



## Sacred Heart Parish Bulletin

**Mass: 9:30 am – Sunday**  
**Fr. John Yake, I. V. Dei**  
**(902) 535-2053 – Fax: 535-3127**

**February 26, 2023**

**First Sunday in Lent**

### Sunday Readings, Cycle A:

The **First Reading** is from the *Book of Genesis 2:7-9; 3:1-7* and is about the creation and fall of man.

The **Second Reading** is from *St. Paul to the Romans 5:12-19*. He is speaking of some of the immediate effects of Christian salvation, as brought to mankind by Christ. St. Paul stresses the fact that Christ through his death not only conquered sin but poured out divine grace so abundantly and lavishly on mankind, making them his brothers and therefore sons of God, that there is no comparison between the world redeemed by Christ's death and the world of sin which prevailed up to then.

The **Gospel** is from *St. Matthew 4:1-11*. This incident in our Lord's life, his forty days and nights of fasting followed by temptations, has been chosen as a reading for this first Sunday of Lent for our edification and encouragement. Lent is a period of preparation for the central Christian events of Good Friday and Easter Sunday. Christ, the Son of God in human nature, died the excruciating death of crucifixion on Good Friday, because of the sins of the human race. By this supreme act of obedience to his heavenly Father he made atonement for all our disobediences, and set us free from the slavery of Satan and of sin. In his resurrection his human nature was glorified by God the Father, and in that glorification we are all offered a share and given the right to an eternal life of glory, if we follow Christ faithfully in this life.

For every sincere Christian therefore, who appreciates what Good Friday and Easter Sunday

mean for her or him, this period of preparation should be a welcome opportunity. The Church no longer imposes on us any obligatory daily fasting from food, but it urges us to find other means of mortifying ourselves, so as to show that we realize what Christ has done for us and what he has earned for us through his passion, death and resurrection. The example of Christ fasting from food for forty days, should move even the coldest Christian heart to try to do something to make reparation for past negligence and sins. Christ had no sin to atone for; it was for our sins that he mortified himself. We all have much to atone for. If, because of the demands of our present way of life, we cannot fast rigorously as our grandparents did, we can find many other less noticeable, but maybe nonetheless difficult, ways of subduing our human worldly inclinations. Where there is a will there is a way; the willing Christian will find ready substitutes for fasting.

The temptations, to which our Lord allowed himself to be submitted, are for us a source of encouragement and consolation. If our Lord and master under went temptation, we cannot and must not expect to live a Christian life without experiencing similar tests and trials. The three temptations Satan put to our Lord were suggestions to forget his purpose in life--his messianic mission of redemption. He was urged to get all the bodily comforts of life, all the self-glory which men could give him, and all the possessions and power this world has to offer.

Our basic temptations in life are the same: bodily comforts and pleasure, the empty esteem of our fellowman, wealth and power. There are millions of men and women on earth today—many of them nominal Christians—who have given in to these temptations and, are wasting their lives chasing after these unattainable shadows. But even should they manage to catch up with some of them, they soon find out that they are

empty baubles. They will have to leave them so very soon. Today, let each one of us look into his heart and honestly examine his reaction to these temptations. Do we imitate our Savior and leader, and say "begone Satan"? Our purpose in life is not to collect its treasures, its honors or its pleasures. We are here for a few short years, to merit the unending life which Christ has won for us. Would we be so foolish as to swap our inheritance for a mere mess of pottage (see Gen. 25:29-34)?

Lent is a golden opportunity to review our past and make sensible resolutions for our future.

—Excerpted from *The Sunday Readings* by Fr. Kevin O'Sullivan, O.F.M.

### Collection February 19, 2023

Envelopes	\$330.00
Loose	\$20.00
Initial Offering	\$10.00
	\$360.00

### NOTICES:

**1: Save the Date:** The St. Patrick's Day event in 2020 was the last of our winter events before the COVID19 shutdown. Since then we have had a number of new people move into our communities. A group got together and decided that it was time to have another community get together, and to welcome our new neighbours. So come to the Red Islands Fire Hall on Saturday March 11<sup>th</sup>, at 7pm. We will have Tea and Desserts and great conversations. So, if you lived in the area for most of your life or just for a few years come and enjoy.

**2: Johnstown Landing Outdoor Farmer's Market:** We are pleased to announce the second season of the Johnstown Landing Outdoor Farmer's Market. This year the Market will operate 10 am to 1 pm every SUNDAY from June 25 to September 24. Interested vendors should contact [johnstownlanding@gmail.com](mailto:johnstownlanding@gmail.com) or Rita Campbell 902-631-0209. Note: vendors do not need to commit to attending every week. Johnstown Landing is located across from the Johnstown Parish Hall.

