



# SACRED HEART

ROMAN CATHOLIC CHURCH | CALGARY

PARISH BULLETIN



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@sacredheartcalgary

**SEPTEMBER 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**

## **“Uproot Wrong Thoughts and Attitudes Before They Grow!”**

Fr. Rowel Jose (Arjay) Abanto

Where does evil spring from and what's the solution for eliminating it from our lives? Jesus deals with this issue in response to the religious leaders' concern with ritual defilement - making oneself unfit to offer acceptable sacrifice and worship to God. The religious leaders were concerned with avoiding ritual defilement, some no doubt out of fear of God, and others out of fear of pleasing other people. Jesus points his listeners to the source of true defilement - evil desires which come from inside a person's innermost being. Sin does not happen. It first springs from the innermost recesses of our thoughts and intentions, from the secret desires which only the individual soul can conceive. God in his mercy sent his Son Jesus Christ to free us from our sinful cravings and burden of guilt, and to restore us to wholeness of life and goodness. But to receive his mercy and healing, we must admit our faults and ask for his forgiveness. "If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness" (1 John 1:8-9). Only God can change our hearts and make them clean and whole through the power of the Holy Spirit. Like a physician who probes the wound before treating it, God through his Word and Spirit first brings to light our sinful condition that we may recognize sin for what it is and call upon God's mercy and pardon. The Lord is ever ready to change and purify our hearts through his Holy Spirit who dwells within us. His power and grace enables us to choose what is good and to reject what is evil. Let us believe in the power of God's love to change and transform our heart. Let us ask Him to strengthen us to stand and fight for Him always.

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



# Events & Opportunities at Sacred Heart

## Sacramental Registration is Now Open!



Families of children who are ready to receive the sacraments of First Eucharist and First Reconciliation are invited to register.

**Register** 



Visit: [sacredheartcalgary.ca/sacraments](https://sacredheartcalgary.ca/sacraments)



### Chat & Play Group

Wednesdays, 9:30 AM - 11:00 AM Starting September 18th

For Moms, Aunties, Caregivers, Grandmas, Babysitters, and their Children

Join us for coffee, chat, and fun in the lower hall.

Enjoy faith-building discussions, prayer, games, and activities for kids.

Location: Lower Hall of the Parish More Info: Contact Sue at 403-966-4625

# Extraordinary Ministers of Holy Communion to the Sick and Homebound NEEDED

## Bringing the Eucharist to those in Need

“For I was hungry, and you gave me to eat. I was thirsty and you gave me drink...I was sick, and you looked after me.”  
(Mt 25:31-40)

### What do we do?

Our Extraordinary Ministers to the Homebound bring the Eucharist to Parish members and other Catholics who are unable to attend Mass in person. These are brief but rewarding visits to bring both the healing presence of Jesus in the Eucharist, as well as the prayers and compassion of our parish family into the homes of those in need.

### What kind of commitment is involved?

“The Lord loves a cheerful giver.” Whatever time you can give is of value. This is a flexible ministry with flexible hours. Ordinarily, it involves a commitment of no more than a couple hours after Mass on a rotating basis, depending on availability. When going into private homes, you will always be paired with another Extraordinary Minister.

### Who do I contact?

Please call Pat Balis, Pastoral Care Team Coordinator, at 368-299-6622.

### Deepen your Love.

Experience the great joy of bringing the Body, Blood, Soul and Divinity of Our Lord to those in need within our Parish!



## CWL Meeting

All ladies over 16 yrs of age are cordially invited to our first meeting after the summer break on Sunday September 29, 2024 at 12 noon downstairs in Housey Hall.

You do not need to be a CWL member to attend.

Hope to see you there.

**For more info, please contact Anna at 587-892-2713.**