



# Sacred Heart Parish

Strathmore, AB

Parish Office Located at: 23 Strathmore Lakes Way, Strathmore, AB T1P 1L7 403-934-2641

## 4th Sunday of Advent - December 20, 2020

Drop down dew from above, you heavens, and let the clouds rain down the Just One; let the earth be opened and bring forth a Saviour.



### Weekend Mass Times

(Limited seating space, please pre-register at [www.sacredhc.ca](http://www.sacredhc.ca))

**Saturday 5:00 pm (Holy Rosary at 4:30 pm)**  
**Sunday 10:00 am (Holy Rosary at 9:30 am)**

Holy Mass is held in the Holy Cross Collegiate (HCC) School Gym North Doors, 709 B - 2nd Street

### Confession

**Sat. 4:15-4:45 pm (HCC Foods Room)**  
**Sun. 9:15-9:45 am (HCC Foods Room)**  
**Wed. 6-8:00 pm (Parish Office - By Appt.)**

Please call 403-934-2641

**First Reading:** 2 Samuel 7. 1-5, 8b-12, 14a, 16  
**Second Reading:** Romans 16. 25-27  
**Gospel:** Luke 1. 26-38

The Angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary.

And he came to her and said, "Hail, full of grace! The Lord is with you." But she was much perplexed by his words and pondered what sort of greeting this might be.

The Angel said to her, "Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus.

"He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his father David. He will reign over the house of Jacob forever, and of his kingdom there will be no end."

Mary said to the Angel, "How can this be, since I am a virgin?" The Angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God.

"And now, your relative Elizabeth in her old age has also conceived a son; and this is the sixth month for her who was said to be barren. For nothing will be impossible with God." Then Mary said, "Here am I, the servant of the Lord; let it be done to me according to your word." Then the Angel departed from her.

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

### Gospel Reflection

David and Mary get very similar messages from God through the prophet Nathan and the angel Gabriel in these readings for the fourth and final Sunday of Advent: God is with you exactly as you are, residing within you. David is hung up about needing a fancier place for the Holy of Holies to reside, and Mary is confused about just how the Son of God will find His way into her body. In both cases, the messengers remind them God is not worried about the trappings or the how. God needs their willingness – and ours – to be fully present to the world in and through His people. David and Mary allow God to be fully present within themselves, and then to spill out from them to others. God is dwelling within you. Allow yourself to marvel at His birth – again – in your heart so you can carry Christ into the world.

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### MASS INTENTIONS

Saturday Dec. 19 Parishioners  
Sunday Dec. 20 † Jonathan Van Verdegem  
Wednesday Dec. 23 † Leo Gauthier

If you would like to book a Mass Intention for a week day, Fr. Tomy will offer up your intention while he celebrates daily Mass at the Rectory.

### Schedule for Christmas and New Year's Masses (HCC Gym)

Christmas Eve (Dec. 24): 4:00 pm | 7:00 pm | 10:00 pm  
Christmas Day (Dec. 25): 10:00 am

Saturday (Dec. 26): 5:00 pm | Sunday (Dec. 27): 10:00 am

New Year's Eve (Dec. 31): 5:00 pm  
New Year's Day (Jan. 1): 10:00 am

Registration for the above Masses will open on December 17th. Please register on-line ([www.sacredhc.ca](http://www.sacredhc.ca)) or call the Parish Office.

### Confession During Advent

Saturdays from 4:15-4:45 pm (HCC Foods Room)  
Sundays from 9:15-9:45 am (HCC Foods Room)  
Wednesdays 6-8:00 pm (Parish Office - By Appointment)

### Parish Office Hours and Closures

Due to the latest restrictions issued by the Government of Alberta, effective December 13th, the Parish office will be closed and the Secretary (Lynn) will be working from home. Lynn will be available via email ([secretary@sacredhc.ca](mailto:secretary@sacredhc.ca)) or by calling the parish office phone (403-934-2641). For emergencies only, please contact Fr. Tomy at 403-928-1151.

