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SACRED HEART CATHEDRAL

www.sacredheartcathedral.ca

Email: office@sacredheartcathedral.ca

Rev. Slawomir Szwagrzyk, Rector

Schedule of Masses: 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 email the office or call for appointment

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

1ST SUNDAY OF LENT

February 26, 2023

LENT

A SEASON OF REFLECTION,
RENEWAL, AND PREPARATION

Lent is a time to answer the call to conversion. Catholics practice self discipline by abstaining from meat on Fridays and making other small sacrifices. Giving alms and spending increased time in prayer are also traditional practices during this holy season. Catholics also are encouraged to go to reconciliation during Lent.

Lent, which begins on Ash Wednesday, is a time of penance. It is a time when we reflect on the 40 days Jesus spent in the desert. Catholics have three main practices during Lent: prayer, fasting, and almsgiving.



Gospel: Matthew 4:1-11

....."Away with you, Satan! For it is written,
Worship the Lord your God, and serve only him."

PARISH MINISTRY

Mass Intentions FOR THE WEEK



MASS INTENTION:

- | | | |
|---------|----------|-----------------------------------|
| Feb. 26 | 9:00 am | All Parishioners |
| | 10:30 am | + Ernesto Cunanan |
| | 12:00 pm | Abbé Robert Lebel |
| | 7:00 pm | +Charley & Tita Panyang |
| Feb 27 | 12:10 pm | + Vizmindo & Rogelio |
| Feb 28 | 12:10 pm | For the Conversion of Children |
| March 1 | 12:10 pm | + Margaret Astika & Marita Ulyett |
| March 2 | 12:10 pm | +Tom Ryan |
| March 3 | 12:10 pm | +Consolacion Cunanan |
| March 4 | 09:00 am | +Deceased parents of Jean Nikon |
| March 4 | 5:00 pm | + Paul Rogan |



WORLD DAY OF PRAYER

The World Day of Prayer is observed annually on the first Friday in March. It is an invitation for Christians to pause and pray together ecumenically. This recalls our Christian responsibility to be sensitive to the signs of the times so that we might bring a more authentically Christian dimension to the concerns of our world, our country, our community.



Pope's Prayer Intention For March

FOR VICTIMS OF ABUSE

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.



STATION OF THE CROSS

We invite everyone to join us for the station of the cross every Friday at 7:00 pm. Volunteers and different parish ministries are welcome to lead the station of the cross.



KOC 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!!



DIOCESAN LENT WEBPAGE

The Diocese has created a new [Lent 2023 webpage](#) on the diocesan website. The webpage has a variety of information, links to resources, and downloadable documents to guide the Faithful during this Lenten season. Ash Wednesday celebrations and the Diocesan Easter Triduum Mass schedule are also published on this page.



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



CNEWA Canada
a papal agency for humanitarian
and pastoral support



CEAY
Catholic Education Association of Yukon
Katherine Williams
Executive Director, CEAY



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.
Call Toll-free: 1-888-234-8533 or email: info@devp.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.

CATHOLIC EDUCATION ASSOCIATION

As we begin our Lenten journey, we reflect on the 5 kinds of prayer: blessing and adoration, petition, intercession, thanksgiving, praise. From our partner GrACE (Grateful Advocates for Catholic Education): May our Catholic Schools show the love of God to the world- we pray to the Lord.

MEN'S BREAKFAST

The next Men's Breakfast (in support of Braeburn Camp) will be held on Wednesday, **March 1, at 7am at Northern Apostles in Porter Creek**. Guest speaker will be the minister at Northern Apostles speaking about his experiences in Africa.

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 or 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.

*If then you remain constant in your faith in the face of trial,
the Lord will give you peace and rest for a time in this world and forever in the next.*

-St. Jerome Emiliani

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.

The 1st Sunday of Lent – Some Musings

“Worship the Lord your God, and serve only Him,”

A pastor's wife came home one day after a shopping trip in the city. She carried a bag from one of the exclusive stores in the downtown. Her husband asked her what she had purchased and she hemmed and hawed a bit before confessing that she had bought a rather expensive dress, one that she knew they really couldn't afford. Her husband asked her why she had done that when she knew the restrictions of their budget. She replied, "I am sorry dear! The devil made me do it. It is a lovely garment and I've not had anything so beautiful for a very long time." He said to her, "Why didn't you say, "Satan, get thee behind me!" She answered, "I did dear, and he said, 'It looks perfect back here too!'" Sometimes that's just what I feel like in those times of temptation. I don't always call on the Lord. Or if I do, the devil tempts me with his cunning ways.

We are only four days along our Lenten path. We've all made some commitments to change certain things in our lives. How are we doing with that? It was shortly after I had retired and my husband and I went to St. Rita's for a school Mass. Father Rick began his homily by asking the students, "How's your Lent going?" He then gave the students some ways to check their Lenten practices. We went home and put those practices, modified for our age group, into practice. It was a very good Lent for Milt and me.

It is a perfect time to put some things in place that will make this Lent memorable and useful. If we write down those changes we want to make and then each night after our evening devotions, we take that list and see whether or not we kept to our Lenten changes. This practice keeps us mindful of the goals. Also it is helpful to look at that list before we begin our day. Doing that can help us to keep those goals in mind as we go about our work and keep us mindful of the ways in which we interact with others on a daily basis. Soon we will find that we don't need to look at the list as it will become so well known to us. The items on that list will become things we do on a regular basis. We will have made a change in our lives.

Making changes can be a tough endeavour. Changes challenge us in ways that are, many times, foreign to us. They make us re-think the ways we've always done things. But if we want to grow we have to make changes. Think how foolish we'd be if we still reacted to things the way we did when we were two or three years old! In his first letter to the Corinthians, St. Paul says, "When I was a child I thought as a child . . ." If we don't make changes in our faith life and practices we are still thinking as children and that's not what our Lord wants from us. As we grow to adulthood our faith should grow to adulthood as well. That means doing spiritual reading, learning what our faith teaches us to do, and following Jesus' great commandment, "Love the Lord your God with all your heart, with all your soul, with all your mind, and your neighbour as yourself." That seems like a good place to make resolutions as to how to put those things into practice in our Lenten goals.

The wind is causing the tree branches to claw at my door and windows, it's an icy wind that chills me through and through. As we continue on our Lenten path let's make sure to keep our hearts warm and loving, our hands ready to do His will, our lips ready to speak his love and kindness and his ears to listen to the cries of His people. When that icy wind rattles the doors, let the breath of the Holy Spirit rattle the doors of our slumbering hearts and let's let that breath of the Holy Spirit waken us to a deeper, more profound and fruitful faith life.

Wishing you many small miracles. Betty Bruch

The parish is not always open. If you have inquiries about the parish, sacramental requests, CYO bookings, please email at office@sacredheartcathedral.ca and we will get back to you as soon as we can.