

## Mass for the Intentions Week

### Tuesday, February 7, 2023

7:00 p.m. No Mass

### Thursday, February 9, 2023

9:00 a.m. No Mass

### Sunday, February 12, 2023

9:00 a.m. Living & Deceased Members of Sacred Heart Parish

### Tuesday, February 14, 2023

7:00 p.m. No mass

### Thursday, February 16, 2023

9:00 a.m. Marie & Gord Whitehouse  
req Theresa Emberson

### Sunday, February 19, 2023

9:00 a.m. Living & Deceased Members of Sacred Heart Parish

There will be no daily masses until February 16<sup>th</sup> as Father Charlie is on vacation.



### Weekly Donations

*Sunday, January 22, 2023*

Total Revenue \$1,488.00

*Sunday January 29, 2023*

Total Revenue \$1,811.00

### Grief Relief

Has someone you cared about died? Are you grieving the loss of the person's presence in your life?

Join us on Thursdays from 7 – 8:30 p.m. from April 13<sup>th</sup> - May 18<sup>th</sup>, 2023 to learn more about what you are feeling and how to gently move forward. You are not alone! The Diocese of Hamilton program will be offered online using Zoom. To register, go to [www.hamiltondiocese.com](http://www.hamiltondiocese.com) and look for April 13<sup>th</sup> under Upcoming Events. To find out more, please call Teresa at 905-528-7988 ext. 2250.

### *The Fifth Sunday in Ordinary Time* **On Being Salt**

**You are the salt of the earth.** Matthew 5:13  
Jesus names us as salt for the entire world. To what does this naming call us?  
Salt facilitates and hastens the closing of wounds. So we ask; what hurts are we challenged to notice and address? How might we be a healing presence to the world around us?  
Salt draws out and enhances flavor. How might we invite the hidden gifts of others to come forward, be affirmed and enrich the lives of all?  
Salt is a preservative. What shall we discern is worth holding on to and cherishing?  
Salt is a symbol of wisdom. What might we learn from the salty ones, the wisdom figures, those who have salted their own and others' lives by contemplative living, by deep listening to the word of God and by integrating that word into their everyday lives?  
*Loving God, salt my life today*

Sr. Chris Koellhoffer, I. H. M.

### *Sixth Sunday in Ordinary Time* **A more Peaceful Way**

**Settle with your opponent quickly while on the way to court.** Matthew 5:25  
Soon after Jesus began public preaching, he gave his famous Sermon on the Mount. He spoke about prayer, love, healing, discipleship and the law. In a very specific manner, he told his followers to settle their disputes with each other without having to go to court. He warned them the court and judge may give a strict judgement, a prison sentence and a severe fine.  
Later, Jesus repeated this teaching saying that brothers should be able to resolve their disagreements of quarrels. (See Matthew 18:15). If they would need further help, they could invite a friend or someone from the church to listen and offer a solution. Numerous law suits abound today: yet the wisdom of Jesus remains viable to challenge us to pursue a more peaceful and lasting solution to our disputes. Controversies are to be expected; charity is expected to settle them.  
Fr. James McKarns

### **Don't forget about our Parish Centre**

Ideal for anniversaries, small wedding receptions, baptisms, birthday parties and showers. To inquire about booking, please call 905-387-6650.

### World Day of Prayer

Blessed Sacrament Parish is hosting the World Day of Prayer on Friday, March 3<sup>rd</sup> at 1:00 p.m. Our sisters in Taiwan are featured in this year's celebration. The Liturgy will start in the church and fellowship will continue in the parish hall. Let us join with the Taiwanese women and encourage one another in our faith just as Paul the Apostle did in his letters.

### Lift Jesus Higher Rally 2023

Lift Jesus Higher Rally 2023 is on Saturday, March 4<sup>th</sup> from 9:00 a.m. – 5:30 p.m. at the Metro Toronto Convention Centre North Building, 255 Front St. West.

