



SACRED HEART PARISH

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



Sunday Bulletin

March 1, 2026

Office Hours: Mon to Fri 9am - 4pm

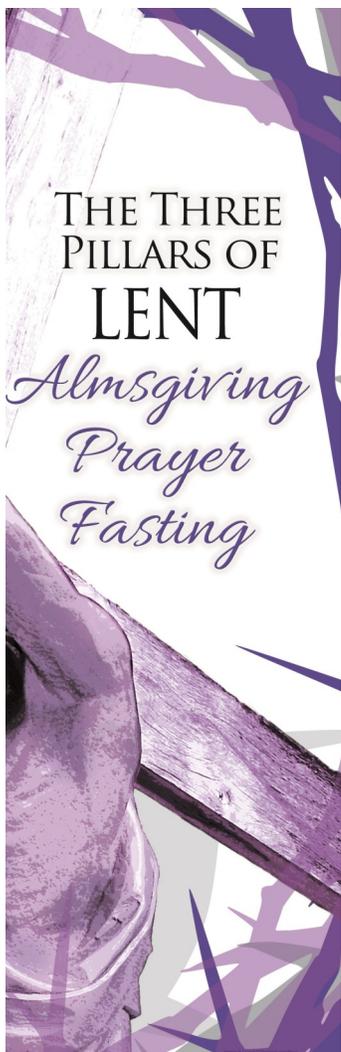
Emergency no. after hours: 250-635-6628

Secretary: Kimberly Webb office@sacredheartnews.ca

Pastor: Fr. James J Dhiraviam, SAC

Parish Assistant: Gorette Pires gorette14@hotmail.com

frjames@sacredheartnews.ca



THE THREE
PILLARS OF
LENT

*Almsgiving
Prayer
Fasting*

Second
Sunday
of Lent

*Come,
Follow Me*

LENTEN MISSION

March 9-11

6:30 PM MASS

7:00 PM TALK



FACILITATED BY

FATHER JULIAN STUDDEN
DIOCESE OF CALGARY, AB

MONDAY:

“Ways to live our Christian life in a secular world.”

TUESDAY:

“Why & How should I forgive?”

WEDNESDAY:

“Why read & listen to the word of God?”

followed by

Exposition of the Blessed Sacrament
and Healing Service

Reception to follow

Confession & Spiritual Direction also available

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.

Appeal Donation Receipts



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

Knights of Columbus



The general meeting for the K of C for March will be held on March 4, 2026, at 7:00 pm in St. Matthew's room. All Knights and honored guests are welcome.

World Day of Prayer



The World Day of Prayer will be Thursday, March 5th at the Knox United Church (4907 Lazelle Ave.) Lunch will be served at 12:00pm and the prayer service will begin at 1:00pm. All are welcome.

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

First Friday—March 6



Eucharistic Adoration will be held on Friday, March 6th from 9:00am to noon. You may come and pray before the Blessed Sacrament at anytime during the hours of Adoration. Confessions will be heard from 10:00am—11:00am.

The prayer box will be available for your special intentions in the foyer this weekend. Fr. James will especially pray for these intentions on March 6th.



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.

Veritas Stations of the Cross—March 4

All are welcome to join the students of Veritas at 9:30am on Wednesday, March 4th to pray the Stations of the Cross. We will gather in the church.



Pallottine Mission Appeal Weekend

February 22, 2026

Thank you for your partnership and collaboration in support of the Pallottine Missions. You responded with your characteristic generosity. In total we collected \$15,420. These funds will go to the aid of those who are less fortunate and lack the basic requirements for decent living. Please keep the

Pallottine Mission Fathers and those they serve in your prayers. God bless you!

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!

Sign up Sunday

Thank you to all of those who accepted a sign up sheet last Sunday and for prayerfully considering where you could serve within the parish. Filled in sheets may be returned to the basket in the foyer. Together we make a more vibrant community!



MASS TIMES March 2—March 8

Monday 9:00am † Irene Roth

Tuesday 7:00pm † Karen Focker

Wednesday 9:00am † Jorge deMedeiros

Thursday 9:00am Fred & Carolyn Haines

Friday 6:30pm † Doreen Sousa

Saturday 9:00am † Humberto Araujo

Weekend Mass Times

Saturday 7:00pm † Deceased members of the Ampana family

Sunday 9:00am † Frank Pontes

Sunday 11:00am Intentions for the Parish

Confession

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

Daily Readings

Monday, March 2
Daniel 9:3,4b-10
Psalm 79
Luke 6:36-38

Tuesday, March 3
Isaiah 1:10,16-20,27-28,31
Psalm 50
Matthew 23:1-12

Wednesday, March 4
Jeremiah 18:18-20
Psalm 31
Matthew 20:17-28

Thursday, March 5
Jeremiah 17:5-10
Psalm 1
Luke 16:19-31

Friday, March 6
Genesis 37:3-4,12-13a,17b-28
Psalm 105
Matthew 21:33-43,45-46

Saturday, March 7
Micah 7:14-15,18-20
Psalm 103
Luke 15:1-3, 11-32

Sunday, March 8
3rd Sunday of Lent
Exodus 17:3-7; Psalm 95, Romans 5:1-2,5-8
John 4:5-42

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

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

Quote of the Week

Truly, the soul is more worthy and more noble than the whole world and more stable than all things. It is more worthy because it is spiritual and equal to the angels and created for eternal joy.

-St. Bridget of Sweden

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

Catholic Missions: 25.00

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

