



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

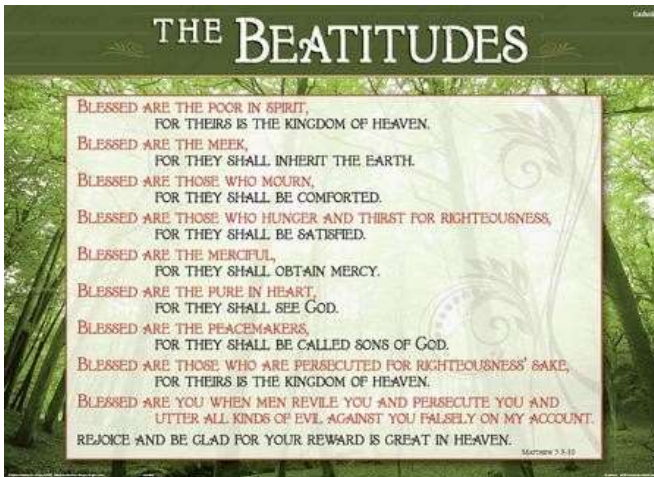
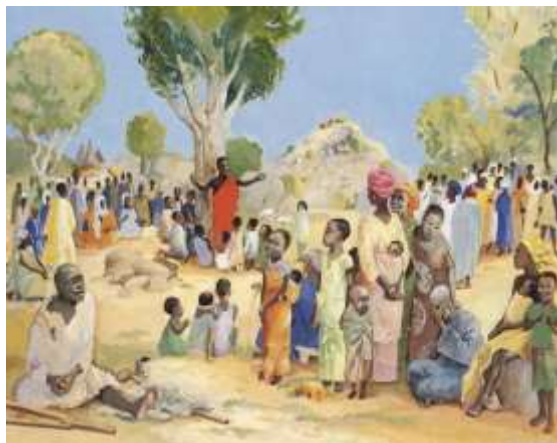
Or call for appointment

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

406 Steele Street, Whitehorse,
Yukon, Y1A 2C8
(867) 667-2437
office@sacredheartcathedral.ca

4TH SUNDAY IN ORDINARY TIME

January 29, 2023



WORLD DAY FOR CONSECRATED LIFE

February 2

Congratulations to Sr. Edith and Sr. Karen

who are living a Consecrated Life with the Koinonia Association

The purpose of the day is "to help the entire church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels" as well as "to be suitable occasion for consecrated persons to renew their commitment and rekindle the fervour which should inspire their offering of themselves to the Lord" (Saint John Paul II, 1997)

PARISH MINISTRY



MASS INTENTION: January 29, 2023

9:00 am All Parishioners
10:30 am Jasper Caudle
12:00 pm For all parishioners/ Les Paroissiens
7:00 pm + Irena Ohl
Jan 30 12:10 pm + Irena Ohl
Jan 31 12:10 pm + Lovelyn, Maria, Ireneo Jandic
Feb 1 12:10 pm + Gerald Wade
Feb 2 12:10 pm + for all parishioners
Feb 3 12:10 pm + Einer Gustatson
Feb 4 9:00 am Tadeuz Wojcik
Feb. 4 5:00 pm + Hernando, Doroteo, Maximo Francisco, Ester, Lauriana Punongbayan

Pope's prayer intention for February

FOR PARISHES

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

Blessing of the throat
February 3
First Friday

BLESSING OF THE THROAT

Through the intercession of Saint Blaise, Bishop and martyr, may God deliver you from every disease of the throat and from every other illness. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The spirituality of childhood



BECOME A CATECHIST ... HELPING CHILDREN DRAW NEARER TO GOD

Adult formation in the method of the Catechesis of the Good Shepherd immerses you in scripture and liturgy, as well as the religious needs and developmental capacities of the child, through discussion and use of Montessori-style catechetical materials. A course is planned for adults who are interested in, or already involved in caring for the spiritual needs of children in a home, parish or school setting.

Catechesis of the Good Shepherd Formation Course, Level 1 Part A

Where: Sacred Heart Cathedral, Whitehorse YT.

When: Part A - June 29-July 5, 2023. Registration deadline is May 1st.

For Details and to Register: Please visit www.cgsac.ca/courses-1 or see the_flyer on the bulletin board.



