

Mass for the Intentions Week

Tuesday, October 13, 2020

7:00 p.m. Cathy Doody
req family
Victor Kazlauskas
req Gus & Aldona Hubbard
Bobby Armstrong
req Dorothy Radjenovich
Avril Goldie
req Maureen Richardson
Joe Lacharity
req Babin family

Thursday, October 15, 2020

9:00 a.m. Denny Delapaz
req Elvira & family

Sunday, October 18, 2020

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

Tuesday, October 20, 2020

7:00 p.m. Cathy Doody
req family
Shaun McKillop
req Sheena, Margaret, Art & family
David Connell
req Anne & family
Buno & Constance Kaminskas
req Gus & Aldona Hubbard
Regina Mullaley
req Doody family

Thursday October 22, 2020

9:00 a.m. John Daly
req Aunt Pat

Sunday, October 25, 2020

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



We extend congratulations to the students of Sacred Heart Parish making their 1st Holy Communion this year!

HAPPY THANKSGIVING!

Prayer Before The Thanksgiving Meal

Blessed are you, Lord our God, creator of heaven and earth and Father of our Lord Jesus Christ: we praise you for your glory, and thank you for your goodness to us. We praise you for your generous gifts and for bringing fruitful results to our labors.

As we rejoice in your kindness, we pray also for those who are in need. Open our hearts to them, and teach us to be as generous to others as you are to us.

Bless this food we are about to eat and those who have prepared it. Heavenly Father, help us all to follow Jesus our Lord, and so bear eternal fruit for you. Blessed are you, Lord our God, for ever and ever. Amen.

Thanksgiving Food Drive

Neighbour to Neighbour Centres strive to lead our community towards an improved quality of life by offering innovative preventative programs that tackle the root causes of poverty in our neighbourhood. Your support is crucial to ensuring people in need have a place to go where they feel dignified and welcome. In the past year our Foodbank provided emergency grocery service for 9,095 people, including 3,221 children.

We are in need of financial donations and healthy non-perishable foods to keep our shelves stocked. The following items are needed:

Oatmeal & low sugar cereal	Peanut Butter
Whole Grain Crackers	Dried Beans & Grains
Pasta Sauce	Rice & Pasta
Canned fruits & veg.	Canned fish & meat
Personal Care Products	Diapers
Baby Formula (Similac & Enfamil)	

Place your non-perishable foods at the doors of the church next weekend.

Vocations

How has Jesus touched you and made you whole? Ask Him how He would like you to respond. Could Jesus be calling you to follow Him as a priest? If God is calling you, **contact Fr. Michael King**, Vocation Director, Diocese of Hamilton at 905-528-7988 email vocations@hamiltondiocese.com www.hamiltondiocese.com

'Him Who Strengthens'

I have learned the secret of being well fed and of going hungry, of living in abundance and of being in need. I can do all things in him who strengthens me.

Philippians 4:12-13

Fortunately, I have never felt the bite of being truly hungry or the oppression of poverty. All in all, and compared to many in the world, I live in abundance. But what I have learned-and what St. Paul is trying to teach the church at Philippi-is that neither our poverty nor our abundance is how we will be measured by God. What matters is to whom we turn. If we are in abundance, we should turn to God in gratitude and remind ourselves that our abundance is not our own doing. It is a gift. And if we find ourselves in need, it is only God who offers the kind of strength and sustenance that lasts. That, too is a gift.

God of every good and lasting thing, strengthen me.

Steve Givens



The Hamilton Mountain Farmer's Market

The Hamilton Mountain Farmers' Market sponsored by Sacred Heart Church has a new day and time, the market for this year will run on Fridays from 3:30 to 7:30 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!

Struggling After an Abortion? Do you feel alone, emotional, or angry? Project Rachel is available to help. This confidential service allows people to work through their feelings on an individual basis, with a trained counsellor, and find hope and healing. **Please contact us at 905-526-1999 or toll free at 1-888-385-3850.**

Hamilton Diocese Prayer Calendar

Mon.	Oct. 12	Rev. Leszek Szczygiel
Tues.	Oct. 13	Rev. David Weise
Wed.	Oct. 14	Chancery Staff
Thurs.	Oct. 15	Rev. Tim Hingston
Fri.	Oct. 16	Rev. Pablito Labado
Sat.	Oct. 17	Rev. Philip Reilly
Mon.	Oct. 19	Rev. Aleksander Mazur, S.A.C.
Tues.	Oct. 20	Rev. George Stortz
Wed.	Oct. 21	Sister Adorers of the Precious Blood
Thurs.	Oct. 22	Rev. Msgr. Earl Talbot
Fri.	Oct. 23	Rev. Rafal Tomon
Sat.	Oct. 24	Rev. Edwin McKelvie, C.R.

Parenting Tip of the Month

The present pandemic has brought changes that have been stressful for families, but it has also allowed for some positive developments. The pandemic has allowed most people and families more time to relax. Have you taken advantage of the extra time to build family ties? Playing board games or cards, going for walks or hikes, or joining, as a family, to engage with music or art - these are all great ways to relax together! Additional relaxing time also gives us more time to engage as a family in prayer - as we eat together, engage in nighttime bedtime rituals together, or as we take time to offer prayers for our family and those in need. Experiencing these positive times together will help to counteract the stress everyone feels thinking about the safety of those they love.

Marriage Tip of the Month

Touch is a vital component for every human being; our bodies are created for relationship and touch is an important component of communication. Our touch conveys both caring and love, but also sends a message about closeness. The more intimate the relationship the more touch matters. Loving touch has proven health benefits as well, so reach out and hold your spouse's hand, give their back or shoulder a little rub now and then, give them a hug and/or kiss as you begin and end each day (and maybe just because!) and let them feel your love. Touch fills the others heart and mind with the knowledge that they are loved, which is a great boost to every marriage.

