



SACRED HEART CATHEDRAL PARISH

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Father Bartłomiej (Bartek) Palczewski, Rector

Rector's Email: frbartek@gmail.com

www.sacredheartcathedral.ca, email address: office@sacredheartcathedral.ca

ORDINARY TIME (Wk 17: July 28 – August 03)

28 July 2024

Schedule of Masses

1st 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

1st & 3rd Sunday @5-6PM

Syro-Malabar Mass

(Special Mass per request)

John 6: 1-15



(Courtesy of salvatorbiblicell.com)

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. THIS SUNDAY 28 JULY: WORLD DAY FOR GRANDPARENTS AND THE ELDERLY

Pope Francis instituted the World Day for Grandparents and the Elderly on January 31, 2021 to highlight the importance of providing adequate pastoral and spiritual attention to the elderly and to call upon communities to manifest the closeness of the Church to them (especially in this time of pandemic). It is to be celebrated annually on the Fourth Sunday of July, close to the memorial of Saints Joachim and Anne, the grandparents of Jesus. (ORDO Liturgical Calendar 2023-2024)

Happy Grandparents and Elderly Day! God ever bless you.



II. OFFICE OF THE BISHOP: Subject: Fourth World Day for Grandparents and the Elderly

On the occasion of the **Fourth World Day of Grandparents and the Elderly** on Sunday, 28 July 2024 there is an exceptional way to receive plenary indulgence.

First, it is obtain by those who on that day devote adequate time to actually or virtually visiting their elderly brothers and sisters in need or in difficulty (such as the sick, the lonely, the disabled...)

Second, those who are elderly and sick and cannot leave their homes for serious reason can obtain plenary indulgence if they desire to receive the Eucharist and confess their sins when possible, and who unite themselves spiritually to the

sacred functions of the World Day, offering to the Merciful God their prayers, pains or sufferings of their lives, especially during the various celebrations which will be broadcast through the media.



Youth With A Mission Youth Mass Every Wednesday October 30, 2024 7:00 - 8:00 pm Doors 5 and 6	Divine Mercy Feast of St. Maria & Anthonys Thomson October 17, 2024 7:00 - 8:00 pm	St. Joseph Youth & Reconciliation Feast of St. Joseph & St. Paul Heron Friday October 25, 2024 7:00 - 8:00 pm	Holy Family Retreat Retreat Saturday October 19, 2024 8:00 am - 5:00 pm For Family and Children Doors 5 and 6
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Where: Sacred Heart Cathedral Whitehorse Yukon
Contact Andrea 1-867-333-3939

III. LAY RETREAT: OCTOBER 16-19, 2024

The Alberta Evangelization Team will spearhead a Four-Day Lay Retreat come October 16-19, 2024 at the CYO Hall in cooperation and in coordination with the Diocese of Whitehorse and Sacred Heart Cathedral Parish. This activity is open to all in our Parish.

Please contact Fr. Leo Llamis, Myriam Lafrance and Andrea Lefvrea for more details.

IV. SYRO-MALABAR CATHOLIC BAPTISM

Let us warmly welcome **NOAH A. ROBINS** to our Catholic Christian Community after having duly baptized under the Syro-Malabar Rites on July 21, 2024 at the Sacred Heart Cathedral in Whitehorse, whose parents are Robins Chacko and Meera Antu being sponsored by Mini Antu and Ancy Antu and was solemnized by Fr. Freison Kunnumpurathu Thomas, our Associate Pastor.



May they will help faithfully Noah grow physically and spiritually healthy by the light of the Holy Spirit

V. 03 AUGUST, SATURDAY: SACRAMENTAL WEDDING CELEBRATION



A sacramental wedding celebration of **Alexander George and Elze Maia Paius** will be solemnized on August 03 at 2:00PM in our Sacred Heart Cathedral. In communion and fellowship with their parents, relatives, and friends, let us welcome the newly-wed and rejoice with them in their sacred profession of their vows and thanking them for being witnesses of God's love in their lives.

VI. KNIGHTS OF COLUMBUS UPDATES

The Knights of Columbus Charity Yard Sale will be on the forthcoming Saturday, August 10 at the Cathedral Parking Lot from 8:00AM -12:00NN. Contacts: Dom Pehar 332-0835, Mark Pelayo 336-3606 and John Robbins 668-7049.



