

# Holy Cross Catholic Parish

## Vision Statement

Holy Cross Parish strives to be a welcoming, dynamic, vibrant, and inclusive Catholic community that gathers in unity and reaches out to attend to the needs of others.

**SUNDAY August 19, 2018**  
**Twentieth Sunday In Ordinary Time**

## Reflections from the Gospel Gals

“We walk by faith; and not by sight.”

How many times have you gone through the cupboard searching for something to eat to satisfy a craving? Maybe for something salty, like chips, or something sweet, like cake. You're not sure what you want, but you're looking and often still come away feeling unsatisfied. Food with very little nutritional value often leaves us empty and unfulfilled. We start searching through the cupboards and never really find something that satisfies. Have you ever had a hearty loaf filled with nuts and seeds and made with whole meal flour, or a rich, dense rye bread? And though it may not be what you thought you were craving, your body knows that this is what will provide you with beneficial nutrients. Bread nourishes us, so Jesus uses that term to describe himself. The living bread is an example to reveal more deeply how profoundly he nourishes us.

In the Gospel reading three weeks ago, 5000 hungry people showed up and were fed with 5 loaves and two fish. They didn't understand. They thought it was about loaves and fishes. Two weeks ago, Jesus challenged us to consider the bread that we eat. Is it perishable or does it endure to eternal life? Last week, Jesus declared himself to be the bread of life come down from Heaven. Today he says, “Eat my flesh, drink my blood”. This is the only way we will ever have life within us. Jesus is very clear, and blunt about it. His flesh is true food and his blood is true drink. Many of his disciples disputed among themselves saying, “how can this man give us his flesh to eat?” Understandably, the people were horrified and many of his followers were to leave him upon hearing this. His flesh is true food and his blood is true drink. Any other diet leaves us empty, hollow and hungry. “Very truly, I will tell you unless you eat of the flesh of the Son of Man and drink his blood, you have no life in you.”

The Eucharist is the food that nourishes the gift of the spirit. The meals we eat satisfy our physical needs. Every week we have the opportunity to witness the mystery of faith by attending Mass and receiving the Eucharist. Jesus says, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.” Bishop Robert Barron says in his article, *Why you need spiritual Food*, “The divine life is found in the transfigured bread and wine of the Eucharist. Aquinas said that the other sacraments contain the *Virtus Christi* (the power of Christ) but that the Eucharist contains *ipse Christus* (Christ himself).

What the soul is hungry for is the person of Jesus, the body and blood of Christ. Without feeding regularly on that food, the soul will atrophy. If you want to be healthy spiritually, you've got to receive the Eucharist. Every time the Eucharist is celebrated, Jesus gives us himself, telling us, “Abide in me as I abide in you”

Journeying with you,  
Debby Pietraszek

### OFFICE HOURS

Saturday, Sunday, Monday: Closed  
Tuesday/Wednesday: 9am—2:30pm  
Thursday/Friday: 9am—2:00pm

Fr. Karam Alraban, Parish Administrator

4049 Gordon Head Road Victoria, BC V8N 3X7  
Phone: 250-477-5321 Fax: 250-721-1844  
office@holycrossvictoria.org  
www.holycrossvictoria.org

**THANK YOU FROM ST ANN'S**

With the Children and Youth Fund you (Holy Cross) gave us (St Ann's), 6 First Nations Kids were able to attend the Summer Bible Camp at St. Edwards last week. It was their first time to attend such a camp. The children were so happy and they enjoyed every activity. That was a good exposure for our kids too. Once again thank you for sharing your bounty with us at St. Ann's Church. For Fr. Hann and all your Parishioners, thank you for sharing the love of Christ with us.

**EXALTATION OF THE HOLY CROSS**

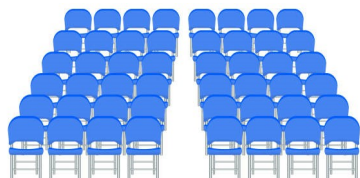
On Friday, September 14th we are going to celebrate our Feast Day with our neighbors Saint Leopold Mandic Croatian Parish. There will be a Celebration Mass at 5:30pm with a lasagna dinner to follow in the hall. Sign up sheets are in the entrance.

**CHILDREN'S RELIGIOUS EDUCATION**

Children's Religious Education at Holy Cross will be starting up again in the Fall. Stay tuned for the date and time of our information meeting for parents interested in registering their children. All the details regarding classes offered this year will be presented...along with light refreshments! See you in September.

