



SACRED HEART

ROMAN CATHOLIC CHURCH | CALGARY

PARISH BULLETIN



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@sacredheartcalgary

FEBRUARY 2024

First Sunday of Lent

Pastor: Fr. Arjay Abanto
Administrative Assistant: Beata Banka
Columbarium Manager,
Sacraments & Volunteer Coordinator: Ingrid Trewin
Technology & Communications: Tim Dahm
Housekeeper: Janette Ramirez
Hospitality Desk: Carlo Peregrina

MINISTRY LEADERS

Pastoral Council: Tom Cotter
Finance Council: Mike Walsh
Pastoral Health Care: Pat Balis
Lectors: Kevin McCormack
Weekday Liturgy: Addie Dedio
Hospitality: Looking for Volunteer
Extraordinary Ministers: Rita Shank
Altar Servers: Karissa Factura
RCIA: Karen Howells, Margarita Tapias
and Landon Dolanz
Hampers Program: Carlos Sousa
Catholic Women's League: Anna
Marinelli and Janet MacPhee
Knights of Columbus: Timothy Dahm
Building Committee: Terry Allen
In-Residence: Rev. Mario Basque,
Rev. Wilbert Chin Jon

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

**Tuesdays, Thursdays and
Fridays at 11:15 AM**

And by appointment

Adoration

Friday: 12:45 pm

Incense is used.

Parish Office

Mon to Fri: 9:00 a.m. - 3:00 p.m.

1307 14 St SW Calgary AB T3C 1C6

403-244-2741 ext. 101

secretaries@sacredheartcalgary.ca

Lent: Embrace Grace Through Transformation

As we enter the solemn season of Lent, the Church invites us on a journey of transformation. This journey goes beyond simple regret; it's a conscious choice to turn away from sin and selfishness, seeking God's abundant grace and the light of Christ.

Jesus' call echoes through the ages: Repent and believe.

- Repent: Acknowledge your shortcomings, seek forgiveness through the Sacrament of Reconciliation, and embrace a new path guided by the Holy Spirit.
- Believe: Surrender to the boundless love of God, demonstrated through Christ's sacrifice, and allow His love to transform you.

Obstacles may arise, like worldly temptations and the weight of past choices. But Lent offers a sacred opportunity to overcome them. Dedicate yourself to:

- Prayer: Draw strength from Christ's teachings and the Blessed Mother's intercession. Participate in Mass, pray the Rosary, and find quiet reflection.
- Fasting: This discipline helps share blessings with others and focus on spiritual matters over earthly desires.
- Almsgiving: Extend your generosity, reflecting Christ's compassion and reminding you of our shared family in God.
- Stations of the Cross: Contemplate Christ's suffering to deepen your understanding of His sacrifice and motivate a Christ-like life.

Embrace God's call through:

- Confession: Experience forgiveness and new beginnings through the Sacrament of Reconciliation.
- Reflection: Engage in spiritual reading and meditation to deepen your faith.
- Service: Offer acts of kindness, compassion, and service to those in need, both physically and spiritually.
- Lenten devotions: Participate in Stations of the Cross and other practices to strengthen your faith community.

Remember, God welcomes you with open arms.

Sacred Heart Communications

Pray the Stations of the Cross 7:00 PM Fridays during Lent

Ministries Leading the Stations

- 1st Friday of Lent (February 16th) Knight of Columbus (KC)
- 2nd Friday of Lent (February 23rd) Rite of Christian Initiation of Adults (RCIA)
- 3rd Friday of Lent (March 1st) Missionaries Families of Christ (MFC)
- 4th Friday of Lent (March 8th) Lectors and Extraordinary Ministers of Holy Communion
- 5th Friday of Lent (March 15th) Catholic Women's League (CWL)
- 6th Friday of Lent (March 22nd) Parish Pastoral Council, Parish Finance Council Members

SACRED HEART PASCHAL TRIDUUM AND EASTER SCHEDULE

HOLY THURSDAY, March 28, 2024 10:00 am - Church and Columbarium is open for private prayers

7:00 pm - Evening Mass of the Lord's Supper

8:30 pm - 11:00 pm – Adoration

11:30 pm – Church Closes

GOOD FRIDAY, March 29, 2024 10:00 am - Church and Columbarium is open for private prayers

3:00 pm - Celebration of the Lord's Passion

6:00 pm - Church Closes

HOLY SATURDAY, March 30, 2024 10:00 am - Church and Columbarium is open for private prayers

8:00 pm - Easter Vigil

11:30 pm – Church Closes

EASTER SUNDAY, March 31, 2024 9:00 am - Holy Mass

11:00 am - Holy Mass

5:00 pm - Holy Mass

6:00 pm - Church Closes

EASTER MONDAY, April 1, 2024 Church, Columbarium, and office closed.

We will reopen on Tuesday, April 2nd at 9:00 am

Find Jesus, Grow in Faith:

Join an Apostoli Viae Small Group

Seeking deeper connection with God and others? Join our AV Small Group! We explore the Gospels, share fellowship, and encounter Jesus and His Church.

For whom: Like-minded souls seeking the Lord What we do:

Explore Scripture, share fellowship, grow in faith Start date:

Tuesdays, Feb 6 & every other Tuesday Time: 10:00-11:30 am

Location: Housey Hall, Sacred Heart Parish Info:

apostoliviaecalgary@gmail.com

Join us to:

- Know, love, and serve the Lord
- Encounter the Triune God through Scripture
- Deepen your faith journey.

Start your journey with Jesus this February!



Monsignor Doyle Council 1186
Sacred Heart, Founded 1907

KNIGHTS OF COLUMBUS FAMILY OF THE MONTH AWARD

The Knights of Columbus Recognize and support the development of strong families.

Each month, the Sacred Heart Knights of Columbus select and recognize one parish family that models Christian family values and visibly lives them every day. Once a year, one of the previous twelve Family of the Month winners is selected to represent Sacred Heart as the potential international Family of the Year.

To nominate a parish family for this award, go to sacredheartknights.ca/family or obtain a Form from the Parish Office

Financial Update



\$56,008 of 2023

Target \$42,268

Thank
You!

Thank you for your generosity
and support for our parish.

Please email
communications@sacredheartcalgary.ca
with any questions.

	As of Dec. 31st, 2023	Budget
Regular Collection	\$513,105	\$605,000
Outreach	\$31,394	\$28,000
Building Fund	\$61,182	\$70,000