PARISH MINISTRY

1. Mass Intentions

Date	Day	Time	Intentions	Date	Day	Time	Intentions
27 Jul	Sat	5:00 PM		30 Jul	Tue	12:10 PM	+Luisa Maria Tipu
28 July	Sun	9:00 AM	All Parishioners	31 Jul	Wed	12:10 PM	+Margaret and Paul Ganafen
		10:30 AM	+Rory Hanlon	01 Aug	Thu	12:10 PM	+ Luisa Maria Tipu
		12:00 NN	+Jean-Louis Monfette	02 Aug	Fri	12:10 PM	+ Albina Laay Leparto
		7:00 PM	Jaylon Scipio-Pyle, for healing	03 Aug	Sat	9:00 AM	+Robert O'Hara
					5:00 PM		
29 Jul	Mon	12:10 PM		It is not hard to obey when we love the one whom we obey.			

2. SACRAMENTAL PREPARATIONS AND RITES

<p>A. Sacrament of Baptism</p> <p>Baptism Preparations: 1st & 2nd Friday of the Month: @ 7:00PM</p> <p>Baptism Ceremony: Saturday at 6:00 PM & Sunday at 1:00 PM</p>	<p>B. Sacrament of Reconciliation</p> <p>Saturday: 4:00 – 4:45 PM or call for an appointment</p> <p>Sunday: Before the Mass</p> <p>Monday to Friday: 11:30 AM – 12:00 NN</p>
<p>C. Sacrament of First Reconciliation and First Holy Communion and Confirmation</p> <p>Catechesis of the Good Shepherd Program for the Sacraments of Reconciliation, First Holy Communion and</p>	<p>D. Sacrament of Marriage</p> <p>Marriage Preparations is during Spring Time only</p> <p>Please come to our Rectory Office for the necessary things to be done and the requirements to be submitted.</p> <p><i>Those who were not able to finish the Marriage Prep</i></p>

Confirmation starts on Fall (October) and ends with the initiation of the sacraments in Spring (May).

Sessions 2024, visit our Rectory Office for guidance and assistance, or talk to our Rector for more details.

Wedding Season is preferably on Summer Time to Fall

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."

Prayer for the Fourth World Day for Grandparents and the Elderly 28 July 2024

Lord, faithful God, You who created us in Your image, You who never leaves us alone and who accompanies us through every season of life, Do not abandon us, take care of us, And grant us, once again, The ability to discover ourselves and recognise that we are Your children.

Renew our hearts with your Word And do not allow anyone to be cast aside. May your Spirit of love fill us with Your tenderness And teach us to say: "I will not abandon you!" To those we meet on our journey.

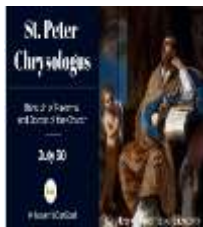
With the help of your beloved Son, may we not lose the taste for fraternity And may we not conform to the sadness of loneliness. Help us to look to the future with renewed hope, And make the World Day for Grandparents and the Elderly A day without loneliness, and a day abundant with the first-fruits of Your peace. Amen.

For Special Moments to Reflect and Pray

29 July: Memorial
Sts. Martha, Mary &
Lazarus, Disciples
of the Lord



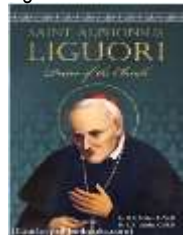
30 July: Ferial
St. Peter
Chrysologus



31 July: Memorial
St. Ignatius Loyola



01 August: Memorial
St. Alphonsus
Liguori



02 August: Sts.
Eusebius of Vercelli
and St. Peter Julian
Eymard



03 August
Memorial: Our
Lady of Saturday



Sts. Martha, Mary and Lazarus were siblings, and all three were friends of Jesus.

She [Martha] said to him, "Yes, Lord. I have come to believe that you are the Messiah, the Son of God, the one who is coming into the world." – John 11:27

St. Peter Chrysologus – he was particularly an inspirational preacher.; **St. Ignatius Loyola** – his mystical experiences are at the heart of his Spiritual Exercises; **St. Alphonsus Liguori** – he was a Doctor of the Church and known both for his many gifts and for kindness.

St. Eusebius of Vercelli – played a role in battling the Arian controversy, which denied the divinity of Jesus; **St. Peter Julian Eymard** – was a contemporary of John Vianney, was considered a pioneer in the rediscovery of the importance of the "bread of life".

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. 4. The Spirit teaches the Bride to pray. The Psalms, symphony of prayer in the Bible

Dear brothers and sisters, good morning!

In preparation for the next Jubilee, I invited the [faithful] to devote 2024 "to a great 'symphony' of prayer". [1] With today's catechesis, I would like to recall that the Church already possesses a symphony of prayer, whose composer is the Holy Spirit, and it is the Book of Psalms.

Like all symphonies, it has various “movements”, that is, various genres of prayer: praise, thanksgiving, supplication, lamentation, narration, sapiential reflection, and others, both in the personal form and in the choral form of the whole people. These are songs that the Spirit himself placed on the lips of the Bride, his Church. As I mentioned last time, all the Books of the Bible are inspired by the Holy Spirit, but the Book of Psalms is also so in the sense that it is full of poetic inspiration.