### Office Hours During Christmas & New Year's

The office staff will be taking a break from December 24th to January 5th. The Secretary and Bookkeeper will resume work on

January 6<sup>th</sup>, 2021

# Financial News

## TRUST IN THE LORD.

We are the body of Christ.  
Each family is an essential part of this body.  
Please continue to support our faith community.

Thank you, everyone, for your donations. Our parish relies on your Sunday offerings for maintenance and growth. By making your offertory gift, you are providing crucial support to care for our parish during this difficult time. If you would like to make a donation, there are several options:

- If you attend public Mass on Saturday/Sunday, there is an offertory basket located near the altar.
- You may mail or drop off donations at the Parish Office.
- Send an e-Transfer to [sacredhc@shaw.ca](mailto:sacredhc@shaw.ca) and state within the message if your donation is for **Operations or Building Fund**.
- Sign up for regular monthly automatic direct debit payments. We will debit your account once per month (the first Wednesday). Please click [here](#) for a copy of the [Pre-Authorized Debit \(PAD\) Agreement form](#), complete/sign the form, and forward/bring it to the Parish Office. Please call the office if you would like us to mail you a copy of this form.
- Donations via credit card are available at [www.sacredhc.ca/donate](http://www.sacredhc.ca/donate)

May our generosity be an expression of gratitude for what God has given us.

## Memorial Fund Donations

If you would like to make a donation in memory of a loved one, please make cheques payable to:

**Sacred Heart Parish**  
and earmark your donation with the note:

**For the Building Fund - In Memory of  
{loved one's name}**

You will receive a charitable tax receipt for your donation.

**Jonathan Van Verdegem** was a very faithful and dedicated member of our Sacred Heart Catholic Parish. He served as an altar server right up until his passing. We feel the building of our new Catholic Church was in the foremost part of his thoughts. We will continue to receive donations in his memory.



Please make your donation as indicated above:

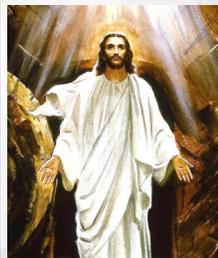
**For the Building Fund -  
in Memory of Jonathan Van Verdegem.**

*Eternal rest grant unto them,  
oh Lord, and let perpetual light  
shine upon them.  
May the souls of the faithful departed,  
through the mercy of God, rest in peace.  
Amen.*

## Parish Finances for the Month of November, 2020

Operations	Monthly Actual	Monthly Budget	Quarter Ending Sept/2020
All Income	\$12,731.85	\$17,197.20	\$82,049.60
All Expenses	\$11,379.18	\$18,903.66	\$109,107.49
Surplus/(Deficit)			(\$27,057.89)
Building Fund			
All Monies Received (Excluding Pledges)	\$12,631.00		
Cornerstone Pledge Campaign	Commitment	Received	Year to Date
2019	\$777,205.00	-	\$617,126.91
2020	\$483,495.00	\$35,895.72	210,975.92
2021	\$574,650.00	-	-
Central Fund Savings		Together in Action	
as at Nov. 30, 2020	\$1,300,083.04	Goal for 2020	\$13,387.00
Grocery Cards Sold	\$3,300.00	Received	\$6,727.80

## Mass Intentions for Your Loved Ones.



If you would like to have a Mass said in remembrance of your loved one, we have Mass Intention envelopes available at the Parish Office. You may stop by and pick-up one or more, fill out the information on the outside of the envelope and either bring or mail it to the parish office or place it in the weekly offertory basket at Mass. We will contact you and arrange a date for the Mass.



If you are new to Strathmore and Sacred Heart Parish, a warm welcome to you and your family. If you would like to register with our Parish or receive information about activities that are happening with our Church and the Diocese, please contact the Parish Office at [secretary@sacredhc.ca](mailto:secretary@sacredhc.ca) or 403-934-2641. We can also set you up with a Numbered Offering Envelope, this will ensure that your donations are included in your tax-deductible receipts at year end.

FORMED

PICK OF THE WEEK

December 20, 2020

WATCH

### CHRISTMAS IN ROME: A CELEBRATION OF THE NATIVITY

Nowhere celebrates the birth of the Savior like Rome. This Christmas, marvel at the Holy City's festive celebration of the coming of the child Jesus in Bethlehem.



