

Sacred Heart Cathedral

255 Nicola Street, Kamloops BC V2C 2P3

Telephone: 250-372-2581 Fax: 250-372-2582

E-mail: office@sacredheartkamloops.org

St. Ann's Academy: Telephone: 372-5452 Website: www.stannsacademy.bc.ca

Diocese of Kamloops: Telephone: 376-3351 Website: www.rcdk.org

Bishop of Kamloops: Most Rev. David Monroe

Rector: Rev. Derrick Cameron

Assistant: Rev. Vernantius Ononiwu

Assistant: Rev. Fred Weisbeck

Office Hours: 9-12 noon & 1 – 5 Mon - Friday

First Sunday in Lent, February 21, 2010

MASS INTENTIONS THIS WEEK

Saturday	7:00 pm	People of the Parish	First Sunday in Lent
Sunday	8:30 am	People of the Parish	
	11:30 am	People of the Parish	
	6:00 pm	People of the Parish	
Monday	7:15 am	Art Godard (RIP)	Chair of St. Peter
	9:30 am	Francesco Fontana (RIP)	
Tuesday	7:15 am	Mr. Fipp (RIP)	St. Polycarp
	9:30 am	Monika & Marvin Dyck Int	
Wednesday	7:15 am	Margaret Meeks Int	
	9:30 am	Joan Ryan (RIP)	
	12:10 pm	Josie Sanesh Int	
Thursday	7:15 am	Elena Bordignon (RIP)	
	9:30 am	Eve & Angelo Savage (RIP)	
Friday:	7:15 am	Dale Bertin (RIP)	
	9:30 am	Jesse Paisley (RIP)	
Saturday	7:15 am	John Scherer (RIP)	
	7:00 pm	People of the Parish	Second Sunday in Lent
Sunday	8:30 am	People of the Parish	
	11:30 am	People of the Parish	
	6:00 pm	People of the Parish	

THIS WEEK AT SACRED HEART CATHEDRAL

Monday:	7:30 pm	Light of God Prayer Group
Tuesday:	7:00 pm	RCIA
Wednesday:	10am-9pm	Adoration (except during Mass)
	12:45 pm	(following 12:10 Mass) Soup and Bun Lunch
	7:00 pm	Living Rosary
Thursday:	6:30 – 8:00 pm	Rosary Making - Board room downstairs. Bring a friend!
	6:30 pm	FFC (Children's Catechism at St. Ann's Academy)
	7:00 pm	Legion of Mary
	8- 9:00 pm	Bible Study – Board room downstairs. All welcome!
Friday:	3:00 pm	Divine Mercy

Prayers for the Sick: With permission from the person who needs prayers, their names will be placed in the bulletin for up to a month, unless otherwise reported as doing well. We ask you to remember in your prayers: Maria Borges, Lionel Borges, Rupert Atzenberger, Ingmar Christianson, Valentino & Tina Podorieszsch, Michael Haynes, Mike Hackett, Alex Kleklau, Debby McNutt, Laureen Storry, Angela Howe, Teresa Bruno, Sacha Weiler, Jane Winters, Jim Coughlan, Joanne Pierrot, Jack, Elda Martin, Sheena Flynn, Mr. Campos, Gus Stankoven, Joan Arens, Nadia Anselmo, Lucille Volk, Luigi Perri, Mother Claire, OCD – Prioress of the Carmel of Saint Joseph, Santina Sartori, Brent Farrar, Charlotte Bengart, Yvonne Douglas, Kevin Martin, Zoe Ehlert, Chloe McKnight, Eric Bientjes, Kelly Hawes, Kay Marshall and Ruth McKay. May the Lord comfort them in their time of need and bless those who care for them. ALSO: Please pray for the repose of the soul of Mac Shepherd who passed this past week.

