



# Sacred Heart Parish

Strathmore, AB

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

## 6<sup>th</sup> Sunday in Ordinary Time - February 14, 2021

Be my protector, O God, a mighty stronghold to save me. For you are my rock, my stronghold! Lead me, guide me, for the sake of your name.

YOU ARE MY REFUGE, LORD; WITH DELIVERANCE YOU SURROUND ME

Psalm 124



6<sup>th</sup> SUNDAY IN ORDINARY TIME

First Reading: Leviticus 13. 1-2. 45-46  
Second Reading: 1 Corinthians 10. 31 - 11.1  
Gospel: Mark 1. 40-45

A man with leprosy came to Jesus begging him, and kneeling said to Jesus, "If you choose, you can make me clean." Moved with pity, Jesus stretched out his hand and touched him, and said to him, "I do choose. Be made clean!" Immediately the leprosy left him, and he was made clean.

After sternly warning him Jesus sent him away at once, saying to him, "See that you say nothing to anyone; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, as a testimony to them."

But the man went out and began to proclaim it freely, and to spread the word, so that Jesus could no longer go into a town openly, but stayed out in the country; and people came to Jesus from every quarter.

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

### MASS INTENTIONS

Saturday	February 13	† Bobby Baguio
Sunday	February 14	Parishioners
Thursday	February 18	† Steven Rodehuts Kors
Friday	February 19	Madonna and John Kalbhen
Saturday	February 20	† Alan Bishop
Sunday	February 21	Parishioners

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.



### Gospel Reflection

Moses' instructions for people with leprosy resonate pretty strongly in the midst of a global pandemic. In the time of Jesus, if you had leprosy, you were required to separate yourself from others to prevent the disease from spreading. There was no cure. This meant permanent exile from the community. It is not hard to see the parallel to the pandemic. If there are measures we can take to prevent the spread of the illness, we are asked to do so with reverence for the lives of others, even at great cost to ourselves. Jesus is bringing healing – through vaccination, through greater knowledge, through selfless healthcare workers and researchers, and through our efforts to prevent spread. May we embrace the sacrifices asked of us out of love for the gift of life.

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**G**od of love, you gave your life to free us from sin. Help us to embrace the sacrifices we make in wearing masks, staying home, getting vaccinated, and otherwise limiting our freedoms to stop the spread of COVID. May all of our efforts accelerate the healing needed to usher us back into life after the pandemic.  
**Amen**



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 within our Church and the Diocese, please contact the Parish Office at:

[secretary@sacredhc.ca](mailto:secretary@sacredhc.ca)  
403-934-2641

### Parish Office Closures

Due to the restrictions issued by the Government of Alberta, effective December 13<sup>th</sup>, the Parish office will be **closed** until further notice 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 at:

403-934-2641

Work hours are:  
Wednesday thru Friday, 9-4:00 pm

For emergencies only, please contact Fr. Tomy at 403-928-1151.

# 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.**

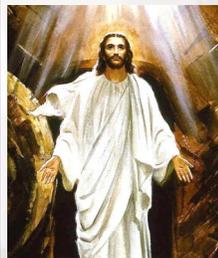
*Eternal rest grant unto them,  
oh Lord, and let perpetual light  
shine upon them.*

*May the souls of the faithful departed,  
through the mercy of God, rest in peace.  
Amen.*

## Parish Draft Finances for the Month of December, 2020

Operations	Monthly Actual	Monthly Budget	Quarter Ending Dec/2020
All Income	\$30,792.51	\$30,827.00	\$149,788.55
All Expenses	\$16,652.50	\$17,922.71	\$149,349.09
Surplus/(Deficit)	\$14,140.01	\$12,904.29	\$439.46
Building Fund			
All Monies Received (Excluding Pledges)	\$17,766.77		
Cornerstone Pledge Campaign	Commitment	Received	Year to Date
2019	\$777,205.00	-	\$617,126.91
2020	\$483,495.00	\$107,542.88	318,518.80
2021	\$574,650.00	-	-
Central Fund Savings		Together in Action	
as at Dec. 31, 2020	\$1,425,083.04	Goal for 2020	\$13,387.00
Grocery Cards Sold	\$7,100.00	Received	\$8,855.80

## 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.

## FORMED

PICK OF THE WEEK

February 14, 2021

LEARN

### FORMED NOW! HOW TO STUDY THE BIBLE

Are you looking to take your spiritual life deeper this Lent? There's no better place to start than the Lord's Word. Join Dr. Gray and Dr. Giszczak as they explain how to study and devote yourself to Scripture!



