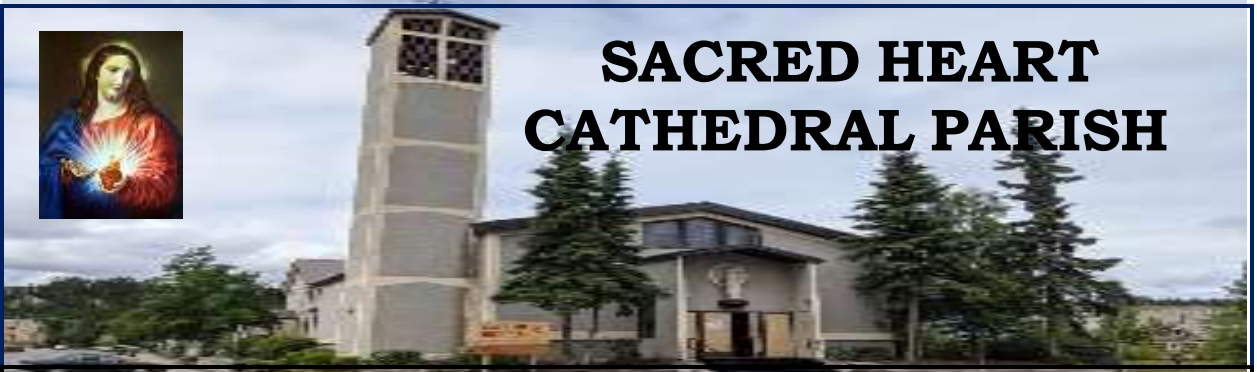




# SACRED HEART CATHEDRAL PARISH



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LENT - WEEK 1

1<sup>st</sup> SUNDAY OF LENT

18 February 2024



*"This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."*  
*After 40 days of Lent, may we find ourselves stronger in spiritual discipline, perseverance, and more powerful in prayer life as we journey in our Wilderness Road and embrace Jesus, Our Lord, on His Holy Cross to help us reach our destiny in the Fullness of Joy and Freedom. -Vicenrosebar*

## PARISH UPDATES

*Please Be Informed, Interested and Willing To Get Involved, Share/Donate, Support, Participate, Cooperate*

### I. INSTITUTION OF THE SACRAMENT OF THE SICK



The celebration of the World Day of the Sick in our Parish last Sunday, February 11, 2024 was remarkably amazing and gracious as there were more than 200 sick people in all walks of life availed the Sacrament.



### II. AN INVITATION

We are all invited to come and participate the **STATION OF THE CROSS** every Friday at 7:00 PM inside the Church starting February 16, 2024 to March 29, 2024 respectively.



### III. UPDATED DIOCESAN WEBPAGE FOR LENT 2024

All Parishioners are enjoined to visit the updated [Lent 2024](#) webpage of our Diocese for more sources of materials and references in enriching the spirit of your reflective celebration of the Season of Lent.

### III. FEBRUARY 24 AND 25: KNIGHTS OF COLUMBUS

#### A. PANCAKE BREAKFAST.

The Knights of Columbus invite everyone to their Annual Rendezvous Sourdough Pancake Breakfast Sat. Feb 24 & Sun. Feb 25 in the CYO Hall. Breakfast is served 8am-12 noon both days. Come and join us for our 52nd Sourdough Pancake Breakfast during Rendezvous



#### B. KNIGHTS OF COLUMBUS 2024 CHARITY RAFFLE DRAW

The Knights of Columbus are conducting its 2024 Charity Raffle. The draw date is June 1, 2024. Cash prizes: 1st Prize \$3,000.00 2nd Prize \$1,000.00 3rd Prize \$500.00 Tickets are \$10.00 each. For tickets please contact--Michael Lauer 332-5973, John Robbins 668-7049, Romeo Gayangos 334-4474.

### III. SPECIAL PROGRAM AND CALLING FOR ADULTS AND FAMILIES

*Called to Love: Education in the Faith, and Vocation within the Family* Session 9 - Friday, February 23<sup>rd</sup>, 2024 at 7:00 PM

Catechesis for Adults and Parents

Topic: **Children's Principles**

**Stages of Development:** The Years of Innocence; Adolescence In one's Plan of Life and Towards Adulthood



Giuseppe and Myriam Fico  
Missionary Family

### IV. ON SPIRITUALITY

Our Pope Francis is earnestly calling and praying for us to be truly mindful of the real essence of the Lord's Paschal Mystery. May in our 40 days journey of Lent 2024 we will faithfully inscribed in our hearts and minds that *"Through the desert God leads us to freedom."*



Pope Francis

### IV. SOCIAL JUSTICE COMMITTEE CAMPAIGN FOR LENT 2024

Lent begins the 2024 **Create Hope** campaign of Development and Peace — Caritas Canada, **Reaping our Rights**. It will create bridges of solidarity with small-scale farmers and peasant communities around the world. Established in 1967, Development and Peace — Caritas Canada is the official international solidarity organization of the Catholic Church in Canada. We address the root causes of poverty, oppression, and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity. We champion women and social movements as key agents of lasting change. Our transformative work is possible **thanks to the generosity and support of our members** and Canadians who stand by us. **Join the movement** of over 12,000 members and help us bring our campaigns to life in your community. Visit [devp.org/membership](http://devp.org/membership).

