

Mass for the Intentions Week

**There will be no weekday masses this week
as Father Charlie is on retreat.**

Saturday, May 18, 2019

5:00 p.m. *Mass at Blessed Sacrament*

Sunday, May 19, 2019

9:00 a.m. **For the Living & Deceased members of
Sacred Heart Parish**

Parish Ministries

Sunday May 12, 2019

Lectors Maureen Richardson & Norma Walsh

Eucharistic Ministers Jovi Otite & Elvira Delapaz

Pope's Pastoral Works Collection

Next Sunday the annual Pope's Pastoral Works collection will be taken up. This collection is taken up in the easter Season to support the Pope's Pastoral services as Head of the Church and to distribute to his works of charity.

Vocations

The new commandment of love is required of everyone who follows the risen Lord. How do you fulfill the commandment? If you think God is calling you to be a priest, contact Fr. Michael King, Vocation Director, Diocese of Hamilton 905-528-7988.

Hamilton Diocese Prayer Calendar

Mon. May 20 Rev. Frank Freitas
Tues. May 21 Rev. William Foote
Wed. May 22 Institute of Kkottongnae Sisters of
Jesus
Thurs. May 23 Rev. Lourdy Dorismond, O.M.I.
Fri. May 24 Rev. Michael Isabelle
Sat. May 25 Rev. Antonio Cunha

Parish Legacies & Bequests

Keep your love for your parish alive. Remember Sacred Heart Parish in your will and when recommending expression of sympathy.

Easter Sunday, May 12, 2019

Total Revenue \$1,931.00



LAUDATO SI – ON THE CARE FOR OUR COMMON HOME

An Encyclical published by His Holiness Pope Francis in 2015
**Ecological Education and
Spirituality – Towards a New**

Lifestyle!

“Since the market tends to promote extreme consumerism in an effort to sell its products, people can easily get caught up in a whirlwind of needless buying and spending. Compulsive consumerism is one example of how the techno-economic paradigm affects individuals. Romano Guardini had already foreseen this: The gadgets and technics forced upon him by the patterns of machine production and of abstract planning, mass man accepts quite simply; they are the forms of life itself. To either a greater or lesser degree mass man is convinced that his conformity is both reasonable and just. This paradigm leads people to believe that they are free, as long as they have the supposed freedom to consume. But those really free are the minority who wield economic and financial power. Amid this confusion, postmodern humanity has not yet achieved a new self-awareness capable of offering guidance and direction, and this lack of identity is a source of anxiety. We have too many means and only a few insubstantial ends”.

“The current global situation engenders a feeling of instability and uncertainty, which in turn becomes a seedbed for collective selfishness. When people become self-centered and self-enclosed, their greed increases. The emptier a person's heart is, the more he or she needs things to buy, own and consume. It becomes almost impossible to accept the limits imposed by reality. In this horizon, a genuine sense of the common good also disappears. As these attitudes become more widespread, social norms are respected only to the extent that they do not clash with personal needs. So, our concern cannot be limited merely to the threat of extreme weather events but must also extend to the catastrophic consequences of social unrest. Obsession with a consumerist lifestyle, above all when few people are capable of maintaining it, can only lead to violence and mutual destruction.”

“A change in lifestyle could bring healthy pressure to bear on those who wield political, economic and social power. That is what consumer movements accomplish by boycotting certain products. They prove successful in changing the way businesses operate, forcing them

to consider their environmental footprint and their pattern of production. When social pressure affects their earnings, businesses clearly have to find ways to produce differently. This shows us the great need for a sense of social responsibility on the part of consumers. Purchasing is always a moral – and not a simply economic act. Today, in a word, the issue of environmental degradation challenges us to examine our lifestyle.”

Comment: Consumerism is a modern-day affliction as it pushes people to buy more than they need. Advertisers make billions convincing people they “need” to buy their product. Pope Francis points out the dangers of this mindset. His Holiness is calling all of us to a conversion of lifestyle where we reduce our wasteful ways, where we help provide for those less fortunate, where we refuse to buy those items we don’t need and finally refuse to buy those products that cause harm to our environment. Each of us can do something important for our environment by not buying water bottles and refusing to use plastic grocery bag.



COFFEE SUNDAY

Sacred Heart Parish Knights of Columbus is hosting a Coffee Sunday, June 16th following Sunday mass. This is a great opportunity to get to know your fellow parishioners. Come and join in the fun!!

Dog for Sale

A lady from our parish wishes to sell her dog. If interested, please call parish office at 905 383-3280.

Are you caring for a loved one? Are they in need of palliative care? Do you have questions? A committee of experts, in various related fields, came together to answer possible questions that are often raised at this difficult time in a person’s life. Find the answers to important questions at <https://hamiltondiocese.com/palliative.care>, or for further assistance call Teresa at 905-528-7988 ext. 2250.



THE HAMILTON MOUNTAIN FARMER’S MARKET

The Hamilton Mountain Farmers’ Market sponsored by Sacred Heart Church will run Saturdays starting May 18th until November 2019. The market is open from 7 a.m. to 1 p.m. The market is a True Farmers’ market where all the produce is grown or produced on local area farms and sold by the farmers themselves. It is located at the corner of Viewpoint and Mountain Park Avenues on the Sacred Heart Church parking lot, one block west of the Juravinski Hospital, on the Mountain Brow. Come out and support the farmers and enjoy the fresh seasonal produce!

Parenting Tip of the Month

As summer approaches life tends to become a little more relaxed. Longer days mean bedtimes become less specific, warmer days mean our food and drink consumption changes and, hopefully, we take full advantage of these lovely days by spending more time with our children. This summer, be specific and plan what you would like to accomplish with your children: more reading together, more time hiking, more family game nights, more time spent preparing and cooking as a family, etc. Time spent together creates confident, healthy children; when we include daily prayer with our family, life is golden! From: Teresa Hartnett, Family Ministry Office, 905-528-7988 ext. 2250.

Marriage Tip of the Month

It has been established that an attitude of gratitude improves our health, but can it be beneficial for our spouse as well? Praise, sharing traits in your spouse you are thankful for, holding on to criticism and sharing compliments, thanking your spouse for the small (and large) moments you share – these are but a few ways you can show your spouse gratitude. When we take these actions to heart our spouse feels better physically, mentally and emotionally. A win-win for both partners! From: Teresa Hartnett, Family Ministry Office, 905-528-7988 ext. 2250.

