



SACRED HEART PARISH

5113 49 Avenue, Wetaskiwin, AB T9A 0P9

SacredHeartChurch.ca

SacredHeart.Wetaskiwin@caedm.ca

780.352.2365



An inviting faith community building up the Body of Christ

SEVENTH SUNDAY IN ORDINARY TIME, YEAR A — FEBRUARY 23, 2020

DEFINING TERMS: "PRACTICING CATHOLIC"

It's well known that Catholics have a particular vocabulary that's often not understood. I thought it would be good to use the Bulletin to occasionally define such terms. We begin with PRACTICING CATHOLIC. While some may think it's a vague term, it's actually quite specific: it refers to the *Precepts of the Church*, "the indispensable minimum in the spirit of prayer and moral effort" (*Catechism*, 2041), to which all Catholics are bound by virtue of the moral life. The Precepts are meant to help us remain faithful to our Baptism, keep the faith, and concretise our communion with Jesus and the Church. **They're moral obligations because they're necessary tools for growth in the spiritual life, but they remain the minimum:** they're just the beginning. We need to do more to grow in holiness. (See nos. 2030-2046 of the *Catechism*). The Precepts are:

- I. **To attend Mass on Sundays and holy days of obligation** — We celebrate Jesus' Resurrection by attending Mass and resting from the works and activities that impede the sanctification of these days. In Canada, days of obligation are every Sunday, Christmas and Mary Mother of God (Jan. 1).
- II. **To confess our sins at least once a year** — We prepare for the Eucharist by receiving the Sacrament of Penance, which continues Baptism's work of conversion and forgiveness.
- III. **To receive Communion at least once during the Easter Season** — We receive the Eucharist in connection with the Paschal feasts, the heart of our faith in Jesus.
- IV. **To observe the days of fasting and abstinence** — We do times of penance to prepare us for liturgical feasts and to help us master our instincts and freedom of heart.
- V. **To help provide for the needs of the Church** — We help with the material needs of the Church, each according to our abilities.

PARISH CONTACTS

Fr. Roger Rouleau, Pastor Roger.Rouleau@caedm.ca
Emergencies: 780.352.4513

Deacon Leo Farley

STAFF

Maria Chrunik, *Pastoral Coordinator*
Christine Ungstad, *Finance*
Brigid Bishop, *Communications*
Jose Madriaga, *Maintenance*

Office Hours: Tuesday-Friday, 8:30am-4:00pm

COMMITTEES & GROUPS

Pastoral Council	John Tomkinson, <i>Chairperson</i>
Finance Committee	Chris Kirwan, <i>Chairperson</i>
Catholic Women's League	Juliette Huberdeau, <i>President</i>
Knights of Columbus	Bill James, <i>Grand Knight</i>
School Trustee	Henry Effon
Sacred Heart School	Verna Sand, <i>Principal</i> 780.352.5533

CATHOLIC ARC DIOCESE OF EDMONTON

1.844.469.1010

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EVENTS THIS WEEK

SEVENTH SUNDAY IN ORDINARY TIME

Sat, Feb 22 5:30pm **Mass** (Confirmation) - *Confirmation Candidates*

Sun, Feb 23 9:00am **Confessions**
9:30am **Mass** - *Pro Populo*

Mon, Feb 24 **No Mass**

Tue, Feb 25 9:00am **Mass** - *+Mary Marquis*
6:30pm **Lectio**

ASH WEDNESDAY

Wed, Feb 26 10:45am **Mass** (School)
6:00pm **Mass** (Church)

Thu, Feb 27 6:30pm **Mass** - *+Therese Dumont*

Fri, Feb 28 6:00pm **Way of the Cross**
6:30pm **Mass** - *True forgiveness among peoples*

FIRST SUNDAY OF LENT

Sat, Feb 29 4:00pm **Exposition & Confessions**
5:30pm **Mass** - *Memorial Brick Wall benefactors*

Sun, Mar 1 9:00am **Confessions**
9:30am **Mass** - *Pro Populo*
10:30am **Refugee Presentation & Fellowship**

UPCOMING EVENTS

FIRST COMMUNION PREP - 1st 2 classes **Feb 29 & Mar 7**, 9-11am

40 DAYS FOR LIFE - Coincides with 40 days of Lent: **Feb 26-Apr 5**. Aims to end abortion through prayer and fasting, community outreach and peaceful outdoor vigils. For more info about Edmonton's campaign: <https://bit.ly/37CHFzL>

WAY OF THE CROSS - Fridays during Lent, **Feb 28-April 3, 6pm**

REFUGEE PRESENTATION - Everyone is invited after Mass on **Sun, Mar 1** to enjoy some delicious "Stone Soup" and a presentation given by the Kazadi family.

