



SACRED HEART

ROMAN CATHOLIC CHURCH | CALGARY

PARISH BULLETIN



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AUGUST 2024

Pastor: Fr. Arjay Abanto
Administrative Assistant: Beata Banka
Columbarium Manager,
Sacraments Coordinator: Ingrid Trewin
Volunteer Coordinator: Ingrid Trewin
Housekeeper: Janette Ramirez

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: Margita Tapias, Landon Dolanz
and Heather Clark (Continuo)
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

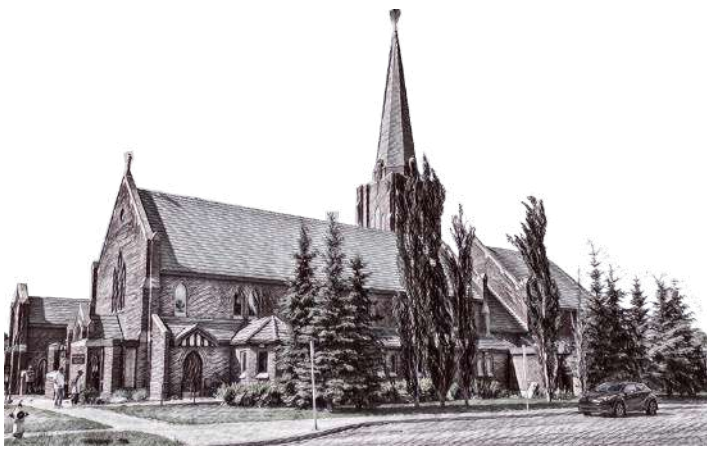
Mon to Fri: 9:00 a.m. - 3:00 p.m.
1307 14 St SW Calgary AB T3C 1C6
403-244-2741 ext. 101
secretaries@sacredheartcalgary.ca

“I am the Living Bread!”

Fr. Rowel Jose (Arjay) Abanto

In today's Sunday gospel, Jesus' feeding of the five thousand is a sign of God's generous care and provision for his people. When God gives, he gives abundantly. He gives more than we need for ourselves so that we may have something to share with others, especially those in need. God takes the little we have and multiplies it for the good of others. Jesus' feeding of the five thousand points to the superabundance of the Lord's Supper or Eucharist. This bread that the Lord is giving us is not only food for our body but for our hearts and souls. This bread gives us everlasting life, life with Him and for Him, a gift of His very self that will last for ever. At the Last Supper, he says, 'Take the bread and break it,' saying to his disciples, 'Take and eat. This is my body.' It means, in the language that He was speaking, 'This is me. This is my own self which is to be broken for you.' He means his death on the cross. And then He takes the wine. And the wine which He blesses, He offers, and He says these words, 'This is my blood which is poured out for each and every one of you.' He means he lays his life down for us. When we do participate in the Eucharist and 'receive Communion', let us not do so passively as if Jesus was just coming to us. It is not just a pious, "Thank you, Jesus." We need to receive actively. When we receive the host, the minister says, "Body of Christ". And we answer: "Amen", which means "Yes!" or "I believe!" In so saying, we are accepting Christ and his whole Gospel; we accept his victories and his sufferings." As we partake His Body and Blood, we are called to share it to others, so that we can be the Eucharistic people – loving and serving others for the sake of Jesus our Lord. As we receive Him, we are now commissioned to share it to others: He gave Himself, so, we also give ourselves to others.

Ad Maiorem Dei Gloriam! For the Greater Glory of God!



Events at Sacred Heart

Sacred Heart Charismatic Prayer Group

Sacred Heart Charismatic Prayer Group invites you to grow in faith! We gather for praise, worship, prayer, and support.

Weekly meetings offer:

- Communal Charismatic prayer
- Inspiring Scripture teachings
- Uplifting faith testimonies
- Powerful prayer ministry

Join us Wednesdays 6:30-8:30pm, Lower Hall, Sacred Heart Parish.

For info, contact Maxima Arat (403) 836-6873 or Kanthi Seneviratne (403) 478-6952.



Welcome!

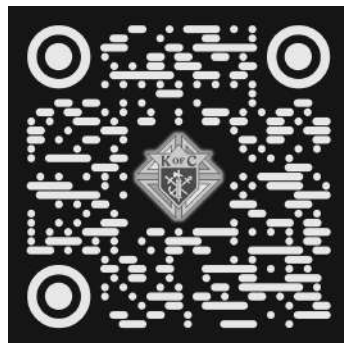
KNIGHTS OF COLUMBUS

A Legacy of Service

Dedicated to faith, family, and community, the Knights of Columbus is a fraternal organization committed to making a positive impact.

Through service, charity, and fellowship, we strive to strengthen our Catholic faith and support those in need.

Council 1186 has proudly served the Sacred Heart Parish since 1907.



Learn More



Parish BBQ

August 25th

After the 11AM Mass



Nourished by the Divine

In receiving the Eucharist, we gather not for ordinary bread and wine, but for a miraculous encounter with the living Christ. As the Gospel of John reminds us, Jesus proclaimed Himself the Bread of Life, offering eternal life to those who partake of Him. Let us contemplate the profound significance of this promise as we journey together into the heart of the Eucharist.

The Eucharist is an anticipation of heaven, a foretaste of the resurrection. When we consume this sacred meal, we carry within us the very source of life, the power to overcome death. It is a tangible sign of God's unconditional love and His desire to dwell within us.

Just as our physical bodies require sustenance to thrive, so too do our souls. The Eucharist is the spiritual food that nourishes our innermost being. It strengthens our faith, renews our hope, and kindles our love for God and neighbor.

The Church invites us to frequent Communion, recognizing its transformative power. In this sacred meal, we find healing for our wounds, strength for our weaknesses, and guidance for our journey. As we receive the Body and Blood of Christ, we are filled with His grace, empowering us to live as His disciples.

The Eucharist is not merely a passive reception but a call to action. When we consume the Body of Christ, we become more like Him. His love, His compassion, His mercy become our own. We are transformed from ordinary people into extraordinary witnesses of His Kingdom.

How do we live out this Eucharistic transformation? It begins with a commitment to love as Christ loved – selflessly, unconditionally, and forgivingly. It means seeking justice, defending the oppressed, and caring for the marginalized. It involves cultivating a spirit of gratitude and sharing our blessings with others.

The Eucharist challenges us to examine our lives in light of Christ's teachings. Are we living in a way that reflects the love we have received? Are we striving to build a more just and compassionate world? Are we sharing the Good News of the Gospel with others?

Let us renew our commitment to the Eucharist. May we come to the altar with hearts filled with faith and gratitude. May we receive the Body and Blood of Christ with reverence and devotion. And may we go forth from empowered to live the Eucharist fully in our lives.

