



March 12, 2023

SACRED HEART PARISH

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



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

Lenten Reconciliation Service March 15th



There will be three priests available to hear confessions on Wednesday, March 15th at 6:00pm.

Examination of Conscience Based on the Beatitudes

Blessed are the poor in spirit.

Am I humble enough to acknowledge my total dependence on God? Am I able to admit that I don't have all the answers? Can I admit mistakes without blaming others?

Blessed are those who mourn.

Do I stop to examine my losses, or do I miss the opportunity to be closer to God? Do I figure out why I fail to do good? Do I take my broken promises to God? Do I turn to God when facing death or loss of a loved one? Do I console and help those who mourn and suffer? Have I been able to say: "I am sorry" and really mean it?

Blessed are the humble.

Do I align my desires with God's will? Do I serve my neighbors? ALL of them. Even the ungrateful? The people I don't like? Or the unlikeable? Am I able to affirm others rather than criticize them? Am I a good listener?

Blessed are those who hunger and thirst for righteousness.

Do I yearn for God's justice or for material goods? Do I work for the triumph of love, peace and justice? Do I understand that every person is just as important as me? Do I listen with attention and devotion to the Word of God proclaimed? Am I hungry for Eucharist?

Blessed are the merciful.

Do I choose to forgive or do I hold a grudge? Do I forgive when it's easy AND when it's hard? Do I forgive the unforgivable? Do I give others the benefit of the doubt? Am I sensitive to others' needs? Do the needs of others come before my own?

Blessed are the pure of heart.

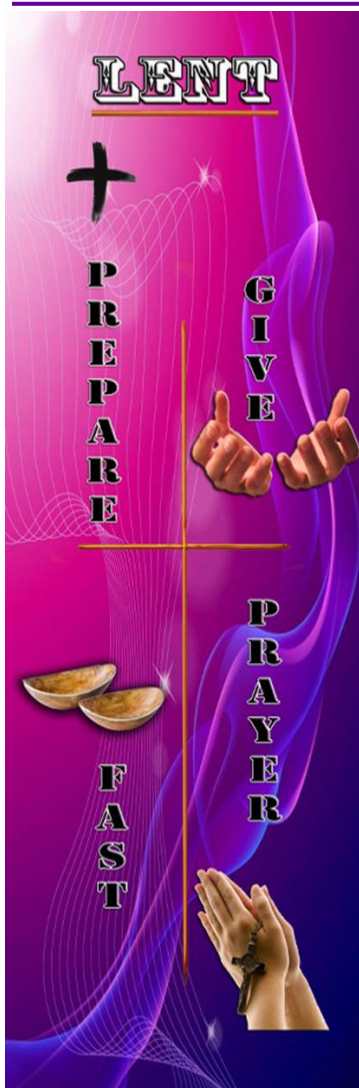
Am I a person of integrity and sincerity? Am I honest about my own faults and failings? Do I do what is truly right or do I compromise because it's easier? Do I look for instant gratification? Do I keep myself pure in mind, body, and soul? Have I allowed a particular sin or vice to distract me from God?

Blessed are the peacemakers for they shall be called children of God.

Am I a person of reconciliation, peace and mercy? Do I hold grudges or seek revenge? Am I at peace with myself, with my family, friends, and those with whom I live and work? Do I bring peace to my world?

Blessed are those who are persecuted for the sake of justice

Do I examine myself and my conduct in light of the Gospel call to be a disciple? Do I follow Christ's example and stand up for what is right? Am I only a Christian when it is convenient for me, or socially acceptable? Am I able to suffer in silence or am I always complaining about something?



"The water that I will give him will become in him a spring of water gushing up to eternal life."

-John 4:14



Through a retreat program facilitated by mental health professionals and centered on Jesus Christ, Grief to Grace helps those who have endured physical, emotional, sexual, and/or spiritual abuse find healing. The next retreat is May 23 – 27, 2023 in Kelowna. For more information please email griegtograncelowna@gmail.com or make a confidential call to 250-808-6403.



Catholic Women's League

The Catholic Women's League will have their general meeting on Tuesday, March 14th at 1:00pm in St. Matthew's Room.

Chrism Mass in Prince George

The Chrism Mass and Renewal of Priestly Promises will take place on Tuesday, March 28th at Sacred Heart Cathedral at 7:00pm.



Wheelchair Campaign March 19

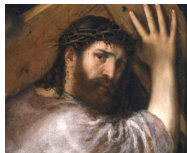
The Knights of Columbus will be collecting donations for the Canadian Wheelchair Foundation next weekend, after all the Masses, in St. Mark's Room. Each chair costs \$195. Every chair purchased will make a remarkable impact in the life of someone in need. This year, the wheelchairs will be going to those in Ukraine and Central America. Thank you for your generosity!



The No Options No Choice Campaign

The expansion of euthanasia is threatening the lives of Canadians who don't have access to sufficient services to live. **Your fellow Canadians need your help.** Tell your elected officials that Canadians with life-threatening conditions, disabilities, and mental illness deserve real government investment in services and supports so they can live.

Write to your provincial representative today at www.nooptionsnochoice.com



Stations of the Cross

Families and groups are encouraged to sign up to lead the Stations of the Cross on Fridays in Lent. There is one space left! Stations are prayed each Friday in Lent at 7:00pm.

The Stations of the Cross, detail fourteen different moments on the day Jesus died. This prayer pilgrimage is a powerful way to grow closer to Jesus at any time of the year, though it is most popular during the Lent.

Diocesan Annual Appeal Update



We have reached 97% of our parish goal! Thank you! We need only 1,162.00 to reach our goal!