GRACE COMING TO WETASKIWIN - STAR Catholic is hosting a *Grateful Advocates for Catholic Education (GrACE)* meeting in Wetaskiwin on **March 3, 6:30-8pm** at Sacred Heart School for the purpose of forming a local GrACE advocacy group.

DAY OF CONFESSIONS - **Tues, Mar 3, 10am-8:30pm**

WORLD DAY OF PRAYER - An ecumenical service praying for peace and the oppressed. **Fri. Mar 6, 2pm** at Grace Lutheran Church (4213 56 Ave, Wetaskiwin). Donations to the Food Bank appreciated.

LADIES' MINI RETREAT - **Sat, March 7**, following the 9am Mass, **10am-2pm**. Special guest speaker: Sr. Susan Scott. No Registration fee (donations accepted); lunch served. Sponsored by the Catholic Womens' League. **All ladies welcome!**

RETROUVAILLE - A Lifeline for Troubled Marriages! Next Edmonton program begins **March 13-15**. Call 587.598.4357, or go to helpourmarriage.org.

SACRED HEART PARISH LENTEN MISSION - **Mar 14-17**. Please note the *Lectio* class on Mar 17 will be cancelled.

LENTEN PENITENTIAL - **Mar 18, 6:30pm**

DID YOU KNOW? In the Roman Rite, including Canada, Ash Wednesday is a day of fasting (18-59 yrs) and abstinence from meat (14 yrs up), *"in order to be more open to prayer, to share more in the suffering of those who are starving and to save money to give to the poor."* (ORDO 2019-2020, p. 54)

OUR LADY OF SEVEN SORROWS (Maskwacis)
Sunday Mass: 11:30am

ST. THERESA'S (Ma-Me-O Beach)
Sunday Mass: 10:00am

ARCHDIOCESAN NEWS

LIVING IN THE WORD OF GOD

Excerpts from Archbishop Smith's Pastoral Letter

St. John writes these beautiful words at the beginning of his first letter: "We declare to you what was from the beginning, what we have heard, what we have seen with our eyes, what we have looked at and touched with our hands, concerning the word of life— this life was revealed, and we have seen it and testify to it, and declare to you the eternal life that was with the Father and was revealed to us— we declare to you what we have seen and heard so that you also may have fellowship with us; and truly our fellowship is with the Father and with his Son Jesus Christ. We are writing these things so that our joy may be complete." (1John 1:1-4)

caedm.ca/Letter

ARCHBISHOP SMITH'S BLOG - [Reason for our Hope](#)

GRANDIN MEDIA - The Catholic news service for the Archdiocese of Edmonton grandinmedia.ca

OTHER NEWS

FLOWER MINISTRY - Mar 1: Debbie Hawken; Now accepting donations for **Easter**. Please "Lilies" or "Palms" on the flower donation envelopes.

SPECIAL LENTEN BULLETIN FOR YOUNG FAMILIES - Now available.

FAMILY SKI NIGHT - Gwynne Ski Hill, **Feb 29, 6:30-9:30pm**. Free, except for rentals. Sponsored by Sacred Heart School Council

CONGRATULATIONS

to our 22 young parishioners
Confirmed by Archbishop Smith
during the Saturday evening Mass!

SPECIAL THANKS

to our Confirmation Catechists for their dedicated service!
Andrea Rabel, Michael & Christie Chronik,
Robert Labonté and Grace French.

NEW TO SACRED HEART PARISH? WELCOME!

Register at the office, or fill out a Census Form from the foyer or Website and drop it in a collection basket during weekend Masses.
Include your email if you'd like the bulletin emailed.