**NO MORNING MASSES NEXT WEEK**

Please note there are no morning masses next week due to our annual floor cleaning.



**PLEASE HELP**

On Saturday, August 25th all the chairs have to be moved from the sanctuary and put back in place. If you are able to help, please meet in the church at 1pm. This is a big job and the more hands the better.

**FILM ABOUT POPE FRANCIS**

Wim Wender's film "Pope Francis: A Man of His Word" (96 mins., 2018) will be shown at the Uvic Cinecenta on Sunday August 19 (4:45 pm, 7 pm), and on Monday August 20 (7 pm, 9 pm).

**AND THE AUTHOR IS ???**

- "Lord make me chaste, but not just yet"**
- "Love and do as you will"**
- "Too late have I loved thee"**
- "Restless till we rest in you"**

St Augustine (354-430 --- five lifespans from Christ!), --- bishop, philosopher, theologian, author of Confessions ,arguably, the most read autobiography of all time. Feast day is August 28<sup>th</sup>. His life, books and wisdom are on our Library Suggestion Shelf.



### PRAYER REFLECTION

We speak of the real presence of Christ in us . . . he is in us, through his flesh, and we are in him; and with him, what we are is in God.  
—*Saint Hilary of Poitiers (c. 315-367)*

Participate joyfully in the sorrows of the world. We cannot cure the world of sorrow, but we can choose to live in joy.  
—*Mythologist Joseph Campbell (1904-1987)*

Those who eat and drink the Lord's flesh and blood live in the Lord and the Lord lives in them. A marvelous and inexplicable union occurs by which God is in us, and we are in God. Does this not fill you with awe as you listen?  
—*Saint Theophylact (c. 1050-1109)*

### AROUND THE PARISH AND DIOCESE

More information and details on bulletin board or parish office

- **OUR LADY QUEEN OF PEACE PARISH:** pot-luck dinner on **Sat. Sept. 1<sup>st</sup>** after the 5pm Mass on the occasion of the 15<sup>th</sup> Anniversary of the Designated Shrine site of the Infant of Prague. Please RSVP by Wed. Aug. 29th to Shirley Deidrick – 778-440-4672
- **ST. PATRICK'S PARISH:** A SPECIAL MASS: this special mass is in honour of the dedicated work of those in Health Care. **Saturday, September 2nd, 2018 at 5pm.** A reception will follow in the parish hall. *All are welcome to attend!!*
- **OUR LADY OF THE ROSARY PARISH:** Join us for our first annual "**Mom's Mingle**" on **Saturday, September 15th.** Doors open at 6:00pm and dinner will be at 6:30pm. The evening will consist of dinner, drinks (don't miss out on the "Momtini"), Guest Speaker Laura Pearse, prizes, and much more fun! You don't want to miss this awesome evening with other Catholic Moms in our community. Call or email Allison Menzies for tickets (\$20 each, dinner included) or for more information, 250 710 5023 or [allisonmenz@gmail.com](mailto:allisonmenz@gmail.com). Hope to see you there!
- **ST. ANDREW'S CATHEDRAL:** ALPHA!: Know of a neighbour, friend or lapsed Catholic who is curious about faith or wants to learn about the big questions of life? Invite them to Alpha! Alpha is a place where faith is explored in an open and non-judgmental atmosphere. All are welcome to join us each week – beginning Monday, **September 17th at 6 pm** in the Church basement – to explore these questions. Wherever you are at with faith you are welcome to join us. Please contact [standrewscathedral@gmail.com](mailto:standrewscathedral@gmail.com) for more information and to sign up.

### OUR LITURGICAL LIFE:

#### SUNDAY, August 19th

8:30 am Mass: **Eileen Knapik +**  
10:30 am Mass: **Ann Sinclair +**

#### MONDAY, August 20th

No Mass

#### TUESDAY, August 21st

No Mass

#### WEDNESDAY, August 22nd

No Mass

#### THURSDAY, August 23rd

No Mass

#### FRIDAY, August 24th

No Mass

#### SATURDAY, August 25th

5:00pm Mass: **Evelina Reda +**

#### SUNDAY, August 26th

8:30 am Mass: **David Kinloch (int)**  
10:30 am Mass: **Amaro Martins +**

### NEW MINISTRY

Holy Cross is starting a new ministry to help with washing and folding table clothes that have been used for funeral receptions in the hall. We need a few volunteers to help with this. If you are interested or need more details please call the office. 250 477-5321

### FUNERAL MASS

Funeral Mass for Constance Munro will take place at 11am on Wednesday, August 29th. Please come and support the family.

