



# SACRED HEART

ROMAN CATHOLIC CHURCH | CALGARY

PARISH BULLETIN



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**OCTOBER 2024**

**Pastor: Fr. Arjay Abanto**  
**Administrative Assistant: Ingrid Trewin**  
**Columbarium Manager: Ingrid Trewin**  
**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**

## **“The Lord Jesus Rewards Those Who Follow Him”**

Fr. Rowel Jose (Arjay) Abanto

In our gospel this Sunday, it presents us with a paradox: we lose what we keep, and we gain what we give away. When we lose our lives for Jesus Christ, we gain a priceless treasure and an inheritance which lasts forever. Whatever we give to God comes back a hundredfold. Generosity flows from a heart full of gratitude for the abundant mercy and grace which God grants. Right after a wealthy young man refused to follow Jesus, Peter, somewhat crudely wanted to know what he and the other disciples would get out of it since they had freely accepted Jesus' offer to follow him unconditionally. Jesus spoke with utter honesty: *Those who left all for him would receive a hundred times more now, even in this life, as well as unending life in the age to come.* Jesus' disciples can expect opposition and persecution from those who are opposed to Jesus Christ and his Gospel. Should we be surprised if we lose favor and experience ridicule, intimidation, and injury when we take a stand for truth and righteousness? In place of material wealth, Jesus promised his disciples the blessing and joy of rich fellowship with the community of believers. No earthly good or possession can rival the joy and bliss of knowing God and the peace and unity he grants to his disciples. The Lord Jesus wants to fill our hearts with the vision of the heavenly kingdom - a kingdom of righteousness, peace, and joy in the Holy Spirit (Romans 14:17). Do you give freely and generously? And why do you give, for reward or for love?

We may always have the joy of following the Lord Jesus and serving him and fill us with the joy and peace of God which does not pass away and with the assurance of his personal love for us which never fails. Let us ask the grace to be firm in our decision to follow the Lord in spite of hardships and difficulties, persecution or ridicule, and relying on the provisions of the Lord, so that we can follow and gain eternal life with God in heaven, abundant in everything, where all are happy and sharing laughter. So, the Lord Jesus rewards those who follow Him.

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



# Pastoral Care At Sacred Heart And Beyond

## Called to Serve

All Saints Day Pastoral Care Gathering

Friday, November 1st | 6:30 - 9 PM

Sometimes, the Holy Spirit calls us in unexpected ways. One of our parishioners, a husband and father, recounts a profound experience from the early 1970s. After a skiing accident, he was hospitalized at Foothills Medical Centre. There, he was visited by a compassionate nun who brought him Holy Communion. Her kindness inspired him, and he asked if he and his wife could assist her in serving the Eucharist to other patients.

**“Return when you’re fully recovered,” she replied.**

Months later, the couple returned to Foothills on a Sunday morning. To their surprise, the nun greeted them with disbelief. “Many people have promised to help,” she said, “but none have followed through.”

This parish member and his wife have since dedicated over four decades to serving the Pastoral Care ministry. We are grateful to be able to reciprocate their generosity by bringing them Holy Communion each week.



**Are you feeling inspired to serve others?**

On All Saints’ Day, November 1st, Father Arjay and our Pastoral Care Team will host a presentation titled “Called to Serve.” Learn about the various pastoral care services available to you and your loved ones, and discover how you can make a difference in the lives of those who need support. Whether they are home bound, in long-term care, or in hospital, your compassion can be a source of comfort and strength.

**Let's fulfill the Corporal Works of Mercy together.**

Guest Speakers:

- Fr. Arjay Abanto: Sacraments and the Home bound
- Fr. Mario Basque: Spiritual Graces and Pastoral Care Access

**Reserve your Spot** 





# Pet Blessing



A pet blessing will be held on Saturday, October 19th, immediately following the 9:00 AM Mass in the parking lot at Sacred Heart Church. Father Arjay will bestow a blessing upon your cherished companions.

To ensure the safety and well-being of all, kindly restrain your pets with a leash or confine them to a crate during the blessing.



## Spiritual Warfare & Discernment of Spirits

Do you ever feel unsure about the thoughts and feelings that arise within you? Join us for a small group study on Spiritual Warfare and Discernment of Spirits. Learn the wisdom of St. Ignatius of Loyola, guided by Dan Burke's insightful video series. Discover how to identify and resist negative influences, and experience the peace that comes from living in Christ.

**Dates:** Thursdays, October 3, 17, 31, November 14, 28, and December 12  
Time: 10:00 AM - 11:30 AM

**Location:** Lower Hall, Sacred Heart Church

For more information contact Carla Hamarsnes:  
Email: [apostolieviaecalgary@gmail.com](mailto:apostolieviaecalgary@gmail.com) | Phone 403-701-1385

*Don't miss this opportunity to deepen your understanding of spiritual health and find lasting peace.*