



SACRED HEART CATHEDRAL BULLETIN

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www.sacredheartcathedral.ca

19th Sunday in Ordinary time

Saturday Eucharist

5:00 p.m.

Sunday Eucharist

9:00 a.m. 10:30 a.m.

12:00 p.m. (French)

7:00 p.m.

Weekday Eucharist

Mon to Fri - 12:10 p.m.

Adoration of the Blessed Sacrament

Thursday - 1:00 – 8:00 p.m.

Reconciliation

Monday to Friday - 11:30 – 12:00 pm

Saturday – 4:00 – 4:45 p.m.
(or call for an appointment)

Baptism Preparation

The first & second Fridays of each month at 7pm in rectory.

Parish Council:

James Caudle (Chair),
Susan Mariano (Vice Chair)
Eric Soprovich (Secretary)
Ammilou Pelayo, Myriam Lafrance, Michael Reyes and Caroline Knickle

Office Hours

Mon Tues Thurs Fri 9:00 a.m. to 3:00pm

Closed Wednesday

Bishop

Most Reverend Hector Vila

Parish Rector

Fr. Slawomir Szwagrzyk

Admin Assistant

Giuseppe Fico (per interim)

Communauté

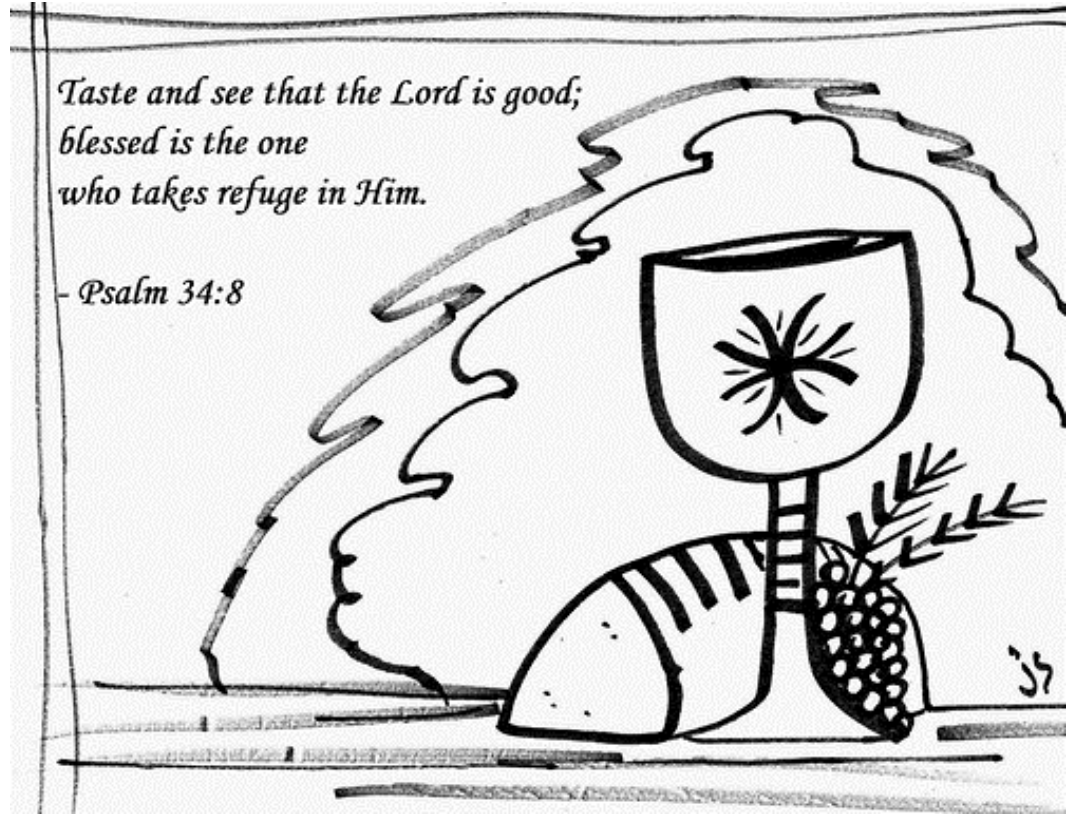
Francophone Catholique:

Hélène Lapensée

Phone: (867)393-4791

Email:

cfc@sacredheartcathedral.ca



Lord Jesus, Living Bread of Life, we pray that you help us taste and see your goodness. Nourish and strengthen our relationship with you and our neighbours. Draw us together as one body and one heart to transform our world. Amen.

