

Mass for the Intentions Week

Tuesday, August 4, 2026

7:00 p.m. Maria, Evaristo & Gene Carreiro
req Oliver Carreiro
Souls in Purgatory
req Oliver Carreiro
Mr. & Mrs. Antonio Adraneda
req Cruz family

Thursday, August 6, 2026

9:00 a.m. Norma Walsh
req family

Tuesday August 11, 2026

7:00 p.m. Regina Bartininkas
req Gus & Aldona Hubbard
Frank & Anne Tiveron
req Joan Creary

Thursday August 13, 2026

9:00 a.m. Jerry Sorbara
req Mariella Guinto

Tuesday, August 18, 2026

7:00 p.m. Marjorie & Jim Hubbard
req Gus & Aldona Hubbard

Thursday, August 20, 2026

9:00 a.m. Theresa Olmsted
req family

Tuesday August 25, 2026

7:00 p.m. Peggy McKillop
req Sheena, Margaret, Art & family
Vince Sciascia
req Dorothy Copps
Mr. & Mrs. Pedro Roman
req Cruz family
Lori Martinez
req Greg & Colette Donelson

Thursday August 27, 2026

9:00 a.m. Reynaldo Guibao Sr.
req family

Donations

Sunday, July 12, 2026	\$1,414.00
Sunday, July 19, 2026	\$3,223.31
Sunday July 26, 2026	\$3,003.93

Sacred Heart Parish Office Summer Hours

Monday	9:00 a.m. – 4:00 p.m.
Wednesday	9:00 a.m. – 12 noon
Thursday	9:30 a.m. – 4:00 p.m.

They all ate and were satisfied (Matthew 14:20)

We're all hungry. We're all looking to fill ourselves with something that really satisfies us. This hunger goes beyond a desire for food. We all know the longing for something more, something that sets our hearts at rest.

When Jesus multiplied the loaves and fish in today's Gospel, he satisfied the physical hunger of the crowd. But even more, he foreshadowed the way he would feed us in the Eucharist. He revealed that he alone can satisfy our deepest needs.

The idea of God feeding his hungry people isn't anything new. In today's first reading, God spoke to Israel as they languished in Babylon: "Heed me, and you shall eat well, you shall delight in rich fare" (Isaiah 55:2). Perhaps the people suffered from physical hunger, but the banquet God promised was something far more profound: they would return to their own land and to a restored relationship with God himself.

When Jesus fed the five thousand, his actions looked ahead to the same kind of satisfaction – one that would bring reconciliation and peace to our souls. Because the "rich fare" that we will "delight in" one day is the heavenly banquet, where we are restored to God completely and where all sin, suffering and mourning are wiped away.

Today you will be offered "rich fare" in Holy Communion. It's a spiritual food that brings you the fruit of Jesus' sacrifice on the cross – a sacrifice that frees you from sin and restores you to the Father. When you receive Jesus in the Eucharist, you are nourished in a truly satisfying way. You receive strength for your journey, patience when you're weary, and the grace to forgive. You are filled with God's life and changed into Christ.

So come to the Lord today. Come, eat, and be satisfied. *"Jesus, I received you who alone can satisfy my soul."*

Project Rachel

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

The next parish bulletin will be August 30, 2026.

Adoration & Benediction

Starting in August Sacred Heart Parish will have Adoration Tuesday evenings at 6:00 p.m. with Benediction at 6:45 p.m. Adoration provides us with the opportunity to worship and pray directly before Christ, acknowledging His true presence.

Anointing of the sick

There is a number to call if an **emergency** anointing of the sick is necessary **at home after office hours**, please call Father Jerzy at 226-966-4282. If you are in the hospital, you must call the priest on call, the staff at the hospital will know who to call.

Peach Sunday

The Blessed Sacrament CWL will be hosting a Peach Sunday the weekend of August 29/30 in the parish hall at Blessed Sacrament Church after each Mass. Join us for cake/ice cream/peaches. Tickets will be sold after Mass or in the parish office for \$5.00.

Blessed Sacrament CWL

The first fall meeting of the Blessed Sacrament Parish CWL will be held on Sunday, September 6th in the parish hall after the 11:00 Mass. A light lunch will be provided. All CWL members of Sacred Heart and Blessed Sacrament parishes are invited to attend.

Hope for Hunger Galla

September 17, 2026 6:00 p.m. at Liuna Station
Sit down dinner, Live band & silent auction
Your attendance directly supports De Mazenod Door Outreach's mission to provide daily nourishment, dignity and hope to the poor and marginalized in our community. Together, we can make hunger a little less overwhelming.

Certificate in Catholic Leadership:

Endorsed by Bishop Dabrowski and offered by St. Jerome's University, Waterloo, the Certificate in Catholic Leadership provides flexible study and formation opportunities for those serving in Catholic organizations and others seeking to deepen their understanding of Catholic leadership. It helps form leaders grounded in faith, committed to service, and responsive to the needs of the Church and society. Please see the attached flyer for more details or visit: <https://uwaterloo.ca/st-jeromes/academics/continuing-education/certificate-catholic-leadership>

Needy of Sacred Heart Parish

Our parish helps out people in our area who are in need of food assistance. If you are able to contribute, the following items would be most helpful.

Canned fish	canned vegetables
Peanut butter	canned soups
Pasta & sauce	rice

Vocations

"Give your servant therefore an understanding mind..." Perhaps the priesthood, diaconate or consecrated life awaits you. If God is calling you contact Fr. John Ha, Director of Vocations, Diocese of Hamilton at 905 528-7988.

Email vocations@hamiltondiocese.com
hamiltondiocese.com/vocations/

Vocation Prayer Calendar

Aug. 3 Rev. Vernon Boyd, S.J.
Aug. 4 Rev. Robert Wong, S.J.
Aug. 5 Sisters of Immaculate Heart of Mary Mother of Christ, I.H.M.M.C.
Aug. 6 **The Transfiguration of the Lord**
Aug. 7 Rev. Mario Fernando Cabal Muriel, S.J.
Aug. 8 Our Parish Community
Aug. 10 St. Lawrence, Deacon
Aug. 11 Rev. Dirk Dunfee, S.J.
Aug. 12 Ursuline Sisters, o.s.u.
Aug. 13 Rev. Eric Jensen, S.J.
Aug. 14 Rev. Franjo Sprajc
Aug. 15 **Assumption of the Blessed Virgin Mary**
Aug. 17 Rev. Philip Shano, S.J.
Aug. 18 Very Rev. Paul Damien Panaretos, S.J.
Aug. 19 Sisters of Our Lady Immaculate, S.O.L.I.
Aug. 20 Rev. Wieslaw Berdowicz, S.Ch.
Aug. 21 Very Rev. Valentine Onwunjiogu
Aug. 22 **Queenship of the Blessed Virgin Mary**
Aug. 24 Rev. Lourdasamy Subramani, SMA
Aug. 25 Rev. Michael Anderson
Aug. 26 Missionary Sisters of Christ the King
Aug. 27 Rev. Patrick Ohl
Aug. 28 Rev. Laszlo Amaszka
Aug. 29 **The Passion of St. John the Baptist**

Don't Forget our Parish Centre

Ideal for anniversaries, small wedding receptions, showers & birthday parties. Call 905 397-6650.

