



SACRED HEART

ROMAN CATHOLIC CHURCH | CALGARY

THE BULLETIN



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@sacredheartcalgary

FEBRUARY 2023

Mass Times

Saturday: 9:00 am, 5:00 pm

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

Mon to Fri: 12:05 pm

Reconciliation

Saturday: 4:00 pm

Tuesday: 11:15 am

Thurs to Fri: 11:15 am

Also available upon request.

Adoration

Friday: 12:45 pm

Incense is used.



Parish Office

Mon to Fri: 9:00 am to 3:00 pm

1307 14 St SW Calgary AB T3C 1C6

403-244-2741 ext. 101

secretaries@sacredheartcalgary.ca

Administrator Pastor: Fr. Arjay Abanto

Secretary: Beata Banka

Office Manager: Kathryn Nguyen

Columbarium Manage/Sacraments

Coordinator: Ingrid Trewin

Housekeeper: Janette Ramirez

Living the Life of the Lord

Fr. Rowel Jose (Arjay) Abanto

Jesus Christ puts out his agenda for the Kingdom of God. All His teachings centered on living the life of Him as a greatest example for our lives. "Jesus does not stop at the letter of the law but reaches into the virtue that gives meaning to the law. He is applying a proper spirit to what has become too legalistic. The spirit of Jesus was to form the heart as well as the mind. Jesus then focuses on two of the basic energies within us which are the sources of sin if they remain unchecked: anger and lust. Instead of just expressing our anger we need to look at the cause of our anger. We can't avoid getting angry, but we can avoid acting out our anger. Jesus tells us to seek to be reconciled. Jesus enlarges the prohibition of murder to embrace anger, the prohibition of adultery to include lustful glances, and the prohibition of false oaths to include any kind of swearing. Jesus' new law is not a soulless set of don'ts. He asks us to look deep within ourselves at our inner motive: Why am I doing what I am doing? And why am I not doing what I ought to be doing? Ultimately, there is only one precept that we need to embrace if we are to live in his kingdom: the command of loving our neighbour." stories4homilies.blogspot.com

What is the point of Jesus? To follow the law demands living the lifestyle that gives rise to the law. It is "not in the action itself, but it is in the motivation behind the action where the person's true identity is found and formed. We are called to take upon ourselves the very identity of Jesus Christ. We are called to be selfless givers. We are called to be eternal lovers of the Father. Forgiveness is one of the noblest virtues of man. As St. Francis of Sales once said, 'If, someone in hatred were to pluck out my left eye, I think I could look kindly at him with my right eye. If he plucked that one out too, I would still have the heart with which to love him.'" stories4homilies.blogspot.com

Only love and in love we can live for God.

This February 22nd, we will celebrate Ash Wednesday, the beginning of Lenten Season. Let us remind ourselves that Ash Wednesday is a universal day of fasting and abstinence. Fasting is when we deprive ourselves of food in order to be more open to prayer, to share more in the suffering of those who are starving and to save money to give to the poor. It is a penitential discipline intended to open our hearts to God and others, a means of purification and spiritual liberation, a witness of the depths of our faith. While abstinence is an act of self-restraint from meat. The law of abstinence binds those who are 14 and older and the law of fasting binds those from 18 to 59 years of age. (cf. Pastoral Notes, 29, Ordo)

As we start the Lenten Season, may the Lord of mercy and love be upon us, guide us to discipline ourselves, and give more to the poor and the marginalized.