### **3: Men's Spiritual Reflection Day**

“St. Joseph – Husband, Father, Worker – A Model for our Time”

A men's Spiritual Reflection Day Sponsored by KOC Council 9476 will take place on Saturday, March 4, 2023 from 9:00 am to 3:00 pm at Our Lady of Fatima Parish 1452 Kings Road, Sydney River. With Speakers Rev. Conrad Edwards, F.X MacNeil (Parish Council Chair, OLF) and Deacon Lorne MacNeil (St. Leonard's Parish, New Waterford). Program: Praise & Worship, Rosary, Mass, Teachings, Adoration, Silent Reflection and the opportunity for the Sacrament of Reconciliation. Please Pre-Register by contacting Frank Howell at 902-562-2957 or by email [wfhowell72@gmail.com](mailto:wfhowell72@gmail.com). Doors open at 8:30 am for registration. A \$10 registration fee, for the lunch, to be paid at the door. Open to all men.

### **4: St Joseph Lenten Lecture Series**

St Joseph Parish in North Sydney is hosting a lecture series at St. Joseph Hall on Wednesday evenings at 6:30 pm during lent. 34 Archibald Avenue, North Sydney. Side door of St Joseph Parish Hall

6:30 pm - Lecture, 7:15 pm - Questions, tea & coffee

March 1st - History of the Foodbank in North Sydney by Mr. Lawrence Shebib

March 8th - Palliative Care and Hospice by Dr. Anne Frances D'Intino & Lynette Sawchuk

March 15th - History of the Industrial Areas of CBRM & Diocese of Antigonish by Dr. Peter Ludlow.

March 22nd - Ms. Kathleen MacKenzie - Early history of St. Joseph Parish and Parishioners

### **5: Cape Breton Chorale and Elmer Iseler Singers Concert**

Voices in Song Choral Concert with The Elmer Iseler Singers, (Lydia Adams, Conductor/Artistic Director, Shawn Grenke, Piano/Organ) and Cape Breton Chorale, Directed by Ryan Billington with Paula Jane Francis on piano and organ.

March 14, 2023, Time: 8:00 PM

Location: Church of Christ the King, Sydney

Tickets: \$35/ \$30 for Seniors by calling (902) 270-2591, online at [capebretonchorale.com](http://capebretonchorale.com), or from Chorale Members.

### **6: Season of Lent 2023**

My Dear People

As we know the Season of Lent is patterned after Jesus' forty days in the wilderness before beginning his public ministry. The earliest mention of Lent in the history of the Church comes from the Council of Nicaea in 325 AD. The English word 'Lent' comes from the Anglo-Saxon word meaning to lengthen. Lent comes at a time when the daytime hours are 'lengthening', as spring approaches, and so it is a time when we too can 'lengthen' spiritually, when we can stretch out and grow in the Spirit.

We have a beautiful play on the words, 'sun' and 'Son', which are pronounced identically. Just as the sun does the work of 'lengthening' the days in spring, so it is the Son of God, Jesus Christ, who does the work of 'lengthening' our spiritual growth. During the Season of Lent we are to cooperate with God's grace and initiative. Scripture and the early Church suggest a variety of ways in which this 'lengthening' might come about, a variety of ways in which we can cooperate with God's grace.

This Season of Lent affords us the opportunity to detach, unplug, disconnect, and find an experience of desert. Pope Francis said, "Lent is a time to disconnect from cell phones and connect to the Gospel." He said that in a world in which we often struggle to distinguish the voice of the Lord, Jesus calls us into the desert and invites us to listen to what matters.

Traditionally we have been taught that the Season of Lent is a time set aside for fasting, almsgiving and prayer. The exercise of these virtues keeps us close to God and keeps us focused on service to others. Fasting is an act of self-denial and a way of directing our thoughts away from ourselves and towards our God. Almsgiving is the act by which we give of ourselves in order to assist someone in need. Prayer should be the centre of our Christian lives lifting up our hearts in praise and thanksgiving to our God who loves us.

Pope Francis said, "If we enter the desert with Jesus, we will leave it at Easter when the power of God's love renews life." He said, just like those deserts that bloom in spring with buds and plants suddenly sprouting from the sand, if we follow Jesus, our deserts will also bloom. Hence under the banner of Care For our Common Home, we have a beautiful Lenten poster showing new life blossoming in the desert. May this Season of Lent lead us to renewal and new life at Easter.

Sincerely in Christ,

+ Wayne Kirkpatrick

Bishop Wayne Kirkpatrick