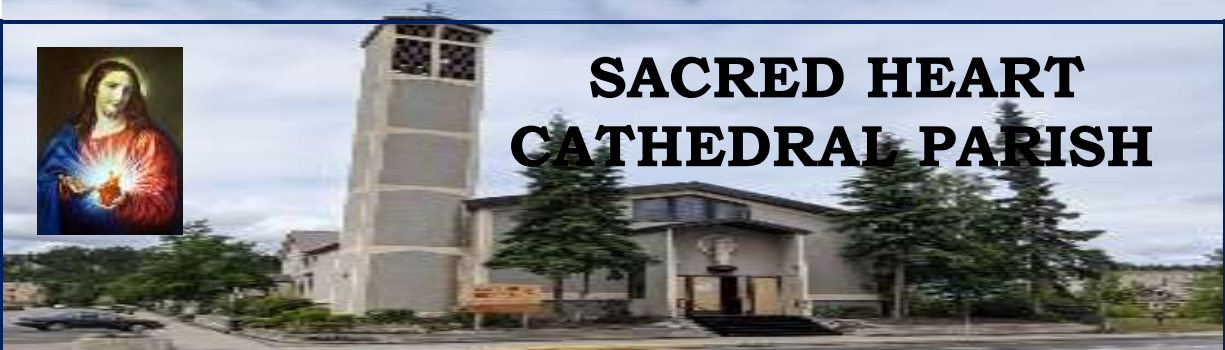




# SACRED HEART CATHEDRAL PARISH



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**ORDINARY TIME (Wk 16: July 21 – July 27)**

**21 July 2024**

### Schedule of Masses

**1<sup>st</sup> Saturday:** 9:00 AM

**Saturday:** 5:00 PM

#### Sunday:

9:00 AM; 10:30 AM  
and 7:00 PM

(12:00 NN French)

**Monday:** 12:10 PM

**Tuesday:** 12:10 PM

**Wednesday:** 12:10 PM

**Thursday:** 12:10 PM

**Friday :** 12:10 PM

*(Special Mass per request)*

**Mark 6: 30-34**



### Schedule of Confession

**Saturday:**

4:00-4:45 PM or call  
for an  
appointment

**Sunday:** Before the  
Mass

**Monday to Friday:**  
11:30AM - 12:00 NN

## PARISH UPDATES

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

### I. SYRO-MALABAR CATHOLIC COMMUNITY

The Syro-Malabar Catholic Community will be celebrating the **First Holy Mass on 04 August Sunday at 5:00 PM - 6:00 PM** at Sacred Heart Cathedral. The next schedule is on 18 August Sunday at the same Time and place. This celebration will continue every 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the month unless schedule changed. Looking forward for the greater dynamism and spiritual development of the community.



### II. CATECHIST TRAINING COURSE

Congratulations to our seven new CGS Level One catechists! Shanon Cooper, Claire Caudle, Ofelia Tatu, Katherine Williams, Nancy Bailey, Brenda Pehar and Chris Potvin have all completed a 90 hour training course and are fully certified as Level One catechists. They will be volunteering in a variety of ways to support our parish catechesis programs, especially the Catechesis of the Good Shepherd programs for children ages three to nine years of age. Thank you to all of them for their dedication and willingness to serve the children of Sacred Heart! We are also grateful to Shelley Finkler and Rhiannon Jensen, the formation facilitators, to our parish for their on going support of CGS and to the Catechesis of the Good Shepherd Association of Canada for its very generous financial support.

## The Successful and Certified Level I Catechists in our Parish



Our heartfelt Congratulations to them. They play a unique role and responsibility in the spiritual formation and growth of the children in cooperation and coordination with parents, their families, and the Church. Basically, the Catechists of the Good Shepherd perform the following:

- 1. Preparing the Environment:** The catechist's primary task is to **prepare the environment**—often called the **Atrium**—where children engage in religious experiences. This space is specifically designed for their spiritual growth.
- 2. Selected Presentations:** The catechist offers **selected presentations** from scripture and liturgy. These presentations allow the child to explore questions like, “God, who are you? How do you love us?”
- 3. Listening and Facilitating:** During sessions, the catechist **listens** alongside the child. Together, they explore their relationship with God. The goal is to nurture the child's desire to draw closer to God.

Remember Sofia Cavalletti's words: *“If we want to help the child grow near to God, we should, with patience and courage...seek to go always closer to the vital nucleus of things. This requires study and prayer. The child himself will be our teacher if we know how to observe him.”* (Copilot)

### III. WELCOMING TO THE CHRISTIAN COMMUNITY

Let us welcome to the Catholic Christian Community the Two precious children of God who received the Sacrament of Baptism, namely:

- 1. JACOB M. TINOCO** – baptized on 20 July 2024, child of Daisy Mahidlawon and Alejandro.
- 2. ISAAC KENNETH PAUL GIMBLETT** – baptized on 21 July 2024, child of Anna Ramminger and Kenneth Allen Gimblett.

