



# SACRED HEART CATHEDRAL

www.sacredheartcathedral.ca

Rev. Slawomir Szwagrzyk, Rector

Daily Mass: Monday- Friday 12:10 PM

Saturday: 5:00 PM (First Saturday of the month: 9:00 AM & 5:00 PM)

Sunday Mass: 9:00 AM, 10:30 AM, 12 PM (French), 7:00PM

Reconciliation: Monday - Friday 11:30 AM to 12 noon

Saturday: 4:00 PM - 4:45PM

Or call for appointment

Adoration of Blessed Sacrament: Thursday 1:00PM- 8:00PM

406 Steele Street, Whitehorse,  
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(867) 667-2437  
office@sacredheartcathedral.ca

## 7TH SUNDAY IN ORDINARY TIME

February 19, 2023

### Ash Wednesday February 22<sup>nd</sup>

(Masses: 12:10 pm and 7 pm)

Have mercy on me, God, in accord with your merciful love, in your abundant compassion blot out my transgressions. "Thoroughly wash away my guilt; and from my sin cleanse me. "For I know my transgressions; my sins are always before me. "Against you, you alone have I sinned, I have done what is evil in your eyes so that you are just in your word and without reproach in your judgment. A clean heart create in me, God, renew within me a steadfast spirit. "Do not drive me from before your face, nor take me from your holy spirit. "Restore to me the gladness of your salvation, uphold me with a willing spirit. "Lord, you will open my lips, and my mouth will proclaim your praise.

**ASH WEDNESDAY**  
LENT BEGINS

**WHAT IS LENT?**  
The 40-day period from Ash Wednesday and before Easter Sunday is marked by praying, fasting, abstinence, and other acts of penance.

**WHAT IS FASTING?**  
One meal a day, and two smaller meals which if added together would not exceed one full meal.

**WHAT IS ABSTINENCE?**  
Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

**DAYS OF FAST?**  
Ash Wednesday, Good Friday

**DAYS OF ABSTINENCE?**  
Ash Wednesday, All Fridays of Lent, Good Friday

**WHO ARE REQUIRED?**  
Catholics from age < 18 to 59 >  
The sick are excused from fasting

**WHO ARE REQUIRED?**  
Mandatory for everyone older than 14 years old



Remind us Lord, that we are dust. And when reminded, lead us to remember that our most wondrous miracle – that in your hands, dust lives.

# PARISH MINISTRY

## MASS INTENTION: February 19, 2023

9:00 am All Parishioners  
10:30 am +Irena Pagaoz  
12:00 pm + Sr. Antoinette Monfette cnd  
7:00 pm All parishioners  
Feb 20 12:10 pm Birthday Blessings for Marianne B Lopez  
Feb 21 12:10 pm + Miguel Sr. & Gerardo, Maxima  
Feb 22 12:10 pm + Edmond & Mary  
Feb 23 12:10 pm + Guadalupe & Nicholas  
Feb 24 12:10 pm + Lolita, Virgilia & Edwin Sr  
Feb 25 12:10 pm + Leigh Getson



## WHAT IS ASH WEDNESDAY?

On this first day of Lent, Christians attend liturgical activities and receive ashes on our foreheads in the form of a cross, signaling a sign of our faith and a reminder of remorse for our sins. We are told "*Repent and believe in the gospel,*" when we receive the ashes.

With these ashes, we recall our origins from the earth, as well as how our bodies shall return one day to the same form (as indicated by the dictum "*Remember you are dust and to dust you shall return*").

In true fashion of life coming full circle, the ashes are produced from the burning of palm fronds of the preceding year's Palm Sunday, which comes the week before Easter Sunday and marks the welcome [Jesus](#) received from followers upon his return to Jerusalem prior to his crucifixion.

While many people traditionally eat plenty on Shrove Tuesday, Christians are called upon to fast and abstain from meat on Ash Wednesday. As outlined in the Catholic Church's [Code of Canon Law](#):

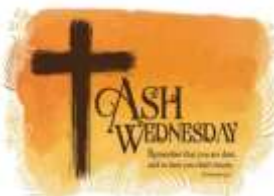
"Abstinence from meat, or from some other food as determined by the Episcopal Conference, is to be observed on all Fridays, unless a solemnity should fall on a Friday. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday. "

*Canon 1251*

**THE COLOR PURPLE.** Paraments, banners, stoles, slide backgrounds and other items in the church are purple during Lent. Purple is connected to sorrowing and suffering over sin. The Bible tells us that Jesus wore a purple robe when he was mocked by the soldiers and crowned with thorns just hours before his death on the cross (John 19:2)

## STATION OF THE CROSS

We invite everyone to join us for the station of the cross every Friday at 7:00 pm starting February 24<sup>th</sup>. Volunteers and different parish ministries are welcome to lead the station of the cross.





## SYRIA-TURKEY EARTHQUAKE DISASTER

In the aftermath of the devastating earthquake of /feb. 6, millions of people in Syria and Turkey are now seeking emergency shelter in convents, parish halls and schools.

