



# 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](mailto: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](http://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](mailto: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