



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 July 22, 2018
Sixteenth Sunday In Ordinary Time

Reflections from the Gospel Gals

In today's gospel Mark gives us three short verses that strongly emphasizes Christ's human understanding for man. First, the apostles have returned from their mission, next Jesus shows compassion to them and lastly, Jesus shows compassion to the crowds. The apostles have returned after their first mission. With only the clothes on their backs each pair of men had done the good works of evangelization; teaching, healing and casting out demons. Now, we can picture them gathered around Jesus sharing their experiences. Dusty and hungry, as they had no time even to eat, and they most certainly were very tired. Like us, their journey would present troubles as well as bursts of joy. Jesus said they need rest.

As I absorbed the gospel, in these very warm days of summer, I pictured Jesus and the disciples at this time. It was easy to feel the dust of the roads and then enjoy the Sea of Galilee. I would like to focus on Jesus and his apostles.

As Jesus compassionately took the twelve out in a boat, it was to attain 'quiet rest'. The daily struggle to respond to God's call had given the apostles no leisure. A calm reflection would bring a more complete understanding of their daily experiences, the Father working through them, and maybe some much need sleep.

Meditation comes to mind as it brings benefits to our busy lives. A blessing of inner calm can have one of many themes; I chose SILENCE. I would like to share Sr. Wendy's Book of Meditations, on 'Cleansing' which features the theme of 'silence'.

"Entering into silence is like stepping into cool clear water. The dust and debris are quietly washed away, and we are purified of our triviality. This cleansing takes place whether we are conscious of it or not: the very choice of silence, of desiring to be still, washes away the day's grime. ...a happy image of the mystery to which we surrender ourselves when we accept the balm of silence. The function of silence is to beautify and simplify. We have only to be still and let the waters of Grace refresh us".

Briefly, here are some of the other themes of meditation that may help us focus. PEACE rests on the decision to always struggle towards goodness and depends on a humble desire to do so. LOVE is essentially active and intent upon the needs of others. PRAYER can draw us into the loving heart of God. JOY comes in bursts that uniquely illuminate the heart and soul. As Father Karam says, "Happiness is manmade, Joy is a gift from God." TRUST was a huge theme for the apostles. The whole world is there for loving, but we must venture outside ourselves to discover it.

We have been shown the gigantic act of TRUST by the apostles who went ahead on absolute belief. These twelve gave obedience to Christ's word thus giving affirmation of his Divine Authority (Oneness with the Father).

As Jesus gave great comfort to his disciples we too know he will never abandon us. His perfect love will surround us and comfort us.

.....come follow Me and I will give you rest.

Jesus I Trust in You.

Marian Duke

OFFICE HOURS

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

Fr. Karam Alraban, Parish Administrator

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

RESPONSIBLE MINISTRY AND SAFE ENVIRONMENT—UPDATE

The Office of Responsible Ministry & Safe Environment is pleased to announce that Holy Cross Parish has been selected to pilot an exciting new online training program. This fall *all* clergy, religious, employees and volunteers in the Diocese will be required to complete the Armatus Learn To Protect program. Staff and volunteers will learn to protect children and vulnerable adults from abuse from an organization with decades of experience in organizational abuse prevention.

The organization for the Holy Cross Pilot has begun and more information can be provided through the parish office. Just call Valentina at 250-477-5321 if you want to learn more.

God Bless,
Greg Beattie
Diocesan Responsible Ministry & Safe Environment Coordinator

PARKING LOT PIZZA PARTY!

Come join us for a pizza party in the parking lot! Wednesday August 8th, 2018 at 5:00pm. Tickets are \$5 each and children are free. Come for food, games, prizes and some good old fashion Holy Cross fun! Tickets will be sold after all masses next week, or in the office during office hours. We hope to see you all there!



DEVELOPMENT AND PEACE



July 18th was Nelson Mandela International Day: In November 2009, the United Nations General Assembly declared July 18th to be Nelson Mandela International Day in honour of the former South African president's work for peace and freedom. In 1990, upon his release from prison, Nelson Mandela thanks those who supported him in the struggle against apartheid, including Development and Peace—Caritas Canada. Gabrielle Lachance, then Executive Director of Development and Peace, was appointed to the Nelson Mandela Fund's Board of Directors. Let us take this day to recognize the struggles of those fighting oppression and injustice.

