



# SACRED HEART

ROMAN CATHOLIC CHURCH | CALGARY

PARISH BULLETIN



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DECEMBER 2024

**Pastor: Fr. Arjay Abanto**  
**Administrative Assistant: Ingrid Trewin**  
**Columbarium Manager: Ingrid Trewin**  
**Sacraments & Volunteer Coordinator:**  
**Carlo Peregrina**  
**Hospitality Desk: Leslie Trainor**  
**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**

## **“Rejoice the Lord is Near!”**

Fr. Rowel Jose (Arjay) Abanto

Joy should, in fact, be the basic mood of the Christian. It should not be something artificial or forced, but something that bubbles up naturally from our sharing Christ’s vision of life. Joy should be the normal experience of the Christian, but there are quite a few who unfortunately do not have that experience or conviction. At times one gets the impression that it is not the experience of many Christians, who somehow have come to believe that religion is a serious business, that one is not living a good Christian life unless it is full of sacrifices, that Christianity means giving up many of the pleasures that are available to non-Christians. They seem to think that being a Christian means living a half life as the price for a better one to come.

All this is a great pity because the whole purpose of Jesus’ coming was to bring freedom, joy and peace to people not only in the future, but here and now. No one is meant to be freer than the Christian who follows Christ not in pain, but in joy and enthusiasm. Christian joy or happiness is deep down in the heart and is not incompatible with physical and emotional pain or difficult external circumstances. It is, as Jesus says, something that no one can take away from us.

What are we to do? The Gospel this week speaks of the expected coming of Jesus. This coming is being proclaimed by John the Baptist as he preaches by the waters of the River Jordan. After having heard what John had to say, his hearers asked a very sensible question: “Teacher, what should we do?” It is a question we might well ask ourselves as we prepare for the coming of Jesus this Christmas. Repentance calls for a change in behaviour and not just regret for the past. John answers each of them according to the way of life. To the ordinary people, he tells them to share what they have—their clothes and food—with those who are in need. If they are really sorry for their sins, that is, if they really want to change their lives, they will become brothers and sisters to others—even total strangers. We might consider what we could share with others this Christmas. John tells them to be just in what they collected. and do not extort money from anyone by threats or false accusation and be satisfied with the wages.” These are what we need to do. Are you willing to do these?

**Ad Maiorem Dei Gloriam! For the greater glory of God!**



# Events at Sacred Heart

## Christmas Mass Times

Date	Time(s)
Tuesday, December 24th	4:30 PM, 6:30 PM, 8:30 PM
Wednesday, December 25th	9:00 AM, 11:00 AM 3:00 PM (Filipino Mass)
Tuesday, December 31st	12:05 PM (Regular Noon Mass) 6:00 PM (New Year's Eve Mass)
Wednesday, January 1st	12:05 PM 6:00 PM (Solemnity of Mary, the Holy Mother of God)



## Together in Action

As of November 30th: \$36,626 of our  
\$42,268 raised.

## Outreach

Food Hamper Outreach raised to date:  
\$26,841

# Church & Columbarium Christmas Season Hours

Date	Office	Church & Columbarium
December 23rd	Open until noon	9:00 AM – 6:00 PM
December 24th	Closed	9:00 AM – 9:30 PM
December 25th	Closed	7:30 AM – 4:30 PM
December 26th	Closed	Closed
December 27th	Closed	10:00 AM – 1:00 PM
December 30th	Closed	10:00 AM – 1:00 PM
December 31st	Closed	10:00 AM – 6:00 PM
January 1st	Closed	10:00 AM – 6:00 PM