



**SACRED HEART
PARISH CHURCH
NEWSLETTER**
August 24, 2025

"I feel like we are doing something good in our hearts. The retirement home, helping with the BBQ, washing cars. We are doing something that is actually helping!"

- **Sr. Youth
Group Member**

"The important thing is to do charity, not to talk about charity."

- **St. Francis of
Assisi**

YOUTH MINISTRIES



Pope John Paul II: "The future is in your hearts and in your hands."

We are excited to start our 3rd year of Youth Ministry here at Sacred Heart church. If you'd like to join any one of our youth ministries as a participant or volunteer, please attend a meeting. If you'd like to learn more and or have questions, please contact Andrea Perras at aperras@bhncdsb.ca or 519 771 2199.



Jr. Youth Visit Telfer Place



Sr. Youth Car Wash for SVDP

Children's Liturgy (Sunday School)

Beginning **Sunday September 14th at 11am mass on a weekly basis**, children in **kindergarten to grade 3** are welcome to attend Children's Liturgy in our Parish Centre. Sacred Heart Parish strives to create a **safe, inclusive and welcoming liturgical experience** at an age-appropriate level, where children can look forward to an engaging, hands-on and reflective experience. At the beginning of mass, Father will invite the children to the altar for a blessing before heading into the parish centre. Children will return to their families during the collection. Father will welcome the children back to the altar for the Lord's Prayer. The program is approximately 25 minutes in length. **Parents/families/caregivers are welcome and encouraged to observe and attend the program at least once.** If parents/families/caregivers have any concerns about their child's participation and would like the facilitators to know of any **special supports** needed that would help make the experience that much better for their child, may we suggest that a family member/older sibling accompany their child OR perhaps a family member can connect with a facilitator before sending their child for the first time. Thank you!



"Dear Young People, do not hide your talents, the gifts that God has given you! Do not be afraid to dream of great things!"

- Pope Francis

Junior Youth Group

Beginning on **Wednesday October 1st from 6:30-7:45pm**, children in **grades 3-6** are welcome to gather in the Parish Centre monthly where they will meet new friends, participate in faith discovery sessions through play, hands-on activities and discussion.

Parents/families/caregivers are welcome to attend. If you also have a child(ren) in kindergarten to grade 2, they are welcome to attend with you. We meet on the **1st Wednesday** of each month.



Jr. Youth Group



Sr. Youth Group

Senior Youth Group

Starting on **Wednesday September 17th from 7pm to 8:45pm**, youth in **grades 7-12** are invited to gather in the Parish Centre on a bi-monthly basis.

We meet on the **1st Thursday and the 3rd Wednesday** of each month.

SAVE THE DATE: Our parish is hosting our 2nd Annual **NET Canada Retreat on Sunday November 16th** for youth in grades 7-12. Stay tuned for more information and how to register!



Fun Outings at Echo Bowl & Ben-Mar Family Fun Park!

Sacred Heart Church

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"Remember your why. Why are you in youth ministry? Why are you doing what you are doing?"