IN THE LIBRARY

Three remarkable authors interpret our earthly-divine existence : Fathers Richard Rohr, Ronald Rolheiser and James Martin. They provide short weekly or daily reflections. Their websites are worth a visit and a sampling of their books are on our Suggestion Shelf

- Rohr <https://cac.org/category/daily-meditations/>
- Rolheiser <http://ronrolheiser.com/contact/>
- Martin <https://examen.libsyn.com/> (guides us in asking about how we spent our day)

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.

PRAYER REFLECTION

Pray always, but not to convince the Lord by the strength of words!
But as an expression of faith in a God who calls us to fight along with
Him, every day, every moment, to overcome evil with good.

- Pope Francis

AROUND THE PARISH AND DIOCESE

More information and details on bulletin board or parish office

- **ORDINATION OF THE DIACONATE:** On **Saturday, July 28th at 10:30** am at the Cathedral, we will celebrate the Ordination to the Permanent Diaconate of four candidates. These four candidates, Philip Yuson (Marie), Michael Watkins (Cynthia), John Dawson (Heather) and Dion Pomponio (Kerry) have spent the past 4 ½ years in prayerful discernment, study and ministerial apprenticeship preparing for this moment. All are welcome to attend and a reception will follow at St. Patrick's Church Hall in Oak Bay.
- **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. Each night consists of a meal, a talk, and small group discussion. Wherever you are at with faith you are welcome to join us. Please contact standrewscathedral@gmail.com for more information and to sign up.
- **DIOCESAN FAMILY CONFERENCE:** Families will gather together once again for a fun, faith filled weekend of fellowship, play and prayer time all set against a beautiful West Coast backdrop for 6th Annual Diocesan Family Conference. Join us! **August 23-26, 2018 at Nanoose Bay Camp.** For registration follow the link: <https://www.eventbrite.com/e/6th-diocesanfamily-conference-august-2018-tickets-44556665185?aff=es2>. For info email Reine at: familycamp@redvictoria.org or visit www.rcdvictoria.org
- **FEAST OF ST. CLARE:** You are invited to join the Franciscan Poor Clares in celebrating the Feast of St. Clare on Saturday August 11, 2018. Bishop Gary Gordon will be the celebrant at the outdoor mass which will be at 10a.m. Following the Eucharist, light refreshments will be served. It will be held at St. Clare's Monastery, 2359 Calais Rd. Duncan.
- **JOB OPPORTUNITY:** Island Catholic Schools will be accepting applications for the following position: Director of Development, St. Andrew's Regional High School, Victoria. Application forms and details are posted at: <http://cisdv.bc.ca/employment-opportunities.php>

OUR LITURGICAL LIFE:

SUNDAY, July 22nd

8:30 am Mass: **Vera McNamara +**
10:30 am Mass **Gus Medina +**

MONDAY, July 23rd

No Mass

TUESDAY, July 24th

9:00 am Mass: **Brian Wall +**

WEDNESDAY, July 25th

9:00 am Mass: **Adrian & Andrea mass
of thanksgiving**

THURSDAY, July 26th

9:00 am Mass: **Brian Wall +**

FRIDAY, July 27th

9:00 am Mass: **Jiri Jandak +**

SATURDAY, July 28th

2:00pm Funeral for Sid Joss
5:00pm Mass: **Sid Joss +**

SUNDAY, July 29th

8:30 am Mass: **Sid Joss +**
10:30 am Mass **Dan Taft +**

THANK YOU CORNER!

Thank you to Judy Pitre for organizing the wonderful outing to Government House. Everyone had such a good time, and this was a great opportunity for parishioners from all masses to get to know each other! We look forward to the next field trip!

Our condolences to Angeline Joss and her family. Sid passed away on June 26th. His funeral service will be held on **Saturday July 28th** at 2pm. Our prayers are with the family at this time of grief.

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

MINISTRY	COORDINATOR	PHONE
Liturgy Liturgical Ministers	Anna Mendonca	250-477-3552
Usher / Greeter	Maria Arruda	250-477-5526
Altar Server Music	Fr. William Hann Various Choirs	250-477-5321 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 Janita McHugh	250-477-6455 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 July 15, 2018

WE ARE GRATEFUL FOR THESE GIFTS:

Envelopes	\$ 2, 898.00
Loose	\$ 460.00
Pre-Authorized Debit	\$ 1, 107.00
TOTAL	\$ 3, 358.00

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 Out- reach	John Oleson	250-477-6455