WEEKLY EVENTS, CELEBRATIONS & MASS INTENTIONS

Sunday, August 8th

9:00am: + For All Parishioners: 10:30am: +Lawrence & Panfilo De Vera
12pm: + Bernard Monfette: 7pm : Shane Petry

Monday	9	12:10 pm	+ Clare Cherepak
Tuesday	10	12:10 pm	+ Gertrude Girouard <i>Feast of St. Lawrence</i>
Wednesday	11	12:10 pm	+ Gertrude Girouard <i>St. Clare</i>
Thursday	12	12:10 pm	+ Gertrude Girouard
Friday	13	12:10 pm	+ Gertrude Girouard
Saturday	14	5:00 pm	+ Al Harding <i>St. Maximilian Kolbe</i>

The 19th Sunday in Ordinary Time – Some Musing

“Very truly I tell you, whoever believes has eternal life.”

In last weekend’s gospel, Jesus told us, His followers, that He is the bread that came down from heaven and that whoever eats this bread has eternal life. This weekend we’re told again that if we believe we will have eternal life. And I wonder how strong our belief is in this fact, that the small wafer and the cup of wine are truly the Body and Blood of our Lord. But if we’re believers in what the Lord tells us, we’re meant to believe everything He says. We cannot pick and choose. We’re meant to believe everything. This promise of eternal life is not to be taken lightly; it’s a promise of a life free of pain and suffering, free of illness and war, free of turmoil and tumult.

I’ve found that in the words of poetry and other forms of literature, there are truths we can apply to our faith life. In a poem by Walter de la Mare, he writes, *“It’s a very odd thing,/ As odd as can be,/ That whatever Miss T eats turns into Miss T.”* I believe that when we receive the Body and Blood, we’re meant to become like Jesus, loving, compassionate, healers, helpers and comforters. We’re meant to take the love of God to those with whom we come in contact every day; those who are easy to get along with as well as those who try our patience to the breaking point.

We need to be reverent and devout when we take the Body of our Lord and when we drink His Blood. We’re meant to pray and ask for the strength to work as His disciples in this world if we expect life with Him in the next. And I know how easy it is to become distracted; gazing about to see who is there, to chat with a neighbor. We’re meant to be better than the Scribes and Pharisees of His time and those in our time who claim that He is not who He says He is. We need to be steadfast in the face of those who would deny His words and teachings and strive to follow those words and teachings in our daily lives. We’re not meant to be His disciples only on Sunday and Holy Days but on every day.

We must be resolute and dedicated in our service to the Lord and one another. Giving our faith lip service is as St. James tells us, “utterly worthless.” We need to be sure, as that old adage tells us, to put our money where our mouth is. During these last few weeks Jesus has taught us that the road to eternal life lies in Him and Him alone so we need to live out our faith in word, thought and in our deeds. Saying we love God while at the same time disliking our neighbours is not the way. The way is to make our deeds demonstrate our love of God and those with whom we come in contact.

The other evening the sun was sinking in the west and its final rays brushed the sky with pale tangerine and purple and I was reminded yet again of the glory of God. He is not only present in the power of a thunderstorm or fierce wind but I find Him most in those still and silent moments of my life when I can sit quietly and see around me His beauty and love. So as we continue along our Ordinary path, let’s make sure we are aware of His glory and our need to praise and thank Him.

Wishing you a week of many small miracles.

Betty Bruch



PARISH NEWS & EVENTS

WE'RE HIRING! We are looking for a motivated, skilled and dynamic **administrative assistant to work in collaboration with and assist Fr. Slawek in the parish office.** Candidates must have strong English proficiency (both oral and written), strong computer and basic web design skillset and experience, strong organizational skills and a spark of creativity for out-of-the-box thinking. Part time position. **Detailed job description is available upon demand. All candidates will be interviewed. Bring or email your resume to the parish office. Deadline for application is August 21, 2021.** Feel free to spread the word! Contact Fr. Slawek for further information.