Parish Appeal Goal: **31,619.00**

Total Pledged: **30,457.00**

Help us to reach our goal!

PARISH ACTIVITIES

Prayer Line: Linda: 635-4767 Holly 635-3894 Rene 635-5833

Contacts

NFP (Billings) Instructor: Cathy Vandenberg 250-635-7397

Pro-Life: Don Coburn 250-635-5427

CWL: Rachel Cote 250-635-5983

Knights of Columbus: Paul Van der Meer 250-615-1196

Finance Council: Barry Dobbin: 250-922-5654

Lenten Resources



FORMED provides the very best Catholic content from more than 60 organizations to help parishes, families and individuals explore their faith anywhere. Supporting thousands of movies, children's programs, ebooks, audio, parish programs and studies direct to your browser, mobile or connected device. Sign up at formed.org/signup. Trouble signing up? Please phone the office for assistance.



BRUCE DOWNES
CATHOLIC MINISTRIES

Bruce Downes is a Catholic evangelist committed to proclaiming the glory of Jesus Christ to the ends of the earth. Receive daily Lenten reflections by going to <https://brucedownes.org/lent23>

Thursdays in Lent 7:00pm



The Chosen is the first-ever multi-season series about the life of Christ. It's the show that tens of millions of people won't stop talking about. Please come watch with fellow parishioners each Thursday in Lent at 7:00pm. One episode will be watched each session with a short discussion to follow.

We will gather on Thursday March 16th to watch episode 4 of Season 1: *With his life and family under threat from Rome, Simon spends one last night fishing in a desperate attempt to square his debts. Andrew spots a familiar face waiting for them on the shores of Galilee.*



Turkey and Syria Emergency Earthquake Aid Campaign

The four Catholic organizations of Aid to the Church in Need (ACN), Canadian Jesuits International (CJI), Catholic Near East Welfare Association (CNEWA), and Development and Peace-Caritas Canada (DPCC) have launched emergency aid campaigns for Turkey and Syria, with the support of the Canadian Conference of Catholic Bishops (CCCCB). Together, the organizations have pledged nearly one million Canadian dollars. If you wish to make a donation to any of these organizations you may either visit this address: <https://tinyurl.com/2p9eb6k8> or you may make a donation through the parish by marking your donation with "Turkey and Syria Relief" along with your name address and envelope number.



Pancake Breakfast March 12

All are welcome to the Knights of Columbus pancake breakfast following both of the Sunday Masses on March 12th. Proceeds will go towards earthquake relief efforts in Syria and Turkey.

That We May Walk Together



On 8 February 2023, the Canadian Conference of Catholic Bishops issued four pastoral letters on reconciliation with Indigenous Peoples. Intended as a framework for local engagement with Indigenous Peoples, the letters are the fruit of many months of listening, encounter, and dialogue with them, including through Listening Circles, the Indigenous Delegation to the Vatican

in April 2022, and Pope Francis' Apostolic Voyage to Canada in July of the same year.

The letters can be found on the CCCB website: <https://www.cccb.ca/indigenous-peoples/that-we-may-walk-together-series-of-pastoral-letters-2023/>

MASS TIMES March 13—March 19

Monday 9:00am † Polly Kuemper

Tuesday 9:00am † Deceased members of the
School Mass Knights of Columbus

Wednesday No Mass
Fr. James away in Kitimat

Thursday 9:00am † Eduarda Soares

Friday 6:30pm † Jose deMedeiros

Saturday 9:00am † Manuel da Silva

Weekend Mass Times

Saturday 7:00pm † Ondina Calvizo Cespedes

Sunday 9:00am † Betty House

Sunday 11:00am Intentions of the parish

Confession

Tues. at 6:30pm, Fri. at 6:00pm & Sat. 6:30pm
or by appointment any day.

Daily Readings

Monday, March 13
2 Kings 5:1-15a
Psalm 42
Luke 4:24-30

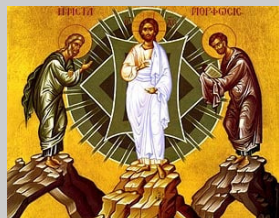
Tuesday, March 14
Daniel 3:25, 34-43
Psalm 25
Matthew 18:21-35

Wednesday, March 15
Deuteronomy 4:1, 5-9
Psalm 147
Matthew 5:17-19

Thursday, March 16
Jeremiah 7:23-28
Psalm 95
Luke 11:14-23

Friday, March 17
Hosea 14:1-9
Psalm 81
Mark 12:28b-34

Saturday, March 18
Hosea 5:15b-6.6
Psalm 51
Luke 18:9-14



Sunday, March 19
4th Sunday in Lent
Exodus 13:21-22 Psalm 23, Ephesians 5:8-14
John 9:1-41



The Gospel of the Woman at the Well shows us that we too are in need of a conversion, a conversion that is sudden and complete, a conversion that impels us to confess Jesus as the Christ and to bring others to him. Let us prayerfully investigate the scriptures and ask our Lord for the gift of understanding from his Holy Spirit so that we might be able to unlock the treasures that the words of the scriptures hold. - *CatholicAnswers.com*



Prayer List

Laura D. duBois
Betty-Anne Tiecrib
Charlene Henryu
Adele Johnson

John Klukas
Charles Kofoed
Robert Ono
Maria Roque

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!

Quote of the Week

I pray to God to give me perseverance and to deign that I be faithful witness to him to the end of my life for my God.
- St. Patrick

Rosary

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

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	\$ 4,234.50
Pallottines	\$ 520.00
Turkey & Syria	\$ 1,620.00

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

