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Office Assistant: Rosa Moniz Demchuk



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**Robert Poncelet**  
Managing Director

**September 14<sup>th</sup>, 2025 – Exaltation of the Holy Cross**

<b>Weekend Masses:</b> Saturday 5:00 pm in English Sunday 11:00 am in Portuguese 12:30 pm in Spanish	<b>Weekly Cost and Collection Amounts</b>
<b>Weekday Masses:</b> 9:00 am – Tuesday to Friday	<b>Sept 7<sup>th</sup>, 2025</b>
<b>Confessions:</b> Saturdays, 4:00 pm	Church costs: \$3,663
<b>Adoration:</b> Thursdays, 6:00 pm	Our collection: \$1,960
<b>Baptisms and Weddings:</b> Please contact the office	Shortage: - \$1,703
<b>Anointing: Hospital Chaplain:</b> 250-889-3761	

Tues, Sept 16 9:00 am	
Wed, Sept 17 9:00 am	
6:00 pm	(**Mass in Spanish)
Thur, Sept 18 9:00 am	
Fri, Sept 19 9:00 am	
Sat, Sept 20 5:00 pm	** 90.º aniversário de Adelina Ferreira ** 50.º aniversário de casamento de Maria da Gloria e Mike McEwan e Ermelinda e José Pacheco
Sun, Sept 21 11am	† Intenções de Virginia Ferreira ** Aniversário de Manuel e Virginia Furtado
12:30pm	



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**ABSOLUTELY ELECTRICAL**

<b>Saturday Sep 20<sup>th</sup> at 5PM</b>
Readers: Alessandra Krainer Fortunato Couto
Euc Min: Raad Nashmi
<b>Sunday Sep 21<sup>st</sup> at 11AM</b>
Readers: Isabel Pacheco Odete Oliveira
Euc Min: Christina Santos
<b>Sunday Sep 21<sup>st</sup> at 12:30PM</b>
Readers: Andrea Soriano Ibet Folk
Euc Min: Adriana Muñoz Maria de los Angeles

Cleaning:
Ermelinda Pacheco Maria McEwan Rosa Demchuk João and Mary Raposo

**REPORT SEXUAL ABUSE TO AN  
INDEPENDENT REPORTING AGENCY**

To report sexual abuse by a clergy member,  
religious, employee, or volunteer,  
call 1-800-968-3146

To report sexual abuse or cover-up by a  
Bishop, [click here](#) or call 1-866-892-3737

**Catechism for 2025 – 2026**

Registration has now ended.

There will be a parent meeting for all new families on  
October 2<sup>nd</sup> at 7:00 pm in the church basement. This  
meeting is optional for returning parents.

Classes will begin the weekend of October 4<sup>th</sup> and 5<sup>th</sup>.

**Announcements / Avisos**

**Daily Portuguese Missals**

If you would like to purchase missals for the daily Mass in Portuguese for the year, please let Rosa know. Cost will remain at \$65 for the year.

**Missais Diários Portugueses**

Se gostaria de comprar missais para a missa diária em português para o ano, por favor avise a Rosa. O custo continuará a ser \$65 para o ano.

**Horizons of Hope**

When it comes to a loved one nearing death what are our Catholic options? Our faith in God as the Father, Son and Holy Spirit is challenged by an increasingly common world-view of death and dying. Horizons of Hope: helps us as parishioners, caregivers, and loved ones facing the end of life, by teaching us about palliative care. Through 4 modules, we explore the dying process, including discernment and decision making at the end of life: accompaniment along the journey to the end of life: and the need for compassionate communities to walk with us as we near the end of life. These will be held on Tuesdays, October 7,14, 21 and 28 by Dr Felipe Edora and Angela Spencer. To register, please email or phone: [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org) / 205-479-1611

**Sacred Heart Catholic Women's League Garage Sale**

CWL's 4th Annual Community Garage Sale is on Saturday, October 18 from 9 am. Table rentals are \$30. Contact Miriam for more details [mirpod@yahoo.com](mailto:mirpod@yahoo.com)

**Diocese News**

1) Rachel's Vineyard on Vancouver Island is offering a safe and confidential retreat from November 7–9, 2025, for women and men seeking healing and peace after abortion. To learn more or register, please email [rachelsvineyardvancouverisland@gmail.com](mailto:rachelsvineyardvancouverisland@gmail.com).

2) On September 30th (National Day for Truth and Reconciliation), the 4th annual South Island Powwow will take place at Royal Athletic Park (1014 Caledonia Ave, Victoria). This event offers a powerful opportunity to honour Residential School Survivors and their families in the spirit of truth and reconciliation. Through song and dance, this celebration uplifts the cultures, strength, and resiliency of Indigenous Peoples while remembering those who never made it home. All are welcome, and admission is free. Find out more here: <https://www.songheesnation.ca/south-island-powwow>

3) Enjoy singing? Craving community? Voices in Motion is an intergenerational choir for adults with memory loss, their caregivers, friends, and students—no singing experience required! Led by the new Music Director Annika Sauser, the choir brings people together through golden oldies, jazz, and contemporary favourites. The 2025 season begins September 17 & 19, Wednesdays at 2:15 pm at Sacred Heart Church and Fridays at 10:30 am at the UVic Multi-Faith Centre—register at [www.voicesinmotionchoirs.org](http://www.voicesinmotionchoirs.org) or email [info@voicesinmotionchoirs.org](mailto:info@voicesinmotionchoirs.org).

**Homily  
Exaltation of the Holy Cross**

Brothers and sisters, today the Church lifts high the Cross of our Lord Jesus Christ—not as a sign of shame, but as the very throne of His glory. In the Gospel, Jesus tells Nicodemus: “Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in Him may have eternal life.”

The Cross is the paradox of our faith: an instrument of death that has become the tree of life. On Calvary, humanity's sin and despair were nailed to the wood, and from that same wood flowed forgiveness, mercy, and salvation. Saint John Paul II once said: “The Cross is the school of love.” It teaches us that God's love is not abstract; it is love willing to embrace suffering to save the beloved.

Saint Paul reminds us: “We preach Christ crucified” (1 Cor 1:23). To exalt the Cross means to recognize in it our hope, our healing, and our victory. When we trace the sign of the Cross on ourselves, we are not making a mere gesture, we are professing that our lives belong to the One who loved us unto death.

As we celebrate this feast, let us ask the Lord to make us faithful witnesses of the Cross in our daily lives. May we embrace our difficulties with trust, unite them to Christ's sacrifice, and allow His victory to shine through us.

“We adore you, O Christ, and we bless you, because by your Holy Cross you have redeemed the world.”

**SALMO RESPONSORIAL  
Não esqueçais as obras do Senhor.**

**ALELUIA, ALELUIA, ALELUIA  
Nós Vos adoramos e bendizemos, Senhor Jesus Cristo, que  
pela vossa santa Cruz remistes o mundo.**