ADORATION OF THE BLESSED SACRAMENT: Every Thursday, **from immediately after 12:10pm Mass (around 1pm) until 8pm.** Come spend some time with Him!

SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY: Next Sunday, August 15. This feast day recalls the spiritual and physical departure of the mother of Jesus Christ from the earth, when both her soul and her body were taken into the presence of God.

SPECIAL BACK TO SCHOOL BLESSING: For all students, teachers, school staff who are heading back to school. **At all Masses Saturday August 28 and Sunday August 29.**

CATECHISTS: We're looking to build our teams of **adult catechists who will prepare children for First Confession/First Holy Communion and Confirmation, starting this Fall.** We use the very straightforward and dynamic programs *Blessed* and *Chosen*. Laypeople who feel called to the ministry of catechists should be actively involved in the life of their Catholic communities and faithful to the Gospel and the teaching of the church. For further information, please contact Fr. Slawek.

FIRST RECONCILIATION/FIRST COMMUNION AND CONFIRMATION: Registration is open to all who need the Sacraments of **First Reconciliation/First Holy Communion (Grade 3 and up)** and **Confirmation (Grade 7 and up).** Registration forms are available **on our website** or at the entrance of the church.

RCIA: The Rite of Christian Initiation for Adults will be starting in October and it will be offered every Monday in the rectory meeting room. **The RCIA is an information and inquiry program for people who want to learn about the Roman Catholic faith. Sessions are held once a week and are open to anyone, including inactive Catholics.** Please call the parish or visit our website for registration.

DIOCESE AND VATICAN NEWS & EVENTS

HOLY FATHER PRAYER INTENTION FOR AUGUST: We pray for the Church.

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

PRAYER INTENTIONS

LET'S KEEP IN OUR PRAYERS:

For Ray Chalifoux, for his recovery.

For the repose of the soul of Richard Kinney. For the repose of the soul of Gertrude Girouard.

We pray for all people affected by COVID-19; for the doctors, nurses, people working to provide services and much needed supplies to others, and for priests who continue to help with those affected by COVID-19.

For the souls of those who have died while in the care of residential schools, for healing for those who have suffered themselves from the effect of the residential school system and for the ongoing process of reconciliation in our Diocese.

Blessed Saint Clare, whose very name means light, illumine the darkness of our minds and hearts so that we might see what God wishes us to do and perform it with a willing and joyful heart. Before your birth, a Heavenly voice foretold that you would be a light illuminating the world. Be a light to us in the sorrows and anxieties of this earthy life, and lead us into the eternal light of our home in Heaven. Amen. (*Memorial of St. Clare : August 14*)



« *Moi je suis le pain vivant, qui est descendu du ciel* » Jean 6, 41-51

8 août 2021
19e dimanche du Temps Ordinaire

Le Célébrant aujourd'hui le 8 août : Fr. Slawomir

Procédures pour Covid-19 : masque, distanciation, désinfection des mains à l'entrée et à la sortie.
Écrivez votre nom et # de téléphone sur la feuille de présence.

ANNIVERSAIRES : Le 8 : Eliane Cloutier

Le 9 : Jesse Nelson Johnson

Le 11 : Manon Aubert

INTENTION DE MESSE : Le 8 août +Bernard Monfette 2è anniversaire de décès par Hélène Lapensée.

INTENTIONS DE PRIÈRES : Gardons dans nos prières Jocelyn Bouchard et Roland Lévesque.

ADORATION : il y a maintenant l'adoration du Saint-Sacrement **tous les jeudis de 13h à 20h.**

SECRÉTAIRE DE LA PAROISSE : Laissez un message sur la boîte vocale au 667-2437 ou un message courriel :
office@sacredheartcathedral.ca

La Paroisse Sacred Heart est à la recherche d'une personne pour le Secrétariat, si vous êtes intéressé contacter Fr. Slawek.

NOUVEAUX CONTACTS COURRIELS POUR LE PRESBYTÈRE :

Pour le courriel du bureau: office@sacredheartcathedral.ca

Pour Fr. Szwagrzyk: rector@sacredheartcathedral.ca

Pour la communauté francophone catholique: cfc@sacredheartcathedral.ca