FORMED

PICK OF THE WEEK

December 20, 2020

LEARN

### THE STORY OF THE NATIVITY: THE TRUTH OF CHRISTMAS

Christmas is so much more than a humdrum story we've heard since childhood. Join top scholars, speakers, and authors as they explain the gravity of Christ's miraculous birth.



To set up your free account visit [formed.org/signup](http://formed.org/signup) and select our parish.

# Parish & Diocesan Activities

## Christmas and New Year's Mass Schedule at Sacred Heart Parish

Christmas Eve (Dec. 24): 4:00 pm | 7:00 pm | 10:00 pm  
Christmas Day (Dec. 25): 10:00 am

- Online registration is now open for these Masses. Please visit [www.sacredhc.ca/mass-times](http://www.sacredhc.ca/mass-times) to register.
- You **MUST** be registered to attend Mass. Following AHS restrictions, **drop-in attendance is strictly forbidden.**
- The Dec. 24th 4:00 pm and 7:00 pm Masses are FULL. There is room in the Dec. 24th 10:00 pm and the Dec. 25th 10:00 am Masses.
- Please register each person individually as this is how we keep track of how many seats are occupied.
- Registrations for Christmas Masses online and over the phone will be accepted until **Noon on December 23rd.**
- You **MUST** arrive a minimum of 10 minutes before Mass. This gives Volunteers time to check you in and then prepare to celebrate the Mass.
- Masks **MUST** be worn at ALL TIMES during the Mass.
- Attendance numbers are limited so please only sign up for one Christmas Mass on either of the two days.
- Christmas gift envelopes will be available as you check in for Mass.
- The new Living with Christ Missals will be available at the door.
- Please remember to exit the church immediately following Mass so our safety crews can clean/prepare for the next Mass. **No socializing/gathering is permitted according to AHS restrictions.**

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### Other Masses Available in the Diocese of Calgary

View the Christmas Mass livestream schedule at [iamblessed.ca](http://iamblessed.ca) (right under the main banner). [Click Here](#)

Telus OPTIK TV (on Channel 877 starting Dec. 21) will be broadcasting Christmas Masses in the Diocese from the participating parishes. [Updated listing here.](#)

Please note that Bishop McGrattan will celebrate Christmas Masses at St. Mary's Cathedral on **Thursday, Dec. 24 at midnight, and on Friday, Dec. 25 at noon.** The **noon** Mass will be livestreamed [here](http://www.stmaryscalgary.ca/christmas) ([www.stmaryscalgary.ca/christmas](http://www.stmaryscalgary.ca/christmas))



# Parish & Diocesan Activities

## Year-End Giving

In order to receive 2020 tax receipts for donations for all parishes, Catholic Pastoral Centre or its ministries, they must be **received in the Parishes or the Diocese by Dec. 31, 2020 at midnight** (cash, credit card or online) OR **post marked by December 31 (cheques)**. For more information about the guidelines for year-end giving, visit <https://www.catholicyc.ca/yearendgiving.html>

If you have any questions about these deadlines, please call **the Catholic Pastoral Centre (403-218-5545)** or **email [finance@calgarydiocese.ca](mailto:finance@calgarydiocese.ca)**

On behalf of the Bishop, and all who will benefit from your gift, thank you again. We commit to using your gift as designated.

## How Do I Offer Hope to Those Discouraged this Season?

For those who are lonely or suffering, the joyous signs of Christmas can intensify their pain. We might not know what to say or do to encourage someone this season. And that's okay. Our goal isn't to "fix" or "remove" someone's suffering or difficulties. Still, there are some practical steps that we might consider for sharing hope with others this season. [Read more](#)

## How to Adopt a Healthy Mindset During a Very Different Christmas Season

Whatever your situation this holiday season, here are some tips on how to adopt a healthy mindset as we celebrate Christmas and get ready for 2021. [Read tips here](#)

## Imitate St. Joseph on a Daily Basis

While prayers and devotions are important to honour St. Joseph, especially during the Year of St. Joseph, what is more important is to imitate the life and example of the foster-father of Jesus. How do we imitate his example? [Read more](#)

## Sacred Heart Academy

### 2021-2022 Little Flower Pre-K Program - Registration

Our inquiry and registration process for 2021 – 2022 Little Flower Pre-Kindergarten is now open. Please go to the following link to start your registration process: <http://www.sacredheartacademy.ca/Registration.php>

We are notifying our SHA Families and Parish first through this notification. We are limited in space due to ratio requirements, so it is on a first-come-first-serve basis.

