

Sacred Heart Catholic Church



3900 Arthur Drive, P. O. Box 10
Delta, B.C. V4K 3N5 Telephone: 604-946-4522
Email: sacredheartparish@shsdelta.org

Parish Website: www.sacredheartparish.ca
Roman Catholic Archdiocese of Vancouver
604-683-0281 Website: <https://rcav.org/>

Augustinian Friars in the Parish:

Fr. Francis Galvan, OSA – Pastor
Fr. Michael Martell OSA

The Archbishop of Vancouver, following the Provincial Health Order from Dr. Bonnie Henry, directs that all Masses, whether Sunday or weekday, beginning on Friday, November 20th and until further notice, are to be offered without public congregation.

+ + +

Our in-person drive through Sunday Adoration is cancelled until further notice.

+ + +

Individual Confessions Saturday from 10am-11am in the Chapel.

+++

Live streaming of Mass on YouTube, Saturdays at 6pm.

Search:

Sacred Heart Parish *you* Delta

+ + +

Chapel is open daily from 10am to 4pm for private prayer. (Except Sundays and holidays)

Baptisms: Please contact parish office for more information.

PARISH CONTACTS

Doug Lynes	Parish Financial Manager	940-0583
Barry Marshall	Maintenance/Rentals	319-4740
John Barker	Choir Director/Music	943-7558
Erin Seddon	Religious Ed. (PREP)	946-2618
Kelly Kozack Brandy Grund	School Principal Vice-Principal	946-2611
Mylene Lock	Lil Saints Preschool	946-4525
Martin Grund	Youth Ministry (Gr 8+)	magsh@axionet.com



Fourth Sunday in Ordinary Time

January 31st, 2021

Be quiet! Jesus said to the unclean spirit.

Mark 1.21-28

Sunday Focus: Those who witness Jesus' authority and healing power are amazed. In today's Gospel account of Jesus entering Capernaum, those who heard his teaching and witnessed him drive out an unclean spirit are astonished. Their amazement is due to the authority of Christ, who is God himself. Are we, too, in awe at the work of God in our lives? **LITURGY OF THE WORD** Moses tells the people that God will raise up a prophet and put his own words in the prophet's mouth. This prophet will speak all that God commands him to. Saint Paul encourages the Corinthians to be free from anxieties and be without distraction so that they may be fully devoted to the Lord. In the Gospel, Jesus teaches in a synagogue in Capernaum. As he speaks, and as he drives out an unclean spirit, the crowd is amazed by his authority.

Pray for our Sick Parishioners on Feb. 11. We invite you to send in your prayer requests for your family members experiencing illness so that we may pray for them together as a parish community on the **World Day of the Sick, Thursday, Feb. 11.** You may drop them off at the parish office mailbox, email or postal mail them in. (No phone calls please) Fr. Francis will be live-streaming Mass on Facebook that day and will dedicate the Mass to those names. The day coincides with the commemoration of Our Lady of Lourdes.

Pope's Prayer Intention for February 2021: Violence against women – We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

February, 2nd is World Day for Consecrated Life: The purpose of this 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 a suitable occasion for consecrated persons to renew the commitment and rekindle the fervour which should inspire their offering of themselves to the Lord” (Saint John Paul II, 1997)

We pray for those consecrated to God by the vows of chastity, poverty and obedience that they may seek to live their baptismal promises more intensely and have the grace to persevere in their commitment to the Lord and serve with open hearts and willing spirits. Amen

1st Communion Online Parent Meeting #1

Feb. 3rd 7-8:30pm, This is the 1st in a series of 3 meetings to help equip and support parents in their role as the primary teacher of the Faith to their children. Over the course of these 3 meetings, we will watch and discuss Bishop Barron's series entitled: “The Mass”. Please continue to pray for the children of our parish preparing for their 1st Holy Communion and for their families. Questions? Contact Erin Seddon (604) 946-2618 or eseddon@shsdelta.org

Online PREP Classes take place Tuesdays-Newcomers are welcome to participate in our PREP Online Classes (K-Gr 7). To learn more, contact: Erin Seddon, PREP Coordinator: eseddon@shsdelta.org or (604) 946-2618.