## FORMED

PICK OF THE WEEK

February 14, 2021

WATCH

### BELOVED—SESSION 1: DOES MARRIAGE MATTER?

Happy Feast of St. Valentine! This Valentine's Day, remind yourself of the beauty of the Sacrament of Marriage with the Beloved series, presented by the Augustine Institute.



## FORMED

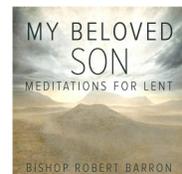
PICK OF THE WEEK

February 14, 2021

LISTEN

### MY BELOVED SON: MEDITATIONS FOR LENT BY BISHOP ROBERT BARRON

Lent is a season of discipline where we focus on prayer, fasting, and almsgiving. In five riveting homilies, join Bishop Barron as he describes the spiritual disciplines we undertake during Lent.



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

# Parish & Diocesan Activities

## The Search Series - Preparing for Lent 2021



This Lent, you and your family are invited to join with other parishioners to experience an exploration of the Catholic Faith like no other. We will journey together, exploring the big questions of life and faith, and preparing ourselves for Christ's death and resurrection at Easter.

This series is for everyone:

- ◆ Lifelong Catholics seeking a deeper faith
- ◆ Young adults looking for meaning and purpose in life
- ◆ Inquisitive seekers curious to know about the Christian Faith
- ◆ Fallen-away Catholics or family members who wonder about what Catholics really believe

Hosted free and online via Zoom, the Search is for YOU. Please join us for our first session on Sunday, February 14th at 7:30pm, and tell your family and friends to come along too.

Details:      Date/Time: Sundays at 7:30pm (approx. 1 hour)  
                  First Session: February 14, 2021  
                  Zoom Information: [Please click here](#)

## Stations of the Cross - Lent 2021

Throughout Lent, starting **February 19th**, the Parish will be praying the Stations of the Cross every **Friday at 7:00pm on Zoom**. All parishioners and families are invited to join us. For more details and the Zoom link, please visit the Parish website [www.sacredhc.ca](http://www.sacredhc.ca)



## The Year of St. Joseph

Dec. 8, 2020 to Dec. 8, 2021

Please continue to pray our Novena to St. Joseph. Along with asking for St. Joseph's intercession with Jesus for all our needs, please also pray for all our families at Sacred Heart Parish, the building of our new Sacred Heart Church and protection of ourselves and our families from COVID.

Our goal is to collectively as a parish reach **1000 Novenas**. Nine successive days of the prayer equals one Novena. On the website page [St. Joseph Novena](#) there is an area to submit your totals throughout this time period using the "Novena Tally" form.

## **NEW - External Fundraising Committee**

This year, Sacred Heart Parish is undertaking a new and exciting fundraising initiative! To supplement the hard work of our existing Fundraising Committee, an additional team has been formed to seek funds from outside of our Parish. This External Fundraising Committee will be organizing new projects, proposals, and activities to find sources of funds from the local business community, the Calgary Diocese, and even further beyond our doors.

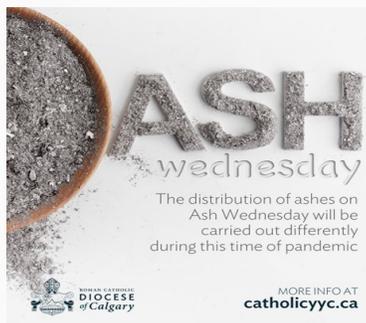
Do you have a great idea for an external fundraiser? Or perhaps a knack for letter writing or donor relations? If so, the External Fundraising Committee would be happy to hear from you! We are actively seeking additional Committee members and advisors. Those interested are asked to call or email:

**Sarah McKinnon at 403-934-2345 or [mckinnon.sarah9@gmail.com](mailto:mckinnon.sarah9@gmail.com)**

Thank-you for supporting our efforts toward building our new Church!