#### 2021 - 2022 Little Flower Pre-K Program

**Days:** Tuesday, Wednesday and Thursday mornings

**Time:** 8:25 am to 11:20 am

**Age:** 4 year old program. Must be 4 by December 31st, 2021

**Fees:** \$150.00 per month per student (PAD form which will be sent in separate email)

Plus \$60.00 Program Registration fee for all school supplies, snacks and field trips through the year (PAD form which will be sent in separate email)

**\* There will be a limit of 12 students accepted**

**\*\* We will start a waitlist and accept 8 more children after the first 12 are registered. We cannot exceed 20.**

### 2021-2022 Kindergarten Program - Registration

Our school would like to announce to all our families and parish members that we are starting Kindergarten Registration! It's never too soon to register! We invite our families to share this announcement with any friends or family members who will have Kindergarten-aged children next year.

- For the 2021-2022 school year, **kindergarten students must be five years of age by December 31, 2021.**

Our school team will be hosting an information session via Zoom, on **Wednesday, January 6th**, to address your questions.

Our Kindergarten Class Options this year include the following:

- **Option A)** 5 Full Days Monday to Thursday with fee (to be determined)
- **Option B)** 2 Full Days – Monday/Wednesday no fee
- **Option C)** 2 Full Days – Tuesday/Thursday

Registration inquiries are accepted online. Please visit: <http://www.sacredheartacademy.ca/Registration.php>

# Parish & Diocesan Activities

## New AHS Restrictions and How These Will Affect our Parish

New stricter restrictions have been introduced by the Government of Alberta in an effort to bend the curve on the number of confirmed COVID-19 cases. These restrictions will affect our Parish and **will take effect on Sunday, December 13, 2020**. Following are some of the changes that will be implemented:

- \* Faith services are limited to 15% of fire code occupancy for in-person attendance. We have adjusted our number of allowable attendees at Mass to 83 (this number includes clergy, volunteers and parishioners). Please continue to register online at <https://sacredhc.ca/mass-times>. If we find that Masses are becoming full, we will look at adding an additional Mass(es). Also, physical distancing between households must be maintained (we are no longer able to seat cohort families together). We are only able to seat people who reside at the same mailing address, together.
- \* **Starting December 13th, the Parish office will be closed.** The secretary (Lynn) will be working from home. Lynn will be available via email ([secretary@sacredhc.ca](mailto:secretary@sacredhc.ca)) or by calling the parish office phone (403-934-2641). For emergencies only, please contact Fr. Tomy at 403-928-1151.

## Celebrating Public Mass at Sacred Heart Church, Strathmore

Now that we are in Stage 2 of the relaunch for both the Diocese and the province, and with the help from volunteers, we are able to offer Mass at Sacred Heart Church.

Mass will be offered on **Saturday at 5:00 pm** and **Sunday at 10:00 am**. Seating space is limited so everyone must pre-register, individually, before attending Mass. To sign-up, please visit the homepage of [www.sacredhc.ca](http://www.sacredhc.ca) and click on the button that says '**Mass Registration**'. This will take you to the signup page. Locate the Mass that you want to attend, click the button beside it and fill out the required information. If you have questions about how to sign up, please contact the parish office.

