

MASS SCHEDULE - Sacred Heart

Sat., Feb 11 Vigil 6th Sunday in Ordinary Time

5:30 PM For all Parishioners.

Sun., Feb 12 6th Sunday in Ordinary Time

9:00 AM Mass in thanksgiving from a parishioner.

Latin Mass 5:00PM David and Janice Holmquist from Brian and Charlotte Hurley.

Mon., Feb 13 Ferial Weekday

ST J 8:00 AM For the intentions and health of Ed Meechan by a parishioner.

Tue., Feb 14 St. Cyril, Monk, & St. Methodius, Bishop

SH 8:00 AM For the intentions of Betty Sheehan from Dolly Bolger.

Wed., Feb 15 Ferial Weekday

ST J 8:00 AM For a special intention from a parishioner.

Thu., Feb 16 Ferial Weekday

SH 8:00 AM + Lucilia Tomas from Dolly Bolger.

Fri., Feb 17 The Seven Holy Founders of the Servite Order.

SH 8:00 AM + Jan Burke from the family.

Sat., Feb 18 Vigil 7th Sunday in Ordinary Time

5:30 PM For all Parishioners.

Sun., Feb 19 7th Sunday in Ordinary Time

9:00 AM + Jan Burke from Ed and the family.

Latin Mass 5:00PM + John Jones from Chris L'Heureux.

Weekly Collection February 5 \$ 1,041.50

PASTOR'S MESSAGE

Dear Friends,

The Liturgy of the Mass gives us two important moments of silence called 'sacred silence'. Although there are several moments for silence throughout the celebration of the Holy Mass these two are considered most important and almost mandatory. One at the conclusion of the Liturgy of the Word (right after the Gospel and Homily) and the second at the conclusion of the Liturgy of the Eucharist (after Receiving Holy Communion).

Both of these moments emphasize for us the importance to pause, reflect and appreciate what we have just received from God. In the first moment of silence, we receive the nourishment

for our minds (and our intellect), as we have just learned from scripture and it has filled us with principles we should build our lives around. And the second moment of silence is the nourishment for our soul – the Eucharist, as our Lord tells us, "For my flesh is true food, and my blood is true drink." (John 6:55).

It is important to take full advantage of these moments of silence – and not to merely observe them superficially. The moment of silence is for us to treasure the sweetness of God and privilege we have just received; to hear the word of God with our own ears and to receive the Holy Eucharist (Jesus Christ Himself) with our own tongue.

Lastly, it can also be a great habit – at the conclusion of Mass to take a brief moment of silence, to kneel and pray thanking God for the Mass. This can be as long as an Our Father, Hail Mary and Glory Be.

Together in Prayer

WEEKLY NEWS

Palms for Ash Wednesday Please bring in your palms so that they may be burned for Ash Wed.

All You Can Eat Shrove Tuesday Supper

Join us on Tuesday, February 21st 4:00-6:00 PM. In Sacred Heart Church Hall. \$10 per person, tickets at the door for Pancakes, Sausage, Fruit salad and more.

Ash Wednesday February 22 Mass Schedule

St. John the Baptist: 8 AM & 9:30 AM School Mass – Parishioners are welcomed.

Sacred Heart: 5PM Mass & Latin Mass at 7PM

The Way of the Cross (The Stations of the Cross)

The way of the Cross will be guided every Friday, starting Feb 24th, at Saint John the Baptist at 11:30 AM & at Sacred Heart at 6:30 PM. Way of the Cross pamphlets will also be available throughout Lent for those who would like to come at another convenient time.

9 Day Novena to the Holy face of Jesus

This novena prayer may be said at any time, but especially in the nine days leading up to the Feast of the Holy Face on Shrove Tuesday - i.e. starting two Sundays before the start of Lent on Sunday February 12. Copies at the entrance of the church and you are invited to do it individually.

Catholic Missionary Children Oratory

For Children 7-12 year old. Saturdays 10:15 AM to noon at St. John the Baptist. For info or to register contact Sr. Inmaculada stjohnandsacredheart@gmail.com

Young Adult Group at Sacred Heart

on every 2nd, 4th and 5th Friday of the Month. Please join us at 6PM for 30 minutes of adoration followed by dinner in the Hall, talk and games.

Altar Boy Group at Sacred Heart

1st & 3rd Fridays of the Month, 6:15 - 8:30 PM.

Friday Adoration at Sacred Heart

Every Friday there is adoration of the Blessed Sacrament at Sacred Heart in reparation for the offences made to the Sacred Heart of Jesus from 1:30 to 6:30PM and confessions from 5:00 to 6:30PM.

GOSPEL Matthew Sunday February 12, 2023

Jesus said to his disciples: "Do not think that I have come to abolish the Law or the Prophets; I have come not to abolish but to fulfill.

For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter will pass from the Law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches other to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven.

"For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

"You have heard that it was said to those of ancient times, 'You shall not murder'; and 'whoever murders shall be liable to judgment.' But I say to

you that the one who is angry with their brother or sister, will be liable to judgment; and whoever insults their brother or sister, will be liable to the council; and whoever says, 'You fool,' will be liable to the hell of fire.

"So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift.

"come to terms quickly with your accuser while the two of you are on the way to court, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny.

"You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart.

"If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell.

"It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery.

"Again, you have heard that it was said to those of ancient times, 'You shall not swear falsely, but carry out the vows you have made to the Lord.' But I say to you: Do not swear at all.

either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black.

"Let your word be 'Yes,' if 'Yes,' or 'No,' if 'No'; anything more than this comes from the evil one."