# Parish & Diocesan Activities

## **Ash Wednesday - February 17<sup>th</sup> - Distribution of the Ashes**



During this time of the pandemic, the distribution of ashes will be carried out differently. After the ashes have been blessed by the priest, the formula for the distribution (Repent... /Remember...) is said once from the sanctuary as a general pronouncement to the gathered congregation and one general response ("Amen") is to be made by all.

The ashes will be distributed by sprinkling on the head of each one without saying anything. There will be no tracing of the cross on the forehead.

Similar to the distribution of Holy Communion, all who intend to receive the ashes are required to wear a mask, even those who claim mask exemption due to health conditions. Face shields alone are not considered masks. Ashes will only be distributed on Ash Wednesday.

## **Fasting and Abstinence**

**Ash Wednesday** and **Good Friday** are universal days of fasting and abstinence from meat.

Anyone over the age of 18 and under the age of 59 are obliged to fast and abstain. Fasting, in the Latin Church, is the limitation of food and drink – typically to one main meal and two smaller meals (that together do not equal the regular meal in size), with no solid foods in between. Abstinence is the refraining from certain kinds of food or drink, typically meat. While all Fridays are days of abstinence from meat, in Canada "Catholics may substitute special acts of charity or piety on this day." ~ **Ordo, note 29b and 29d.**

But how did fasting become such an important means of preparing for the Eucharist and of learning virtue through self-discipline? [Read this brief reflection on Lenten Fasting](#)

## **Webinars on Wills and Estate Planning: Insurance**

A message from Calgary Catholic Education Foundation (CCEF): You have it. You need it. But what can you do with it? Join the CCEF and the Co-Operators for a FREE 1-hour webinar on insurance and how it works in your estate planning. Advance registration required. Two sessions available:

Feb. 20 at 1 pm ([Register here](#)) | Feb. 23 at 7 pm ([Register here](#)).

## **Pope Establishes World Day of Grandparents and the Elderly - to be Celebrated July 25, 2021**

Pope Francis announced the establishment of a World Day of Grandparents and the Elderly as a reminder of the important role they play as a link between generations. The pope said the day will be celebrated every year on the fourth Sunday of July to coincide with the feast of Sts. Joachim and Anne, Jesus' grandparents. The first celebration of this day will be on July 25. [Read more](#)

## **The "Seven Sundays of St. Joseph" - Fr. Raymond J. de Souza**

To commemorate the Jubilee Year of St. Joseph, in the following seven Sundays leading up to the Sunday after the Solemnity of St. Joseph (March 19<sup>th</sup>), Fr. Raymond J. de Souza will be sharing with you the "Seven Sundays of St. Joseph" devotion. Each Sunday will focus on a reflection coupling the seven joys & sorrows of St. Joseph. Please click here to view a video on ["The Seven Sundays of St. Joseph"](#).

1st Sorrow: The doubt of St. Joseph (Matt. 1:19)  
1st Joy: The Message of the Angel (Matt. 1:20)

## **Pope Francis: Caring for the Sick is Not Optional**

Pope Francis reflects on Jesus' ministry of healing during the Angelus on Sunday. The Pope reiterates that caring for the sick is not an "optional activity" for the Church, but an integral part of her mission; like Jesus, the Church is called "to bring the tenderness of God to suffering humanity." [Read more](#)

## **Last call for *The Coldest Night of the Year***

Only 10 days left until you leave your house, step out into your neighbourhood, and walk for those experiencing homelessness, hurt, and hunger in your community. To sign up and get started, please visit:

[www.cnoy.org/location/calgarydowntown](http://www.cnoy.org/location/calgarydowntown)

# 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.catholiccy.ca](http://www.catholiccy.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:** Ninette Maga | [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)

### A Prayer to St. Joseph

Hail,  
Guardian of the Redeemer,  
Spouse of  
the Blessed Virgin Mary.  
To you God entrusted  
his only Son;  
in you Mary placed her trust;  
with you Christ became  
man.

Blessed Joseph, to us too,  
show yourself a father  
and guide us in  
the path of life.  
Obtain for us  
grace, mercy, and courage,  
and defend us  
from every evil.

Amen