Please help with our Children's Liturgy program: Anyone who would like to help out with Children's Liturgy at either the 8:30 or 11:30 Sunday Mass, please call Linda. Materials are provided along with activity plans. It is fun and easy! More helpers are always welcome. Please call Linda today at 250-851-8605

Stations of the Cross – Parishioners are welcome to come into Sacred Heart Cathedral for individual Stations of the Cross during the week at your convenience. Communal Stations of the Cross take place at Our Lady of Perpetual Help Parish on Friday's at 7:00 pm. You are welcome to join the Stations of the Cross at OLPH Parish on Friday's if you wish.

Adoration

Holy Hour Monday to Friday
7:45 to 9:15 am
Adoration all day Wed 10:00 am to 9:00 pm

Children's Liturgy

Sundays at 8:30 and 11:30 *when leaders are available*

Confession Times

Saturday 4:00 – 5:00 pm
Sunday 5:30 – 6:00 pm
Wednesday 5:15-5:35 pm

Divine Mercy

Fridays at 3:00 pm (10-Minute Devotion)

Evening Prayer

Wednesdays at 5:00 pm

First Friday Devotions to the Sacred Heart

The first Friday of the month during the morning Holy Hour at 8:15 am

First Saturday Devotions

We will pray the Rosary in honour of Mary on the First Saturday of the month at 9:00 am with a Mass at 9:30 am

Parish School

St. Ann's Academy - K to 12
250-372-5452 Fax: 372-5257
Web site: www.stannsacademy.bc.ca

Pregnant and need help?

Pregnancy Care Centre of Kamloops
Shirley: 376-4646
E-mail:
info@pregnancycarekamloops.com

Need to strengthen your marriage?
Retrouvaille <http://www.retrouvaille.org/>
(604) 530-6710

Healing for those who have had an abortion

Please call Nancy at 250-267-5081 or email rvkamloops@yahoo.ca .

The Year of the Priest - St. John Vianney (Patron of priests)

Pope Benedict has chosen this year to celebrate the Year of the Priest because it is the 150th anniversary of the death of St. John Vianney. Saint John Vianney, the beloved Curé of Ars, was canonized in 1925, and in 1929 Pope Pius XI declared him "Patron of Parish Priests."

"Jesus on the Cross said to the disciple whom He loved: "Behold your mother!" How sweet are those words to the Christian who is able to understand what depths of love they contain."

- St. John Vianney, the Cure of Ars

A Prayer for Priests

Heavenly Father, grant that our priests be strengthened and healed by the power of the Eucharist they celebrate. May the Word they proclaim give them courage and wisdom. We pray that all those whom they seek to serve may see in them the love and care of Jesus, our Eternal High Priest, who is Lord for ever and ever. Amen.

MESSAGE OF HIS HOLINESS BENEDICT XVI FOR LENT 2010

"The justice of God has been manifested through faith in Jesus Christ" (cf. Rm 3, 21-22)

Dear Brothers and Sisters!

Each year, on the occasion of Lent, the Church invites us to a sincere review of our life in light of the teachings of the Gospel. This year, I would like to offer you some reflections on the great theme of justice, beginning from the Pauline affirmation: "*The justice of God has been manifested through faith in Jesus Christ*" (cf. Rm 3, 21-22).

Justice: "dare cuique suum"

First of all, I want to consider the meaning of the term "justice," which in common usage implies "to render to every man his due," according to the famous expression of Ulpian, a Roman jurist of the third century. In reality, however, this classical definition does not specify what "due" is to be rendered to each person. What man needs most cannot be guaranteed to him by law. In order to live life to the full, something more intimate is necessary that can be granted only as a gift: we could say that man lives by that love which only God can communicate since He created the human person in His image and likeness. Material goods are certainly useful and required – indeed Jesus Himself was concerned to heal the sick, feed the crowds that followed Him and surely condemns the indifference that even today forces hundreds of millions into death through lack of food, water and medicine – yet "distributive" justice does not render to the human being the totality of his "due." Just as man needs bread, so does man have even more need of God. Saint Augustine notes: if "justice is that virtue which gives every one his due ... where, then, is the justice of man, when he deserts the true God?" (*De civitate Dei*, XIX, 21).