The Psalms have had a special place in the New Testament. Indeed, there were and still are editions that combine the New Testament and the Psalms together. On my desk, I have a Ukrainian copy of the New Testament with the Psalms that was sent to me. It belonged to a soldier who died in the war. He prayed with this book at the front. Not all Psalms — and not every part of every Psalm — can be repeated and assimilated by Christians, and even less by modern man. At times, they reflect a historical context and a religious mentality that are no longer ours. This does not mean that they were not inspired, but in some ways, they are linked to a [particular] time and a temporary stage of revelation, as is also the case with a large part of ancient legislation.

What makes the Psalms worthy of our attention is that they were the prayer of Jesus, of Mary, of the Apostles and of all the Christian generations that came before us. When we recite them, God listens to them with that grandiose “orchestration” that is the communion of Saints. According to the Letter to the Hebrews, Jesus, enters the world with a verse from a Psalm in his heart: “Lo, I have come to do thy will, O God” (cf. *Heb* 10:7; *Ps* 40:9). And according to the Gospel of Luke, he leaves the world with another verse on his lips: “Father, into thy hands I commit my spirit” (*Lk* 23:46; cf. *Ps* 31:6).

The use of Psalms in the New Testament is followed by that of the Fathers and the entire Church, which makes them a fixed element in the celebration of Mass and the Liturgy of the Hours. “All the Sacred Scripture breathes the goodness of God”, says Saint Ambrose, “but in particular the sweet book of the Psalms” [2] — the sweet book of the Psalms. I wonder, do you pray with the Psalms from time to time? Do you pick up the Bible and pray a Psalm? When you are a bit sad for having sinned, for example, do you pray Psalm 50? There are many Psalms that help us keep going. Form the habit of praying with the Psalms. I assure you that you will be happy in the end.

But we cannot only live on the legacy of the past: it is necessary to make the Psalms *our* prayer. It was written that, in a certain sense, we must ourselves become the “scribes” of the Psalms, making them ours and praying with them. [3] If there are Psalms, or just verses, that speak to our heart, it is good to repeat them and pray them throughout the day. Psalms are prayers “for all seasons”: there is no state of mind or need that does not find in them the best words to be transformed into prayer. Unlike other prayers, Psalms do not lose their effectiveness by being repeated; on the contrary, they increase it. Why? Because they are inspired by God and “breathe” God, every time they are read with faith.

If we feel oppressed by remorse or guilt, because we are sinners, we can repeat with David: “Have mercy on me, O God, according to thy steadfast love” (*Ps* 51:1). If we want to express a strong personal bond with love, let us say: “O God, thou art my God / I seek thee, / my soul thirsts for thee; / my flesh faints for thee, / as in a dry and weary land where no water is” (*Ps* 63:1). It is not for nothing that the Liturgy has inserted this Psalm in the Lauds of Sunday and the solemnities. And if fear and anguish assail us, those wonderful words of Psalm 23 come to our rescue: “The Lord is my shepherd ... Even though I walk through the valley of the shadow of death, / I fear no evil” (*Ps* 23:4).

Psalms allow us not to impoverish our prayer by reducing it merely to requests, to a continuous “give me, give us...”. Let us learn from the Lord’s Prayer, which, before asking for our “daily bread”, says, “Hallowed be thy name; thy Kingdom come, thy will be done”. The Psalms help us to open ourselves to a prayer that is less focused on ourselves: a prayer of praise, of blessing, of thanksgiving; and they also help us give voice to all creation, involving it in our praise.

Brothers and sisters, may the Holy Spirit, who gave the Church Bride the words to pray to her divine Bridegroom, help us to make them resound in the Church today, and to make this year of preparation for the Jubilee a true symphony of prayer. Thank you!

Summary of the Holy Father's words

Today we continue our catechesis on the Holy Spirit, who teaches the Church, as the Bride of Christ, how to pray. For our symphony of prayer in preparation for the upcoming Jubilee, we turn to the poetry of the Psalms, just as that great “orchestra”, the communion of saints, has done since the Church’s earliest days. The Psalms express every movement of this symphony and echo every sentiment of our hearts in words that often convey wonder, grief, and hope. The more frequently we repeat these inspired prayers, the stronger and more effective they become. May the Holy Spirit enrich our prayer with this gift, and in so doing, empower us to give voice to all creation, involving it in our praise. (Copyright © Dicastero per la Comunicazione - Libreria Editrice Vaticana) -----

NOTE: Our Parish Secretaries will be on Vacation Leave:

Vicenta Barbarona on July 29 to August 21 and Hélène Lapensée on July 20 to September 01.