Whitehorse United Church will host the next MEN'S BREAKFAST in their church's **Lewis Hall** on Wednesday, **February 8, 2023**, at 7 am. This special event will highlight the 50th anniversary of the foundational document *Together Today for Our Children Tomorrow*, the basis for all settled Land Claims Agreements in Yukon and will feature guest speaker Grand Chief Peter Johnson, together with special guests. As the breakfast will be continental-style and seating is limited, you are asked to contact Rick Griffiths by phone at 667-6014 to confirm your attendance. A \$10 fee will be collected to offset costs.



ANNOINTING OF THE SICK

We will have the sacrament of the sick on all masses on February 11-12. For those who cannot attend the mass but wish to have the sacrament, please call or email the parish office with your name and address. This is an opportunity to visit the sick people at home and receive the sacraments of Confession, Holy communion and Sacrament of the Sick.



World Day of the Sick is a Catholic Church awareness day, or observance, on February 11, aimed at praying and sharing, sacrificing one's suffering for the welfare of the church, and urging everyone to see the face of Christ in his or her ailing brother or sister. The day falls on the Feast of Our Lady of Lourdes, and it is an important occasion for individuals in the Catholic health ministry to reflect on caring for those who are sick as well as those who care for them.

In 1992, Pope John Paul II established the day to urge people to pray for individuals who are ill and their caretakers. The pope showed signs of Parkinson's disease in 1991, but wasn't verified until 2001, therefore, it's notable that he opted to establish the World Day of the Sick barely a year after his diagnosis. In his apostolic letter " Salvifici Doloris", the pope wrote extensively on the subject of suffering, and considered that it has always been a redeeming process through Christ.



A PRAYER FOR HEALERS

Healer of All, pour out your blessing on those who bring your healing love to the world...

...**on those who heal our senses.** We pray for ophthalmologists and audiologists, dentists and dermatologists. We pray for speech and language pathologists, As they guide us to wholeness of our physical senses, may we also seek to overcome spiritual blindness and deafness. Help all your people to taste and see, to touch and embrace your goodness.

...**on those who heal our minds.** We pray for psychologists and psychiatrists, therapists and counsellors. May they cooperate with you, God, intranforming our sorrows into joys and our hurts into compassion. With their help, may we learn to forgive ourselves and those who have harmed us and rest with childlike trust in your beloved care.

...**on those who heal our vital organs.** We pray for cardiologists, respirologits and encocrinologists, for nutritionists and dietecians. May the Sacred Heart who enlivens the Body of Christ guide their nimble hands and discerning minds. May we all grow in wolenss so that our hearts course not only with blood but with love and that our lungs breathe in not only oxygen but kindness and compassion. May we work tirelessly for the prurification and nourishment of our bodies, our spirits and creation itself.

...**on those who help us move.** We pray for occupational and physical therapists, massage therapists and chiropractors. May the Lord of the Dance, inspire all who ensure the free movement of our bodies. May our

broken bones be strengthened and our tired muscles be soothed so that we may leap for joy, paint with artistry, and delight in all the feats our bodies can accomplish.

...**on those who respond in times of tragedy.** We pray for doctors and nurses who work in trauma centres and emergency rooms, for paramedics and pandemic practitioners. We pray for oncologists, radiologists and surgeons of all sorts. Give them strength and resilience as they minister to your people in the most extreme of life's circumstances. Help us always to remember that no calamity is beyond the reach of your merciful, compassionate love.

...**on people who heal at the beginnings and ends of our lives.** We pray for obstetricians and neonatal health care workers, for gerontologists and palliative care givers. At the times when we are coming from heart of God and returning to it, grant your servants an abundance of reverence and compassion. Help all of us to regard the gift of our lives with awe and wonder, cherishing every moment as sacred and precious....

...**on those who provide spiritual healing.** We pray for hospital chaplains, for priests and ministers. Give them wisdom and prayerfulness to soothe our worried souls. Inspire their speech to comfort and console. Help us to attend to our need for spiritual care with the same ardour as we attend to our physical care and in doing so, become closer to you.

May all who share your love in the healing arts, also experience that love in their own lives. Strengthen them with the knowledge that they are your servants, your instruments, your loving hands.