Second Collection The BC Catholic Newspaper Collection will take place this coming **Sunday, Feb 7th**. This annual collection helps offset the parish's cost of sending the newspaper to parishioner's homes. If you already receive the newspaper (or desire to sign up) and want to switch to an **environmentally and COVID friendly digital copy** please let us know by email, phone or indicate that on your donation envelope. A suggested donation amount is \$20.00/year

All women of the parish are invited to a zoom meeting on **Monday, February 1st at 7.00pm**. We have a fun evening planned, where we will get to know each other a little better - led by Marlyn. Contact Lynne Willox for the ZOOM link or for more information (604) 789-2912. saintmonicaguild@shsdelta.org



Our Lil' Saints Preschool is now accepting registrations for the school year 2021-2022. Registration package is available online: lilsaintspreschool.org



Call Mylene Lock at 604-551-0827 or email: lil'saintspreschool@shsdelta.org if you need more information.

Lil' Saints preschool is looking for an assistant teacher for one of our classrooms. ECE or ECEA certified preferred. We offer competitive salaries for qualified candidates. Call Mylene Lock at 604-551-0827 or email: lil'saintspreschool@shsdelta.org for more information.

SUNDAY COLLECTION REPORT
Year to date up to Jan 10th, 2021

	<u>Actual</u>	<u>Target</u>	<u>Variance</u>
Year to Date	\$13,248	\$23,970	-\$10,722

Our pastoral staff would like to thank everyone for their continued prayers and support for our parish community. Your support has been and will continue to be important to our parish during this difficult time. If you wish at this time to make a donation, please use one of the following methods.

- 1) Secure mailbox in front of Monastery.
- 2) Mail to Parish: **PO BOX 10 Stn. Main, Delta B.C. V4K 3N5**
- 3) Join our PAP program by calling or emailing the office.
- 4) If you are unable to drop off or mail in your donation please call the parish office and we can make arrangements to have it picked up.

2021 Donation Envelopes – Due to COVID and the cancellation of Masses we are asking parishioners to please pick up their offertory envelopes this year from either the front of the Monastery or Chapel area. There will be boxes available 7 days a week. If you are unable to get here please call the parish office and we can arrange to get the box to you. Thank you for your ongoing financial contributions to the parish.

Needed: Bikes in good condition for our Migrant Workers.

If you have a bicycle to donate please call the parish office and we can arrange for pick up or drop off. 604-946-4522 Ext 100. Thank you for your generosity.



"Brothers and sisters: I should like you to be free of anxieties."- 1 Corinthians 7:32

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then pray for things instead of worrying about them. *Copyright © 2021 Archdiocese of St. Louis*

The Worldwide Marriage Encounter virtual weekend experience is coming to you! February 26-28, 2020 If you desire to restore communication & rekindle romance, this weekend is for you; no travel required and from the comfort of your own home. Click here for registration: <https://beholdvancouver.org/events/virtual-worldwide-marriage-encounter-5> -

St. John Paul II Academy Information Evening - All those interested in finding out more about our newest CISVA high school in the Archdiocese of Vancouver are invited to attend the following Virtual Information Evening – Feb. 18th at 6:30 pm. This is a wonderful opportunity for parents, students, and other interested parties to see and hear what is happening at St. John Paul II Academy. Please rsvp: skelly@sjp2academy.com; T: 604.560.8210 or visit our website: www.sjp2academy.com for more information.

World Day of the Sick Mass

Each year on February 11, the Catholic Church marks the World Day of the Sick. This is a time to offer prayers for those who suffer from illness and for their caregivers. **Archbishop Miller will celebrate Mass for the sick on Friday, Feb 12** at 12:10 pm from Holy Rosary Cathedral. Join the live stream at holyroscarycathedral.org/live-stream

The Sanctuary Course for Catholics

One in four people will be affected by a mental health problem at some point in their lives, yet the stigma surrounding mental illness silences many and prevents faith communities from responding compassionately and effectively. This eight-session course—designed for use in small groups—explores the realities of mental health and illness, as well as the vital need for faith-based community conversations about these topics. The sessions are accompanied by compelling films that feature the stories of Catholics living with mental health challenges, along with the insights of archbishops, theologians, and psychologists including Archbishop J. Michael Miller, CSB. The Sanctuary Course for Catholics is launching on FORMED in January 2021. FORMED is a technology platform for the delivery of award-winning Catholic content, children's programming, audio talks, e-books and more, attracting over 1,000,000 users across 5,500 parish communities. Learn more, sign up, and find The Sanctuary Course for Catholics at formed.org

