



# SACRED HEART

ROMAN CATHOLIC CHURCH | CALGARY

PARISH BULLETIN



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@sacredheartcalgary

**AUGUST 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**

## **“If Anyone Eats of this Bread will Live Forever!”**

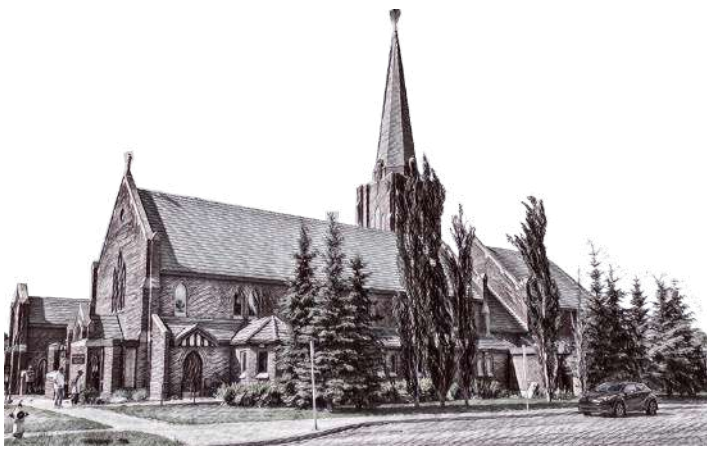
Fr. Rowel Jose (Arjay) Abanto

Nourishing us in the Eucharist can open our deeper relationship with Jesus because He is the Bread of Life. Jesus again repeats that he is the Bread of Life, using that formal expression ‘I AM’ which points to divine origin. Unlike the manna that the Jews’ ancestors ate in the desert, this Bread comes directly from God and whoever eats it will live forever. Jesus is the Living Bread because he is the very Word of God and because he offers up his Body and Blood in a sacrifice of love bringing life to the whole world. And this Bread is his flesh, life-giving flesh. This flesh will be given for the life of the world – a looking forward to Calvary. Giving eternal life will cost the human life of the Giver.”

The Eucharist is a great sign of communion with Jesus. By eating of the bread-that-is flesh of Christ, we foretaste the heavenly banquet, our true home with Him. As bodily nourishment restores lost strength, so the Eucharist strengthens us in charity and enables us to break with disordered attachments to creatures and to be more firmly rooted in the love of Christ. So, let us always nourish with the Word of God and the Bread of Life, the Eucharist so that we can have intimate union with Jesus. The more we know Him and receive Him, the more we will become closer to Him. Let us ask the Lord, the living Bread to sustains us in this life and always hunger for the bread which comes from heaven and find in it the nourishment and strength we need to love and serve Jesus wholeheartedly.

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

Source: [livingspace.sacredspace.ie](http://livingspace.sacredspace.ie)



# 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!

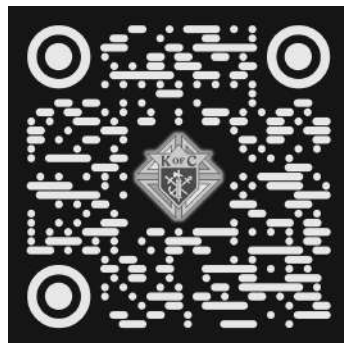
## KNIGHTS OF COLUMBUS

### A Legacy of Service

Dedicated to faith, family, and community, the Knights of Columbus is a fraternal organization committed to making a positive impact.

Through service, charity, and fellowship, we strive to strengthen our Catholic faith and support those in need.

Council 1186 has proudly served the Sacred Heart Parish since 1907.



## Parish BBQ

August 25th

After the 11AM Mass



# The Living Bread

Elijah was weary. A prophet of the Lord, he lived in an era of spiritual decline when the people had turned away from God to worship Baal. After defeating four hundred and fifty prophets of Baal, a victory wrought by divine intervention, Elijah found himself hunted by Queen Jezebel. Consumed by fear, he fled into the wilderness.

Exhausted and alone, he desired only an end to his life. Yet, the Lord had other plans. Recognizing Elijah's frailty, God provided sustenance and renewal, preparing the prophet for the trials ahead. As the Israelites had been sustained by manna in the desert, so too was Elijah nourished by a hearth cake.

This narrative parallels the human experience. We often find ourselves burdened and depleted, longing for respite.

However, the divine purpose transcends our weariness. God calls us to persevere, to continue our mission, even in the face of adversity.

The Eucharist is the spiritual equivalent of the hearth cake. It is not merely bread and wine but the Body and Blood of Christ. This sacrament, while mysterious, offers sustenance for the soul, a spiritual nourishment that sustains us through life's challenges.

The Eucharist is an invitation to encounter the divine. It is a source of eternal life in a world marked by mortality. Yet, do we truly grasp its significance? Do we approach it with reverence and anticipation?

The Eucharist empowers us to fulfill our roles in spreading the Gospel. It is the bread of life that sustains our spiritual journey.

