



SACRED HEART PARISH

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



March 8, 2026

Office Hours: Mon to Fri 9am - 4pm

Emergency no. after hours: 250-635-6628

Secretary: Kimberly Webb office@sacredheartnews.ca

Pastor: Fr. James J Dhiraviam, SAC

Parish Assistant: Gorette Pires gorette14@hotmail.com

frjames@sacredheartnews.ca

You're Invited to Our Parish Mission, March 9-11, 2026!

Dear Friends in Christ,

All machines, whether they be cars, television sets or computers, sooner or later need a checkup or to see a mechanic for a tune up. People are no different. To get someone out of a rut or comfort zone, you need to program something special and out of the ordinary. Therefore, I joyfully invite you to join us for our upcoming **Parish Mission** — a special time of renewal, reflection, and community. This is an opportunity to step away from the busyness of life and draw closer to God through prayer and inspiring talks, and an uplifting worship and healing service on the last day of the mission.

Whether you are a long-time parishioner, new to our community, or simply curious, you are welcome. Come as you are — bring your heart, your questions, and your hopes. Together, we will seek God's presence and be renewed in faith. Let us walk this journey together and discover the joy of God's love in a deeper way. This year we are blessed to have **Fr. Julian Studden from Calgary**, who has remarkable, real experiences of successfully leading and facilitating Parish missions over many years. Fr. Julian will also be available during the parish mission days for confession as well as spiritual direction. Kindly make sure of the Parish mission schedule by checking our parish bulletin or visiting our Parish website.

With blessings,
Fr. James.JD

Lenten Parish Mission Schedule:

Holy Mass 6:30pm & Mission Talk: 7:00pm

Rosary 6:00pm

Monday:

"Ways to Live our Christian Life in a Secular World."

Tuesday:

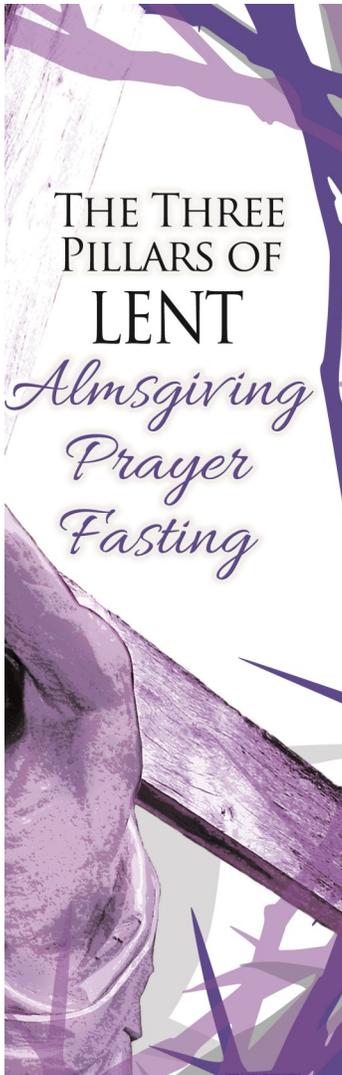
"Why & How Should I Forgive"

Reception to follow

Wednesday:

"Why Read and Listen to the Word of God?"

Followed by Exposition of the Blessed Sacrament and Healing Service



Third
Sunday
of Lent



Confessions & Spiritual Direction with Fr. Julian

March 9, 10 & 11

Fr. Julian, our Mission speaker, will be available to hear confessions and offer spiritual direction on Monday, Tuesday and Wednesday from 10:00am—12:00pm. Please contact the parish office if you wish to schedule a time for confession and/or spiritual direction.

Chrism Mass - March 26



All are welcome to attend the Chrism Mass in Prince George on Thursday, March 26 at 7:00pm. During this Mass the three Holy Oils are blessed, that is the Oil of the Sick, the Oil of Chrism and the Oil of Catechumens. All the priests of the Diocese will also Renew their Priestly Promises during this liturgy.

Pro Life Garage Sale: March 27 & 28



The Annual Pro-Life Garage Sale will take place on March 27th & 28th in the Veritas School Gym. We are especially looking for donations of household and outdoor items, but please no clothing! Items may be dropped off at the gym on Thursday, March

26th after 1:00pm.

For pick-up of items or any questions please call Don at 250-635-5427.

Diocesan Youth Conference

May 15-17, 2026

Visit <https://www.pgdiocese.bc.ca/diocesan-youth-conference/> to register for the DYC!

Sacred Heart Parish will provide free transportation to Prince George for 15 students. Please contact the parish office for more details.

