



June 21, 2020

SACRED HEART PARISH

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



Sunday Bulletin

12th Sunday
in



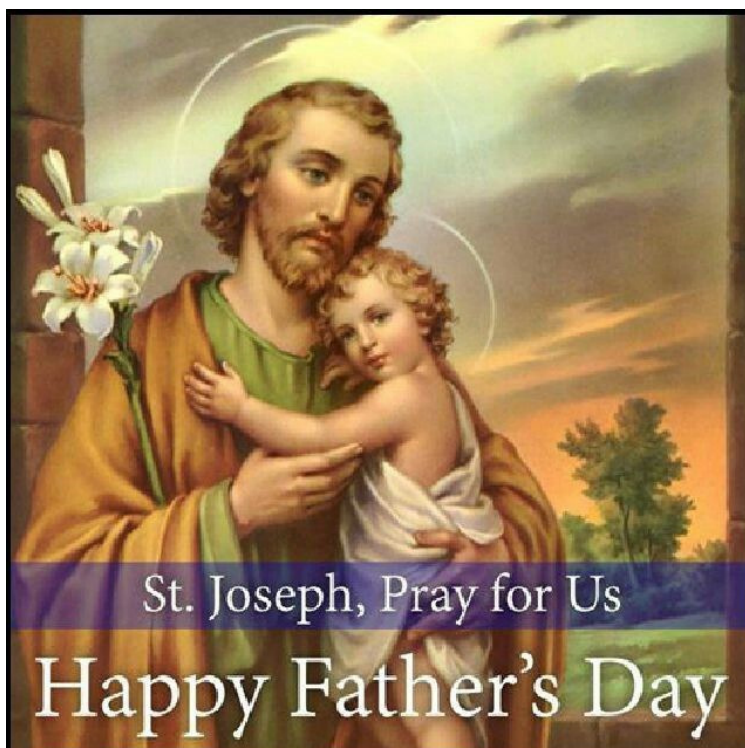
Ordinary
Time



Livestream Mass June 21 at 11:00am

Emergency phone outside office hours: 250-635-6628
Secretary: Kimberly Webb office@sacredheartnews.ca
Parish Assistant: Gorette Pires gorette14@hotmail.com

Pastor: Fr. James J Dhiraviam, SAC frjames@sacredheartnews.ca



St. Joseph, Pray for Us

Happy Father's Day

*Fear no one;
for nothing is
covered up
that will not
be uncovered.*

Heavenly Father, you entrusted your Son Jesus, the child of Mary, to the care of Joseph, an earthly father.

Bless all fathers as they care for their families.

Give them strength and wisdom, tenderness and patience; support them in the work they have to do, protecting those who look to them, as we look to You for love and salvation, through Jesus Christ our rock and defender, in union with the Holy Spirit, one God forever and ever.

St. Joseph, Pray for all our Fathers. Amen

Mass Intentions June 22– June 28

Monday 9:00am	✠ Souls in Purgatory
Tuesday 9:00am	✠ Eduarda Soares
Wednesday 9:00am	✠ Conceicao Sousa
Thursday 9:00am	✠ Emile & Wilhemine Bucholz
Friday 9:00am	John Burke
Saturday 9:00am	✠ Brenden Minnie
Saturday 7:00pm	✠ The deceased members of the Carrita Family
Sunday 9:00am	✠ Conceicao & Josue Borges
Sunday 11:00am	For the intentions of the parish



Confession

Saturday at 6:00pm or call or email the office to book your confession time.

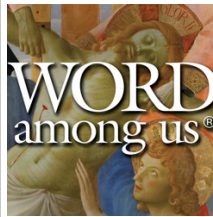
Christ does not force our will. He takes only what we give him. Be he does not give himself entirely until he sees that we yield ourselves entirely to him.

