



# 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 26, 2018**  
**Twenty-First Sunday In Ordinary Time**

## Reflections from the Gospel Gals

Jesus said to the people: “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you.” We as Christians have been given ‘free will’ to choose our path...to do or not to do, make countless choices and decisions. “Eyes on Jesus!” is often heard in Mass, as Fr. Hann encourages us. We try to live daily by the examples and teachings of Jesus. This is not always easy. Some have doubts and leave as they face the uncertainties of this world. Others say, “Jesus is right!” Instead of wandering aimlessly, we can embrace these ‘strange words of Christ.’

Here is some food for thought...

The beauty of the Eucharist is found in the word Communion. We are uniting ourselves with God!

Saint Thomas Aquinas approaches the Sacrament as two types of eating:

**SACRAMENTAL EATING** (physical) this is the way we approach the altar and receive the host. Could it often be a mechanical and habitual program?

**SPIRITUAL EATING** (spiritually joined to Christ in Faith and Love). This is an amazing Gift. By approaching with a real longing for union with Christ, God the Father and the Holy Spirit we are blessed. All distractions aside, we feed on His sacred Body and Blood, both physically and spiritually.

Before going to Communion, take a moment to remove any obstacles and open your heart, mind and soul. Desire this sacramental union with Christ. Approach the altar with great reverence and gratitude. Leave any attitudes of casualness and absentmindedness behind. And remember, ‘The Eucharist is Alive!’

I would now like to share an excerpt from the book, Diary of St. Faustina.

“Oh, how painful it is to Me that souls so seldom unite themselves to Me in Holy Communion. I wait for souls, and they are indifferent toward Me. I love them tenderly and sincerely, and they distrust Me. I want to lavish My graces on them, and they do not want to accept them. They treat Me as a dead object, whereas My Heart is full of love and mercy. In order that you may know at least some of My pain, imagine the most tender of mothers who has great love for her children, while those children spurn her love. Consider her pain. No one is in a position to console her. This is but a pale image and likeness of My love.”

Jesus gave us the continuing gift of the Sacrament of the Eucharist. He comes into our hearts in Holy Communion, giving us all kinds of graces. Partaking of the Son of Man is the nourishment we need, to continue to grow stronger in our Faith and Love. So, with Christ’s powerful words, we Christians - come to Him, believe in Him and receive His unending Grace and Mercy.

...taste and see the goodness of the Lord

Marian Duke

## 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

**THANKS**

A heart-felt thank you, deep appreciation, and applause to Carol Tyshynski and her crew for all of their hard work in housing for the refugee family. Carol, who has been on the refugee cttee for almost three years, investigated many apartments until she finally found an apartment in the right price range and up to 'her' exacting standards. In that time, she was relentless in her search for furnishings and personal items for the family. Carol has undertaken a myriad of other tasks to support the family. A totally amazing job!

Carol with her trusty crew --- Maria and John Arruda, Ann and Bob Francis, Brendan Holden, Joe Mendonca, Bruce Tyshynski moved furniture to and from storage in Jack McDonald's house, to and from long-term storage in Pat Davis' house and finally to the apartment. Thank you, Pat and Jack. Carol and crew continue their work washing, cleaning and arranging things to make the apartment as wonderful as possible for the family.

The Holy Cross family blesses all of you as you have blessed the refugee family in your care and your work. Thank you

**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.

**WEDNESDAY AFTERNOON SOCIAL GROUP**

The Wednesday Afternoon Social group will be reconvening on Wednesday, September 5th, 2018 from 1-3pm in the parish hall. New members are always welcome. Come join the fun playing bridge and enjoying coffee/tea and baked goods afterwards. Contact Angie Speller (250 382 - 3908) or Veronica Rampon (250 477-1963) if you have inquiries.

**OUTREACH VOLUNTEERS**

Holy Cross needs more Out-reach volunteers who can visit elderly parishioners who would like visits in their homes or in care facilities. This ministry is essential in our community. If you are interested, please call Anna at 250-477-5321.

**IN THE LIBRARY**

The Parish library has an excellent collection of fine books under such headings as: **Devotional, Bible Commentaries, Biographies, History, Reasons to Believe, Favourite Writers, Contemporary Issues, Vatican II Onward etc...** Our Library has been well stocked over the years by Mark Underhill's innumerable gifts and we have also been able to purchase some new books from a limited budget including most recently Brad Gregory's remarkable and controversial rethinking in **The Unintended Reformation**. **Browsing encouraged!**

### **PRAYER REFLECTION**

Do not regard the bread and wine as natural elements because they are, as the Master declared, body and blood. . . . [D]o not judge by taste but by faith; be fully assured, you who have been judged worthy of the body and blood of Christ. —*Saint Cyril of Jerusalem (315?-386)*

No one realizes the mystery of the Incarnation but must feel disposed towards that of Holy Communion. Let us pray [to Jesus] to give us an earnest longing after him—a thirst for his presence—and anxiety to find him—a joy on hearing that he is to be found, even now, under the veil of sensible things—and a good hope that we shall find him there.

—*Cardinal John Henry Newman (1801-1890)*

### **AROUND THE PARISH AND DIOCESE**

More information and details on bulletin board or parish office

- **OFFICE ASSISTANT JOB POSTING:** St. Andrew's Cathedral is seeking a full-time, experienced, customer-service oriented Office Assistant to assist with the clerical duties of a busy parish office. Job description is available on our website or by email request: [saintandrewsoffice@gmail.com](mailto:saintandrewsoffice@gmail.com). Please send your resume and covering letter to Rita Fichtner, Office manager, at the parish office.
- **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). 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. Wherever you are at with your faith you are welcome to join us. Please contact [standrewscathedral@gmail.com](mailto:standrewscathedral@gmail.com) for more information.

### **OUR LITURGICAL LIFE:**

#### **SUNDAY, August 26th**

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

#### **MONDAY, August 27th**

No Mass

#### **TUESDAY, August 28th**

9:00 am Mass: **Dan Taft +**

#### **WEDNESDAY, August 29th**

11:00 am Funeral Mass:

**Constance Munro**

#### **THURSDAY, August 30th**

9:00 am Mass: **John MacDonald +**

#### **FRIDAY, August 31st**

9:00 am Mass: **Hilary Ribeiro +**

#### **SATURDAY, September 1st**

3:45pm to 4:30pm Reconciliation

5:00pm Mass: **Lily Gibson (int)**

#### **SUNDAY, September 2nd**

8:30 am Mass: **Sid Joss +**

10:30 am Mass: **Pat Stewart +**

### **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 19, 2018

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

<b>Envelopes</b>	\$ 2, 015.00
<b>Loose</b>	\$ 480.00
<b>Pre-Authorized Debit</b>	\$ 1, 107.00
<b>TOTAL</b>	<b>\$ 3, 602.00</b>

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