*Congratulations and to God be the glory!*



### IV. UPDATING REGISTRY OF PARISHIONERS

Once again, please be notified that we are updating our Parish Registry. In this view, if during the last Three (3) years you have changed your civil or marital status / change of names, addresses, contact numbers, email addresses, and Number of Sunday Offering Envelopes / Boxes or whichever information have changed, please provide us the new changes. We need them to link to our communication services delivery such as your tax receipts, Christmas Cards, and other important messages from the parish as the case may be. *Thank You.*



## PARISH MINISTRY

### 1. Mass Intentions

Date	Day	Time	Intentions	Date	Day	Time	Intentions
20 Jul	Sat	5:00 PM		23 Jul	Tue	12:10 PM	+Panfilo de Vera
21 July	Sun	9:00 AM	+Levito Rollorata	24 Jul	Wed	12:10 PM	Barbarona Family Thanksgiving and Healing
		10:30 AM	Barredo Family Thanksgiving				
		12:00 NN	+ Richard Lapensée	25 Jul	Thu	12:10 PM	
		7:00 PM	All Parishioners	26 Jul	Fri	12:10 PM	
22 Jul	Mon	12:10 PM		27 Jul	Sat	5:00 PM	

#### NOTE:

**Our Parish Secretaries will be on Vacation Leave: Vicenta Barbarona on July 29 to August 21 and H el ene Lapens ee on July 20 to September 01**

## 2. SACRAMENTAL PREPARATIONS AND RITES

<p style="text-align: center;"><b>A. Sacrament of Baptism</b></p> <p><b>Baptism Preparations:</b> 1<sup>st</sup> &amp; 2<sup>nd</sup> Friday of the Month: @ 7:00PM</p> <p><b>Baptism Ceremony:</b> Saturday at 6:00 PM &amp; Sunday at 1:00 PM</p>	<p style="text-align: center;"><b>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;"><b>C. Sacrament of First Reconciliation and First Holy Communion and Confirmation</b></p> <p>Catechesis of the Good Shepherd Program for the Sacraments of Reconciliation, First Holy Communion and Confirmation starts on Fall (October) and ends with the initiation of the sacraments in Spring (May).</p>	<p style="text-align: center;"><b>D. Sacrament of Marriage</b></p> <p><b>Marriage Preparations</b> is during Spring Time only Please come to our Rectory Office for the necessary things to be done and the requirements to be submitted. <i>Those who were not able to finish the Marriage Prep Sessions 2024, visit our Rectory Office for guidance and assistance, or talk to our Rector for more details.</i> <b>Wedding Season</b> is preferably on Summer Time to Fall</p>

### 3. ADORATION OF THE BLESSED SACRAMENT – SUMMER SCHEDULE



Every Thursday after the **12:10 PM Holy Mass** until – **2:00 PM only**. Devotees are highly encouraged to profess the **Litany of Most Sacred Heart of Jesus**. Please include the **Prayer Intentions offered in the Intention Box** and the **Pope's Intention for July** as follows: *"We pray that the Sacrament of the Anointing of the Sick confer to those who*



*receive it and their Loved ones the power of the Lord and become ever more a visible sign of compassion and hope for all."*

### For Special Moments to Reflect and Pray

22 July: Feast Mary Magdalene	23 July: Ferial St. Bridget	24 July: Ferial St. Sharbel Makhlūf	25 July: Feast St. James	26 July: Feast St. Anne and St. Joaquin Parents of the Blessed Virgin Vary
				

**POPE FRANCIS**

### **GENERAL AUDIENCE**

*Saint Peter's Square, Wednesday, 12 June 2024*

The following text includes parts that were not read out loud, but should be considered as such.

**Cycle of Catechesis. The Spirit and the Bride. The Holy Spirit guides the people of God towards Jesus our hope. 3. "All Scripture is inspired by God". Knowing God's love through God's words.**

**Dear brothers and sisters, good morning, welcome!**

Let us continue the catechesis on the Holy Spirit who guides the Church towards Christ our hope. He is the guide. Last time we contemplated the work of the Spirit in creation; today we will see it in *revelation*, in which the *Sacred Scripture* is witness inspired by God and authoritative.

The Second Letter of Saint Paul to Timothy contains this statement: *"All Scripture is inspired by God"* (3:16). And another passage in the New Testament says: *"men moved by the Holy Spirit spoke from God"* (2 Pt 1:21). This is the doctrine of the divine inspiration of the Scriptures, which we proclaim as an article of faith in the Creed, when we say that the Holy Spirit "has spoken through the prophets". The divine inspiration of the Bible.

The Holy Spirit, who inspired the Scriptures, is also the one who explains and makes them perennially living and active. From *inspired*, he makes them *inspiring*. The Sacred Scriptures “as inspired by God”, says Vatican Council II, “and committed once and for all to writing ... impart the word of God Himself without change, and make the voice of the Holy Spirit resound in the words of the prophets and Apostles” (21). In this way the Holy Spirit continues, in the Church, the action of the Risen Jesus who, after Easter, “opened the minds of the disciples to understand the Scriptures” (cf. Lk 24:45).

