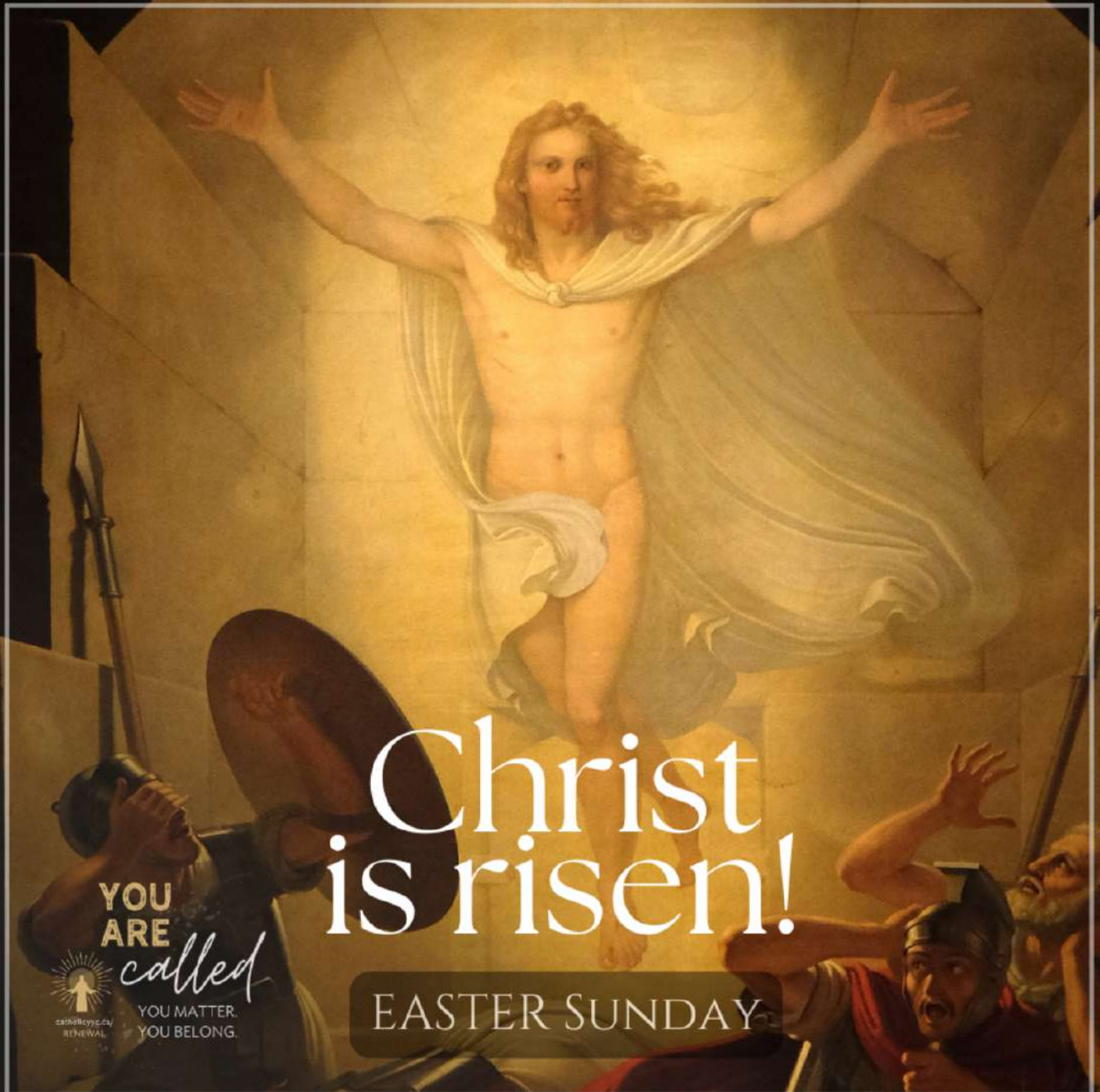




The Pierced Heart

OFFICIAL BULLETIN OF SACRED HEART PARISH CALGARY

APRIL 2026 | ISSUE - XXIII



Christ
is risen!