DYC 2026
Diocesan Youth Conference

TOTUS TUUS

MAY 15 - 17

Sacred Heart Cathedral
Prince George

For Grades 7 - 12

Early Bird Fee: \$75
Regular: \$100
Early Bird Ends March 16

Scan for Registration!

Special Guests
Grace and Donny McGeragle
The Benedictines of Westminster Abbey
Music Ministry: CFC Youth

Register at: <https://www.pgdiocese.bc.ca/diocesan-youth-conference/>
For more info email dyc@pgdiocese.ca

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: 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

Fridays in Lent



Holy Mass on Friday, March 6th 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.



Appeal Donation Receipts

The 2025 Diocesan Appeal receipts are available for pick up in the foyer. Thank you for your support!

Pancake Breakfast—March 8



All are welcome to the pancake breakfast on Sunday March 8th after both of the Sunday Masses. Proceeds will go towards the Veritas Grade 9 Spring Trip! Thank you.

Share Lent Collection March 22, 2026



“The Church, like a mother, accompanies those who are walking.” — Pope Leo XIV (*Dilexi te*, §75)

Development and Peace — Caritas Canada’s 2026 Share Lent campaign, ***On Track for Justice***, has been launched! Together, let’s walk hand in hand with communities in the Global South who are working for justice, peace and dignity. Learn more about the campaign at devp.org/lent. The special collection will take place on Sunday, March 22nd. Donations may be made via envelope or etransfer to shpaccounting@sacredheartnews.ca.



Catholic Women’s League

The CWL will have a General Meeting on Monday, March 9 at 1:00pm in St. Matthew’s Room. All are welcome to attend.



Veritas Alumni

We’re excited to share that Veritas School has launched a new Alumni Committee! Our goal is to reconnect with former students and staff, strengthen our alumni community, and keep everyone informed about the wonderful things happening at the school. We are currently working to grow our alumni database and would love to hear from any individuals or families who have attended Veritas School in the past. If you or someone you know is an alum, please help us spread the word! A newsletter is available in the foyer, and some newsletters will be sent out to alumni to keep them up to date on school news, special events, and opportunities to get involved in our community. Thank you for helping us reconnect and grow the Veritas School family!

Catholic Independent Schools Employment Opportunities

Our 8 vibrant Catholic Schools in the communities of Dawson Creek, Prince George, Smithers, Terrace, Kitimat and Prince Rupert enrol 1621 students. Our enrolment is growing and we have full-time teaching vacancies. Do you know of a Catholic Teacher who may consider applying to work with us? Please, can you spread the word by sharing our [Catholic School Teacher Postings](#) with them. Applications are completed online. We also have a vacancy for the position [Director of Learning Services](#) which begins August 2026. As parishioners, we invite you to pray for dynamic Catholic teachers to apply and come be the witnesses our children need for their faith journey.



Abba Prayer Group

There will be no Abba Prayer Group on Monday, March 9 or 16th. Let us keep the parish mission and Fr. Julian in our prayers.

MASS TIMES March 9—March 15

Monday 6:30pm † Conceicao Sousa
Tuesday 6:30pm † Antonio Arruda
Wednesday 6:30pm † Manuel & Ermelinda Teixeira
Thursday 9:00am † Voula Limberatos

Friday 6:30pm † Monique Mageau

Saturday 9:00am † Gerard Nelson

Weekend Mass Times

Saturday 7:00pm † Maria Leonor Araujo

Sunday 9:00am † Angel Gonzalez

Sunday 11:00am Intentions for the Parish

Confession

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

Daily Readings

Monday, March 9
2 Kings 5:1-15a
Psalm 42
Luke 4:24-30

Thursday, March 12
Jeremiah 7:23-28
Psalm 95
Luke 11:14-23

Tuesday, March 10
Daniel 3:25,34-43
Psalm 25
Matthew 18:21-35

Friday, March 13
Hosea 14:1-9
Psalm 81
Mark 12:28b-34

Wednesday, March 11
Deuteronomy 4:1,5-9
Psalm 147
Matthew 5:17-19

Saturday, March 14
Hosea 5:15b-6:6
Psalm 51
Luke 18:9-14

**Sunday, March 15
4th Sunday of Lent**

1 Samuel 16:1b, 6-7, 10-13; Psalm 23, Ephesians 5:8-14
John 9:1-41

Prayer List



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

Laura B. duBois
Fred Haines
Tamara Henry
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 March 9-15

Sun, Thurs., Sat., 8:30am
Mon, Tues, Wed., Fri., 6:00pm

Quote of the Week

All the goods of this world cannot content the heart of the human person, who has been created to love God, and can find no peace outside of God.

- St. Alphonsus Liguori

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: \$5,783.50
Pallottines: \$1,150
CMIC: \$25.00

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

