



Feb 8, 2026

5th Sunday in Ordinary Time



You are the salt of
the earth ...
you are the light of
the world.

- Matthew 5

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

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

Lent at Sacred Heart Parish

Lent begins on Ash Wednesday, February 18th:

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

Please note that Ash Wednesday is a day of fasting for Catholics aged 18-59 and abstinence eating from meat for Catholics aged 14 and over.



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.



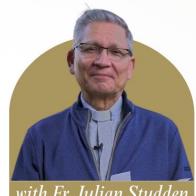
Fridays in Lent:

Beginning Friday, February 20th, **Holy Mass will be celebrated at 6:30pm.** Confessions will be heard from 6:00pm—6:30pm

The Stations of the Cross will be prayed on Fridays at 7:00pm (following the Mass).

Lenten Parish Mission

March 9-11, 2026



with Fr. Julian Studden

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.



Catholic Women's League

The Catholic Women's League will hold their General Meeting on Monday, Feb 9 at 1:00pm in St. Matthew's Room.

Special Collection Catholic Missions in Canada Feb 8



This Sunday, you are invited to support Catholic Missions in Canada. Not all missions are foreign missions. Some of the most in-need missions can be found here in Canada. Catholic Missions in Canada works to sustain and extend the Catholic Faith from sea to sea. For non-envelope users please mark an envelope or your e-transfer with your name, address and the phrase "Catholic Missions in Canada". Thank you.

Petition to the House of Commons Regarding MAID

After Mass today, the Terrace Pro Life Education Society is providing two ways to support vulnerable Canadians.

First, there is an opportunity to sign a petition to the House of Commons concerning safeguards within Canada's **Medical Assistance in Dying**. The petition asks that several concrete steps be taken to protect people who are vulnerable because of disability, disease, or mental illness.

The second is to participate in the **"#IGotBetter"** Campaign which is a direct response to Bill C 218's proposal to expand MAID to those suffering from mental illness alone. Many of us know the anguish of mental illness or suicidal thoughts. Your story of recovery can be another person's hope. The **"#IGotBetter"** campaign is a place to share your story and inspire others. Stories may be emailed to: Andrew.Lawton@parl.gc.ca. Further details about the campaign, as well as the petition to the House of Commons, are available at the table in St. Mark's room. Thank you.

Used Books & Religious Items Sale February 7 & 8



On the weekend of February 7 & 8 there will be a used book and religious items sale in St. Mark's Room. Please continue to bring in your books and religious items, such as statues, crucifixes, pictures etc. and leave them in the drop box in the foyer. **Proceeds of the sale go towards the 2026 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

Marian Travelling Statue



Gorette Pires, our parish assistant, will be the contact person for all matters regarding the statue from February 8th—April 12. Gorette may be contacted via email at 250-641-9468 We pray that Dolores has a happy and safe trip to the Philippines and look forward to welcoming her back to Terrace in April. God bless you!



Called Together Diocesan Annual Appeal—Goal Achieved!

Kudos to all! We have just exceeded our goal! Thank you! These funds will truly benefit our parish as well as our needs as a diocese. God continue to bless your generous heart. Thanks again!

Parish Goal: \$ 45,450

Donations to date: \$ 46,600.00 - 102.53% of our goal!



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. Thank you.



World Day of the Sick – February 11, 2026

Pope Leo XIV has published a message for the 34th World Day of the Sick, which takes place on February 11, 2026, offers reflection on the theme “The Compassion of the Samaritan: loving by bearing another’s pain.” Pope Leo’s message and other useful resources for the World Day of the Sick can be found in the CCCB’s media release here: <https://www.cccb.ca/media-release/pope-leos-message-for-the-34th-world-day-of-the-sick-11-february-2026/>



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

2025 Donation Receipts



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

No Admission Fee

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”:

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.



Summer Veritas Program

Barry's Bay Ontario

Pursue truth and beauty in Barry's Bay, Ontario through Socratic discussions, Adoration, and outdoor experiences, including an overnight camping trip!

Grade 11 & 12 students—June 28—July 4, 2026

Recent High School Graduates—July 12-18, 2026

To register, visit seatofwisdom.ca/veritas-summer-program

MASS TIMES Feb 9—Feb 15

Monday 9:00am **†** Jose deMedeiros

Tuesday 7:00pm **†** Dennis & Connie Barbosa

Wednesday 9:00am **†** Daniel deMedeiros & deceased relatives

Thursday 9:00am **†** Doreen Sousa

Friday 9:00am **†** Maria Leonor Araujo

Weekend Mass Times

Saturday 7:00pm **†** Lodia & Jose Carreiro

Sunday 9:00am **†** Antonio Duarte

Sunday 11:00am Intentions for the Parish

Confession

Tuesday & Saturday 6:30pm
or by appointment.

Daily Readings

Monday, February 9 1 Kings 8:1-7,9-13 Psalm 132 Mark 6:53-56	Thursday, February 12 1 Kings 11:4-13 Psalm 106 Mark 7:24-30
Tuesday, February 10 St. Scholastica 1 Kings 8:22-23,27-30 Psalm 84 Mark 7:1-13	Friday, February 13 1 Kings 11:29-32;12:19 Psalm 81 Mark 7:31-37
Wednesday, February 11 Our Lady of Lourdes 1 Kings 10:1-10 Psalm 37 Mark 7:14-23	Saturday, February 14 St.s Cyril & Methodius 1 Kings 12:26-32; 13:33-34 Psalm 106 Mark 8:1-10

Sunday, February 15
6th Sunday in Ordinary Time
Sirach 15:15-20, Psalm 119, 1 Cor. 2:6-10
Matthew 5:17-37

Prayer List



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

Laura B. duBois
Fred Haines
Charlene 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

Let us be slow to judge. Each person see things from their own point of view, as their mind, with all its limitations, tells them, and through eyes that are often dimmed and clouded with passion.

- St. Josemaria Escriva

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: **shaccounting@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:\$ 5,682
Cath. Miss. in Canada: \$120

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