- St. Teresa of Avila

Daily Readings

Monday, June 22 2 Kings 17:5-8,13-15a,18 Psalm 60 Matthew 7:1-5	Thursday, June 25 2 Kings 24:8-17 Psalm 79 Matthew 7:21-29
Tuesday, June 23 2 Kings 19:9b-11,14-21,31-36 Psalm 48 Matthew 7:6, 12-14	Friday, June 26 Friday, June 26 2 Kings 25:1-12 Psalm 137 Matthew 8:1-4
Wednesday, June 24 Isaiah 49:1-6 Psalm 139 Acts 13:22-26 Luke 1:57-66,80	Saturday, June 27 Lam. 2:2,10-14,18-19 Psalm 74 Matthew 8:5-17

Sunday, June 28, 2020
13th Sunday in Ordinary Time
2 Kings 4:8-12a, 14-16
Psalm 89
Romans 6:3-4, 8-11
Matthew 10:37-42



Word Among Us

The July edition of the Word Among Us is now on sale in the foyer. Copies are \$3.00 each. Visit their website at: <https://wau.org/> for daily meditations and special reflections.

Registering for Sunday Mass

Masses are open to the public but we are limited to 50 people at each Mass! You are asked to please register every weekend, that is your attendance on Saturday evening at 7:00pm or Sunday at 9:00am and 11:00am. Please phone the parish office at 250-635-2313 or email office@sacredheartnews.ca with your name, phone number and the number and names of the people attending from your household. Please send in your request to attend Mass by noon on Fridays. If you are registering by email you will receive a confirmation email to ensure your registration. Upon entering the church a volunteer will mark your attendance as required by diocesan policy. For those who are registered, please arrive 15 minutes before Mass begins so we can effectively manage our list. Thank you for your understanding and co-operation.

Arriving and Departing from Mass

Please note that the doors of the church will be open to parishioners each day at 8:45am or 15 minutes before Mass begins. Parishioners are asked to leave the church within fifteen minutes once the Mass is concluded. Kindly remember to exit directly from the church, there is to be no gathering in the foyer, nor may the meeting rooms be entered. The washrooms are open for public use.

Things to Note

The Church will be closed to private prayer during the week. Kindly note the dispensation from the obligation to Sunday Mass is still in effect, nevertheless, make use of all the opportunities now available in a diligent manner. For those who are not able to come to the church, the Mass will be livestreamed on Sundays at 11:00am on our YouTube channel. In addition, Fr. James will distribute Holy Communion to each person wherever they are seated; kindly receive Holy communion in the hand only. Thank you.

PARISH Contacts

Prayer Line: Contacts: Bernadette 635-2357

Holly 635-3894 Rene 635-5833

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

Pro-Life: Don Coburn 250-635-5427

CWL: Rachel Cote 250-635-5983

Knights of Columbus: Eric Zwiers 250-641-1773

Finance Council: Tony deViveiros 250-638-8669

Parish Council: Manuela Krisinger 250-638-7885

Additional Sunday Mass at 1:00pm!

Due to the high volume of registrations for the weekend Masses, Fr. James has added a 1:00pm Mass on Sunday You may email your registration for this Mass to office@sacredheartnews.ca.

Terrace Church's Food Bank Update



During the COVID 19 pandemic the Food Bank has remained open for its usual four days a month. In order to follow the guidelines we had to change the way food is handed out. Clients were checked in outside and prepackaged boxes of food were given out. The 2 meter social distancing guideline was adhered to. Bless you for your ongoing donations of money and food and hopefully we will be able to open fully in the near future. For more information or questions about the Food Bank please contact Lynn Cooper at 250-638-1394.

Veritas Update



As we close this school year, the staff and students of Veritas School would like to thank Sacred Heart Parish for your support throughout this year! This summer, you will notice a new piece of playground equipment being installed in the main playground along Straume Avenue! This is the result of many hours of fundraising by our Veritas Parent Support Group and the additional support of the Knights of Columbus, the Catholic Women's League, and other private donors over the past three years. Thank you for your support! Next school year, we will continue fundraising for additional playground equipment. The staff and students of Veritas School wish you a wonderful and healthy summer!

