



SACRED HEART

ROMAN CATHOLIC CHURCH | CALGARY

PARISH BULLETIN



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JULY 2024

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

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

“Come Away and Rest a While”

Fr. Rowel Jose (Arjay) Abanto

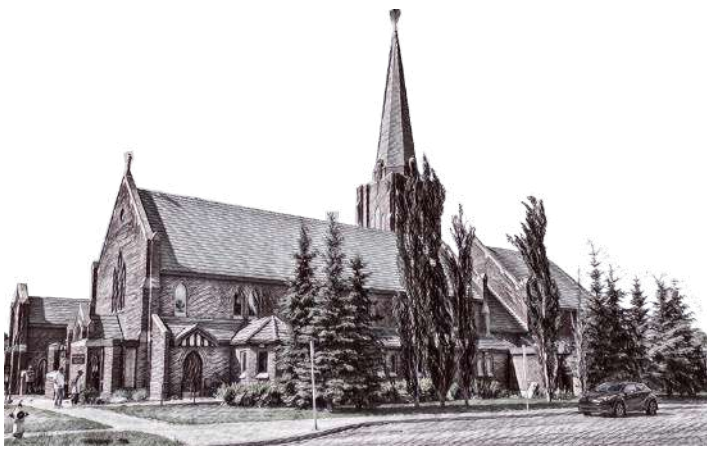
Our gospel this Sunday talks about the apostles return from their first mission of preaching and healing and report to Jesus. He gathers them in a deserted place, but the people find them and keep coming. Jesus took pity on them as they are sheep without a shepherd. There are two things that Jesus is telling us to reflect on:

1) Christians must be people of prayer and action: The Christian life is a continuous passage from the presence of God to the presence of people and back again. Prayer is essentially listening to God and talking to Him. One of our main problems is that we do not truly allow God the opportunity to speak to us. We also do not know how to "be still and to listen." Hence, we are often in danger of refusing to allow God to recharge us with spiritual energy and strength. In addition, we do not set aside enough time for Him to speak to us and for us to speak to God. How can we shoulder life's burdens if we have no contact with the Lord of Life? How can we do God's work unless we rely on God's strength? And how can we receive that strength unless we pray to him individually, in the family and as a parish community in the Church and receive His grace by participating in the Holy Mass and through the reception of the Sacraments? However, we must never seek God's fellowship in order to avoid the fellowship of men but always in order to prepare for it. From our reflection on today's Gospel, let us remind ourselves that the Christian life consists of meeting with God in the secret place so that we may serve people more effectively in the marketplace.

2) The Church has the double responsibility of teaching and feeding: People today find it difficult to balance those two aspects of the Christian life. Some apparently believe that the social ministry of the Church is all that is needed to make Christ present in the world. Others seem to believe that the Church's major concern should be preaching the Gospel, rather than feeding the hungry and healing the sick. Teaching the Word of God is essential to a Christian community. But that is only half of the story. Christians must also display the same compassion for the suffering that Jesus exhibited by meeting the social and material needs of others - even those who are not members of our Church.

We are called to have time with the Lord in the deserted place and have communion with Him in prayers and in sacraments. We need to pray and be in the Holy Mass more often. Also, as we encounter the Lord, we need to meet and serve our brothers and sisters with compassion and love. May we have time and recharge ourselves with the Lord, and with Him, be mediums of service to our sisters and brothers like what He did.

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.

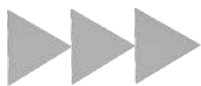


Welcome!

SAVE THE DATE



Volunteer



FCJ 3-Day Retreat



**Experiencing Creation's Wisdom:
3-Day Retreat with Yvonne Prowse**

Explore a deeper connection with God, each other, and the planet through the lens of Laudato Si'. This retreat offers inspiring talks, engaging workshops, and prayer reflection to nourish your soul and contribute to a sustainable future.

Led by: Yvonne Prowse, M.A., a seasoned Spiritual Director with over 30 years of experience.

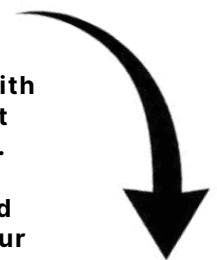
Dates:

Starts: Saturday, August 17th (supper)

Ends: Tuesday, August 20th (lunch)

Registration:

Live-in: \$450 Commuter: \$210



Register



St. Therese of Lisieux



The prospect of sainthood can feel overwhelming. Visions of heroic acts, grand sacrifices, and years of austere penance come to mind. But St. Thérèse of Lisieux, the Little Flower, offers a different path, one rooted firmly in the Catholic faith.

On her feast day, October 1st, we celebrate the life of this seemingly ordinary woman who blossomed into extraordinary holiness. Born in 1873, Thérèse's early years were marked by both illness and the deep faith that permeated her family home. This joy, however, was tragically cut short by the death of her mother when Thérèse was just four. Grief shrouded her once vibrant spirit, leading to a period of timidity and a struggle with scruples, a fear of offending God.

Yet, a turning point arrived on Christmas Day in 1886. Thérèse received a profound grace, a surge of God's love that replaced her anxieties. Now, with a heart burning for Christ, she desired nothing more than to enter the Carmelite Order and dedicate herself entirely to Him.

Despite initial rejections, Thérèse's unwavering faith and determination led her to the Carmelite cloister at the young age of 15. There, however, she found herself challenged by the prevailing theological emphasis on human sinfulness. While this teaching remained a cornerstone of her faith, Thérèse longed for a more personal expression of God's love.

This desire for a closer relationship with God led her to develop the "Little Way." This path centered on performing all actions, no matter how small, with great love for God. It was about complete trust and reliance on Him, like a child depending on a loving parent. Through this "Little Way," Thérèse believed, anyone could achieve holiness, regardless of their perceived grandiosity or lack thereof. God, through St. Thérèse, reminds us that holiness isn't measured by outward accomplishments. Even the smallest soul, like a wildflower blooming in the shadow of a grand oak, possesses unique beauty in the eyes of God.

Sadly, tuberculosis struck Thérèse in 1896. Confined to her bed, she penned her now-famous autobiography, "Story of a Soul," a testament to her faith and a guide for those seeking the Little Way. She died peacefully in 1897, at the young age of 24.

St. Thérèse of Lisieux, the Little Flower and Doctor of the Church, continues to be a beacon of inspiration for Catholics worldwide. Her message is simple yet profound: through childlike trust, love for God, and the everyday acts of faith, the path to sainthood is open to all.

On your way to Mass, be sure to visit the Relic of St. Thérèse of Lisieux in the Narthex. It's located at the top of the stairs, right before you enter the church. Take a moment to seek her intercession – even a small act of devotion, following the Little Way of St. Thérèse, can be a powerful prayer.