



SACRED HEART CATHEDRAL PARISH



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FATHER BARTLOMIEJ (BARTEK) PALCZEWSKI, RECTOR
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FATHER FREISON K THOMAS, ASSOCIATE PASTOR
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ORDINARY TIME (Wk. 24: Sept. 15-21)

15 September 2024

Schedule of Masses

Saturday: 5:00 PM

Sunday: 9:00 AM; 10:30

AM, 5:00 PM 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- (Holy Mass will be in Malayalam, the native language of Kerala, India)

GOSPEL: Mark 8; 27-35



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

ADORATION TIME

Thursday

12:40NN – 8:00PM

PARISH UPDATES

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

I. RECENT UPDATES ON SACRAMENTAL PREPARATIONS

Please register your child through website or the form is available at the entry of the church or at our office.

A. First Reconciliation & First Communion

Grade 3 & 4 Students, Mondays 6:30 to 7:30 pm, First class October 7. **Both parents and children are asked to attend the first class on October 7th. This class will be held in the Church.**

B. Confirmation

Grade 7, 8 & 9 Students, Sundays 6:30 to 8:00 pm, First class October 6. **Both parents and youth are asked to attend the first class on October 6th. This class will be held in the CYO Hall.**

II. SACRED HEART CATHEDRAL YOUTH MINISTRY

We are looking for adults to lead Friday night youth ministry. We have a middle school youth group that has been running over ten years. We have a great group of enthusiastic youth, full of energy on Friday nights. We also have potential to begin a high school youth group. We have the youth but not the volunteers. Please be in touch with Fr Bartek if you are interested. Volunteer screening is required.

~ Andrea Lefvrea, Parish Youth Coordinator

SCHEDULE OF ACTIVITIES FOR OCTOBER 2024

Date	Time	Activities
Friday, October 4	6:30- 8:30 PM	CKES Gym
Friday, October 11	6:30 – 8:30 PM	CKES Gym
Wednesday, October 16	7:00 – 9:00 PM	SH Youth Night
Saturday, October 19	9:00 AM – 5:00 PM	Retreat at SHC
Friday, October 25	6:30- 8:30 PM	CKES Gym

III. RITES OF CHRISTIAN INITIATION FOR ADULTS (RCIA)

Our RCIA program is offered for those who

- Are not baptized Christians and who would like to become Catholics
- Those who are baptized as other Christian religions (Anglican, United etc.) who would like to join the Catholic Church
- Catholics who are coming back to the Church after long time, especially for those who have never been confirmed
- Anyone else who feel their knowledge of Catholic faith is inadequate

The classes will take place once a week starting in October and the program will run till end of April. Dates and times of classes are to be determined. Registration forms are available in the entrance of the church, the parish office and on our website.

IV. THE NICENE CREED

Every 25 years a Jubilee year is proclaimed by the Pope. It happens that our very next year 2025 will be declared a Holy Year with Hope being a main theme. It also happens that Jubilee Year will also coincided with 1700th anniversary of the first great Ecumenical Council, that of Nicea. One of the initiatives to remember this milestone in the Church history is to proclaim Nicene Creed in place of Apostolic Creed we usually use. In order to have smooth transition starting from September we will proclaim it one Sunday of a month. Further information about how and why this creed is important will be provided.

PARISH MINISTRY

1. Mass Intentions

Date	Day	Time	Intentions	Date	Day	Time	Intentions
14Sept	Sat	5:00 PM	Vicenta Barbarona –Healing and Thanksgiving	17Sept	Tue	12:10 PM	+Libby Dukes
				18Sept	Wed	12:10 PM	Arnold L. Rosero – 58 th Birthday and Thanks giving
15 Sept	Sun	9:00 AM	All Parishioners	19Sept	Thu	12:10 PM	+Melvin Patindol
		10:30 AM	+Ljubica Dolanski	20Sept	Fri	12:10 PM	+Antonio Cuyno
		12:00 NN	Père Claude Venne - Birthday	21Sept	Sat	5:00 PM	
		7:00 PM	Maryflor Nolloo – for healing/recovery				
16Sept	Mon	12:10 PM	+Noel McGinn	<i>“The Lord hears our prayers and knows our intentions”.</i>			

2. SACRAMENTAL PREPARATION & CATECHISM CLASSES

A. Sacrament of Baptism

The forms to register your child for the baptism are available at the entry of the church and on our website. Please fill the form and contact the office for further information. Parent will have to attend the class before the date of baptism is confirmed.