Year End School Mass Livestreamed June 24, 2020

Wednesday, June 24th at 9:00am, the Veritas staff will attend Mass on behalf of the school community. This Mass will be livestreamed on Sacred Heart's YouTube channel. Students and their families are encouraged to watch and participate in Mass from home and listen to Fr. James' words of encouragement as your summer begins. Follow this link: https://www.youtube.com/channel/UCr4C3y50Zf4-o4-B9pZav_Q

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, ie. "General" or a special collection such as "Pope's Pastoral Works"

**** Please note that you do not need a security question because the donation is automatically deposited into the designated parish account. Thank you!**

**** The confirmation sent to you, the donor, will say "The Roman Catholic Episcopal Corporation of Prince Rupert"**

Congratulations and Welcome to



Addison Graciela Sullivan

Addison Graciela, daughter of Matthew and Sarah Sullivan, was baptized June 18, 2020. May the Lord Jesus Christ protect and guide her throughout her life. May she always confess Your name with willing faith and in the fervent hope of reaching Your kingdom, where You live and reign forever and ever.

Maria Aguiar

Tessa Comendador

Charlene Henyu

Lukah

Tillie Gerow

Polly Kuemper

Rosaire LaPierre

Alcina Lima

Gordon MacDonald

Jim MacDougall

Dorothy Misch

Maria Pires

Maria Roque

Gail Turner Sears

David Kofoed

Claire Williams



Last Week's Collection

General:

\$5,877.00

Pope's Pastoral

Work's: \$510.00

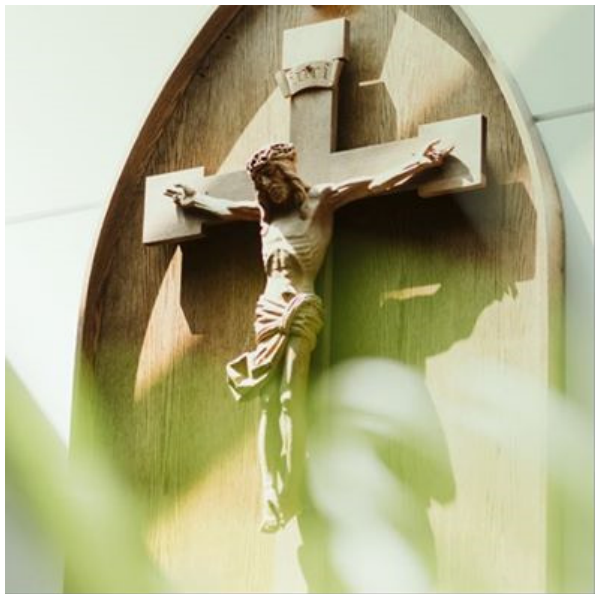


Thank you to all who have donated to the parish; your generosity is deeply appreciated.

To put a name on the Pray for the Sick 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!

COMMUNION TO THE SICK

Please contact the parish office if someone is in need of emergency pastoral care.



"When you do not receive communion and you do not attend Mass, you can make a *spiritual communion*, which is a most beneficial practice; by it the love of God will be greatly impressed on you."

ST. TERESA OF JESUS

How to make a Spiritual Communion

There is no formula but some recommendations are:

- Start with the sign of the Cross
- Read and reflect on the readings for Mass for the day
See <https://readings.livingwithchrist.ca>
- Have a real desire to be united to Christ
- Acknowledge your sins and ask for forgiveness
- Receive Christ in your soul and pray an Act of Spiritual Communion
- Offer thanksgiving

What is Spiritual Communion?

Spiritual Communion is a way to be spiritually united to Christ when we are unable to physically receive the Body and Blood of Christ in the Eucharist.

St. Thomas Aquinas defined it as "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him."

St. Alphonsus Liguori's Act of Spiritual Communion

My Jesus, I believe that you are present in the most Blessed Sacrament.

I love You above all things and I desire to receive You into my soul.

Since I cannot now receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there, and unite myself wholly to You.

Never permit me to be separated from You.
Amen.

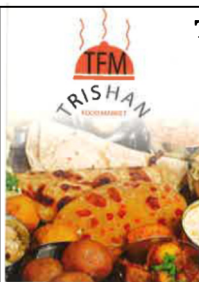


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