Indeed, it can happen that in a certain passage of the Scripture, that we have read many times without particular emotion, one day we read it in an atmosphere of faith and prayer, and then that text is unexpectedly illuminated, it speaks to us, it sheds light on a problem we are living, it makes God’s will for us clear in a certain situation. To what is this change due, if not to an enlightenment of the Holy Spirit? The words of the Scripture, under the action of the Spirit, become luminous; and in those cases, we touch with our own hands how true is the statement in the Letter to the Hebrews: “*The word of God is living and active, sharper than any two-edged sword*” (4:12).

Brothers and sisters, the Church is nourished by the spiritual reading of the Sacred Scripture, that is, by reading under the guidance of the Holy Spirit that inspired it. At its centre, like a beacon that illuminates everything, there is the event of the death and resurrection of Christ, which fulfils the plan of salvation, realizes all the figures and the prophecies, unveils all the hidden mysteries and offers the true key to reading the entire Bible. The death and resurrection of Christ is the beacon that illuminates all the Bible, and it also illuminates our life. Revelation describes all of this with the image of the Lamb that breaks the seals of the book “written within and on the back, sealed with seven seals” (cf. 5:1-9), that is, the Scriptures of the Old Testament. The Church, Bride of Christ, is the authorized interpreter of the inspired text of the Scriptures; the Church is the mediator of its authentic proclamation. Since the Church is gifted with the Holy Spirit — this is why she is the interpreter — she is the “pillar and bulwark of the truth” (1 Tm 3:15). Why? Because she is inspired, held steady by the Holy Spirit. And the task of the Church is to help the faithful and those who seek the truth to interpret the biblical texts correctly.

One way of doing a spiritual reading of the Word of God is what is called the *lectio divina*, a word whose meaning we perhaps do not understand. It consists in dedicating a time of the day to the personal and meditative reading of a passage of the Scripture. And this is very important: every day, take the time to listen to, to meditate, reading a passage from the Scripture. And therefore, I recommend that you always have a pocket edition of the Gospel and keep it in your bag, in your pocket... So, when you are travelling, or have a little free time, you can take it and read it. This is very important for life. Get a pocket Gospel and read it once, twice, or whenever you have the chance throughout the day. But the quintessential spiritual reading of the Scriptures is the community reading in the Liturgy at Mass. There, we see how an event or a teaching, given by the Old Testament, finds its full expression in the Gospel of Christ. And the homily, that comment by the celebrant, must help to transfer the Word of God from the book to life. But for this, the homily must be brief: an image, a thought and a sentiment. The homily must not go on for more than eight minutes, because after that time, attention is lost and the people fall asleep, and they are right. A homily should be like that. And I want to say this to priests, who talk a lot, very often, and one does not understand what they are talking about. A brief homily: a thought, a sentiment and a cue for action, for what to do. No more than eight minutes. Because the homily must help transfer the Word of God from the book to life. And among the many words of God that we listen to every day in Mass or in the Liturgy of the Hours, there is always one that is meant especially for us. Something that touches the heart. Welcomed into the heart, it can illuminate our day and inspire our prayer. It is a question of not letting it fall on deaf ears!

Let us conclude with a thought that can help us to fall in love with the Word of God. Like certain pieces of music, the Sacred Scripture too has a base note that accompanies it from the beginning to the end, and this note is the love of God. “The whole Bible”, observes Saint Augustine, “does nothing but tell of God’s love”. [1] And Saint Gregory the Great defines the Scriptures as “a letter from God Almighty to His creature”, like a letter from a bridegroom to the bride, and exhorts us to “learn and know the heart of God in the words of God”. [2] “Through this revelation”, says Vatican Council II again, “the invisible God, out of the abundance of His love, speaks to men as friends and lives among them, so that He may invite and take them into fellowship with Himself” ( *Dei Verbum*, 2).

Dear brothers and sisters, keep reading the Bible! But do not forget the pocket Gospel: carry it in your bag, in your pocket, and at some moment during the day, read a passage. And this will bring you very close to the Holy Spirit, who is in the Word of God. May the Holy Spirit, who inspired the Scriptures and now breathes from them, help us to grasp this love of God in the concrete situations of life. Thank you.

### Summary of the Holy Father’s words

Today, in our continuing catechesis on the Holy Spirit and the Bride, we reflect on the action of the Holy Spirit in Divine Revelation, specifically in Sacred Scripture. God, who inspired Scripture, in turn inspires the Church, the Bride of Christ, through his holy word, making of her its authoritative interpreter. The Spirit also communicates with us personally within this ecclesial reality, whether through *lectio divina*, which is a meditative reading of a Scripture passage, or above all, in the Liturgy. In whatever the setting, there is always one word that is meant especially for us. Like a musical composition, Sacred Scripture carries throughout an underlying theme, which Saint Augustine and Saint Gregory the Great call God’s love. May we “learn to know the heart of God through the words of God” and allow them to breathe that love into our daily lives.

For Parish concerns and services, please contact the Secretaries: **Vicenta Barbarona and H el ene Lapens ee**  
at (867)-667-2437 or email to [office@sacredheartcathedral.ca](mailto:office@sacredheartcathedral.ca)