B. Sacrament of Reconciliation

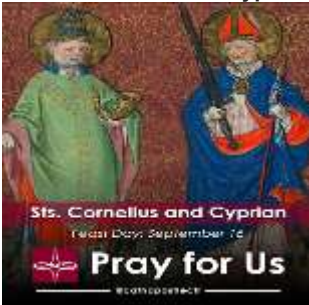
Sacrament of Reconciliation is initiated Daily at an specified Day and Time. On a **Saturday** done at 4:00 – 4:45 PM or a call for an appointment. On a **Sunday it will be done** before the Mass while on a **Monday to Friday**, it will be at 11:30 AM – 12:00 NN or after the Holy Mass celebration. You may use the Confession Guide found at the vestibule.

C. Sacrament of First Reconciliation, First Holy Communion, Confirmation

In addition to the significant updates on sacramental preparations, Volunteer Catechists are needed for the First Reconciliation, First Communion and Confirmation classes. Training is provided. For further information please contact Caroline Knickle at csknickle@gmail.com.

3. For Special Moments to Reflect and Pray

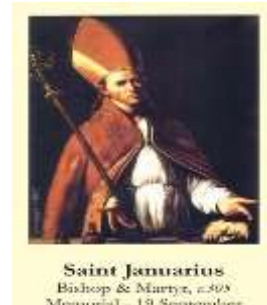
16Sept. Memorial
St. Cornelius and St. Cyprian



17Sept. Ferial
St. Robert Bellarmine and St. Hildegard of Bingen



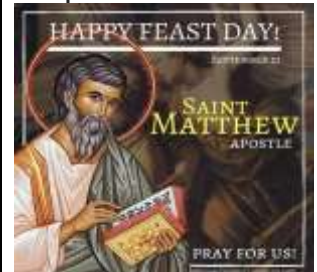
19Sept. Ferial
St. Januarius



20Sept. Memorial of St. Andrew Kim Tae-gon,
St. Paul Chong Ha-sang and Companions



21Sept. Feast of St. Matthew



St. Cornelius and St. Cyprian were friends and allies. St. Robert Ballarmino is a patron of catechists and catechumens; St. Hildegard was an 11th century Benedictine mystics and visionary; St. Januarius – fame is centered on a relic kept in the cathedral at Naples; St. Andrew Kim Tae-gon, St. Paul Chong Ha-sang and Companions – in the early 1600s, Christian communities began to flourish in Korea under the leadership of lay people; St. Matthew- is a patron saint of customs officers and accountants

POPE FRANCIS GENERAL AUDIENCE

Paul VI Audience Hall, Wednesday, 10 January 2024
Cycle of Catechesis. Vices and Virtues. 3. *Gluttony*

Dear brothers and sisters, good morning!

In the journey of catechesis that we are doing on vices and virtues, today we will take a look at the vice of *gluttony*.

What does the Gospel tell us about this? Let us look at Jesus. His first miracle, at the wedding at Cana, reveals his sympathy towards human joys: he is concerned that the feast should end well and gives the bride and groom a large quantity of very good wine. In all his ministry, Jesus appears as a prophet who is very different from the Baptist. While John is remembered for his asceticism — he ate what he found in the desert — Jesus instead is the Messiah whom we often see at table. His behaviour causes scandal in some quarters, because not only is he benevolent towards sinners, but he even eats with them; and this gesture demonstrates his readiness for communion and closeness with everyone.