In addition to pre-registering for Mass, following are some **guidelines** and **what you can expect when attending Mass**:

### Guidelines from the Diocese of Calgary/Sacred Heart Parish:

- Masses are to be celebrated simply and reverently within a shorter time.
- Procedures will be followed to limit possible exposure to the contagion.
- Alberta Health Services require that a record of all attendees and volunteers and their contact information be kept for contact tracing purposes.
- **Attendees and volunteers 65 years of age or older and individuals with chronic medical conditions are encouraged to stay safe by avoiding public gatherings but are not prohibited from attending Holy Mass if they so choose. You do so at your own risk.**
- **All attendees and volunteers are expected to wear non-medical masks and should bring their own masks.**
- Anyone who has even the slightest symptoms or feelings of sickness must remain at home. (i.e. Fever, cough, shortness of breath, sore throat, or runny nose.)
- Bathrooms will be closed except for health emergencies as it is impractical to maintain a sanitary washroom that is constantly in use.
- Please note that volunteers are automatically given a seat to attend Holy Mass. For volunteer job descriptions and to sign up to help out, please [click here](#).

### What to Expect When Attending Mass

**Guiding Principles:** Sacred Heart Parish will protect the health of all our Parishioners. Social distancing will be exercised for the entire Mass event. Bathrooms will be closed except for health emergencies as it is impractical to maintain a sanitary washroom that is constantly in use. We anticipate a 35 to 45-minute Mass duration dependent upon the number of Communicants. Children will remain with their parents or guardians at all times.

**The following procedures will be practiced for Mass:**

- You **MUST** pre-register individually online via Parish Website by **Friday at 12:00 Noon** to attend.
- You **MUST** arrive 15-30 minutes before the start of Mass.
- A volunteer will confirm your attendance information at the door.
- You will receive hand sanitizer at the door.
- You will be escorted to your seat by an Usher.
- The doors will be locked at the commencement of Mass for the duration of Mass.
- An Usher will guide you to receive Holy Communion.
- When Mass ends an Usher will direct a prompt dismissal of attendees.
- Upon final exit the church space will be sanitized.

**We are still in need of more volunteers** to be able to continue offering Mass. If you are able to help, please sign up at [www.sacredhc.ca/volunteer-sign-up](http://www.sacredhc.ca/volunteer-sign-up)

# Parish & Diocesan Activities

## Parish Sacraments



Please call or email the parish office if you have any questions

### Baptism:

Baptisms are set for the last Saturday of the month. **Please call the Parish Office 2 months prior to your chosen date for more information about Registration and Baptism Preparation.**

### Marriage Preparation:

Please call or email the office to make an appointment with Fr. Tomy at least four months prior to your wedding date. Please do not finalize dates before speaking with the Pastor.

### Reconciliation/Confession:

Confession is available on **Saturdays, from 4:15-4:45 pm** and **Sundays, from 9:15-9:45 am** in the Holy Cross Collegiate Foods Room or at the Parish office, by appointment. Please contact the parish office.

### First Reconciliation/Holy Communion:

First Reconciliation and First Holy Communion Sacramental Preparation classes have been scheduled from **October 2020 to June 2021**, and are underway. Classes are being held **the first Wednesday of each month from 5:45-6:45 pm**. Registration for 2020-2021 is now closed. Registration for 2021-2022 will begin in September, 2021.

### Confirmation:

Confirmation Preparation classes are taught every two years (ie. 2018, 2020, 2022). If you have any questions, please contact Mr. Brent Wiley at [confirmation@sacredhc.ca](mailto:confirmation@sacredhc.ca) or contact the Parish Office.

### RCIA, RCIY, RCIC:

The Rite of Christian Initiation for Adults program runs yearly from Fall to Easter of the following year. If interested in attending, please call or email the parish office to speak with Deacon Paul Coderre, before the end of August.

