



Celebrating Holy Week at Sacred Heart

We are so grateful to be able to join with you this Holy Week in the remembrance and celebration of Jesus' passion and resurrection. We will be adding extra masses to try to accommodate everyone who would like to attend.

Registration for Holy Week Masses will open on
Friday, March 19th, at 9:00am.

Holy Thursday: 7:00pm

Good Friday: 12:00pm & 3:00pm

Easter Vigil: By invite only

**Easter Sunday: 7:30am, 9:00am, 11:00am, 12:30pm,
5:00pm**

The Year of St. Joseph

REFLECTION BY FR. JOHN GANNON LC

Pope Francis proclaimed a special "Year of St. Joseph" to celebrate the 150th anniversary of naming St. Joseph Patron of the Universal Church. This special year runs from December 8, 2020 through December 8, 2021 and this month we celebrate an important feast of St. Joseph on March 19th. As a parish, we will commemorate this year with a special mass at 5pm on March 19th.

The feast day of St Joseph is celebrated during Lent which can be an opportunity for us to meditate on his example of silence and sacrifice. One of the interesting facts of Sacred Scriptures is that they mention Joseph several times but not once does he speak. It reflects his silent demeanor in which he approaches God's will. St. Joseph went through many hardships in his role but, like Mary, tried to ponder and grasp God's will in the normal circumstances in which he lived. He didn't complain and blame God for the difficulties, but loved Jesus and Mary through them.

So we too, need to create that same attitude of living the hardships in our lives, pondering and meditating on God's word. Amidst all the noise and unrest, we should carve out spaces and moments of silence for prayer in order to live God's will in the same way St. Joseph lived his. St. Joseph, pray for us!



2021 HOLY WEEK MISSION

A DAY OF CELEBRATION
March 28th

A DAY FOR THE ROSARY AND REACHING OUT
March 29th

A DAY TO DEVOTE TO THE POOR
March 30th

A DAY OF CONFESSION
March 31st



HOLY THURSDAY
April 1st



GOOD FRIDAY
April 2nd



PILGRIMAGE DAY
April 3rd



RESURRECTION DAY
April 4th

YOUTH • YOUNG ADULTS • FAMILIES

Join other youth, young adults, and families to make a difference in the lives of those who are hurting or hungry this Holy Week.

REGISTRATION

Register online now at sacredheartcalgary.ca or for more information, please contact Danielle via phone at (403) 244-2741 or by email: busrgr@sacredheartcalgary.ca

- Youth: \$20
- Young Adult: \$15
- Family: \$25
- Family + Youth: \$30

HOSTED & SPONSORED BY SACRED HEART PARISH
1307 - 14th Street SW, Calgary AB T3C 1C6

Sign up on our website or by using this QR code



BE NOT AFRAID



24 Hours for the Lord

We will be hosting the "24 Hours for the Lord" initiative on Friday March 12 & Saturday March 13.

We will be offering adoration & confessions on Saturday, March 13, starting at 10:30am.

Update from Sacred Heart School

This month at Sacred Heart we focused on Black History Month & Lent. We had many activities where we studied and learned about prominent black leaders from various industries. One of our activities was about writing down positive messages. We took all of the positive messages and created a bulletin board that as you walk by and read you are filled with faith, hope, and courage! The other activity was reflecting about what makes us unique. We used the crafts to create another bulletin board. See our work below. Father

John also celebrated Ash Wednesday with us over Zoom! It was a blessing to have him work with our school. He told us about the aspects of Lent that we can practice: almsgiving, prayer, and fasting (giving up something). We listened to his homily and we continue to work on acts of kindness (see picture below), daily prayer and other Lenten classroom activities! Sacred Heart School is wishing everyone well during this Lenten season!