But there is even more. Although Jesus' attitude towards the Jewish precepts reveals his full submission to the Law, he nonetheless shows himself to be sympathetic towards his disciples. When they are found wanting, because they pluck grain out of hunger on the Sabbath, he condones them, recalling that even King David and his companions had taken the sacred bread when they were in need (cf. *Mk* 2:23-26). And Jesus affirms a new principle: the wedding guests cannot fast when the bridegroom is with them. They will fast when the bridegroom will be taken away from them. By this point everything is relative to Jesus. When he is in our midst, we cannot be in mourning, but at the hour of his passion, then yes, we fast

(cf. *Mk* 2:18-20). Jesus wants us to be joyful in his company — he is like the bridegroom of the Church, but he also wants us to participate in his suffering, which is also the suffering of the small and the poor.

Another important aspect. Jesus *eliminates the distinction between pure and impure foods*, which was a distinction made by Jewish law. In reality, Jesus teaches that it is not what enters man that contaminates him, but what comes out of his heart. And by so saying, “he declared all foods clean” (*Mk* 7:19). This is why Christianity does not consider unclean foods. But the attention we have to have is an interior one: thus one that is not about food per se but about our relationship with it. And with regards to this, Jesus clearly says that what makes something good or bad, let’s say about food, is not food in itself but the relationship we have with it. And we see this when a person has a disordered relationship with food; we see how they eat, they eat hastily, as though with the urge to be full but without ever being sated. They do not have a good relationship with food, they are slaves to food. This serene relationship that Jesus established with food should be rediscovered and valued, especially in so-called affluent societies, where many *imbalances* and many *pathologies* manifest themselves. One eats too much, or too little. Often one eats in solitude. Eating disorders — anorexia, bulimia, obesity — are spreading. And medicine and psychology are trying to tackle our poor relationship with food. A poor relationship with food produces all these illnesses.

They are illnesses, often extremely painful, that are mostly linked to sufferings of the psyche and the soul. The way we eat is the manifestation of something within: a predisposition to balance or immoderation; the capacity to give thanks or the arrogant presumption of autonomy; the empathy of those who share food with the needy, or the selfishness of those who hoard everything for themselves. This question is so important. Tell me how you eat, and I will tell you what kind of soul you have. In the way we eat, we reveal our inner selves, our habits, our psychological attitudes.

The ancient Fathers gave the vice of gluttony the name “*gastrimargia*”, a term that can be translated as “folly of the belly”. Gluttony is a “folly of the belly”. There is also this proverb, that we should eat to live, not live to eat. Gluttony is a vice that engages one of our vital needs, such as eating. Let us beware of this.

If we interpret it from a *social* point of view, gluttony is perhaps the most dangerous vice that *is killing the planet*. Because the sin of those who succumb before a piece of cake, all things considered, does not cause great damage, but the voracity with which we have been plundering the goods of the planet for some centuries now is compromising the future of all. We have grabbed everything in order to become the masters of all things, whereas everything had been consigned to us for us to protect, not for us to exploit. Here, then, is the great sin, the fury of the belly is a great sin. We have abjured the name of men, to assume another: “consumers”. Today we speak like this in social life: consumers. We did not even notice when someone first began to call us by this name. We were made in order to be “Eucharistic” men and women, capable of giving thanks, discreet in the use of the land, and instead the danger is that we turn into predators. And now we are realizing that this form of “gluttony” has done great harm to the world. Let us ask the Lord to help us on the road to sobriety, so that the many forms of gluttony do not take over our life.

Summary of the Holy Father’s words

Dear brothers and sisters:

In our continuing catechesis on the vices and the virtues, we now consider the sin of gluttony. As a guest at the wedding feast of Cana, Jesus taught the goodness of food and drink, and the joy of table fellowship. Rejecting the ritual distinction between pure and impure foods, the Lord turns our attention to our personal relationship with the consumption of food. In societies troubled by eating disorders and which, all too often, waste great amounts of food even as many people in our world go hungry, our eating habits should be moderate and socially responsible. May the prayers we say in thanksgiving for God’s gift of our daily bread, inspire us to be mindful of our responsibility towards others and virtuous in our enjoyment of the good things of this earth.

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For Parish concerns and services, please contact the Secretaries: **Vicenta Barbarona and H  l  ne Lapens  e**
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