Your generous & prayerful support is essential in this critical moment – it could be a lifeline for those women, children and elderly people who have nowhere else to turn. Please consider lending a helping hand during this difficult time.

1. Donate through Development & Peace- Caritas Canada  
The national Catholic organization dedicated to addressing the crying needs of our world, has partners in the Caritas family who are already mobilized on the frontlines of the earthquake disaster in Turkey and Syria.

<https://www2.devpc.org/en/civicrm/contribute/transact?reset=1&id+3&gl=245>

Call Toll free:1-888-234-8533 or Email:info@dev.org

2. Donate through CNEWA  
<https://cnewa.org/ca/work/emergency-syria/>

Let us pray for the people of Turkey & Syria suffering from the devastating earthquakes, may they experience the \lord in their midst through the support of the global community during the time of great loss, let us pray to the Lord.



## K ofC PANCAKE BREAKFAST

The Knights of Columbus Sourdough Rendezvous Pancake Breakfast will happen in 2023! Sat. Feb 25 and Sun. Feb 26 8am-12pm CYO Hall. We did not hold the breakfast in 2021 & 2022 due to covid. We are resuming this traditional activity during the 2023 Rendezvous. Everyone is welcome!!



## CHARITY CASH RAFFLE

Knights of Columbus Annual Charity Cash Raffle. Tickets are \$10 each. Please contact Dominic Pelayo 689-0394 or Michael Lauer 332-5973



Braeburn relies on **VOLUNTEERS** to make the camp run smoothly. If you are interested in helping out with cooking, canoe/waterfront, arts and crafts, music, Christian Education (C-time), or maintenance, please reach out to Stella or Fr. Slawomir Szwagrzyk who are on the board or email Stella for a turn around response at [stellamartin1981@hotmail.com](mailto:stellamartin1981@hotmail.com)



Our **hiring** process for the **CAMP DIRECTOR AND ASSISTANT CAMP DIRECTOR** has started – The Director receives an honorarium of \$4400 and the Assistant Director \$3300 for about a month of work. You can call Stella at 335-4629 for more info – applications are open and you can apply through YuWIN or by email to [stellamartin1981@hotmail.com](mailto:stellamartin1981@hotmail.com) or [braeburncamp@gmail.com](mailto:braeburncamp@gmail.com) We will be advertising the counsellor and volunteer positions in early March. Councillors receive an honorarium of \$1500 and must be 16 years old.

## WHAT DO WE DO DURING LENT?

Lent is a time for penance and repentance, for almsgiving and prayer, for working to change attitudes that are not pleasing to God.



### FASTING

As Jesus fasted in the desert for forty days, we, too, are called to forgo something for the same period when observing Lent. It is during this time we can deepen our awareness of his sacrifice on the Cross, as well as Jesus' daily forgiveness of our sins and unconditional love for us.

It should be noted, however, this personal sacrifice should be difficult but healthy, while respecting responsibilities. For instance, giving up coffee for Lent takes little to no effort if one rarely or never drinks it. Along the same lines, going without something you enjoy regularly – like Netflix, if you watch it often – may seem like an impossible task, but is a small price to pay for a step closer to eternal salvation. A student electing not to do any homework for the Lenten weeks ignores his or her academic obligations and can suffer harmful ramifications. The decision not to use any illicit drugs only during Lent, and then resume the practice afterwards, contradicts our moral duty to obey civil laws and not participate in criminal activities.

Despite the challenge of fasting, we can take solace in knowing Jesus protects us during our struggle, as St. John Henry Newman reminds us:

“Even in our penitential exercises, Christ has gone before us to sanctify them to us. He has blessed fasting as a means of grace, in that He fasted.”

### ALMSGIVING

Stressing the importance of recognizing those in need while demonstrating the model of selflessness that Jesus embodied on earth, Lent offers us an opportunity to further concentrate on displaying acts of charity within our communities.

Whether it be through the giving of time, money, clothing or food, volunteer service provides us a perfect occasion to improve society by living out Jesus' teaching of helping him through helping his people.

Such offerings remind us of the valuable need to remain disciplined and prudent regarding our own desires in life, as well as the standard set in order to be welcomed into God's Kingdom.

### PRAYER

Another avenue for self-growth during Lent that can lead to closer relationship with God is prayer. While talking with God is a practice Catholics and all Christians should conduct regularly no matter what point in the year, Lent presents us with an especially meaningful time to connect with our Lord and nurture our bond.

We can strengthen our relationship with God through deeper and more frequent prayer activity, such as Scripture readings before beginning our daily morning routine, or praying at mealtimes, commuting to work or school, or during nature walks and other such exercises.

Lent can also provide us a chance to pray in ways beyond simply asking things from God for ourselves. Praising him for his glory and wonder, acknowledging and thanking him for our many blessings and calling on God to intercede and aid in the lives of others are all examples of how we can appreciate God's presence and works.