



Feb 1, 2026

**4th Sunday
in Ordinary
Time**



**Blessed are the
poor in spirit, for
theirs is the king-
dom of heaven.**

-Matthew 5:3

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



Association of the Guard of Honour of the Sacred Heart of Jesus

Do you desire to deepen your relationship with Christ?

Consider membership in the Association of the Guard of Honor of the Sacred Heart of Jesus.

Fr. David Bellusci, OP will provide information about this beautiful devotion at all the weekend Masses. Fr. Bellusci will hear confessions on Saturday, January 31st from 6:00pm to 7:00pm, no appointments are necessary. **COME and DISCOVER the meaning and practice of the devotion to the Sacred Heart of Jesus. Information about the association will be available after each Mass.**

First Friday Adoration February 6th

9:30am—Noon

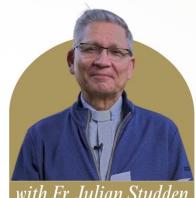


Eucharistic Adoration will be held on Friday, February 6th from 9:30am to noon. You may come and pray before the Blessed Sacrament at anytime during the hours of Adoration. Confessions will be heard from 10:00am—11:00am.

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

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.



Monday, February 2nd is The Feast of the Presentation of the Lord

Rosary 8:30am

Holy Mass 9:00am

The Church celebrates the feast of the Presentation of the Lord on February 2, also called Candlemas for the custom of using lighted candles. You are welcome to bring candles to Mass Monday morning to be blessed during the liturgy.

A light for revelation to the Gentiles, and for glory to your people Israel.



Knights of Columbus General Meeting

The next general meeting for Council 5149 will be held on Wednesday, February 4, starting at 7:00 p.m., in St. Matthew's Room, in the church. All members and honoured guests are welcome.

Petition to the House of Commons Regarding MAID

The weekend of February 7 & 8th there will be an opportunity to sign a petition calling upon the House of Commons to, along with other concerns, amend MAID legislation to protect people with disabilities, diseases, and mental illness from unsolicited MAID assessments. The petition will be available in St. Mark's Room after all the weekend Masses.

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

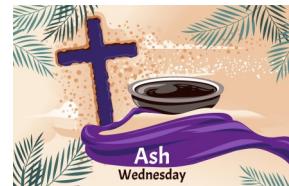
CWL: Rachel Cote 250-635-5983

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



Ash Wednesday is February 18th

Lent begins on Wednesday, February 18th; Mass and Ash Distribution will be held at 9:00am and 7:00pm.

There will be a collection basket for palms in the foyer. These blessed palms will be burnt and the ashes used during the Ash Wednesday liturgy.

2025 Donation Receipts

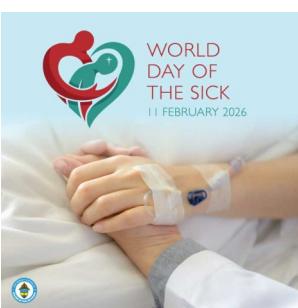


The 2025 Donation receipts will be available for pick up next Sunday. Please note that an envelope for the Pallottine Order will be included with your tax receipt. The special collection for the Pallottines will take place on Sunday, February 22nd, 2026.



Bishop Stephen Jensen issued a decree on January 25, 2026 regarding the closure of St. Mary's Parish in Prince George. Please go to the Diocesan website www.pgdiocese.bc.ca to read the decree as well as background information regarding the decision to close St. Mary's Parish plus information on how the decree will be implemented in accordance with Canon Law.

Questions or concerns regarding the closure should be directed to info@pgdiocese.ca



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/>

Upcoming Youth Events



Diocesan Youth Conference

May 15-17, 2026

Registration for the annual Diocesan Youth Conference opens February 2026. The DYC takes place May 15-17th in Prince George. Consider attending this faith filled weekend with other youth from around the diocese. Please watch the bulletin for further details.



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



Marian Travelling Statue

Dolores Gonzales, guardian of the travelling Marian statue, is leaving for the Philippines the first week of February. Gorette Pires, our parish assistant, will be the contact person for all matters regarding the statue until Dolores returns. 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

Thank you for your continued support and generosity. We need your help to reach our parish goal. If you have not yet donated, please consider making a contribution as we approach the end of the year.

Parish Goal: \$ 45,450

Donations to date: \$ 34,175.00 - 75% of our goal!

MASS TIMES Feb 2—Feb 08

Monday 9:00am † Maria & Luigi Qualizza & deceased relatives

Tuesday 7:00pm † Joe & Eduarda Barbosa

Wednesday 9:00am † Victoriano Lopes

Thursday 9:00am † Wesley O'Keefe

Friday 9:00am † Monique Mageau

Prayer List



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

Laura B. duBois
Fred Haines
Charlene Henyu
Joao Mendes
Gerald Nelson
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!

Weekend Mass Times

Saturday 7:00pm † Connie deMedeiros

Sunday 9:00am † Lucia Stella

Sunday 11:00am Intentions for the Parish

Confession

Tuesday & Saturday 6:30pm
or by appointment.

Daily Readings

Monday, February 2
Presentation of the Lord
Hebrews 2:10-11,13b-18
Psalm 24
Luke 2:22-40

Tuesday, February 3
St. Blaise
2 Sam. 18:9-10,14b,24-26a,
30-19:3
Psalm 86
Mark 5:21-43

Wednesday, February 4
2 Sam. 24:2, 9-17
Psalm 32
Mark 6:1-6

Thursday, February 5
1 Kings 2:1-4, 10-12
1 Chronicles 29
Mark 6:7-13

Friday, February 6
Sirach 47:2-11
Psalm 18
Mark 6:14-29

Saturday, February 7
1 Kings 3:4-13
Psalm 119
Mark 6:30-34

Sunday, February 8
5th Sunday in Ordinary Time
Isaiah 58:6-10, Psalm 112, 1 Cor. 2:1-5
Matthew 5:13-16



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

Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.

- St. Francis de Sales

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:\$ 5,431.43

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

