

# Mass for the Intentions Week

**Tuesday, September 15, 2020**

**7:00 p.m.** Cathy Doody  
req family  
Maria Kazlauskas  
req Gus & Aldona Hubbard  
David Connell  
req Anne & family  
Avril Goldie  
req Dorothy Radjenovich

**Thursday, September 17, 2020**

9:00 a.m. John Jurrlink  
req Joe & Barb Poole

**Sunday, September 20, 2020**

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

**Tuesday, September 22, 2020**

7:00 p.m. Cathy Doody  
req family  
Marie & Gord Whitehouse  
req Theresa & Chuck Emberson  
Joe Giglia  
req Barb Giglia  
Norma Teboek Host  
req parishioner  
Lou Babin  
req Joan Babin

**Thursday September 24, 2020**

9:00 a.m. Florentino Bartolome  
req Lita

**Sunday, September 27, 2020**

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

## Vocations

“If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord’s.” Consider service 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](mailto:vocations@hamiltondiocese.com) - [www.hamiltondiocese.com](http://www.hamiltondiocese.com)

## Forgiveness Yields Freedom

*Jesus answered, “I say to you, not seven times but seventy-seven times.”* Matthew 18:22

This is Jesus’ famous response to the question of how many times we should forgive someone. He emphatically teaches us that we are to be gentle, compassionate, merciful and patient. In our humanness, we are bound to hurt each other. In our divinity, we are also bound to forgive. Because the Holy Spirit dwells within us, we are equipped and empowered to love unconditionally. Jesus knows that holding onto resentment and bitterness causes us to poison ourselves. Forgiveness yields freedom, peace and well-being.

Just as we are called to forgive others, we are also called to forgive ourselves with the same kindness and generosity of spirit. Ask the Holy Spirit to illuminate areas of unforgiveness and bring them into the light of healing and restoration. It’s time to let old grudges dissolve. It’s time to clean up the dusty corners in the basement of our conscience. It’s time to unkink the hose and restore the flow of ease and joy in our lives. It’s time to let others, and ourselves, off the hook.

Kristin Armstrong



## 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!

### Catechetical Correspondence Course

Programs available for children from Kindergarten through to High School not currently receiving religious instruction. Preparation for First Communion and Confirmation for children not in Catholic Schools also available. Families work through the programs at home. Contact Monica in the Catechesis Office at 905-528-7988, ext. 2238 or check out our website at [www.hamiltondiocese.com](http://www.hamiltondiocese.com) and click on the Catechesis Office for more information, printable registration forms or to register online.

### Catholic Children's Aid Society Virtual Information Night

CCAS has an upcoming Webinar for people interested in fostering or adoption on September 23, 2020 from 7:00 – 8:30 p.m. Anyone interested in attending can call our inquiry line at 905-525-2273 to register or alternately email Jennifer Veenstra, Recruitment Coordinator at [jennifer.veenstra@hamiltonccas.on.ca](mailto:jennifer.veenstra@hamiltonccas.on.ca)

### Hamilton Diocese Prayer Calendar

Mon. Sept. 14 Rev. Pierre Caouette, L.C.  
 Tues. Sept. 15 Rev. Jerek Scherber, L.C.  
 Wed. Sept. 16 Ursuline Sisters (o.s.u.)  
 Thurs. Sept. 17 Rev. Michael Vanderbeek, L.C.  
 Fri. Sept. 18 Rev. Todd Arsenaault L.C.  
 Sat. Sept. 19 Rev. Fernando Ferreira Pinto  
 Mon. Sept. 21 Rev. Francis Hubilla  
 Tues. Sept. 22 Very Rev. Wojciech Kuzma  
 Wed. Sept. 23 Diaconate Formation Candidates  
 Thurs. Sept. 24 Rev. James McSharry  
 Fri. Sept. 25 Rev. Joseph Okoko i.v.Dei  
 Sat. Sept. 26 Rev. Christopher Tracey

**Experiencing Stress in Your Marriage? Thinking about Separation or Divorce?** – Is your marriage not what you hoped it would be? Are you, or a relative or friend, heading for a possible divorce? Retrouvaille is designed to help marriages regain their health. The Retrouvaille program is highly successful in saving marriages and in helping them to thrive. For confidential information about, or to register for the program beginning with a weekend on Oct. 23, 2020. Please call 905-664-5212 or email: [Teamrecine@gmail.com](mailto:Teamrecine@gmail.com) or visit the website at [www.retrouvaille.org](http://www.retrouvaille.org).

### Parenting Tip of the Month

The COVID-19 pandemic has changed the way we live in very real ways. Children are not immune to the impact that the virus has had and have probably heard more than we realize between media news clips and overhearing adults talking. This is a time to talk to your children and help them understand more fully what is going on in the world. Tell them that they can help themselves and others to be healthy and safe by following the instructions given by their parents, by teachers at school and by other adults who care for them. Remind them that our Catholic faith adheres to the fact that every person has dignity and each of us has to do our part to keep all people as safe as possible. As a family pray daily for all people to remain vigilant in their actions so we can defeat this virus. Empowering our children with concrete information and actions to undertake can prevent the development of very real anxieties from developing.

### Marriage Tip of the Month

Couple relationships often experience strain during times of stress and the last several months have provided some of the highest stress many couples have faced. It is important to step back and recognize why tensions might be running high and then engage in actions that can release the pent up stress. Try cooking together, walking, biking or hiking together, praying together, or any activity that will bring laughter to the day. It may even mean finding ways to have some time apart, whether that be one person being outside while the other is in, or one person being on one floor of the house, while the other is on another. Time together is wonderful, but too much can be distressing! Remember that you are in this together and together you can find ways to feel connected and beat any feelings of stress.

### Struggling After an Abortion?

Either your own, or someone else's? 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.