### PASTORAL CARE VISITS WHILE IN HOSPITAL

If you or someone you love is admitted to hospital and would like a visit from your pastor or Eucharistic Minister, please call your parish office or VGH/RJ hospital emergency pager **250-889-3761** and ask for **Fr. Ian Stuart** to make this request.

## **CONTACTS**

### **Administrator: Fr. Karam Alraban**

250-477-5321 rev.karam@gmail.com

250-294-9615 after hours

### **Hospital Chaplain: Fr. Ian Stuart**

250-889-3761

### **Pastoral Assistant: Anna Mendonca**

250-477-5321 pastoralassistant@holycrossvictoria.org

### **Administrative Assistant: Valentina Boyd**

250-477-5321 office@holycrossvictoria.org

### **Parish Council: Esther Sangster-Gormley**

egorm@uvic.ca

### **University Chaplain: Fr. Dean Henderson**

250-721-8339 (office) 250-882-2151 (cell)

catholic@uvic.ca

## **HOLY CROSS MINISTRIES**

<b>MINISTRY</b>	<b>COORDINATOR</b>	<b>PHONE</b>
Liturgy	Anna Mendonca	250-477-3552
Liturgical Ministries:		
Usher / Greeter	Maria Arruda	250-477-5526
Altar Server	Fr. William Hann	250-477-5321
Music	Various Choirs	250-477-5321
Altar Linens	Marg McDonnell	250-477-6332
Flowers/Art Envir.	Ann Francis	250-477-8650
Sun. Coffee, 8:30	Darlene Southwell	250-477-5738
Sun. Coffee, 10:30	Yvonne Hsieh	250-385-8322
Bulletin Folders	Vicki Ponsioen	250-383-0654
Sacramental Wine	John Bartle-Clar	250-995-1891

### **SERVING OUR HOLY CROSS PARISH COMMUNITY**

Responsible Min.	Martha Oleson	250-477-6455
	Janita McHugh	250-220-4778
Parish Council	Esther Gormley	250-360-0107
Finance	David Begg	250-658-0870
Maintenance/Bldg.	Ed Boomars	250-881-8124
Cleaning Kitchens	Loretta MacDonald	250-477-6682
Annual Shed Clean	Jack Ponsioen	250-383-0654
Parish Grounds	Joe Mendonca	250-888-8930
Social/Comm. Life		
Baptism Prep.	Anna Mendonca	250-477-5321
Marriage Prep.	Fr. William Hann	250-477-5321
Mom's/Tots	Partnership with St. Patrick's	
Children's Rel. Ed.	Giacinta Bewley	250-652-0204



holy cross church garden head rd. victoria, b.c.

## **COLLECTION August 12, 2018**

### **WE ARE GRATEFUL FOR THESE GIFTS:**

<b>Envelopes</b>	\$ 1, 975.00
<b>Loose</b>	\$ 487.00
<b>Pre-Authorized Debit</b>	\$ 1, 107.00
<b>TOTAL</b>	<b>\$ 3, 569.00</b>
<b>SVDP</b>	\$ 1, 132.00

Children's Liturgy of the Word	Bobbi Bartle-Clar/ Valentina Boyd	250-995-1891 250-813-0230
Catholicism	Fr. Karam Alraban	250-477-5321
Library	George Murphy	250-658-6061
Outreach/Visiting	Anna Mendonca	250-477-3552
Bereavement / Funeral / Follow-Up	Fr. William Hann	250-477-5321
Funeral Reception	Barb McKrow	250-477-8322

### **SERVING COMMUNITIES BEYOND OUR DOORS**

Diocesan Appeal	Ed Chwyl	
Franciscans and Friends Youth	Maritza Chouza	778-533-1736
Could You Ever Come Back To The Church	Fr. William Hann Glenn Palahicky	250-477-5321 250-479-1331
RCIA	Phil / Sheila Wall	250-385-7007
RCIC	Dan Taft Jr.	250-721-0821
Ecumenism	Terry Marner	250-380-0157
Social & Eco. Justice	Yvonne Hsieh	250-385-8322
Anawim	Parish Office	250-477-5321
Christmas Project	Coordinated by the Parish Office	
D&P/Share Lent	Sheila Wall	250-385-7007
Refugees	Trudy Holden	250-472-1079
St. Vincent De Paul	Martin Fletcher	250-592-9297
Univ/Camosun Bursaries	Tony Southwell	250-477-5738
Uvic/Camosun Outreach	John Oleson	250-477-6455