EASTER SUNDAY

YOU
ARE

called



catholiccalgary.ca/
RENEWAL

YOU MATTER.
YOU BELONG.



PARISH OFFICE:
Monday to Friday:
9:00AM - 3:00PM

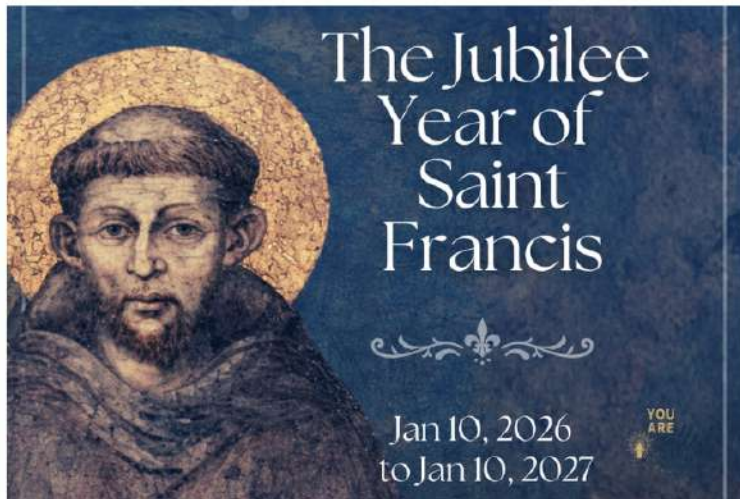
MASS TIMES:
Monday to Friday:
12:05PM
Saturday:
9:00AM, 5:00PM
Sunday:
7:30AM, 9:00AM,
11:00AM, 5:00PM,
1st & 3rd Sunday
Filipino Mass: 1:00PM



ADORATION:

Friday:
12:35PM - 2:30PM
(Incense is use)

RECONCILIATION:
Mondays, Tuesdays,
Thursdays, Fridays:
11:15 am
Saturday:
4:00 pm or By
Appointment



SACRED HEART
ROMAN CATHOLIC CHURCH | CALGARY

PARISH TEAM MINISTRY:

Pastor:
FR. ROWEL JOSE (ARJAY) ABANTO

Administrative Assistant :
INGRID TREWIN

Sacraments Coordinator:
CARLO PEREGRINA

Columbarium Coordinator:
INGRID TREWIN

Communications Coordinator:
CARLO PEREGRINA

Bookkeeper:
DAVID MU

Hospitality/Security:
LESLIE TRAINOR

Information Technology:
NINO BRINAS

Maintenance:
ANTHONY POL

In-Residence:
REV. WILBERT CHIN JON
REV. ANTHONY NGWABA

For more information, email us at:
info@sacredheartcalgary.ca

“Believe and Proclaim It!”

Fr. Rowel Jose (Arjay) Abanto

*I am the resurrection and the life.
Those who believe in me, even though
they die, will live, and everyone who
lives and believes in me will never die.*

John 11:25-26



The Season of Lent and now the Sacred Week, we are called to change not by appearances but a change of heart, a metanoia. For many decades, Our Lord is offering Himself to us, to love, to be merciful, and to do all He commanded us to do. All our celebrations are celebrations of love and hope, mercy and generosity. We celebrate Easter, most especially, to thank Our Savior for saving us and showing us the way to God the Father – the way of the Cross, the way of love and service.

Let us continue reflecting and following the message of Jesus today and everyday. As Pope Leo said: “Easter does not eliminate the cross but defeats it in the miraculous duel that changed our human history. Even our time, marked by so many crosses, invokes the dawn of Paschal hope. Christ’s Resurrection is not an idea, a theory, but the Event that is the foundation of faith. He, the Risen One, through the Holy Spirit, continues to remind us of this, so that we can be His witnesses even where human history does not see light on the horizon. Paschal hope does not disappoint. To believe truly in the Pasch through our daily journey means revolutionizing our lives, being transformed in order to transform the world with the gentle and courageous power of Christian hope.”¹

We believe, and now we proclaim in our lives what we believed!
Happy Easter and may the Risen Lord shower you with endless blessings! Amen. Alleluia, alleluia!