### VI. WHITEHORSE RIGHT TO LIFE AGM



The **Whitehorse Right To Life Organization** which seeks to promote the dignity and security of all human life from conception to natural death will conduct its **Annual General Meeting (AGM)** on Monday, February 19<sup>th</sup> at 7:00 PM, 504 Cook Street in Whitehorse. All are welcome!

### VII. The Star of the North Retreat Centre, [www.starofthenorth.ca](http://www.starofthenorth.ca), 780-459-5511

For those who are interested to join a Retreat in this Season of Lent, The Start of the North Retreat Centre is providing an opportunity to everyone on their different programs / themes for deepening our spiritual journey. The following are their offers for your preferences:

**February 21: 6:30-8:30 pm.** Topic: **Winter Artful Reflection Evening.** An intergenerational art evening—come unwind and rediscover the joy of creating! Local artist Bev Bunker will provide step-by-step instructions to guide you into creating your own embossed card: all materials and supplies included.

**March 1<sup>st</sup> at 6:30 pm to March 2<sup>nd</sup> at 6:30 pm.** Topic: **Lured Into the Desert: The Healing Power of Prayer & Fasting** A desert is where distractions are taken away and deeper issues can emerge. This 24-hour retreat experience of a "pustina," the Russian word for "desert," centered on the practice of Lectio Divina, will allow participants sacred time to name their need for healing, and to experience it through prayer and fasting.

# PARISH MINISTRY

## 1. DAILY HOLY MASS CELEBRATIONS

A. Sunday Masses					B. Daily Masses		C. Special Masses		
5:00 PM Saturday	9:00 AM	10:30 AM	12:00 NN	7:00 PM } Sunday	12:10 NN	Monday to Friday		9:00 AM First Saturday of the Month	Weddings and Funerals (by Appointments)

### D. Mass Intentions

Date	Day	Time	Intentions	Date	Day	Time	Intentions
Feb 17	Sat	5:00 PM	More devotees to the Sacred Heart of Jesus	Feb 20	Tue	12:10 PM	Mariana Lopez – Birthday Thanksgiving
Feb 18	Sun	9:00 AM	Patricia & Kevin Downy	Feb 21	Wed	12:10 PM	
		10:30 AM	All Parishioners	Feb 22	Thu	12:10 PM	
		12:00 NN	Deceased Family Members of Sias	Feb 23	Fri	12:10 PM	+Mark Daniel Mondejar and all flood victims in the Philippines.
		7:00 PM		Feb 24	Sat	5:00 PM	
Feb 19	Mon	12:10 PM					

### E. Requests for Special Intentions during Holy Mass Celebrations

- You may request to offer the following Mass Intentions:*
1. **Requiem Mass** (Funeral services, Death anniversary/ remembering the souls)
  2. **Special Milestones** (Birthdays, Anniversaries, etc.)

3. **Healing Mass** (fast recovery from sickness, reconciliation of relationships /ties)
4. **Thanksgiving Mass** (for most special intentions)

## 2. SACRAMENTAL PREPARATIONS AND RITES

<p style="text-align: center; color: green;"><b>Sacrament of Baptism</b></p> <p><b>Baptism Preparations:</b> 1<sup>st</sup> and 2<sup>nd</sup> Friday of the Month  <b>Baptism Ceremony:</b> Saturday at 6:00 PM and Sunday at 1:00 PM</p>	<p style="text-align: center; color: purple;"><b>Sacrament of Reconciliation</b></p> <p><b>Saturday:</b> 4:00 – 4:45 PM or call for an appointment  <b>Sunday:</b> Before the Mass  <b>Monday to Friday:</b> 11:30 AM – 12:00 NN</p>
<p style="text-align: center; color: blue;"><b>Sacrament of Confirmation and Holy Communion</b></p> <p><b>Catechesis Classes:</b> October 2023 - May 2024  <b>Sacramental Rites:</b> Spring and Summer 2024</p>	<p style="text-align: center; color: red;"><b>Sacrament of Marriage</b></p> <p><b>Marriage Preparations:</b> Spring Time Only  <b>Wedding Ceremony:</b> Couples' Preference</p>

### Sacrament of the Sick:

This is administered once a Year during the **World Day of the Sick (February 11)** during Holy Masses. On other days, this sacrament is administered by special request. Indicate clearly the Name of the Sick, Place, Time and the Contact Person. The priest will administer this sacrament ASAP

We acknowledge that the **Anointing of the Sick is for the benefit of the whole person**. We find this point demonstrated in the liturgical texts of the sacramental celebration: "Make this oil a remedy for all who are anointed with it, heal them in body, in soul and in spirit, and deliver them from every affliction." **ADDRESS OF JOHN PAUL II - Vatican**