## Parish Office - Contact Information

### Office Hours:

Wed - Fri 9-4:00 pm  
Lunch Break: Noon-1:00 pm

**Pastor:** Fr. Tomy Manjaly | [pastor@sacredhc.ca](mailto:pastor@sacredhc.ca)  
**Bookkeeper:** Donna Johnson | [bookkeeper@sacredhc.ca](mailto:bookkeeper@sacredhc.ca)  
**Secretary:** Lynn Dumont | [secretary@sacredhc.ca](mailto:secretary@sacredhc.ca)  
**Office Phone:** 403-934-2641  
**Fr. Tomy's Mobile:** 403-928-1151 (Emergencies Only Please)  
**Mailing Address:** 23 Strathmore Lakes Way  
Strathmore, AB T1P 1Y9

**Deacon:** Roger Nelson | [deacon.roger@sacredhc.ca](mailto:deacon.roger@sacredhc.ca)  
**Deacon:** Michael Thompson | [deacon.michael@sacredhc.ca](mailto:deacon.michael@sacredhc.ca)  
**Deacon:** Paul Coderre | [deacon.paul@sacredhc.ca](mailto:deacon.paul@sacredhc.ca)

**Website:** [www.sacredhc.ca](http://www.sacredhc.ca)  
**Facebook Page:** [www.facebook.com/sacredhc.strathmore](https://www.facebook.com/sacredhc.strathmore)  
**Diocesan Website:** [www.catholiccyrc.ca](http://www.catholiccyrc.ca)

## Parish Ministries and Organizations

**Altar Servers:** Tomas Rochford or Krysta VanVerdegem | [altar.servers@sacredhc.ca](mailto:altar.servers@sacredhc.ca)  
**Building Committee:** Paul O'Leary | [building.committee@sacredhc.ca](mailto:building.committee@sacredhc.ca)  
**Catholic Women's League:** Emily Rochford | [cwl@sacredhc.ca](mailto:cwl@sacredhc.ca)  
**Children's Liturgy:** Meaghan Patterson | [childrens.liturgy@sacredhc.ca](mailto:childrens.liturgy@sacredhc.ca)  
**Choir Liaison:** Emily Rochford | [music.ministry@sacredhc.ca](mailto:music.ministry@sacredhc.ca)  
**Confirmation Preparation:** Brent Wiley | [confirmation@sacredhc.ca](mailto:confirmation@sacredhc.ca)  
**Extraordinary Ministers:** Lynn Dumont | [liturgy@sacredhc.ca](mailto:liturgy@sacredhc.ca)  
**Finance Council:** Jim Chisholm | [finance.council@sacredhc.ca](mailto:finance.council@sacredhc.ca)  
**First Communion Preparation:** Emily Rochford/Katie Jalbert | [first.communion@sacredhc.ca](mailto:first.communion@sacredhc.ca)  
**Fundraising Committee:** Nettie Hendricks | [fundraising@sacredhc.ca](mailto:fundraising@sacredhc.ca)  
**Gym Setup:** Todd Gionet | [gym.setup@sacredhc.ca](mailto:gym.setup@sacredhc.ca)  
**Knights of Columbus:** Grand Knight Derek Donais | [knights@sacredhc.ca](mailto:knights@sacredhc.ca)  
**Lectors:** Robin Fulton/Pamela Glover/Sarah Goodfellow | [lectors@sacredhc.ca](mailto:lectors@sacredhc.ca)  
**Parish Council:** Tomas Rochford/Brent Wiley | [parish.council@sacredhc.ca](mailto:parish.council@sacredhc.ca)  
**Pastoral Care:** Diane Van Bavel | [pastoral.care@sacredhc.ca](mailto:pastoral.care@sacredhc.ca)  
**Pledge Campaign:** Paul O'Leary | [pledge.campaign@sacredhc.ca](mailto:pledge.campaign@sacredhc.ca)  
**Prayer Chain:** Laurie Stephens | [prayerchain@sacredhc.ca](mailto:prayerchain@sacredhc.ca)  
**RCIA:** Deacon Paul Coderre | [deacon.paul@sacredhc.ca](mailto:deacon.paul@sacredhc.ca)  
**Sacristans:** Lynn Dumont | [liturgy@sacredhc.ca](mailto:liturgy@sacredhc.ca)

## Christmas Vigil Prayer

God of endless ages,  
Father of all goodness,  
we keep vigil for the  
dawn of salvation and the  
birth of your Son.  
With gratitude  
we recall His humanity,  
the life He shared  
with the sons of men.  
May the power of  
His divinity help us  
answer His call to  
forgiveness and life.  
We ask this through  
Christ our Lord.

**Amen.**