(this article has previously appeared on Novalis Seeds of Faith blog: novalisseedsofffaith.com)



UPDATE ON SACRED HEART CATHEDRAL ENERGY-EFFICIENCY RENOVATIONS

The Cathedral basement insulation retrofit is nearing completion. For example, the new exterior basement insulation is now covered with plywood and the plan is to install exterior siding over it this Spring. The basement east wall was insulated from the inside, and it has already been refinished with new gyprock and repainted.

Installation of a new CYO Hall entrance landing and reconstruction of part of the stone wall by Steele Street are planned. Some sidewalk areas around the building that had to be removed to install the new insulation will be replaced with new sidewalks. The soil around the basement wall will then be regraded and replanted with grass to return it back to its original contours and appearance. (Seeding the grass may be done after the wall insulation is complete.)

Last week, we applied to the Community Development Fund for some financial support for the next stage of the project, which is to complete the exterior insulation retrofit on the main floor walls of the cathedral. For this work, we already have some funding approved from the Energy Solutions Centre. For the balance of the funding, we are relying on donations from you as members of the parish.

The donations received from you to date have been generous, and are greatly appreciated. With your continued financial support, we hope to have enough funding to complete the next stage of the project which includes installation of a new energy-efficient heating and ventilation system.

Thank you for all your donation and may God be abundant with his blessings to you and your family.



The 4th Sunday in Ordinary Time – Some Musings

“Then [Jesus] began to speak and taught them. . .”

When the sun rose the other day, I stood at my window and watched as it slowly crested the eastern horizon with shades of purple, rose and blue. It was a sunrise that gave joy and peace to my troubled spirit. I had not slept well the night before and struggled to get out bed that morning. Since early that day I had waited for the day to arrive and finally here it was. As I sat down at the computer a little later and re-read this amazing passage from the Sermon on the Mount, I considered just how blest I really am, sleepy or not, I have much for which to thank God. When I think of all those who lack the basic necessities of life, I realize that I am blest beyond measure. But as I read this section of that sermon from the gospel of Matthew, I asked myself how I do with regard to those Beatitudes. When I look at my spiritual life, I have to wonder if I realize that nothing I have to offer is enough to lay at the feet of the Lord. We can be very proud of our accomplishments and successes.

The Beatitudes can be hard to live out in our daily lives. From an early age we’re told how much pride people have in our little accomplishments. Even if we don’t win the blue ribbon of first place, we still receive a medal. Growing up, most of us didn’t have those accolades. So often we were told, “Better luck next time” and were satisfied with that. As I read this long sermon that Jesus gave on the mountain, I asked just how much of a peacemaker I am. I don’t always attempt to smooth those troubled waters but rather I pour oil on the flames until the issue becomes a burning flame that consumes all the peace around it. And unlike St. Joseph who lived in the very presence of the Son, my heart is not quite so pure.

These are the Beatitudes and perhaps I’d do better if I called them the Be Attitudes; attitudes that need to be lived out in our dealings with others and our God.

There is a tree that stands out back of me. In the summer it is lush with leaves that whisper to me in the slightest wind. It is so beautiful to behold. But now, stripped of its leaves, it stands gnarled and grey in the winter landscape. As I looked at this tree the other day, I wondered if that’s how we appear. When the sun is warm and things are going well, we can look so good before others but what does our God see? He sees us stripped of all the outward show and sees us as we truly are with all our faults, our sins, our less than holy ways. And the most incredible thing about all of that? The God of the universe loves us in spite of all our gnarled and crooked ways. Let’s do as St. Paul tells us and put on the armour of Christ girding ourselves to work in His vineyard and minister to His people, in spite of our faults and failings, our God stands with us to help us with our weaknesses.

The days are lengthening giving us hope of the spring to come. As we continue on our ordinary way, let’s put a spring in our steps and do our best to live out those Beatitudes. It is in the ordinary things of life that we will prove ourselves worthy to enter His kingdom when the door to our earthly life closes.

Wishing you many small miracles.

Betty Bruch

News from Canadian Catholic School Trustees’ Association (CCSTA): Lobby Day on Parliament Hill January 31, in person for the first time in three years. The purpose of these meetings is to ensure our MPs have an understanding of the positive impact Catholic education has across our country. Please keep Catholic education in your prayers. From GrACE (Grateful Advocates for Catholic Education): that our Catholic schools may celebrate the richness of the faith we have inherited, we pray to the Lord.

Katherine Williams

Executive Director

Catholic Education Association of Yukon (CEAY)