What is the Cause of Injustice?

The Evangelist Mark reports the following words of Jesus, which are inserted within the debate at that time regarding what is pure and impure: "There is nothing outside a man which by going into him can defile him; but the things which come out of a man are what defile him ... What comes out of a man is what defiles a man. For from within, out of the heart of man, come evil thoughts" (Mk 7, 14-15, 20-21). Beyond the immediate question concerning food, we can detect in the reaction of the Pharisees a permanent temptation within man: to situate the origin of evil in an exterior cause. Many modern ideologies deep down have this presupposition: since injustice comes "from outside," in order for justice to reign, it is sufficient to remove the exterior causes that prevent it being achieved. This way of thinking – Jesus warns – is ingenuous and shortsighted. Injustice, the fruit of evil, does not have exclusively external roots; its origin lies in the human heart, where the seeds are found of a mysterious cooperation with evil. With bitterness the Psalmist recognises this: "Behold, I was brought forth in iniquity, and in sin did my mother conceive me" (Ps 51,7). Indeed, man is weakened by an intense influence, which wounds his capacity to enter into communion with the other. By nature, he is open to sharing freely, but he finds in his being a strange force of gravity that makes him turn in and affirm himself *above* and *against* others: this is egoism, the result of original sin. Adam and Eve, seduced by Satan's lie, snatching the mysterious fruit against the divine command, replaced the logic of trusting in Love with that of suspicion and competition; the logic of receiving and trustfully expecting from the Other with anxiously seizing and doing on one's own (cf. Gn 3, 1-6), experiencing, as a consequence, a sense of disquiet and uncertainty. How can man free himself from this selfish influence and open himself to love?

Justice and Sedaqah

At the heart of the wisdom of Israel, we find a profound link between faith in God who "lifts the needy from the ash heap" (Ps 113,7) and justice towards one's neighbor. The Hebrew word itself that indicates the virtue of justice, *sedaqah*, expresses this well. *Sedaqah*, in fact, signifies on the one hand full acceptance of the will of the God of Israel; on the other hand, equity in relation to one's neighbour (cf. Ex 20, 12-17), especially the poor, the stranger, the orphan and the widow (cf. Dt 10, 18-19). But the two meanings are linked because giving to the poor for the Israelite is none other than restoring what is owed to God, who had pity on the misery of His people. It was not by chance that the gift to Moses of the tablets of the Law on Mount Sinai took place after the crossing of the Red Sea. Listening to the Law presupposes faith in God who first "heard the cry" of His people and "came down to deliver them out of hand of the Egyptians" (cf. Ex 3,8). God is attentive to the cry of the poor and in return asks to be listened to: He asks for justice towards the poor (cf. Sir 4,4-5, 8-9), the stranger (cf. Ex 22,20), the slave

(cf. Dt 15, 12-18). In order to enter into justice, it is thus necessary to leave that illusion of self-sufficiency, the profound state of closure, which is the very origin of injustice. In other words, what is needed is an even deeper “exodus” than that accomplished by God with Moses, a liberation of the heart, which the Law on its own is powerless to realize. Does man have any hope of justice then?