Ad Maiorem Dei Gloriam! For the Greater Glory of God



February 22nd 2023

ASH

wednesday
Noon & 6 pm Mass

Holy Week Masses

PALM SUNDAY

Saturday, April 1st at 5 pm
Sunday, April 2nd at 7:30 am, 9 am, 11 am, and 5 pm

HOLY MONDAY

Chrism Mass @ St. Mary's Cathedral April 3rd 7 pm
(NO Noon Mass @ Sacred Heart)

HOLY THURSDAY

Thursday, April 6th at 7 pm
Altar of Repose Vigil at 8 pm
(NO Noon Mass)

GOOD FRIDAY

Passion of the Lord
Friday, April 7th at 3 pm
(NO Noon Mass)

EASTER VIGIL

Saturday, April 8th at 8 pm

EASTER SUNDAY

Sunday, April 9th at 9 am, 11 am, 5 pm (NO 7:30 am)

EASTER MONDAY

Monday, April 10th
Church, Columbarium, and Parish Office will be closed.
We will reopen on Tuesday, April 11th at 9 am.



STATIONS OF THE CROSS

Join us Fridays during Lent from
February 24th to March 31st
7 pm in the Church





WELCOME INGRID TO HER NEW ROLE!



Ingrid, our Columbarium Manager, will now be full-time as she transitions into her new role as our Sacraments Coordinator. Previously held by Kathryn, this will allow the office roles to be more streamlined and for more focus on other areas. Ingrid and Kathryn will be working together for the month of February to ensure everything goes well. Regarding her new role, Ingrid writes:

“ I am a dedicated person with a family of four and a dog. I enjoy singing and have been actively involved in the church since I was a child. My devotion to Mary, Our Lady the Immaculate Conception, has strengthened my family, especially through praying the Rosary. I have previous experience as a catechist at Our Lady of Guadalupe Parish where I taught First Communion and Reconciliation in my teen years and as an adult.

Sharing the knowledge of God's teachings, love, compassion, and empathy through the sacraments is a gift I would like to bring to all families I come across in my new role here at Sacred Heart, I look forward to meeting all the families and volunteers and leave you with my favorite prayer from St. Teresa of Avila: Let nothing disturb you, nothing affright you; All things are passing; God never changes; Patient endurance attains all things; Whoever has God lacks nothing. Alone God suffices. Prayer by St. Teresa of Avila



REFUGEE FAMILY

Sacred Heart's Sponsored Family from Iraq has finally arrived! The Kathawa's arrived on February 1st and have been settling into their apartment with the help of our Refugee Family Committee Volunteers. Their banking info, SIN numbers, and Health care have all been set up.

Special Thanks for Stephen Sheridan and all volunteers for their hard work and dedication to ensuring the family has a smooth transition. If you would like to donate to the family for their first year hear, please make a donation to Sacred Heart Church category Refugee Family. You will get a tax receipt.





SACRED HEART CHURCH MINISTRIES *Fair*

**Come join us after any Sunday Mass, the weekend of
February 25-26 to learn more about our ministries!**

Our Church needs thriving volunteers who can use their
gifts and talents for others! Thank you to everyone who
is currently volunteering!



**HOLY WEEK
MISSIONS: APRIL
6TH TO 9TH 2023**

Outdoor Stations of the Cross, visiting those in long term care, talks from
priests and so much more. More information will be coming soon. Watch for
registration details on the Parish Website and in the bulletin starting on Ash
Wednesday.

Calling All Families with Young Children!
Family Holy Week Missions are coming
to Sacred Heart Parish April 6th to 9th,
2023. Experience Holy Week with your
family in a whole new way.

Lenten Mission with Peter Thompson

UNBOUND

"I came that you might have life."

MARCH 3 & 10, 2023

Following Stations of the Cross @ 7 pm

Peter serves as a Catholic lay evangelist & teacher here in the the Calgary Diocese. He has also served extensively in missions overseas especially in Africa. Both he and his wife, Madeleine, also served for two years with Sion Catholic Community for evangelization in the UK giving parish missions with door to door visitation and street ministry.