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

Diocese of Calgary

THE OUTDOOR WAY OF THE CROSS

Good Friday, Apr 3, at 8:30 am at St. Mary's Cathedral, Calgary. Join Bishop McGrattan and the faithful of the Diocese of Calgary for the Outdoor Way of the Cross. To help in assisting with various roles - contact 403-218-5500 to volunteer at the Outdoor Way of the Cross.

SCHEDULE FOR TRIDUUM & EASTER

Parish schedule for Triduum and Easter liturgies: times and locations for Holy Thursday, Good Friday, Easter Vigil & Easter Sunday - now available at catholicyc.ca

BLOOMS & BLOSSOMS CHARITY DINNER FOR ELIZABETH HOUSE

An evening of dining, live music, and silent auction supporting renovations to welcome more mothers and babies into a safe home. When: Sat, May 23, from 6 pm to 9:30 pm at Calgary Italian Cultural Centre, Calgary. Tickets and details at catholicyc.ca/blooms.

NATURAL FAMILY PLANNING WORKSHOP (ONLINE)

A two-hour session for engaged and married couples in the Diocese of Calgary to learn Natural Family Planning (NFP) as a practical and ethical way to understand fertility, whether to achieve or postpone pregnancy. When: Thu, Apr 16 or Thu, May 28, from 7 to 9 pm (online via Zoom). Register by emailing mara.capili@calgarydiocese.ca

Diocese of Calgary

HELP NOT HARM: BILL C-218

Catholics across Canada are encouraged to support Bill C-218 (The Right to Recover Act), which would amend the Criminal Code to prevent Medical Assistance in Dying (MAiD) from being provided when mental illness is the sole underlying condition. Without this change, MAiD for mental illness alone is scheduled to begin in March 2027. Visit [HelpNotHarmCanada.ca](https://www.helpnotharmcanada.ca) to learn more and send a message to your Member of Parliament asking them to support Bill C-218 and protect those who are struggling with mental illness.

ANOINTING OF THE SICK

If you have been admitted to any of the following hospitals in Calgary and would like the Sacrament of Anointing of the Sick, you may contact your parish priest or call the Diocese of Calgary Call Center

📞 **403-231-9505**

Serving the following hospitals

- Alberta Children's Hospital
- Foothills Hospital
- Peter Lougheed Hospital
- Rockyview General Hospital
- South Health Campus

Parish Initiatives



SACRED HEART
ROMAN CATHOLIC CHURCH | CALGARY



**YOU
ARE**
called



catholicyycc.ca/
RENEWAL

YOU MATTER.
YOU BELONG.

**Thank You,
Sacred Heart
Parishioners**

*Lenten Food
Drive 2026*

Financial Report to December 31, 2025

	12 Months 2025 Budget	12 Months 2025 Actual	2025 Variance
RECEIPTS			
Weekly Collections	577,400	593,961	16,561
Outreach including Christmas Hampers	31,200	30,196	(1,004)
Columbarium Sales	300,000	318,374	18,374
Grant	17,000	42,487	25,487
Other Income **	51,300	100,065	48,765
Approved Building Fund	-	83,341	83,341
Multiply the Hope	-	52,396	52,396
Total Receipts	\$ 945,700	\$ 1,190,624	\$ 244,924
EXPENSES			
Salaries & Benefits	373,100	381,181	8,081
Church Repairs and Maintenance	289,040	291,979	2,939
including: Utilities	78,600	74,843	(3,757)
Ground maintenance	18,000	17,838	(162)
Insurance	94,440	94,815	375
Propety Tax	2,000	1,625	(375)
Rectory	25,920	24,810	(1,110)
Office and Admin	49,660	59,804	10,144
Diocesan Support	104,556	104,556	-
Parish Programs	73,900	74,526	626
including: Outreach Programs	27,600	22,709	(4,891)
Central Fund Loan Interest Expense	-	91,779	91,779
Other Expenses	-	383	383
Total Expense	\$ 916,176	\$ 1,029,019	\$ 104,034
Receipts in excess (below) Expenses	\$ 29,524	\$ 161,605	132,081