Fr. Jim Nisbet Catholic Bible Seminar

Fr. Jim Nisbet, the renowned Bible scholar and international speaker, will be hosting an online presentation on the Second Letter to Timothy and the Gospel of Mark. As a bonus, Fr. Jim will hold a lenten three-day retreat: on Friday, Feb. 19 from 7:00 to 9:00 pm as well as Saturday and Sunday, Feb. 20 and 21 from 9:00 am to 4:00 pm with breaks. Please pre-register for \$75 per person. For more information visit beholdvancouver.org or send an email to biblestudies@shaw.ca.

Deus Caritas Est - God is Love Women's Faith Study

In his first encyclical, God Is Love, promulgated on Christmas Day, 2005, Benedict XVI expounds on the reality of love. He knows that the word "love" has been distorted and its meaning tarnished – and this letter calls us back to the foundational truths about love. This 8-week faith study is an opportunity to come to a deeper understanding of what it means to be loved by God, and how God's love is present in the concrete reality of our daily lives. Join us for this wonderful opportunity to meet other Catholic women, grow in fellowship and friendship, and go deeper in your relationship with God. There are two separate offerings for this study:

Thursday mornings beginning Feb. 4 at 11:00 am – 12:30 pm OR Thursday evenings at 7:00 pm - 8:30 pm. Both sessions will take place online over Zoom. Register online at beholdvancouver.org/events

Pope at Audience: The Bible, the place where God meets man - Continuing his catechesis on prayer at the Wednesday General Audience, Pope Francis reflects on the importance of the Sacred Scriptures in the life of prayer, saying it was written for each one of us.

“The words of the Sacred Scripture were not written to remain imprisoned on papyrus, parchment or paper, but to be received by a person who prays, making them blossom in his or her heart.” Those were Pope Francis’ words during his Catechesis at his Wednesday General Audience.

Bible written for each one of us

Reflecting this week on prayer that accompanies the reading of Sacred Scripture, the Pope underlined that the Bible was written for every one of us individually, to bring us “a word of God.”

This experience, he said, happens to all believers. A passage from the Scripture, heard many times already, unexpectedly will speak to a person one day, and enlighten a situation that they are living, offering fresh insights and often challenging our habitual way of thinking about and seeing the world.

However, the Pope stressed that it was necessary “that I, that day, be present for that appointment with that Word,” in order for it to sow a seed “in the soil of our lives.”

Christians as tabernacles

Pope Francis noted, “Through prayer a new incarnation of the Word takes place. And we are the ‘tabernacles’ where the words of God want to be welcomed and preserved, so that they may visit the world.”

He went on to say, “The believer does not turn to the Holy Scriptures to support his or her own philosophical and moral view, but because he or she hopes for an encounter; the believer knows that they were written in the Holy Spirit.”

It is a grace, said the Pope, “to be able to recognize oneself in this passage or that character, in this or that situation.”

In off-the-cuff remarks, Pope Francis said that it irritated him “to hear Christians reciting Bible verses ‘like parrots’.” He went to say that it was important to encounter the Lord with the heart and not just to recite a verse from memory.

Lectio divina

Pope Francis went on to describe how the Christian tradition is rich in experiences and reflections on prayer with the Sacred Scripture.

In particular, he observed, “the method of ‘*Lectio divina*’ has been established; it originated in monastic circles, but is now also practised by Christians who frequent their parishes.”

“One then enters into dialogue with Scripture,” said Pope Francis, “so that those words become a cause for meditation and prayer,” while also asking what it “says to me”.

The last step of *Lectio divina*, explained the Pope, is contemplation. “Words and thoughts give way here to love.”

“The biblical text remains, but like a mirror, like an icon to be contemplated,” he said.

Concluding his Catechesis, the Pope emphasized that “Through prayer, the Word of God comes to abide in us and we abide in it.”

The Word a source of peace

“The Word inspires good intentions and sustains action,” he said.

It becomes an inexhaustible source of peace, wisdom and strength as we grow in faith and give it concrete expression in charity and service of others.

Click here to watch the General Audience with the Pope Jan 27, 2021.

<https://www.vaticannews.va/en/pope/news/2021-01/pope-at-audience-the-bible-the-place-where-god-meets-man.html>