## 3. ADORATION OF THE BLESSED SACRAMENT

**Regular Schedule: Thursday: 1:00 PM – 8:00 PM, Sacred Heart Cathedral**

We are with you in Praying for your intentions, petitions & all forms of supplications. Drop them in the Prayer Intent Box. Prayer Leaders and Alternates are still needed. *Please contact Katanne Belisle for more details.*

**My dear ones, the Visit to the Blessed Sacrament is an extremely necessary way to conquer the devil. Therefore, go often to visit Jesus and the devil will not come out victorious against you.** – St. John Bosco



“Consecrate yourselves today to the Lord...that He may bestow upon you a blessing this day”. (Exodus 32.29)

## Sharing Reflections on the First Sunday of Lent

The Theme of Forty (40) days comes up repeatedly in Scripture. Noah sent the raven out 40 days after the flood abated (Genesis 8). Moses fasted 40 days on Mount Sinai (Exodus 34). Goliath taunts the Israelite army for 40 days until his battle with David (1 Samuel 17). In today's Gospel, Jesus fasts for 40 days and nights prior to being tempted by the Devil. And there are other examples.

Each case involves a period of penance and sacrifice, leading to transformation and fulfillment. God cleanses the earth of evil during the flood, and then establishes a new Covenant. Moses' fast is followed by the Ten Commandments and Mosaic Law. After 40 days of humiliation, David emerges to slay Goliath and the Israelites vanquish their enemies. Jesus' fast and temptation in the desert prepare him to begin His public ministry, culminating in His death and resurrection.

Every year Our Lord invites us to join him in His redemptive suffering through 40 days of prayer and sacrifice. This Lent, may the Holy Spirit cleanse us of our worldly and sinful attachments and bring us closer to Jesus. Let us give ourselves fully to the Divine Mercy of Jesus in the Sacrament of Confession. Our Heavenly Father will forgive us, and we too shall be renewed and made whole. The promise of Easter awaits. - Connor Brownrigg, Ottawa, ON



### First Sunday in Lent: Hunger

One pronounced effect of fasting is hunger. Is it good to be hungry? All three Synoptic Gospels speak of Jesus being hungry after fasting in the desert. During His time of hunger, Jesus was tempted by Satan.

Hunger is a natural experience that tells us that our bodies need food. Of course, if we build a habit of indulgent eating, our appetites will hunger for more, even when we do not need more food. Hunger, in its balanced state, identifies a lacking and drives us to satisfy it. It's helpful to understand that physical hunger can also produce great spiritual effects in the soul. When our bodies are temporarily deprived of food, the hunger produced can help us more clearly perceive the spiritual hunger we have within our souls. That spiritual hunger persists until we are completely united with God. We can never get enough of God in this life, so we will forever long for more of Him. However, we can easily cover up the spiritual hunger we have for God by indulging our bodily appetites to the point that we no longer pay attention to the deeper spiritual hunger. When we fast from food, and become more aware of our physical hunger, a light shines more clearly on our spiritual hunger that is crying out to be satisfied.

Thus, fasting from food is not done simply for the sake of fasting or because we *have* to do so on Ash Wednesday and Good Friday according to Church regulations. Ideally, we will willingly practice fasting every week, even outside of Lent, as a way of helping ourselves never to forget the emptiness within that needs God's spiritual satiation.

If you do not fast regularly, consider making this a part of your weekly routine, beginning this Lent. Fasting and every other penitential practice have as their goal the purification of our bodily desires so that our spiritual desires will become more evident. Only when we perceive these spiritual longings within, can we begin to allow God to be the One Who satiates them.

Ponder the experience of hunger in light of Jesus' physical hunger in the desert. Though He always longed for His Father and always remained perfectly one with Him, Jesus allowed Himself to endure physical hunger to reveal the spiritual benefit of fasting. Learn from His hunger and commit yourself to the practice of physical fasting so that you will be able to more clearly perceive the spiritual longing you have for God within the depths of your soul.

*My penitential Lord, though You were perfect in every way and always enjoyed full communion with Your Father, You allowed Your human nature to experience the hunger of fasting so that You could infuse that penitential act with Your divine grace. Please give me the resolve I need to form a habit of fasting and self-denial so that I will perceive more clearly the hunger I have for You, Your Father, and the Holy Spirit. Jesus, I trust in You. (My Catholic Life)*

**FEBRUARY 18: SUNDAY** – Our beloved Rector, Fr. Slawek will be celebrating Holy Masses in Teslin and Atlin. Let us pray for his safety, security, spiritual guidance and wisdom as he continues in shepherding these communities.

It is our humble pleasure to serve you in cooperation with our Parish Rector, Fr. Slawek and our Diocese Bishop, Msgr. Vila.

**Vicenta Barbarona**  
Parish Secretary

**Hélène Lapensée**  
Parish Secretary – French Community

**Chad Warren**  
Parish Accountant

**Caroline Knickle**  
Parish Catechist