Christ, the Justice of God

The Christian Good News responds positively to man’s thirst for justice, as Saint Paul affirms in the Letter to the Romans: “But now the justice of God has been manifested apart from law ... the justice of God through faith in Jesus Christ for all who believe. For there is no distinction; since all have sinned and fall short of the glory of God, they are justified by His grace as a gift, through the redemption which is in Christ Jesus, whom God put forward as an expiation by his blood, to be received by faith” (3, 21-25). What then is the justice of Christ? Above all, it is the justice that comes from grace, where it is not man who makes amends, heals himself and others. The fact that “expiation” flows from the “blood” of Christ signifies that it is not man’s sacrifices that free him from the weight of his faults, but the loving act of God who opens Himself in the extreme, even to the point of bearing in Himself the “curse” due to man so as to give in return the “blessing” due to God (cf. Gal 3, 13-14). But this raises an immediate objection: what kind of justice is this where the just man dies for the guilty and the guilty receives in return the blessing due to the just one? Would this not mean that each one receives the contrary of his “due”? In reality, here we discover divine justice, which is so profoundly different from its human counterpart. God has paid for us the price of the exchange in His Son, a price that is truly exorbitant. Before the justice of the Cross, man may rebel for this reveals how man is not a self-sufficient being, but in need of Another in order to realize himself fully. Conversion to Christ, believing in the Gospel, ultimately means this: to exit the illusion of self-sufficiency in order to discover and accept one’s own need – the need of others and God, the need of His forgiveness and His friendship. So we understand how faith is altogether different from a natural, good-feeling, obvious fact: humility is required to accept that I need Another to free me from “what is mine,” to give me gratuitously “what is His.” This happens especially in the sacraments of Reconciliation and the Eucharist. Thanks to Christ’s action, we may enter into the “greatest” justice, which is that of love (cf. Rm 13, 8-10), the justice that recognises itself in every case more a debtor than a creditor, because it has received more than could ever have been expected. Strengthened by this very experience, the Christian is moved to contribute to creating just societies, where all receive what is necessary to live according to the dignity proper to the human person and where justice is enlivened by love.

Dear brothers and sisters, Lent culminates in the Paschal Triduum, in which this year, too, we shall celebrate divine justice – the fullness of charity, gift, salvation. May this penitential season be for every Christian a time of authentic conversion and intense knowledge of the mystery of Christ, who came to fulfill every justice. With these sentiments, I cordially impart to all of you my Apostolic Blessing. *From the Vatican, 30 October 2009* **BENEDICTUS PP. XVI**

Ideas for Lent

1. Read the Bible 5-10 Minutes every day (2-3 minutes reading & re-read) 8 minute reflection.
2. Choose the life of a saint and read and study for 40 days.
3. Read a spiritual book (a page a day) – a small library of books is at the main entrance of the church.
4. Listen to an inspirational religious CD per week (CDs are available at both entrances of the Cathedral).
5. Choose a small booklet on a particular topic of the Catholic faith and study it (these small booklets are available at both entrances of the church).
6. Read 1 page a day from the Catechism of the Catholic Church (buy the book or go online www.vatican.va)
7. Catholicism for Dummies? Book is available at Loaves and Fishes directly across from the Cathedral.
8. Join or volunteer with a church group or community group that does good works i.e. Knights of Columbus, Legion of Mary, Catholic Women’s League, St. Vincent de Paul, and Children’s Liturgy.
9. Go on retreat with Bishop Monroe at Cache Creek March 5-7 cost \$30 www.rcdk.org (What’s new:) or take sheet on sandwich boards at entrance of church.
10. For married couples – read the *Dare Love* book – perfect for Lent. Book is available at Loaves and Fishes directly across from the Cathedral.
11. Watch TV - that is EWTN (Eternal Word Television Network) Catholic programs 24 hours of day 7 days a week – go online www.ewtn.com or phone Shaw Cable or Herb at 250-314-0860
12. Allow the young people that are planning to go to World Youth Day to clean-out your bottles at home or to help do spring cleaning around your home. Please phone Wendi 250-374-7679
13. Make Rosaries Thursday nights 6:30 – 8 pm downstairs in the boardroom
14. Join the Bible Study Thursday nights 8 – pm downstairs in the boardroom
15. Take a spiritual/sacramental bath – go to confession.
16. Sacrifice ½ hour on Wednesdays to spend quiet time with our Lord in the Blessed Sacrament. Every Wednesday 10 am – 9 pm the Church is open all day

Lay Enrichment – Lenten Retreat with Bishop Monroe March 5th – 7th Cost is only \$30. For the registration form visit the Diocesan website www.rcdk.org under “what’s new”

Young Adult Retreat – March 12 – 14. Cost is only \$30. Registration forms are available online www.rcdk.org under “what’s new”

Soup & Bun during Lent: Our Catholic Women’s League is once again organizing Soup and Bun Lunches, to be held on Wednesdays during Lent, following the 12:10 Mass. We hope everyone will come downstairs to enjoy the great lunch and fellowship. Donations will support the Seminary Fund and MaterCare. If you are able to help by donating soup, buns, or your time for setup and/or clean up please call Linda at 250-851-8605. Thank you for your support!



