beware, keep alert; for you do not know when the time will come.

Matthew 25:31



Vancouver, Dec 29 - Jan 1

Rise Up is Canada's national Catholic conference for young adults, hosted by Catholic Christian Outreach. Join hundreds of students and young professionals in Vancouver, December 29 – January 1, for four days of worship, Mass, and life-changing encounters with Jesus.

- You are not the only one trying to take your faith seriously (There's actually a lot of us)
- Encounter Jesus and His people
- Young Catholics from every province, all in one room
- Step into God's plan for your life

If you are a young adult aged 19-35, and are interested in attending Rise Up please phone the parish office at 250-635-2313 or email Fr. Jack at jmichalchuk@pgdiocese.ca or Gorette at gorette14@hotmail.com

Advent Baby Drive

The Terrace Park Centre is a local pregnancy outreach & early years parent support centre. They are in need of the following items!



- Baby Boy Clothes (newborn - 24 months)
- Baby Formula in powder
- Baby Food (jars, squeezable pouches, etc.)
- Baby Wipes
- Baby Blankets

(Please note that neither diapers or baby girl clothes are needed at this time).

Donations of baby items may be dropped off in the foyer, beginning this Sunday! Thank you for your help!

Fr. James Departure



Regrettably, and through no fault of his own, Fr. James will be returning to India due to an issue with his immigration papers. Before leaving the country, Fr. James will visit Terrace and celebrate Mass with us on Tuesday, December 1st and Wednesday, December 2nd. Let us keep Fr. James in our prayers always and especially now as he navigates these surprising circumstances.

First Friday Eucharistic Adoration

Please note there will be no Mass or Eucharastic Adoration on December 4th.
The Rosary will be prayed in the chruch at 8:30am on Friday December 4th.



Pancake Breakfast Thank You

Thank you for your generous support of the Pancake breakfast on November 22nd. We raised $627.60 to help our young people go to Rise Up. Please keep all those discerning their attendance at this life changing conference in your prayers.



CWL Gifts and Books Sale

The CWL Gifts and book sale will be held in St. Mark's Room on November 28 & 29, and & December 5 & 6 after all the weekend Masses. Christmas cards, children's gifts and beautiful calendars will be featured in addition to many other gifts and books.

Grocery Card Sales December 5 & 6

Veritas will be selling grocery cards after the weekend Masses December 5 & 6 in St. Mark's Room. Grocery cards will be available from Safeway, Save-On and Canadian Wholesale. While a fundraiser for Veritas School, the value of the grocery cards are dollar for dollar the amount you purchase!

Veritas Christmas Craft Fair

December 12, 2026

9:00am - 4:00pm

Come support local crafters!

Items include: Baking, Knitting, Laser Engraving, Purdy's chocolates, Soap, Jewelry, Candles, Sourdough, Woodworking, Paintings, Embroidery and much more!

PARISH ACTIVITIES

Pastoral Care: Gorette Pires: 250-641-9468
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: Erik Hernes 250-922-4507
Finance Council: Barry Dobbin: 250-922-5654
Pastoral Council: Manuela Krisinger: 250-638-7885
Abba Prayer Group: Daryl Anaka 250-635-0161

Upcoming Events

November
27 - Parish Retreat - 6:30pm
28 - Parish Retreat - 9:30am
28 - First Sunday in Advent
28/29- CWL Sale after Masses
Dec
05/06- CWL Sale after Masses
05/06 - Veritas Grocery Card Sales
06 - St. Nicholas Day Celebrations

Diocesan Annual Appeal

Thank you for your generous support of the Diocesan Annual Appeal! We are striving for 100% participation. If you have not already donated please consider making a contribution to the Appeal. We have reached 65% of our goal!

Parish Goal: $ 38,266 Pledges received: $24,743



St. Nicholas Day Celebrations Dec 6

To celebrate this beloved saint, children will be invited to watch a short video on December 6th of St. Nicholas during the 9:00am and 11:00am Mass. After Mass children and/or their families are welcome to get a photo with St. Nicholas!