2022 Financial Report to Parishioners

Receipts	2021 Actual	2022 Actual	2022 Budget	\$ Variance to budget	% Variance to budget
Envelope Collections	530,403	483,129	513,000	(29,871)	94.18%
Loose Collections	43,370	91,000	30,000	61,000	303.33%
Outreach Collections	30,709	41,259	28,000	13,259	147.35%
Columbarium Sales	286,666	296,100	300,000	(3,900)	98.70%
Refugee Family	40,050	11,520	-	-	-
Other Income**	387,289	88,494	61,800	24,055	-
Building Fund Donations	80,050	81,268	65,000	16,268	125.03%
Total Receipts	\$ 1,398,537	\$ 1,092,770	\$ 997,800	\$ 95,721	138.8%

Expenses

Salaries & Benefits	345,367	343,064	351,000	(7,936)	97.74%
Office and Administration	59,940	68,883	61,050	7,833	112.83%
Central Fund Loan Interest*	28,381	65,122	28,800	36,322	226.12%
Repairs, Mtnc, & Utilities	168,012	290,712	187,500	103,212	155.05%
Rectory	21,994	21,742	20,000	1,742	108.71%
Diocesan Support	81,324	92,940	94,936	4	100%
Programs	49,206	60,989	42,500	18,489	143.50%
Other Expenses	-	12	-	-	-
Total Expenses	\$ 755,132	\$ 943,464	\$ 799,116	\$ 159,677	-
Receipts in excess (below) Expenses	\$ 643,529	\$ 149,308	\$ 198,684	-	-

Central Fund Loan Balance @ Dec 31, 2021	\$ 2,596,456
Central Fund Loan Balance @ Dec 31, 2022	\$ 2,444,548
Loan Balance Reduction in 2022	\$ 151,908
Additions to Fixed Assets in 2022	\$ 9,553

Together in Action

2022 Actual	2022 Target	2023 Target
\$ 43,382	\$ 42,268	\$ 42,268

** Other Income shown above is comprised of the following: government grants (Wage Subsidy Program), program and course fees, grants, clergy rent, hall rent, perpetual care fund interest, votive candle offerings, sale of books, stole fees, refugee family donations, and miscellaneous revenues. For 2021, it also includes the very generous bequests that we received.

* The Diocese decreased the interest rate charged on our Central Fund loan due to COVID for the entire year of 2021.

Ministry Leaders

Pastoral Council: Tom Cotter

Finance Council: Mike Walsh

Pastoral Health Care: Tom
Shannon

Lectors: Kevin McCormack

Weekday Liturgy: Addie Dedio

Hospitality: Looking for Volunteer

Extraordinary Ministers: Looking
for Volunteers

Altar Servers: Karissa Factura

RCIA: Karen Howells/Kent Wang

Society of St. Vincent de Paul:

Jennifer Y., Mike Walsh

Catholic Women's League: Anna

Marinelli/Janet MacPhee

Knights of Columbus: Tim Cornish

Building Committee: Terry Allen

In-Residence: Rev. Mario Basque,
Rev. Wilbert Chin Jon

*Dear brothers and sisters,
let us have a good journey
together! May we be
pilgrims in love with the
Gospel and open to the
surprises of the Holy Spirit.
Let us not miss out on the
grace-filled opportunities
born of encounter, listening
and discernment. In the
joyful conviction that, even
as we seek the Lord, he
always comes with his love
to meet us first*

*Pope Francis' Opening of
the Synodal Path*

FORMED.org

THE CATHOLIC FAITH.
ON DEMAND.

Formed.org, which some describe as the Catholic Netflix, is available for your use. The parish provides this service for you for free so you can stream Catholic content anytime, anywhere! Sign up by going to www.formed.org and entering our parish, Sacred Heart, Calgary, AB to get access!

Together IN
ACTION
Annual Bishop's Appeal

2022 Target
\$ 42,268

Thank you to our parishioners for their generosity. You can read more about Together in Action on the diocesan website: <https://www.catholiccyrc.ca/tia>

Financial Update

Thank you for your generosity and support for our parish. We just released our 2022 Financial Report on page 6. Please email busmgr@sacredheartcalgary.ca for any questions.



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