

Mass for the Intentions Week

Tuesday, March 7, 2023

7:00 p.m. Cathy Doody
req family
Maria, Evaristo & Gene Carreiro
req Oliver Carreiro
Souls in Purgatory
req Oliver Carreiro
Enid Mitchell
req Parishioners of Sacred Heart
Bruno & Constance Kaminskas
req Gus & Aldona Hubbard

Thursday, March 9, 2023

9:00 a.m. Catalina & Florentino Bartolome
req Lita Bartolome

Sunday, March 12, 2023

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

Tuesday, March 14, 2023

7:00 p.m. Cathy Doody
req family
Msgr. Ray Modeski
req Mike Morton
Joseph Downey
req Gus & Aldona Hubbard
Chris A'Arcy
req Greg & Colette Donelson
Cruz & Gonzales families
Mr. & Mrs. Arthur Cruz & family

Thursday, March 16, 2023

9:00 a.m. Catalina & Florentino Bartolome
req Lita Bartolome

Sunday, March 19, 2023

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



**PARISH
SUPPORT**

Weekly Donations

Sunday, February 19, 2023

Total Revenue \$1,509.20

Sunday, February 26, 2023

Total Revenue \$1,960.00

Second Sunday of Lent

Bearing Our Share

Bear your share of hardship for the gospel with the strength that comes from God. 2 Timothy 1:8b

We must help each other in this life. This journey is not an aimless one, or at least it should not be because we are called to walk with the Lord Jesus as he guides us to our ultimate goal, eternal life. As we reflect on the cross that each of us bears, we must ask ourselves how we are called to help others bears theirs.

Who around us is struggling? Who perhaps is struggling with patterns of repeated sins and the need for repentance? Perhaps is holding on to bitterness or refusing to forgive? Perhaps is feeling unworthy of God's love?

Suffering is part of life. But remember that Someone helps us to bear our hardships, and he calls his disciples to do the same for others. After all, he carried his own Cross first.

Lord Jesus Christ, help us to bear our crosses for the sake of your Good News, that we may also draw others heavenward.

Mr. Justin McClain, O.P.

Third Sunday of Lent

Difficult Choices Matter

In those days, in their thirst for water, the people grumbled against Moses, saying, "Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and or livestock?"

Exodus 17:3

Ah yes, I can identify with the grumbling pilgrims in Exodus. I, too, want freedom from what enslaves me. But when the going gets tough, if I must make difficult choices to leave old habits and unloving behaviours behind, I can get little huffy: Spiritual growth ought to be easier. I'm tired of this. How come this is taking so long? What difference do Lenten practices make anyhow?

We are probably each tempted from time to time during Lent to turn around and head back to our own Egypts, to sink into old familiar patterns that do not demand much of us. Today's grumbles in Exodus give us a little poke in the spiritual ribs to encourage us: "Keep at it. You'll make it through the desert just like we did."

Sr. Joyce Rupp, O.S.M.

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.

Stations of the Cross

In preparation for Easter your parish will be celebrating the Stations of the Cross Fridays at 12 noon prior to Holy Week. The conducting of these Services will be various ministries within Sacred Heart Parish. Come out and support these ministries.

Vocations

Peter, James and John had a mountaintop experience with Jesus by witnessing His transfiguration. We too can have a mountaintop experience when we open our minds and hearts to following God's Will for our life. If you think God is calling you to be 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
www.hamiltondiocese.com/vocations/

Vocation Prayer Calendar

Mon. Mar. 6 Rev. Michael Downey
 Tues. Mar. 7 Rev. Pawel Jamroz
 Wed. Mar. 8 Disabled Persons
 Thur. Mar. 9 Rev. Msgr. Earl Talbot
 Fri. Mar. 10 Rev. Pablito Labado
 Sat. Mar. 11 Rev. Duy Van Nguyen
 Mon. Mar. 13 Rev. Mark Sullivan
 Tues. Mar. 14 Rev. David Wilhelm
 Wed. Mar. 15 Lay Parish Ministers
 Thur. Mar. 16 Rev. Peter Tuyen Nguyen
 Fri. Mar. 17 Rev. Stephen Gilbert
 Sat. Mar. 18 Rev. George Stortz

CWL Membership Fees are due in the month of March. You can use your C.W.L. fee envelope in your weekly donation envelope boxes, or in a plain envelope with your name and address on it, enclose \$22.00 and put it in the collection basket.

Mark your calendar – Sacred Heart C.W.L. Luncheon will take place on Sunday, May 28th.

World Youth Day at Home

We know many young people are unable to make the international pilgrimage to celebrate World Youth Day this summer in Lisbon. We invite any young person who is interested in gathering together to celebrate World Youth Day here at home in Diocese of Hamilton this August to let us know by completing the survey found at: <https://wyd.hamiltondiocese.com/>. This survey of interest closes March 10th, 2023



Coffee Sunday

Everyone is invited on Sunday March 19th for a Coffee Sunday with a St. Patrick's Day theme. Hope to see you there!

Parenting Tip of the Month

Family is the most powerful influencer in any person's life. What we learn from our family has lifetime implications, influencing how we act, see ourselves and feel about others. As parents, it is important that we do not treat our children as mini-adults, but instead view them as a child of a certain age. There are normal patterns to children's brain development and when we understand those stages, we can more fully understand how to love, teach, discipline and support our children throughout their lives. Family and faith provide a solid foundation for each child when parents take the time to learn about their child's developmental age and ability.

Marriage Tip of the Month

A fundamental principle of our Catholic faith is that mercy must be part of our lived experience. Practicing forgiveness in all areas of our lives is important, but it is especially necessary in marriage. The intimate relationship of marriage means there will be hurt, anger and resentment between us at times and in these moments we must both seek and provide forgiveness. When we live with a merciful heart, instead of becoming hardened to the goodness in our spouse, we see the good, the joyful and the love that they carry for us. (From: Teresa Hartnett, Family Ministry Office, 905 528-7988 ext. 2250)

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 13th - May 18th, 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 hamiltondiocese.com and look for April 13th under Upcoming Events. To find out more, please call Teresa at 905-528-7988 ext. 2250.