The celebrations continue at 3:00pm! Children and their families are invited to come to the church for St. Nicholas activities, hot chocolate, cookies and a movie!

Rachel's Vineyard Retreats
PRINCE GEORGE, BC

Rachel's Vineyard

Our next Rachel's Vineyard Healing Retreat in Prince George is scheduled for May 14 – 16 2027. We invite those that have been impacted by an abortion experience to come and experience God's love and compassion. Mothers, fathers, grandparents, and siblings are also welcomed to come and express their grief & sorrow in a non-judgmental, confidential and safe place. Registration will commence on March 1, 2027. For more information visit our website: rachelsvineyardpg.ca or email Adele @ rachelsvineyardpg@proton.me.



Diocesan Youth Conference - Save the Date
May 21-23, 2027

Attention all young people in Grades 7-12, the 2027 Diocesan Youth Conference will be held May 21-23 in Prince George BC. Please save the date! The DYC is a wonderful opportunity for youth across the diocese to gather and grow in their relationship with Christ as well build meaningful friendships with each other.

Fr. Jack's Diet



Would you like to invite Fr. Jack for supper but are unsure about what to cook for his Keto diet? Be not afraid! Fr. Jack would love to come over to your house for a meal, and if you are unsure what to cook please phone or email the parish office to obtain a handy cooking for Keto information sheet!

Urge Parliament to Reject Advance Requests for Euthanasia

The CCCB has begun a letter-writing campaign regarding Bill C-41. The Liberal government intends to pass a law to permanently exclude mental illness alone from eligibility for euthanasia but have combined it with permission to allow advance requests for euthanasia instead of debating the two issues separately. The Bill has now passed Second Reading after the Liberals voted to limit the debate time for the bill. It requires only one more sitting to be voted into the Committee phase before it becomes law. You can join the letter-writing campaign two ways: either send your MP an email through the TakeAction service here: https://actionbutton.nationbuilder.com/share/SPK-Q0FBQEE= or email our MP at Ellis Ross: ellis.ross@parl.gc.ca

MASS TIMES Nov 30 - Dec 6

Monday 9:00am † For those that pray for Fr. Jack

Tuesday 7:00pm † Jason Schulmeister

Wednesday 9:00am † Francine Bruneau

Thursday No Mass

Friday No Mass

Saturday 9:00am † Special Intention

Weekend Mass Times

Saturday 7:00pm † Cristina da Silva

Sunday 9:00am Fred Haines

Sunday 11:00am People of the Parish

Daily Readings

Monday, November 30
St. Andrew
Romans 10:9-18
Psalm 19
Matthew 4:18-22

Tuesday, Dec. 1
Isaiah 11:1-10
Psalm 72
Luke 10:21-24

Wednesday, Dec. 2
Isaiah 25:6-10a
Psalm 23
Matthew 15:29-37

Thursday, Dec. 3
Isaiah 26:1-6
Psalm 118
Matthew 7:21,24-27

Friday, Dec. 4
Isaiah 29:17-24
Psalm 27
Matthew 9:27-31

Saturday, Dec. 5
Isaiah 30:19-21,23-26
Psalm 147
Matthew 9:35-10:1,5a,6-8

Sunday, December 6
2nd Sunday in Advent
Isaiah 40:1-5,9-11, Psalm 85, 2 Peter 3:8-14
Mark 1:1-18



Prayer List

Phil Bialobzyski
Wheng Bautista
Maria DeMelo
Raulino DeMelo
John deSousa
Kyle de Sousa
Laura B. duBois
Fred Haines
Tamara Henyu
Joao Mendes
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!

Confession
Tuesday & Saturday at 6:30pm
or by appointment.

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

Quote of the Week

When we must do something we dislike, let us say to God: "My God, I offer you this in honour of the moment when you died for me.

-St. John Mary Vianney

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: $ 4,960.30
World Mission Sunday: 20.00

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.