Central Fund Loan Balance @ Dec 31, 2024	\$ 2,379,059	Together in Action		
Central Fund Loan Balance @ Dec 31, 2025	\$ 2,244,724	2025	2025	
Loan Balance Change in 2025 *	\$ (134,335)	Budget	Actual	Variance
* The Loan Balance will be revised lower once matching funds for 2025 are received from the Diocese of Calgary.		\$42,268	\$51,607	\$9,339
Columbarium Perpetual Care Fund @ Dec 31, 2024	\$ 772,837	Thank you for those who have made donations		
Columbarium Perpetual Care Fund @ Dec 31, 2025	\$ 849,217	in 2025. We have exceeded the 2025 Goal and the surplus was used to pay down the Central Fund Loan.		
Fund Balance Increase in 2025.	\$ 76,380			

The Perpetual Care Fund is for the perpetual care of the Columbarium and is funded through the sale of Columbarium Niches. All Interest Income earned in the Perpetual Care Fund remains within the Fund.

** Other Income shown above is comprised of the following: donations through Canada Helps, program and course fees, grants, clergy rent, hall rent, votive candle offerings, sale of books, stole fees, and misc. revenues.

Parish Announcement

CAREER OPPORTUNITY *for* Administrative Assistant (Part-time) Sacred Heart Parish, Calgary



ROMAN CATHOLIC
DIOCESE
of Calgary

OVERVIEW

The Administrative Assistant is considered a key member of the parish team and often represents the face of the Parish to parishioners and visitors. The Administrative Assistant is responsible for the full range of job duties as outlined below and as appropriate for the job setting. Strong people skills, exceptional organizational abilities, verbal and written communication skills and exceptional attention to detail are required.

RESPONSIBILITIES

- Answering telephone, screening and directing calls to the appropriate person in the office.
- Replying to parish email and/or forwarding email to the appropriate person.
- Monitor visitor access and maintain security awareness.
- Provide general administrative support to Ministry leads and others in the office as needed.
- Prepares correspondence and documents as directed.
- Receives and sorts mail and deliveries as well as prepares outgoing mail.
- Organizes conference and meeting rooms.
- Collaborate with staff and parish volunteers to communicate programs and events.
- Create surveys, registration and sign-up forms for events and programs.
- Ensure the appropriate management of all volunteer screening documentation.
- Supports with the processing of the vulnerable sector police checks and the Praesidium online Sexual Abuse Prevention training.
- Comply with the Diocesan standards for volunteer screening (10 step process) as set out in the Volunteer Policies, Procedures & Screening Manual.
- Provides orientation and training on volunteer screening for all volunteers.
- Other related duties assigned to assist the parish in its ministry.

QUALIFICATIONS

- Completion of a High School Diploma with a Diploma or Certificate in Administration an asset
- Minimum one years' experience in a similar role
- Knowledge of administrative and clerical procedures
- Knowledge of computers and relevant software applications (MS Office)
- Knowledge of customer service principles and practices
- Strong organizational and time management abilities
- Strong attention to detail and proofreading skills
- Ability to work independently and as a member of a team
- Familiarity with the Diocese
- Displays a high level of energy and positive attitude towards their work

Parish Announcement

HOURS OF WORK

18 hours/week. Monday, Tuesday, Wednesday; 9:00 am – 3:30 pm (includes a 30-minute unpaid lunch break)

SAFE ENVIRONMENT

In support of the Safe Environment Program, this position is required to obtain or complete the following:

- Police Information Check (PIC)
- Praesidium Sexual Abuse Prevention online training modules
- Sign the Agreement to Model Code of Conduct

TO APPLY

Documents required as part of the application process include:

- A completed application form - Download here: <https://www.catholicyc.ca/careers.html>
- Resume
- Three (3) reference checks (will only be contacted if you are selected as our final candidate)

Applications should be submitted by e-mail to: Careers@calgarydiocese.ca. No phone calls please.