For tickets & information call Sandy at 905 270-2510.

### Vocations

“You are the light of the world” Are you willing to let your light shine as a priest, deacon, brother or sister or consecrated virgin, contact Fr. Mark Morley, Director of Vocations, Diocese of Hamilton at 905-528-7988.

Email [vocations@hamiltondiocese.com](mailto:vocations@hamiltondiocese.com)  
[www.hamiltondiocese.com/vocations/](http://www.hamiltondiocese.com/vocations/)

### Vocation Prayer Calendar

Mon. Feb. 6 Rev. Matthew Durham  
Tues. Feb. 7 Rev. Kevin Upendran  
Wed. Feb. 8 Missionaries  
Thur. Feb. 9 Rev. Leszek Szczygiel  
Fri. Feb. 10 Rev. Tom Moisan  
Sat. Feb. 11 Rev. David Weise  
Mon. Feb. 13 Rev. Francis Noronha, C.S.C.  
Tues. Feb. 14 Rev. Rafal Tomon  
Wed. Feb. 15 Discalced Carmelite Sisters (O.C.D.)  
Thur. Feb. 16 Very Rev. Tim Uniac, C.R.  
Fri. Feb. 17 Rev. Pat Aiello, C.R.  
Sat. Feb. 18 Rev. Chris Buda, C.R.

### The 2023 Diocesan Wedding Anniversary Mass

Are you celebrating your 25th, 40th, 50th, 60th, or 60+ Wedding Anniversary in the year 2023? If you are, you are cordially invited to join couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on Sunday, April 16, 2023 at the Cathedral Basilica of Christ the King in Hamilton at 1:30 p.m. (Space allows room for Anniversary couples only - those married 60 years or more may bring 1 guest if you require assistance). Registration is available at [www.hamiltondiocese.com](http://www.hamiltondiocese.com).

### Evenings with His Excellency

Bishop Wayne Lobsinger invites everyone to join him for “Evenings with His Excellency”. This is an opportunity to learn more about our Catholic Faith based on the Catechism of the Catholic Church. Class is the second Friday of each month, at 7p.m. - 8:30 p.m. at St. Ann Church, Ancaster. This month we will look at *Chapter 3 – The Moral Life of the Church*. It is also available by livestream on St. Ann's YouTube channel. No cost, no homework, just an opportunity to learn about our faith, all are welcome.

### Young Adults Night - March 4th – Waterloo

Fr. Mark Morley invites all young adults (ages 20s and early 30s) of our diocese to attend a night of Adoration, Fellowship and Praise Music. Arrival and Holy Hour (6:30pm-7:30 pm), Social with Food (7:30pm-8:30pm), Praise Night and Vocation Testimony (8:00pm-9:00pm), and Compline (9:00pm) on Saturday, March 4th at St. Michael's Catholic Church (80 University Avenue West, Waterloo, ON). Sponsored by the Vocations Office of the Diocese of Hamilton. For more information, please contact: [vocations@hamiltondiocese.com](mailto:vocations@hamiltondiocese.com).

### Parenting Tip of the Month

Manners matter because they promote respect between your child and every person with whom they engage. Doing so will promote higher self-esteem, making your child feel more confident in all areas of their lives. Manners are both taught and caught, so continually remind them about, as well expect them to use, manners. More importantly, model manners in all you do, including your own interactions with your children.

### Marriage Tip of the Month

Parents are the first and foremost teachers about relationships for their children. It is good now and then to take a quick check and ask if your marriage and the way you interact with each other is what you hope your children's relationships will be when they grow up. If the answer is no, as a couple you deserve to find a way to create for yourselves the kind of relationship you want for your children. Seek support, read together relationship self-help books and/or consider attending a Retrouvaille weekend with the Diocese. Marriages cannot be perfect all the time, but they should be lived in a way that makes you proud to pass on to your children. (From: Teresa Hartnett, Family Ministry Office, 905-528-7988 ext. 2250)

