

14th Sunday in
Ordinary Time

July 5, 2026

SACRED HEART PARISH BULLETIN

502 Church Ave,
Kimberley, BC, V1A 2L3
(250) 427-2585

Kimberley@nelsondiocese.org
www.sacredheartkimberley.ca

Missions:

St. Joseph Church
7164 Rosen Lake Rd.
Jaffray, BC V0B1T0

St. Anthony Church
4949 Luck Avenue
Canal Flats, BC
V0B1B0

Pastor: Fr. Sylvester Ibekwe (Fr. Obi)
Kimberley.pastor@nelsondiocese.org

Parish Office Hours:

Fr. Obi: Wed to Fri 10am– 12pm
Fri 10am – 1pm or call for appointment



Sacred Heart Weekly Mass Schedule

Tues. to Fri. 9:00 am (Adoration 9:30 - 10:00 am)

Saturday – 7:00 pm Sacred Heart

Saturday - 4:00 pm St. Anthony

Sunday – 9:00 am Sacred Heart

Sunday - 12:00 pm St. Joseph

An Encounter with a Policeman

Pastor's Message:

In my quest to get to get to know the city and to meet people, I often take a walk downtown or in front of the Church. This week, as I was having a morning walk in front of the Church, I met a policeman. He was driving by. I waved. He waved back. Instead of continuing his drive, he pulled into the Church premises. We talked for over 20 minutes. He reiterated about how beautiful the city is and how wonderful the people are. He encouraged me to bring out a chair and sit in front of the Church and greet people, maybe have some lemonade to share with people. Now, I must learn how to make lemonade:)

He shared with me that his daughter was baptized years ago in our Church. He highlighted that young people who grew up here and left for the big cities are now returning - they are coming back to their roots, a place of stability.

This, too, is what we are experiencing in the Church today. The Gen Z are leading a resurgence back to faith, back to the Church where they were baptized. In a world of constant flux, chaos, confusion and fear, they are looking for a place where they can find stability, protection, peace, community and true love. They are finding this in the Church, and they are also discovering Jesus in a new way - He who satisfied the deepest longings of our heart and gives peace to the longing and the restlessness of the human heart. Jesus tells us today in the Gospel: “Come to me all who are weary and are overburdened and I will give you rest.” (Matthew 11:28)

MASS INTENTIONS: July 4 – July 11, 2026

Saturday 4	4 pm 7 pm	St. Anthony Sacred Heart	Mike Behumiak, requested by Dave Smith †Carole Lightburn, requested by Tom Lightburn
Sunday 5	9 am 12 pm	Sacred Heart St. Joseph	Missa Pro Populo
Monday 6	9 am	Sacred Heart	Father Obi's intention
Tuesday 7	9 am	Sacred Heart	Father Manoj, requested by Marc and Piri Cossette
Wednesday 8	9 am	Sacred Heart	Father Manoj, requested by Marc and Piri Cossette
Thursday 9	9 am	Sacred Heart	†Repose of Delia Cossette, requested by Marc and Piri Cossette
Friday 10	9 am	Sacred Heart	Father Manoj, requested by Marc and Piri Cossette
Saturday 11	11 am 4 pm 7 pm	Sacred Heart St. Anthony Sacred Heart	Funeral Mass for Erika Lehr †Denise Morissette, requested by Cecil Morissette

PASTOR'S MESSAGE CONTINUED:


Jesus knows that from time to time, we get tired, we are overburdened with life and human existence. What burdens you today? Maybe it's sickness, failure, past sins, children who have left the faith, loss of a loved one or a relationship that you treasure? Jesus invites us to come. He knows, He understands. Let us bring everything to Him and find rest in His Heart.

I saw in a park recently: "Yesterday is gone; tomorrow has not yet come, we have today, let us begin."

I look forward to coffee time with my new police friend. One of the things he told me before he left was: "The primary work of the police is to bring out the good in people." He turned to me and said: "Fr, that's what you do, too."

May we set out each day to rediscover the good in people for we all are made in the image and likeness of God. Have a wonderful weekend. To those visiting our parish, we are glad that your life journey has brought you to our parish. May your visit be pleasant and your journey home safe.
Happy Sunday.

Your brother,
Fr. Obi

- July is dedicated to the Most Sacred Blood of Jesus
- **Coffee After Sunday Mass** 

All are invited to enjoy coffee, goodies and fellowship in the hall after this Sunday's 9am Mass. The Parish will provide cake to celebrate those having birthdays and anniversaries for the month of July. Please join us!