Catholic Women's League membership fees are due. Please submit your \$23 membership fee to the rectory office or into the collection plate marked "CWL" by February 28th. New members are always welcome. If you have any questions about becoming a member please call Adele 250-828-2854 or President Cathy 250-372-0570. **Did you know?** 1925-1928: Mrs. Winnifred Fulton was President. She later served in every office - even on Diocesan and on to National and was instrumental in establishing other Councils in this Diocese - often travelling by horseback. Membership at Sacred Heart was 60. Bazaar earnings in those first years were: \$510.00, \$590.00 and \$805.00. C.W.L. **Leadership Workshop** will be held at Sacred Heart Cathedral on Saturday, March 20 starting with Mass at 9:00 a.m. The workshop will be conducted by Nancy Simms (Provincial Organization & Leadership Development Chair) and will be in three parts: (1) Realizing the Beauty Within (2) Maintaining Peace Within (3) A Challenge to be Leaders. Ending at 3:30 p.m. For more information please call Adele 250-376-3351.

SHARE LENT CAMPAIGN Each Lent, Development and Peace, the Canadian Catholic Church’s international development agency,



See your gift grow



1 888 234-8533

invites Canadian Catholics to give, with love, to those with the least in Asia, Africa, Latin America and the Middle East. Show your gratitude for God’s love through your generous gifts to Development and Peace this Lent. Development and Peace’s annual collection will take place in this parish on March 21, Solidarity Sunday. <http://www.devp.org/sharelent>

World Youth Day Bottle Drive: Please continue to bring in your empties for the young people travelling to Spain in 2011. There is a collection bin at the side entrance of the church. If you have a large amount please call Wendi 250-374-7679 for pick up at your home.

The Pregnancy Care Centre: The **Baby Bottle Fundraiser** Please sign out a baby bottle, fill it with your change during Lent and then return it either to the Cathedral or the Pregnancy Care Centre. A great Lenten project!! **Noodle Night Spaghetti Dinner**– Saturday March 20th at the Calvary Community Church 1205 Rogers Way. Tickets are \$30/family (immediate family). Call Theresa at 250-682-3232 or the Pregnancy Care Centre at 250-374-4646 for tickets.



The Pregnancy Care Centre is **in need of** a stroller, crib or bassinette, car seat and gently used maternity clothing. If you no longer need any of these items and would like to donate them to us - we have women & babies who will really appreciate your generosity! Please call the office at 250-376-4646 for pick-up or drop off at the Centre between noon & 4 p.m., at Ste. 200 - 535 Tranquille Road (above Salvation Army Thrift Store).

Human Trafficking Workshop in New York UNANIMA is a group working with the United Nations regarding human trafficking. Sister Pierrette Boisse, CND was in the Kamloops diocese out at Canim Lake and is now working out of the CND Mother house in Montreal. Sr. Pierrette sent the notice from UNANIMA regarding a workshop on trafficking they are doing with young people aged 18-25 in May in NY. They are covering all expenses including travel. There is an application process. The deadline is March 5. For the application form and more information see: www.unanima-international.org

Thank you to everyone who kept our mother, Hilda Maclean in your prayers, had Masses said, visited her in the hospital and sent cards etc. They were gratefully received. A special thank you to the priests and sisters who visited her on a regular basis. She appreciated your caring visits. We are all thankful for the power of prayer. Mom is doing fine and will be moving back home shortly. Thank you to everyone. Doreen & Bil Gowans & Carol McQuarrie and families.