Applications will be accepted until **4:30 pm on Monday, April 6, 2026**. Only applicants who are short-listed for an interview will be contacted directly by our office. We thank all applicants in advance for their interest.

Parish Announcement

TOGETHER in ACTION 2026

**TIA Surplus
will be requested
from the Diocese
and transferred into
the Central Loan
Fund; we would like
to Thank all
parishioners for the
ongoing support to
our annual Together
in Action campaign**

Romans 12:12

Rejoice in hope,
be patient in suffering,
persevere in prayer.



SACRED HEART
ROMAN CATHOLIC PARISH OF ST. JOHN



**YOU
ARE
called**
YOU MATTER
YOU BELONG



Parish Announcement



HE IS RISEN

Wishing you a happy Easter.
May God bless you!

Fr. Arjay, Fr. Wilbert, Fr. Anthony
Ingrid, Carlo, David,
Leslie, Nino, Anthony



SACRED HEART KNIGHTS BLOOD DONATION CAMPAIGN

March 16 to April 18, 2026

- Donate at any Canadian Blood Services location
- Nearby donor centre: Calgary Donor Centre, 207 9th Ave SW
- Scan to book, join the team, request a ride, and enter the draw

sacredheartknights.ca/BLOOD

Give blood. Help save lives.



For announcements from Parish Organizations, please submit your request to the Pastor for approval at pastor@sacredheartcalgary.ca and cc the communications@sacredheartcalgary.ca

PASTORAL RENEWAL TEAM

Ryan Factura

Rita Shank

Pat Balis

Maximiliano Lozano - Sarmiento

Jun Caubalejo

Phonse Delaney

Stephen Sheridan

PARISH ORGANIZATION REGULAR SCHEDULES

Rite of Christian Initiations of Adults (RCIA)

Sundays - 10:15 AM

Baptism Preparation Group

No Class in April

Saturday - May 2

Saturday - June 6

The Feast Sacred Heart

Every 1st and 3rd

Saturday - 2:00 PM

Calgary Filipino Catholic Ministry

Tagalog Mass

Every 1st & 3rd Sunday (1:00PM)

Apostoli Viae Small Group

Every Second Thursday - 10:00-11:30AM

January 15 - May 7, 2026

MINISTRY LEADERS:

Pastoral Council: Tom Cotter

Finance Council: Jim Grandan

Pastoral Health Care: Pat Balis

Lectors: Kevin McCormack

Weekday Liturgy: Addie Dedio

Hospitality: TBA

Extraordinary Ministers of Holy
Communion: Rita Shank

Altar Servers:

Lea Gracilla, Karissa Factura

RCIA:

Landon Dolanz & Rachael
Lehmann (Continuo)

Hampers Program:

Carlos Sousa

Catholic Women's League:

Anna Marinelli & Janet
MacPhee

Knights of Columbus:

Timothy Dahm

Filipino Mass Ministry:

Myline Sales - Lozano

The Feast Light Sacred Heart:
Joshua & Pristine Manalaysay

Couples For Christ:

Cesar & Anthea Berdan

Missionary Families of Christ:

Jun Caubalejo

New Life Catholic Charismatic
Community: Anna Perez

Apostoli Viae:

Carla Hamarsnes

Providence Associates:

Patricia RV Nex

Choir: Barbara Orłowska, Alane
Boudreau, Robert Tamayo,
Ryan Factura

For Volunteering Inquiries:

volunteers@sacredheartcalgary.ca