Looking Ahead:

July 4	Movie night at Sacred Heart: 5pm Shrek and 7pm Princess Bride; Bring your own lawn chair, cozy blanket & snacks! We will provide pizza, popcorn & pop!
July 5	Coffee after Holy Mass in the hall.
July 11	Funeral Mass for Erika Lehr 11am – reception to follow in the parish hall.
August	BBQ for Parish and Neighborhood TBD
September	Parish Picnic and Mass date and venue TBD

Sacred Heart Financial

E transfer for Sacred Heart Parish:
etransfer.shpkimberley@nelsondiocese.org

Pilgrimage of Faith:

etransfer.pof@nelsondiocese.org

Catholic Catechesis:***The Sweet Yoke of Jesus!***

The Jews used the image of a yoke to express submission to God. They spoke of the yoke of the law, the yoke of the commandments, the yoke of the kingdom, the yoke of God. Jesus says his yoke is "easy". The Greek word for "easy" can also mean "well-fitting". Jesus also says his "burden is light". No burden is too heavy when it's given in love and carried in love. Jesus offers us a new kingdom of righteousness, peace, and joy. In his kingdom sins are not only forgiven but removed, and eternal life is poured out for all its citizens.

The yoke of Christ's kingdom, his kingly rule and way of life, liberates us from the burden of guilt and from the oppression of sinful habits and hurtful desires. Only Jesus can lift the burden of sin and the weight of hopelessness from us - and give us a weight of love and glory in exchange. The yoke which Jesus invites us to embrace is his way of grace and freedom from the power of sin.

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Pope Leo's Intention for JULY:

He invites Catholics to pray 'for respect for human life,' so all may 'recognize and protect the unique and unrepeatable value of every human being.'

"Each person is a sacred gift that reflects your face," he said, "from the first instant of existence to the final breath of their journey on earth."

RCIA News –

We welcome anyone who is interested in inquiring about the Catholic faith to please speak to Father or Ben, or to any member of our RCIA team!

All are welcome!

This Week We Pray For:

- ◆ *For the family of Erica Lehr, please accept our heartfelt condolences. Go in peace!*
- ◆ *Prayers in the prayer basket.*

Mass Intentions

If you wish to request a Mass be said for an intention or loved one, you may use the e-transfer as well; just indicate the intention for the Mass in the notes box. Recommended Mass stipends in the Nelson Diocese are \$10 per Mass.

RECONCILIATION TIMES

Saturday at 6.30pm starting July 4.

Every Friday during Holy Hour
(9:30- 10am)

By appointment

NEWS FROM THE DIOCESE

- **As many of you know, Pope Leo proclaimed a special Jubilee Year in honour of St. Francis of Assisi at the beginning of January.** It started on 10 January 2026 and goes until 10 January 2027. You are invited to celebrate this Jubilee year by visiting St. Francis of Assisi Parish in Revelstoke, which has been designated as a pilgrimage site for the Jubilee. Below are the conditions for receiving a plenary indulgence for those who participate devoutly in this extraordinary Jubilee.

Conditions for receiving the Indulgence (for oneself or for the deceased)

1. **Sacramental confession** to be in God's grace (in the eight days before or after);
 2. Participation in Mass and **Eucharistic Communion**;
 3. **To visit** in the form of a pilgrimage any Franciscan conventual church or place of worship dedicated to St. Francis anywhere in the world, where one renews one's profession of faith, through the recitation of the **Creed**, to reaffirm one's Christian identity;
 4. The recitation of the **Lord's Prayer**, to reaffirm the dignity of children of God, received in Baptism;
 5. To pray for the **intentions of the Holy Father**, to reaffirm belonging to the Church, whose foundation and visible centre of unity is the Roman Pontiff;
- Join us in celebrating the **30th Anniversary of Priestly Ordination of the Most Reverend Gregory J. Bittman, Bishop** of Nelson. **Monday, August 17, 2026.** Immaculate Conception Church, Kelowna. Mass at 5:00 pm. Dinner at 6:30 pm in the Parish Hall. Tickets are \$20/person. Purchase online or visit the parish office for assistance, or pick up hard copy tickets at Loaves & Fishes.
 - Nelson Diocese is in the process of **updating the Diocese of Nelson website.** In order to meet the needs of website users we are sending out a survey. We would like any of you who use the website or would like to use a better website to please complete the survey. The following QR code is a link to the survey. You may also click on the link below the QR code to access the online survey.

Diocese of Nelson Website
Feedback Survey



You may also access it here: <https://forms.gle/eeA88kbEyaACLeP08>
This survey is distributed and monitored by the Diocese of Nelson